

SUMMER PRACTICE PERIOD

August 3 – August 31, 2024

SCHEDULE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SHINREI (Wake up bell)	4:30 AM	6:00 AM	4:30 AM	4:30 AM	4:30 AM	4:30 AM	4:30 AM
MORNING BELL	4:45	6:15	4:45	4:45	4:45	4:45	4:45
ZAZEN	5:00 ZAZEN	6:30 ZAZEN	5:00 ZAZEN	5:00 ZAZEN	5:00 ZAZEN	5:00 ZAZEN	5:00 ZAZEN
KINHIN	5:40	–	5:40	5:40	5:40	5:40	5:40
ZAZEN	5:50 ZAZEN	–	5:50 ZAZEN	5:50 ZAZEN	5:50 ZAZEN	5:50 ZAZEN	5:50 ZAZEN
MORNING SERVICE	6:30	7:10	6:30	6:30	6:30	6:30	6:30
ORYOKI BREAKFAST	7:00	7:30 (informal)	7:00	7:00	7:00	7:00	7:00 ZENDO
SOJI (Daily cleaning)	8:30	–	8:30	8:30	8:30	8:30	–
SAMU (Work practice)	9–11	–	9–11	9–11	9–11	9–11	8:30–10 WORK
ZAZEN	11:30 ZAZEN	–	11:30 ZAZEN	11:30 ZAZEN	11:30 ZAZEN	11:30 ZAZEN	10:30 ZAZEN
NOON SERVICE	12:15	–	12:15	12:15	12:15	12:15	11:00 LECTURE
ORYOKI LUNCH	12:30	12:00 (informal)	12:30	12:30	12:30	12:30	12:15
SAMU (Work practice)	–	–	2:15–4:15	–	2:15–4:15	–	2:15–4:15
STUDY FORMS	2:15	–	–	2:15	–	2:15	–
PERSONAL CLEANING	–	12–6	–	–	–	–	–
ZAZEN	5:10 ZAZEN	–	5:10 ZAZEN	5:10 ZAZEN	5:10 ZAZEN	5:10 ZAZEN	5:10 ZAZEN
EVENING SERVICE	5:45	–	5:45	5:45	5:45	5:45	5:45
ORYOKI DINNER	6:00	6:00	6:00	6:00	6:00	6:00	6:00
ZAZEN	7:30 (optional)	7:30 ZAZEN	7:30 ZAZEN	7:30 ZAZEN	7:30 ZAZEN	7:30 ZAZEN	7:30 ZAZEN
KINHIN	–	8:00	8:00	8:00	8:00	8:00	8:00
ZAZEN	–	8:10 ZAZEN	8:10 ZAZEN	8:10 ZAZEN	8:10 ZAZEN	8:10 ZAZEN	8:10 ZAZEN
FUKANZAZENGI	–	8:20	8:20	8:20	8:20	8:20	8:20
LIGHTS OUT (Pillow bell)	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM	9:00 PM
Recommended Books:					Saturday, Aug 31 Shuso Ceremony (open to the public)		
1. <i>Embracing Mind: The Zen Talks of Kobun Chino Otogawa</i> by Kobun Chino Otogawa					5:00–7:45am Zazen, Service, Oryoki Breakfast		
2. <i>The Eightfold Path</i> by Jikyo Cheryl Wolfer					8:30–10:00 Samu (work practice)		
3. <i>The Art of Just Sitting: Essential Writings on the Zen Practice of Shikantaza</i> by John Daido Looi					10:30 Zazen		
4. <i>The Ring of the Way: Testament of a Zen Master</i> by Taisen Deshimaru					10:50 Instruction for Mondo Participants		
5. <i>Receiving the Marrow: Teachings on Dogen by Soto Zen Women Priests</i> by Eido Frances Carney					11:00 Ango Closing Ceremony & Mondo		
6. <i>Commentary on the Song of Awakening</i> by Kodo Sawaki					12:00 Group Photo and Reception		