

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

Observe these precautions
at all times during Sesshin

Maintain samadhi (unified
mind). Do not leak your
samadhi or the samadhi of
others. To do this:

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.

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

¹May 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.