



# DES MOINES DEEP RIVER TEMPLE ZEN CENTER

## Zazenkai ("to come together for meditation") Saturday, June 10, 2023

### Schedule

**(Note: The Zazenkai is an in-person event only. It will not be available virtually. It requires advance 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](mailto: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"><li>• Formless Repentance</li><li>• Triple Treasures</li><li>• Bodhisattva Vows</li><li>• Heart Sutra</li><li>• Merging of Difference &amp; Unity</li><li>• Chant of Ancestors</li></ul>
9:00 – 10:20 AM	Oryoki breakfast, break	
10:20 – 11:00 AM	Zazen / Dokusan	
11:00 – 11:10 AM	Kinhin	
11:10 – 11:50	Zazen / Dokusan	
11:50 – Noon	Noon Service	Jijuyu Zammai (The Samadhi of the Self Selfing the Self)
Noon – 3:00 PM	Oryoki lunch, cleanup, break, work period	
3:00 – 3:40 PM	Dharma Talk	
3:40 – 3:50 PM	Kinhin	
3:50 – 4:30 PM	Zazen / Dokusan	
4:30 – 4:40 PM	Kinhin	
4:40 – 5:20 PM	Zazen / Dokusan	
5:20 – 5:30 PM	Evening service	<ul style="list-style-type: none"><li>• Enmei Jukku Kannon Gyo (Health &amp; Well-Being Chant)</li><li>• Dai Hi Shin Dharani (Memorial Chant)</li></ul>