



Weekend Morning Schedule

Saturday		Sunday	
8:30 am – 11:00		8:30 am – Noon	
08:30-09:00	Informal sitting meditation (zazen)	08:30-09:00	Informal sitting meditation (zazen)
09:00	JUNDO (<i>Abbot's Greeting</i>)	09:00	JUNDO (<i>Abbot's Greeting</i>)
09:00-10:30	ZAZEN + SERVICE Chanting, Sitting, Walking, Interview (<i>Sutra, Zazen, Kinhin, Dokusan</i>)	09:00-10:25	ZAZEN + SERVICE Chanting, Sitting, Walking, Interview (<i>Sutra, Zazen, Kinhin, Dokusan</i>)
10:30-11:00	WORK Maintenance (<i>Samu</i>)	09:00-10:00	NEWCOMERS INTRODUCTION TO ZEN: History, practice, protocol, schedule Meditation instruction, sitting and walking
11:00-	EVENTS Protocol Training; Workshops Special Events	10:30-12:00	TEACHING: <i>Dharma Talk & Tea</i>
		12:00-12:30	WORK: Cleaning (<i>Soji</i>)
		NOON	LUNCH: Second Sunday covered dish lunch, Offsite otherwise

Revised 2/8/2011 Schedule effective through 12/31/2011. Please see www.aszc.org for updates.