



## **Schedule for Guests**

You are welcome to participate in any and all of the forms and may come for any portion of the sitting periods. Meditation instruction is available. Join the Dharma Talks at the temple or live on YouTube or Zoom. Sitting and footsteps / book studies are also available on Zoom. Subscribe to our email list at <https://www.sokukoji.org/contact-subscribe> for notifications of events and Dharma Talks.

### **MONDAY**

8:00 am - 11:30 am – Sitting Meditation  
11:30 am - 12:00 pm – Morning Chanting Service  
12:00 pm – Samu / Work Period  
2:20 pm - 4:30 pm – Sitting (2:20 Maitri Bhavana, 4:15 Jizo Dharani chanting)  
6:00 pm - 6:50 pm – As It Is Meditation with Sokuzan (meditation instruction and Q&A)  
7:00 pm - 8:00 pm – Book Study

### **TUESDAY**

8:00 am - 9:15 am – Sitting (9:00 Vasubandhu 30 Verses chanting)  
9:15 am – Samu / Work Period  
12:00 pm - 1:00 pm – Footsteps Book Study  
2:20 pm - 4:30 pm – Sitting (2:20 Maitri Bhavana, 4:15 Jizo Dharani chanting)  
6:00 pm - 8:00 pm – As It Is Meditation with Sokuzan (meditation instruction and Q&A)

### **WEDNESDAY**

8:00 am - 9:15 am – Sitting (9:00 Vasubandhu 30 Verses chanting)  
9:15 am – Samu / Work Period  
12:00 pm - 1:00 pm – Footsteps Book Study  
2:20 pm - 4:30 pm – Sitting (2:20 Maitri Bhavana, 4:15 Jizo Dharani chanting)  
6:00 pm - 7:00 pm – As It Is Meditation, Dharma Talk and Q&A with Sokuzan  
7:00 pm - 8:00 pm – Sitting, Evening Chanting Service

### **THURSDAY**

8:00 am - 12:00 pm – Block Sitting  
12:00 pm – Samu / Work Period  
1:00 pm - 5:00 pm – Block Sitting  
6:00 pm - 6:30 pm – As It Is Meditation with Sokuzan (meditation instruction and Q&A)

### **FRIDAY**

8:00 am - 9:15 am – Sitting (9:00 Vasubandhu 30 Verses chanting)  
9:15 am – Samu / Work Period  
12:00 pm - 1:00 pm – Footsteps Book Study  
2:20 pm - 4:30 pm – Sitting (2:20 Maitri Bhavana, 4:15 Jizo Dharani chanting)  
6:00 pm - 8:00 pm – As It Is Meditation with Sokuzan (meditation instruction and Q&A)  
7:00 pm - 8:00 pm – Basic Buddhist Teachings Dharma Talk and Q&A

**SATURDAY** (See below for alternative Saturday schedules)

8:00 am - 11:30 am – Sitting Meditation

11:30 am - 12:00 pm – Morning Chanting Service

12:00 pm – Samu / Work Period

1:20 pm - 2:20 pm – Sitting (1:20 Maitri Bhavana, 2:10 Jizo Dharani chanting)

2:30 pm - 3:30 pm – Book Study

**SUNDAY**

10:00 am - 11:00 am – Morning Chant Service & Sitting Meditation

11:11 am – Dharma Talk and Q&A with Sokuzan

**ALTERNATIVE SATURDAY SCHEDULES:**

**Monk Training Day (Second Saturday of the Month)**

8:00 am - 9:00 am – Sitting Meditation

10:00 am - 12:00 pm – Monk Talks

1:30 pm - 2:15 pm – Sitting Meditation

2:30 pm - 4:30 pm – Monk Talks

**All-Day Sesshin (Last Saturday of the Month)**

8:00 am - 10:50 am – Morning Chanting Service & Sitting Meditation

11:00 am – Dharma Talk and Q&A with Sokuzan

1:30 pm - 4:00 pm – Sitting Meditation