

# May Peace Prevail Sesshin

Led by Sensei Jitsujo Gauthier  
& Sensei Lorraine Gessho Kumpf

May 20 (evening) – 24 (afternoon), 2026

## Wed. eve., May 20

5:00 pm Leaders Meeting  
(Office)  
6:00 pm Light Dinner  
7:15 Zoom in & Settle  
7:20 Hybrid Orientation  
7:30 Greeting Round,  
Opening Remarks,  
Zazen  
8:00 Slow Walking Kinhin  
8:10 Zazen  
8:40 **Vows/Bows/Gatha**  
9:30 Lights Out

## Thu., May 21

### **Dawn**

5:30 am Wake up  
5:40 Outside Kinhin  
5:50 Be in your seat  
Leader's Entry  
5:55 **Atonement/Zazen**  
6:15 Opening Council  
(Dharma Hall)  
7:35 Breakfast/Rest  
(Meal Gatha)

## Fri., May 22-Sun., May 24

### **Dawn**

5:30 am Wake up  
5:40 Outside Kinhin  
5:50 Be in your seat  
Leader's Entry  
5:55 **Atonement/Zazen**  
6:20 Slow Walking Kinhin  
(Dharma Hall)  
6:30 Zazen  
6:55 **Verse if the Kesa**  
6:30 Chanting Service  
7:35 Breakfast/Rest  
(Meal Gatha)

## Thu., May 21-Sat., May 23

9:00 Samu (& **Service**)  
- Jizo Garden  
10:30 End of Samu  
**Morning**  
10:45 Zazen  
11:15 Outside Kinhin  
11:25 Sutra Copying  
11:35 Zazen  
11:55 Lunch/Rest  
(Meal Gatha)  
**Afternoon**  
1:00 Rest & Reflection  
2:15 Zen Movement

2:35 Nature Bathing,  
Wandering, Meandering  
3:00 Zazen  
3:10 Dharma Talk  
4:00 Outside Kinhin  
4:10 Zazen  
4:40 Outside Walking  
5:00 Zazen

### **Evening**

5:30 Supper/Rest  
(Meal Gatha)  
7:30 pm Cultivating Peace  
**Thu:** Zendo  
**Fri/Sat:** Dharma Hall  
8:10 Slow Walking Kinhin  
8:20 Zazen  
8:50 **Vows/Bows/Gatha**

## Sunday May 24

### **Dawn**

5:30 am Wake up  
5:40 Outside Kinhin  
5:50 Be in your seat  
(Dharma Hall)  
5:55 **Atonement/Zazen**  
6:15 Closing Council  
7:35 Breakfast/Rest  
(Meal Gatha)

### **Morning**

**Gate of Sweet  
Nectar Service**  
9:00 Zazen  
9:35 Slow Walking  
10:05 Final Dharma Talk  
10:15 Samu- Clean Rooms  
11:00 **Four Vows, Bows,  
Nenju**  
12:00 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.