

Sejiki 2023 Schedule

Wednesday

7:00 pm	Evening Service
7:10	Zazen
7:45	Kinhin
7:55	Zazen, Teisho
8:30	Kinhin
8:40	Zazen
9:10	Formal Tea
9:25	Vespers

Thursday - Saturday

4:30 am	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 Practice
10:30	Zazen
11:00	Kinhin
11:10	Zazen
12:10 pm	Service
12:30	Oryoki Lunch
1:15	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	Informal Dinner
6:10	Reflection/Study
7:00	Zazen
7:35	Kinhin
7:45	Zazen, Dharma Talk
8:20	Kinhin
8:30	Zazen
9:00	Formal Tea
9:15	Vespers

Sunday

4:30 am	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 Sejiki
Noon	Oryoki Lunch
12:45 pm	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	Informal Dinner
6:10	Reflection/Study
7:00	Zazen
7:50	Kinhin
8:00	Zazen
8:30	Sejiki Toro
9:00	Informal Tea