

# June Jukai Zazenkai

## Led by Lorraine Gessho Kumpf

### Friday, June 21

7:00 p.m.	Self-Registration
7:25	Be in your seat
7:30	Zazen
8:05	Kinhin
8:15	Zazen/Oryoki Instruction
8:50	Four Vows, Bows, Evening Gatha
9:30	Lights Out

Observe these Precautions  
at all times during Zazenkai

Maintain Silence. A Great  
Silence. Do not talk. Be silent  
in Body, Speech, and Mind.

Maintain lowered eyes. Do not  
look around.

Maintain zazenkai etiquette.  
Do not engage in social  
greetings or courtesies.

Maintain samadhi (unified  
mind). Do not leak your  
samadhi or the samadhi of  
others.

If you have any problems or  
are unable to follow the  
schedule, please inform the  
monitors.

### Saturday, June 22

5:45 a.m.	Waking up the Body: Outside Walking Zen (Optional)
5:55 a.m.	Be in your seat
6:00	Zazen
6:25	Kinhin
6:30	Zazen
7:00	Verse of the Kesa
7:05	Oryoki Breakfast/ Rest and Reflection
8:25	Be in the Buddha Hall
8:30	Service
9:00	Zazen/Interview
9:35	Outside Walking
9:45-10:10	Zazen/Interview
10:20-11:50	<b>Jukai Rehearsal &amp; Samu (Mindful Work)</b>
12:00 p.m.	Oryoki Lunch Rest and Reflection
2:00	Zazen
2:30	Outside Walking
2:40	Dharma Talk in the Zendo
3:30	Outside Walking
3:40	Zazen
4:15	Outside Walking
4:25	Zazen
5:00	Four Vows/Bows/Closing End of silence, Informal Snack

Silence is maintained till 5 p.m., Saturday