

Spring 2013 Practice Period Schedule

Monday, Tuesday, Wednesday, Friday

Morning

5:25 a.m.	Zazen
5:55 a.m.	Kinhin
6:05 a.m.	Zazen
6:40 a.m.	Service (Buddha Hall)
7:05 a.m.	Soji (temple cleaning)
7:20 a.m.	Breakfast
9:00 a.m.	Work meeting
12:10 p.m.	Noon service (Buddha Hall)
12:30 p.m.	Lunch

Saturday Morning (except one-day sittings)

6:30 a.m.	Zazen
7:10 a.m.	Service (Buddha Hall)
7:40 a.m.	Soji
7:55 a.m.	Oryoki breakfast
9:25 a.m.	Zazen
10:00 a.m.	Lecture (Buddha Hall)
11:40 a.m.	Nenju (Buddha Hall)
12:00 p.m.	Lunch
6:00 p.m.	Dinner

Thursday Morning

5:25 a.m.	Zazen
5:55 a.m.	Interval (please stay in Zendo)
6:00 a.m.	Zazen
6:25 a.m.	Short service (Zendo)
6:40 a.m.	Way-Seeking Mind Talk (Buddha Hall)
7:20 a.m.	Breakfast
9:00 a.m.	Work meeting
12:10 p.m.	Noon service (Buddha Hall)
12:30 p.m.	Lunch

Sunday	Open kitchen; practice period activities led by Shuso
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Weekday Afternoons / Evenings

5:30 p.m.	Practice period tea (Wednesday)
5:40 p.m.	Zazen
6:20 p.m.	Service (Zendo)
7:30 p.m.	Class until 9:00 p.m. (Mon, Tues, Thurs) <u>OR</u>
7:30 p.m.	Zazen until 8:05 p.m. (Mon, Tues, Thurs)
7:45 p.m.	Dharma Talk (Wed. - Buddha Hall)