

Just Summer Sesshin • July 20 (eve)- 26, 2025

Led by Sensei Katherine Senshin Griffith & Sensei Tom Dharma-Joy Reichert

Sunday Evening, July 20	Tue. July 22-Fri. July 25 cont.	Saturday, July 26
5:00 p.m. Leaders Meeting	6:15 a.m. Zazen	Bodhidharma's Wallgazing
6:00 Light Dinner	6:50 Verse of the Kesa	DAWN
EVENING	6:55 Morning Service	5:15 a.m. Wake-up
7:15 p.m. Zoom in & Settle	7:25 Oryoki	5:30 Outside Kinhin
7:20 Hybrid Orientation	Breakfast/Rest	(join any time)
7:25 Be in your seat	MORNING	6:00 Atonement/Zazen ¹
7:30 Leader's Greeting	9:00 Samu ²	6:50 Outside Walking Zen
Round/Opening	10:40 End Samu	7:00 Zazen ¹
Remarks/Zazen	10:55 Be in your seat	7:30 Verse of Kesa
8:05 Outside Walking Zen	11:00 Zazen	7:35 Oryoki
8:15 Zazen	11:35 Outside Walking Zen	Breakfast/Rest
8:50 Four Vows/Bows/	11:45 Zazen	MORNING
Evening Gatha	12:15 p.m. Midday Service	9:00 Samu, ² Clean Room
9:30 Lights Out	12:35 Oryoki Lunch/Rest	10:00 Zazen ¹
Monday, July 21	AFTERNOON	10:50 Outside Walking Zen
Bodhidharma's Wallgazing	2:15–3:00 Yoga -Dharma Hall	11:00 Zazen ¹
DAWN	3:25 Be in your seat	11:50 Oryoki Lunch/Rest
5:15 a.m. Wake-up	3:30 Zazen	AFTERNOON
5:30 Outside Kinhin	4:05 Outside Walking Zen	2:25 p.m. Be in your seat
(join any time)	4:15 Zazen	2:30 Zazen
6:00 Atonement/Zazen ¹	Tuesday & Thursday	3:05 Outside Walking Zen
6:50 Outside Walking Zen	4:50-5:30 Slow outside kinhin	3:15 Zazen
7:00 Zazen ¹	(ZCLA Garden)	4:00 Closing Circle
7:30 Verse of the Kesa	Wednesday & Friday	5:00 Four Vows/Bows.
7:35 Oryoki Breakfast/Rest	4:50-5:30 Meandering – not a	END OF SESSHIN*
MORNING	break, follow the spirit & wander	
9:00 Samu ² , Training	the grounds	
10:40 End Samu		
	5:30 Evening Service	
11:00 Zazen ¹	5:45 Oryoki Supper/Rest	
11:50 Oryoki Lunch/Rest	Tue. July 23-Th. July 24	
AFTERNOON	EVENING	
2-2:45 Yoga - Dharma Hall	7:25 p.m. Be in your seat	
3:00 Zazen ¹	7:30 Zazen	
3:50 Outside Walking Zen	7:50 Outside Walking Zen	
4:00 Zazen ¹	8:00 Dharma Talks	
4:50 Oryoki Supper/Rest	Tues: Sensei Senshin	
EVENING	Wed: Sensei Dharma-Joy	
7:00 Zazen ¹ Reading:	Th: Dharma-Holder Earth-Mirror	
Bendowa Selection	Fri. July 25	
7:50 Outside Walking Zen	7:25 p.m. Be in your seat	
8:00 Zazen ¹	7:30 Zazen, Reading:	
8:50 Four Vows/Bows/	Bendowa Selection	
Evening Gatha	8:05 Outside Walking Zen	
9:30 Lights Out	8:15 Zazen	
Tue. July 22-Fri. July 25	Tue. July 22-Fri. July 25	
DAWN	8:50 Four Vows/Bows/	
5:00 a.m. Wake up	Evening Gatha	
5:15 Outside Kinhin	9:30 Lights Out	
(join any time)		
5:25 Be in your seat		
Leader's Entry		
5:30 Atonement/Zazen		
6:05 a.m. Outside Walking Zen		

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.

¹ May enter up to 8 minutes past the hour
² Report to Jizo Garden, start Samu at 9:00 a.m.
* Please leave your sleeping area clean & orderly. (Ask Samu Leader for cleaning supplies.)
Please return room key to Gueststeward Mailbox in the Sangha House.