

May Peace Prevail Sesshin

Led by Sensei Darla Myoho Fjeld

May 21 (evening) – 25 (afternoon), 2025

Wed. eve., May 21

5:00 pm	Leaders Meeting (Office)
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

Thurs-Sat, May 22-24

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
6:30	Outside Walking
6:40	Zazen
7:10	Verse of the Kesa
7:15	Morning Service
7:45	Breakfast/Rest (Meal Gatha)
9:00	Samu (& Service) - Jizo Garden
10:30	End of Samu

Morning

10:45	Be in your seat
10:50	Zazen
11:25	Walking Zen
11:35	Zazen
12:10 pm	Midday Service

12:30	Lunch/Rest (Meal Gatha)
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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)
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Thurs & Sat, May 22 & 24 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

Fri, May 23 eve

7:25 pm	Be in your seat
7:30	Zazen
7:50	Outside Walking
8:00	Dharma Talk: Sensei Myoho
8:50	Vows/Bows/Gatha

Sunday May 25

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
7:05	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	Four 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.