

2018 Year-End Sesshin

Dec. 27(eve) - 30

led by Sensei Faith-Mind Thoresen

Thurs, Dec. 27

EVENING

6:00	Snack
6:30	Registration
7:25	Be in your seat
7:30	Opening remarks
8:05	Slow Kinhin
8:15	Zazen
8:50	Four Vows/Bows/ Evening Gatha
9:30	Lights Out

Fri, Dec. 28- Sat, Dec. 29 *

DAWN

5:15	Wake-up
5:30-6	Waking the body Outside Walking Zen, join anytime
6-6:50	Zazen
6:50	Slow Kinhin
7-7:25	Zazen/ Verse of Kesa
7:30	1-Bowl Breakfast

MORNING

9-9:50	Samu
10-10:50	Zazen
10:50	Outside Walking
11-11:50	Zazen
11:50	1-Bowl Lunch Rest

AFTERNOON

2-3:25	<u>Writing Options:</u> Amnesty letters, Poetry, Personal Sutra, Reflection
3:30-4	Zazen
4-4:10	Outside Walking
4:10-4:50	Zazen
4:50-5:00	Outside Walking
5-5:30	Zazen
5:30	1-Bowl Dinner

EVENING

7-7:50	Group reading: Verses of the Faith-Mind & Zazen
7:50	Slow Kinhin
8-8:50	Zazen
8:50	Four Vows, Bows Evening Gatha
9:30	Lights out

Sun, Dec. 30

DAWN

5:15	Wake-up
5:30-6	Waking the body Outside Walking Zen, join anytime
6-6:50	Zazen
6:50	Slow Kinhin
7-7:25	Zazen/Verse of Kesa
7:30	1-Bowl Breakfast

MORNING

9-9:50	Samu
10-10:50	Zazen
10:50	Outside Walking
11-11:50	Zazen
11:50	1-Bowl Lunch Rest

AFTERNOON

1:15-2:45	Samu: New Year Temple Cleaning
3-3:50	Zazen
3:50	Outside Walking
4-4:50	Closing Circle -- Buddha Hall
4:50	Four Vows, Bows

END OF RETREAT

Please leave your sleeping area clean and orderly. Return key to Guest Steward Mailbox in the Sangha House.

SESSHIN PRECAUTIONS

Observe at all times.

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

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.

* **NOTE**

- You may re-enter the Zendo up to 8 minutes past the hour.
- All meals are One Bowl buffet style.
- "Outside Walking" means Chinese-style Walking Zen.