

SERSSHTN SCHEDULE

- 3:00 Rise (fast hand bell -- wash face etc. by end of bell (3rd single Han sound))
- 4:05- Three rounds of Han (be in Zendo at end of 2nd round, shuso check during 3rd round, Docho Roshi check)
- 4:20 Zazen
Dawn Drum (Kotens: time signal)
Dawn bell (18 sounds)
- 5:10 Kinhin
- 5:30 Zazen and Morning service (Choka)
- 6:00 3 rounds of Han, offering drum, breakfast
- 7:15 3 rounds of Han
- 7:30 Zazen
- 8:10 Kinhin
- 8:30 Zazen
- 9:10 Kinhin
- 9:30 Tea (gyo-cha)
- 10:10 Kinhin or break
- 10:30 Zazen
- 11:10 3 sounds of drum (Nicchū drum) and 9 sounds of Nicchu bell)
- 11:15 Mid-day service (Nicchū)
- 11:30 4 sounds of bell, 3 rounds of offering drum, lunch
- 1:05 Work drum and beginning of work
- 2:00 Clean up
- 2:15 Lecture or Zazen
- 3:00 Kinhin
- 3:20 Zazen
- 4:00 Kinhin
- 4:20 Zazen
- 4:45 3 rounds of bell
- 5:00 Evening Service (Banka)

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SESSHIN SCHEDULE cont.

- 5:15 5 sounds of bell, supper
- 6:20 Dusk drum (Koten), Dusk bell (3 rounds)
- 6:40 Zazen
- 6:40 Men may take hot bath (must be in Zendo by 7:10)
- 7:10 Women may take hot bath (must be in Zendo by 7:40)
- 7:40 Lecture or Zazen
- 8:20 Kirhin
- 8:40 Zazen
- 9:15 9 sounds of good-night bell
- 9:40 Inspection
- 10:00 Fire Inspection