



Zazenkai
(“to come together for meditation”)
 Saturday, October 29, 2022

Schedule

(Note: The Zazenkai is an in-person event only. It will not be available virtually. It requires prior registration and full day participation. You can sign up by signing the sign-up sheet on the bulletin board in the community room at the Zen Center or by emailing dsmzencenter@gmail.com.)

7:00 – 7:40 AM	Zazen	
7:40 – 7:50 AM	Kinhin	
7:50 – 8:30 AM	Zazen	
8:30 – 9:00 AM	Morning service	<ul style="list-style-type: none"> • Formless Repentance • Triple Treasures • Bodhisattva Vows • Heart Sutra • Merging of Difference & Unity • Chant of Ancestors
9:00 – 10:20 AM	Oryoki breakfast, break	
10:20 – 11:00 AM	Zazen	
11:00 – 11:10 AM	Kinhin	
11:10 – 11:50	Zazen	
11:50 – Noon	Noon Service	The Samadhi of the Self Selfing the Self
Noon – 3:00 PM	Oryoki lunch, cleanup, break, work period	
3:00 – 3:40 PM	Zazen	
3:40 – 3:50 PM	Kinhin	
3:50 – 4:30 PM	Dharma Talk	
4:30 – 4:40 PM	Kinhin	
4:40 – 5:20 PM	Zazen	
5:20 – 5:30 PM	Evening service	<ul style="list-style-type: none"> • Health & Well-Being Chant • Memorial Chant