

Beginner's Mind Sesshin

Led by Sensei Katherine Senshin Griffith

February 20 (evening) – 23 (afternoon), 2023

Thurs. eve, Feb. 20

5 pm Pre-Sesshin meeting
for Leaders, Jisha, Monitors,
Jikido & Tenzo

6:00 pm Light Dinner

7:15 Zoom in & Settle

7:20 Hybrid Orientation

7:30-8:05 Greeting Round,
Opening Remarks,
Zazen

8:05-8:15 Outside Walking

8:15-8:50 Zazen

8:50 **Vows/Bows/Gatha**

9:30 Lights Out

Fri-Sat, Feb. 21-22

Dawn

5:30 am Wake up

5:45 Waking the Body:
Outside Kinhin (optional)

5:55 Be in your seat

Leader's Entry

6:00 **Atonement/Zazen**

6:25 Outside Walking

6:35 Zazen

7:05 **Verse of the Kesa**

Morning Service

7:10 Breakfast/Rest

7:40 **(Meal Gatha)**

9:00 Samu (& **Service**)

- Jizo Garden

10:30 End of Samu

Morning

10:50 Be in your seat

10:55 Zazen

11:30 Walking Zen

11:40 Zazen

12:15 **Midday Service**

12:35 Lunch/Rest

(Meal Gatha)

Afternoon

2:30-3:15 Yoga (encouraged)

3:25 Be in your seat

3:30 Zazen

4:05 Walking Zen

4:15 Zazen

4:50 Walking Zen

5-5:30 Zazen

5:30 **Evening Service**

Evening

5:45 Supper/Rest

(Meal Gatha)

Fri, Feb. 21 eve

7:25 pm Be in your seat

7:30 Zazen

7:50 Outside Walking

8:00 Dharma Talk:

Sensei Senshin

8:50 **Vows/Bows/Gatha**

Sat, Feb. 22 eve

7:25 pm Be in your seat

7:30 Zazen

8:05 Outside Walking

8:15 Zazen

8:50 **Vows/Bows/Gatha**

9:30 Lights Out

Sunday Feb. 23

Dawn

5:30 am Wake up

5:45 Outside Kinhin (opt.)

5:55 Be in your seat

Leader's Entry

6:00 **Atonement/Zazen**

6:30 Kinhin

6:35 Zazen

7:00 **Verse of the Kesa**

Breakfast/Rest

(Meal Gatha)

Morning

8:30 **Gate of Sweet
Nectar Service**

9:00 Zazen

9:35 Outside Walking Zen

9:45 Zazen

10:20 **4 Vows, Bows,
Nenju**

10:30 Samu – Clean

rooms

11:15 Closing Circle

12:30 Lunch/**Clean-up**

(Meal Gatha)

End of Sesshin*

Observe these Precautions at all times during Sesshin

Maintain Silence — a Great
Silence. Do not talk. Be silent
in Body, Speech, and Mind.

Maintain lowered eyes. Do not
look around.

Maintain sesshin etiquette. Do
not engage in social greetings
or courtesies.

Maintain samadhi (unified
mind). Do not leak your
samadhi or the samadhi of
others.

If you have any problems or
are unable to follow the
schedule, please inform the
monitors.

* Please leave your sleeping area clean & orderly. (Ask Samu Leader for cleaning supplies.)
Please return room key to Gueststeward Mailbox in the Sangha House.