

May Peace Prevail Sesshin

Led by Dharma Teacher Jitsujo Gauthier
& Dharma Teacher 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
8:10	Zazen/Oryoki Instr.
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 (<i>in Dharma Hall</i>)
5:55	Atonement/Zazen
6:15	Opening Council
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
5:55	Atonement/Zazen
6:20	Slow Walking
6:30	Zazen
6:55	Verse if the Kesa
7:00	Chanting Service
7:35	Breakfast/Rest (Meal Gatha)

Thu., May 21-Sat., May 23

9:00	Samu & Service (<i>in Jizo Garden</i>)
10:30	End of Samu
	Morning
10:45	Zazen
11:15	Outside Walking
11:25	Sutra Copying (<i>in SH Dining Hall</i>)
12:00 pm	Clean-up
12:15	Lunch/Rest (Meal Gatha)
	Afternoon
1:00	Rest & Reflection
2:15	Zen Movement (<i>In Jizo Garden</i>)

Afternoon

2:30	Nature Bathing
2:55	Be in your seat
3:00	Zazen
3:15	Dharma Talk
4:00	Outside Walking
4:10	Zazen/f2f Interview
4:40	Outside Walking
5:00	Zazen/f2f Interview

Evening

5:30	Supper/Rest (Meal Gatha)
7:30 pm	Cultivating Peace Thu/Fri: Zendo Sat: Dharma Hall
8:10	Outside Walking
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 (<i>in Dharma Hall</i>)
5:55	Atonement/Zazen
6:15	Closing Council
7:35	Breakfast/Rest (Meal Gatha)
	Morning
9:00	Gate of Sweet Nectar Service
9:35	Zazen
10:05	Slow Walking
10:15	Final Dharma Talk
11:00	Samu- Clean Rooms
12:00	Four Vows/Bows, (Nenju)
12:15	Lunch/ Clean-up (Meal Gatha)
	End of Sesshin*

You are invited to observe the following Precautions:

Maintain Silence — a Great Silence. Be silent in Body, Speech, and Mind.

Maintain lowered eyes. Notice when you are looking around.

Maintain sesshin etiquette. Notice the desire to engage in social greetings or courtesies.

Maintain samadhi, or unified mind. Refrain from leaking your samadhi or the samadhi of others.

If you have an issues, need to take care, or unable to follow the schedule, please inform a leader or monitor.

* Leave your sleeping area clean & orderly. Ask Samu Leader for cleaning supplies.

* Return room key to Gueststeward Mailbox in the Sangha House.