



## Zen Center of Los Angeles Fall Practice Period 2024

### Monday

7:00-7:40 a.m. Morning Zazen with Bill Tetsui Press  
A Zoom Only Sitting Group

### Tuesday

7:00-7:40 a.m. Morning Zazen with Bill Tetsui Press  
A Zoom Only Sitting Group

7:00 p.m. Zazen  
7:30 Slow Kinhin  
7:35 Zazen  
8:00 4 Vows/Bows/Evening Verse

### Wednesday

5:55 a.m. Be in your Seat/Head Trainee Entrance/Abbot Entrance/Zazen  
6:30 Indoor Slow Kinhin  
6:35 Zazen  
7:00 Verse of the Kesa  
7:05 **Morning Service**  
9:00-11:00 Samu Service/Work  
11:15 Zazen  
11:50 **Mid-Day Service**  
12:15-1:30 p.m. Lunch/Rest  
1:30-5:00 Work/Study  
5:00 Supper/rest  
6:45 **Evening Service**  
7:00 Zazen  
7:35 Kinhin  
7:45 Zazen  
8:20 4 vows/Bows/Evening Gatha

### Thursday

5:55 a.m. Be in your Seat/Head Trainee Entrance/Abbot Entrance/Zazen  
6:30 Indoor Slow Kinhin  
6:35 Zazen  
7:00 Verse of the Kesa  
7:05 **Morning Service**  
7:45 **Community Breakfast/Cleanup**  
9:00-11:00 Samu Service/Work  
11:15 Zazen  
11:50 **Mid-Day Service**  
12:15-1:30 p.m. Lunch/Rest  
1:30-5:00 Work/Study  
5:00 Supper/rest  
6:45 **Evening Service**  
7:00 Personal Practice Talks/Ceremony of Atonement/Dharma  
Talks/Hidden Lamp Study Group (depending on the week)

### Friday

5:55 a.m. Be in your Seat/Head Trainee Entrance/Abbot Entrance/Zazen  
6:30 Indoor Slow Kinhin  
6:35 Zazen  
7:00 Verse of the Kesa  
7:05 **Morning Service**  
9:00-11:00 Samu Service/Work  
11:15 Zazen  
11:50 **Mid-Day Service**  
12:15-1:30 p.m. Lunch/Rest  
1:30-5:00 Work/Study  
5:00 Supper/rest



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### Saturday

<b>8:30 a.m.</b>	<b>Saturday Service</b>
<b>9:00</b>	Zazen
<b>9:35</b>	Outside Walking Zen or Kinhin
<b>9:45</b>	Zazen
<b>10:20</b>	Outside Walking Zen or Kinhin
<b>10:30</b>	Zazen/4 Vows/Bows
<b>11:00-11:15</b>	Temple Caretaking Practice

### Sunday

<b>8:30 a.m.</b>	<b>Gate of Sweet Nectar Service</b>
<b>9:00</b>	Zazen
<b>9:35</b>	Outside Walking Zen or Kinhin
<b>9:45</b>	Zazen
<b>10:20</b>	4 Vows/Bows/Closing Ceremony
<b>11:00</b>	<b>Dharma Talk or Council</b>
<b>12:15 p.m.</b>	<b>Community Lunch</b>