

Earth Week Zazenkai 2025

Led by Dharma-Holder Bill Earth-Mirror Corcoran

Friday, April 25

5:00 p.m.	Leaders Meeting (Office)
7:15 p.m.	Log into Zoom & Settle
7:20	Zoom Orientation
7:25	Be in your seat
7:30	Leader's Entry/Zazen
8:05	Kinhin
8:15	Zazen/Oryoki Instruction
8:50	Four Vows, Bows & Evening Gatha
9:30	Lights Out

Observe these Precautions
at all times during Zazenkai

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

Maintain lowered eyes. Do not
look around.

Maintain zazenkai 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.

Saturday, April 26

5:15 a.m.	Wake-Up
5:45 a.m.	Waking up the Body: Outside Walking Zen (Optional)
5:55 a.m.	Be in your seat
6:00	Zazen
6:25	Kinhin
6:30	Zazen
7:00	Verse of the Kesa
7:05	Oryoki Breakfast/ Rest and Reflection
8:25	Be in the Buddha Hall
8:30	Service
9:00	Zazen/Interview
9:35	Outside Walking
9:45	Zazen/Interview
10:20	Outside Walking
10:30-10:50	Zazen/Interview
11:00-11:50	Samu
12:00 p.m.	Oryoki Lunch Rest and Reflection
2:00	Zazen
2:30	Outside Walking
2:40	Dharma Talk in the Zendo
3:30	Outside Walking
3:40	Zazen
4:15	Outside Walking
4:25	Zazen
5:00	Four Vows/Bows/Closing End Silence, Informal Snack

Silence is maintained until 5:00 p.m., Saturday