

Hello and welcome to the May Sit at Dharma Rain

Here are a few notes to help you get oriented.

The meditation hall is located directly to the left of the front door and is open for meditation from 5:30 in the morning until 9 at night. Please enter quietly to find your seat at any time. Chairs are available for your comfort, as well as a variety of cushions and benches.

The schedule includes walking meditation from 6:20-6:30 every morning and a bowing and chanting service at 7am. Otherwise, the only bells will be right before meals at 12:30pm and 5:30pm. The day ends with Formal Tea at 9pm.

After the morning service, you are invited to sit as long as you wish, change position or sitting aids whenever you need to, and to do walking meditation as you wish. Walking meditation can happen on the engawa (covered walkway around the Sodo) or (slow walking only) in the center of the zendo. Please keep silence in the zendo.

Informal meals will be served in the dining area, located to the right of the front door. Sign-up sheets will be available at the kitchen door (off the dining hall) or by e-mailing or texting Shin'yu, the tenzo. Please sign up at least two hours in advance of meal times (12:30pm and 5:30pm). (Breakfast signups happen after morning service.) A simple announcement will be made, and you are welcome to join us if you have signed up. A donation is requested for meals, and the begging bowl is located just inside the front door. We are keeping silence in the dining hall during meals. If people wish to converse during a meal, that can be done outside on the engawa or elsewhere on the property.

Bathrooms are located in the alcove off the dining area.

Teachers from a variety of Buddhist traditions will be offering teachings and other events during the afternoon or evening most days. Please feel free to join in as you wish, and remember that folks will continue to sit in the zendo so keep voices down, as appropriate.

Many thanks and deep bows for your practice.