

**All day sitting meditation on the *last Saturday* of each month at:**

# **SokukoJi Buddhist Temple Monastery**

**33 Anderson Court, MAIN FLOOR, Battle Creek, MI 49017**

**Beginning meditators welcome; instruction available.**

## **MORNING SEGMENT**

**Interview Protocol:** Interviews with Sokuzan will begin mid 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*, this 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.

8:30 a.m. ... Meditation instruction for new people

9:00 a.m. ... Sitting meditation. Chant *Morning Service*

Noon ..... Lunch at ***A Taste of India***, 215 W. Michigan Ave., Battle Creek (each diner pays for own meal)

## **AFTERNOON SEGMENT**

Timed segment. Interviews with Sokuzan continue.

1:15 p.m. ... *Samu* (work) session. Gather in *Zendo* to bow in and receive work assignments

2:45 p.m. ... Break

3:00 p.m. ... Sitting

3:30 p.m. ... Walking

3:40 p.m. ... Sitting

4:10 p.m. ... Tea Break

4:30 p.m. ... Sokuzan's Dharma talk

5:30 p.m. ... Supper at local restaurant

## **EVENING SEGMENT**

Timed segment. Interviews with Sokuzan may continue as needed in this segment.

7:00 p.m. ... Sitting (Chant *Heart Sutra* in English)

7:30 p.m. ... Walking

7:40 p.m. ... Sitting

8:10 p.m. ... Walking

8:20 p.m. ... Sitting

9:00 p.m. ... 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.)