

# All-Day Sesshin Schedule

All day sitting on **last Saturday** of each month  
at **SokukoJi Buddhist Temple Monastery**  
33 Anderson Court, MAIN FLOOR, Battle Creek, MI 49017

Beginning meditators welcome; instruction available.

**Suggested Donation for the Day: \$40 (includes Lunch and Supper)**

## Morning Segment

**Interview (dokusan) Protocol:** Private Interviews (dokusan) with Sokuzan may begin in the morning. Please sign up on the whiteboard hanging in the kitchen. If you cannot stay for the entire sesshin and wish to have an interview, please note the time you will be leaving next to your name so arrangements can be made to accommodate your schedule.

**Aside from the Morning Service, the morning segment will be Block Sitting. This means that there will be no gongs or scheduled walking meditation for this "block" of time. You may sit the entire period (not required) or, if you feel you need to, you can also do walking meditation on your own (slow kinhin style). Please feel free to use the restroom or get water or tea as needed and return to your cushion.**

9:00 am - Block Sitting (Chant *Morning Service*)

12:00 Noon – Lunch *Pot-luck style* at SokukoJi. Please bring a dish to pass if possible.

## Afternoon Segment (Dokusan with Sokuzan continues).

1:15 pm - Samu (Work) Session - (Gather in Zendo to bow in and receive work assignments)

2:45 pm - Break

3:00 pm - Sitting

3:30 pm - Walking

3:40 pm - Sitting

4:10 pm - Tea Break

4:30 pm - **Sokuzan's talk**

5:45 pm - **Supper Oryoki style at SokukoJi** – traditional 3-bowl Japanese style of eating. Oryoki sets will be provided for those who need them.

## Evening Segment (Dokusan with Sokuzan continues).

7:00 pm – Block Sitting (Chant *Heart Sutra* in English)

9:00 pm - Closing chants and final gong

(Try to enter when walking meditation is occurring if you can, but you may come and go as your own schedule permits).