

# Sejiki Retreat

Wednesday, Oct 23 - Sunday, Oct 27



Dharma Rain  
Zen Center

## Wednesday Evening

(Retreat Begins)

7pm Evening Service  
7:10 Zazen  
7:45 Kinhin  
7:55 Zazen, Dharma Talk  
8:30 Kinhin  
8:40 Zazen  
9:10 Formal Tea  
9:25 Vespers  
9:40 To Bed  
10:00 Lights Out

## Thursday - Saturday

4:30am Rise  
5:00 Zazen  
5:50 Kinhin  
6:00 Zazen  
6:50 Full Morning Service  
7:20 Soji  
7:50 Oryoki Breakfast  
8:25 Clean-up  
8:45 Work  
10:30 Zazen  
11:00 Kinhin  
11:10 Zazen  
12:10 Service  
12:30 Oryoki Lunch  
1:15pm Rest / Exercise  
3:00 Evening Service  
3:10 Zazen  
3:40 Kinhin  
3:50 Zazen  
4:30 Kinhin  
4:40 Zazen  
5:10 Break  
5:30 Oryoki Dinner  
6:10 Reflection / Study  
7pm Zazen  
7:35 Kinhin  
7:45 Zazen, Dharma Talk  
8:20 Kinhin  
8:30 Zazen  
9:00 Formal Tea  
9:15 Vespers  
9:30 To Bed  
10:00 Lights Out

## Sunday

4:30am Rise  
5:00 Zazen  
5:50 Kinhin  
6:00 Zazen  
6:30 Short Service  
6:45 Soji  
7:00 Oryoki Breakfast  
7:45 Work / Rehearsal  
8:45 Zazen  
9:15 Kinhin  
9:25 Zazen  
10:00 Sejiki Festival  
10:45 Children's Segaki /  
Informal Tea  
Noon Oryoki Lunch  
12:45pm Rest / Exercise  
3:00 Evening Service  
3:10 Zazen  
3:40 Kinhin  
3:50 Zazen  
4:30 Kinhin  
4:40 Zazen  
5:10 Break  
5:30 Oryoki Dinner  
6:10 Reflection / Study  
7:00 Zazen  
7:50 Kinhin  
8:00 Zazen  
8:30 Sejiki Toro  
9:00 Informal Tea  
(Sejiki Festival & Retreat  
Ends)

Every fall, we hold a Sejiki retreat, focused on cleansing karma and releasing attachments to the past, including those who have died. We begin the retreat at 7pm on Wednesday and continue through Sunday evening.

Registration for meals and over-nights is required by October 20. For financial assistance, see the scholarship application and contact the shuso. For any other questions or concerns about your attendance, please speak with the shuso.

**Dharma Rain Zen Center, Sodo**

**Cost: \$300 Members**

**\$450 Non-Members**

**Registration Closes: October 20, 2019**