



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. Search and Subscribe to “SokukoJi” for notifications.

MONDAY

8:00 am - 11:30 am – Sitting
11:30 am - 12:00 pm – Morning Chants
12:00 pm – Samu / Work Period
2:20 pm – Maitri Bhavana
2:30 pm - 4:30 pm – Sitting (4:15 Jizo Dharani)
6:00 pm - 6:50 pm – Sitting and Sokuzan Q&A and Sitting
7:00 pm - 8:00 pm – Book Study (see book study schedule)

TUESDAY, WEDNESDAY, FRIDAY

8:00 am - 9:15 am – Sitting, Vasubandhu 30 Verses singing
9:15 am – Samu / Work Period
12:00 pm - 1:00 pm – Noon Footsteps
2:20 pm – Maitri Bhavana
2:30 pm - 4:30 pm – Sitting (4:15 Jizo Dharani)
6:00 pm - 8:00 pm – Sitting, Sokuzan Q&A, Sitting

****WEDNESDAY Evenings –**

6:00 pm - 7:00 pm – Sitting, Dharma Talk with Sokuzan
7:00 pm - 8:00 pm – Sitting, Evening Service

THURSDAY

8:00 am - 12:00 pm – Block Sitting
12:00 pm – Samu / Work Period
1:00 pm - 5:00 pm – Block Sitting

SATURDAY (See below for alternative Saturday schedules)

8:00 am - 11:30 am – Sitting
11:30 am - 12:00 pm – Morning Chants
12:00 pm – Samu / Work Period
1:20 pm – Maitri Bhavana
1:30 pm - 2:30 pm – Sitting
2:30 pm - 3:30 pm – Book Study

SUNDAY

10:00 am - 11:00 am – Morning Chant Service & Sitting
11:11 am – Dharma Talk with Sokuzan

Sokukoji Buddhist Temple Monastery
33 Anderson Court, Battle Creek, MI 49017
<https://sokukoji.org/>

ALTERNATIVE SATURDAY SCHEDULES:

Monk Training Day (Second Saturday of the Month)

8:00 am - 9:00 am – Sitting

10:00 am - 12:00 pm – Monk Talks

1:30 pm - 2:20 pm – Sitting

2:30 pm - 4:30 pm – Monk Talks

All-Day Sesshin (Last Saturday of the Month)

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

11:00 am – Dharma Talk with Sokuzan

1:30 pm - 4:00 pm – Sitting