

Just Summer Sesshin • July 19 (eve)- 25, 2025

Led by Sensei Katherine Senshin Griffith & Sensei Darla Myoho Fjeld

Sunday Evening, July 19

5:00 p.m. Leaders Meeting

6:00 Light Dinner

EVENING

7:15 p.m. Zoom in & Settle

7:20 Hybrid Orientation

7:25 Be in your seat

7:30 Leader's Greeting

Round/Opening

Remarks/Zazen

8:05 Outside Walking Zen

8:15 Zazen/Oryoki

Instruction

8:50 Four Vows/Bows/

Evening Gatha

9:30 Lights Out

Monday, July 20

Bodhidharma Wall gazing

DAWN

5:15 a.m. Wake-up

5:30 Outside Kinhin

(join any time)

6:00 Atonement/Zazen¹

6:50 Outside Walking Zen

7:00 Zazen¹

7:30 Verse of the Kesa

7:35 Oryoki Breakfast/Rest

MORNING

9:00 Samu², Training

10:40 End Samu

11:00 Zazen¹

11:50 Oryoki Lunch/Rest

AFTERNOON

2-2:45 Yoga - Dharma Hall

3:00 Zazen¹

3:50 Outside Walking Zen

4:00 Zazen¹

4:50 Oryoki Supper/Rest

EVENING

7:00 Zazen¹ **Reading:**

Bendowa Selection

7:50 Outside Walking Zen

8:00 Zazen¹

8:50 Four Vows/Bows/

Evening Gatha

9:30 Lights Out

Tue. July 21-Fri. July 24

DAWN

5:00 a.m. Wake up

5:15 Outside Kinhin

(join any time)

5:25 Be in your seat

Leader's Entry

5:30 Atonement/Zazen

6:05 a.m. Outside Walking Zen

6:15 a.m. Zazen

6:50 Verse of the Kesa

6:55 Morning Service

7:25 Oryoki Breakfast/Rest

MORNING

9:00 Samu²

10:40 End Samu

10:55 Be in your seat

11:00 Zazen

11:35 Outside Walking Zen

11:45 Zazen

12:15 p.m. Midday Service

12:35 Oryoki Lunch/Rest

AFTERNOON

2:15-3:00 Yoga -Dharma Hall

3:25 Be in your seat

3:30 Zazen

4:05 Outside Walking Zen

4:15 Zazen

Tuesday & Thursday

4:50-5:30 Slow outside kinhin
(ZCLA Garden)

Wednesday & Friday

4:50-5:30 Meandering – not a
break, follow the spirit & wander
the grounds

5:30 Evening Service

5:45 Oryoki Supper/Rest

Tue. July 22-Th. July 23

EVENING

7:25 p.m. Be in your seat

7:30 Zazen

7:50 Outside Walking Zen

8:00

Dharma Talks

Tues: TBD

Wed: TBD

Th: TBD

Fri. July 24

7:25 p.m. Be in your seat

7:30 Zazen, **Reading:**

TBD

8:05 Outside Walking Zen

8:15 Zazen

Tue. July 21-Fri. July 24

8:50 Four Vows/Bows/

Evening Gatha

9:30 Lights Out

Saturday, July 25

Bodhidharma Wall gazing

DAWN

5:15 a.m. Wake-up

5:30 Outside Kinhin

(join any time)

6:00 Atonement/Zazen¹

6:50 Outside Walking Zen

7:00 Zazen¹

7:30 Verse of Kesa

7:35 Oryoki Breakfast/Rest

MORNING

9:00 Samu,² Clean Room

10:00 Zazen¹

10:50 Outside Walking Zen

11:00 Zazen¹

11:50 Oryoki Lunch/Rest

AFTERNOON

2:25 p.m. Be in your seat

2:30 Zazen

3:05 Outside Walking Zen

3:15 Zazen

4:00 Closing Circle

5:00 Four Vows/Bows.

END OF SESSHIN*

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.

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.