

Schedule and Guidelines for
In-House Practice and Study Residency at
SokukoJi Buddhist Temple Monastery

33 Anderson Court, Battle Creek, MI 49017

WEEKDAYS

(Special Teaching: Training in Temple forms of Doan (timekeeper) and Doshi (altar attendant), Brush & Ink Awareness, Contact Awareness, etc., can occur any weekday or Saturday).

(Meals: You may be taught Oryoki form of taking meals for some meals).

Mornings

6 am - Breakfast and personal time. (Most breakfast meals are self-prepared).

7 am - In Zendo, chant Morning Service sutras and sit in meditation.

9 am - Begin samu (work period) various tasks, Temple upkeep, special projects, mindfulness practices etc.

Afternoons

12 Noon - *Footsteps* - Book study* in Zendo (weekdays).

1 pm - Lunch and personal time. (Most lunch meals are self-prepared).

2:30 pm - In Zendo, sitting meditation (block sitting with optional walking meditation /kinhin). Once or twice a week, Sokuzan will lead *Mountains and Rivers*, a question-and-answer period regarding the book study, practice questions, etc.

5 pm - Supper and personal time. (Most supper meals are prepared and eaten together as Sangha).

Evenings**

7 pm - In Zendo, chant *Heart Sutra* in English and Sitting Meditation (block form).

9 pm - Closing chant, Dedication of Merit.

****Monday evenings:** same as above only at **8 pm**, you will participate in *Monday Evening Book Study*.

****Tuesday evenings:** same as above only at **8 pm**, you will participate in *Tuesday Evening Book Study*.

****Wednesday evenings:** same as above only you may be the Doan or Doshi in the regular Wednesday meditation from **7 pm** till **8 pm** and will attend the Dharma talk from **8 pm** till **9 pm**.

SATURDAYS

6 am - Breakfast and personal time.

7 am - In Zendo, chant Morning Service sutras and sit in meditation.

9 am - Samu (work period).

11 am - In Zendo, book study.

12 Noon - Lunch. (Most lunch meals are self-prepared).

1:30 pm - In Zendo, sitting meditation (block sitting with optional walking meditation /kinhin) or various types of training.

3 pm - In Zendo, book study.

4 pm - Personal time/Supper. (Most supper meals are prepared and eaten together as Sangha).

LAST SATURDAY of the month: **9 am - 9 pm** - All-Day Sitting (Sesshin or Zazenkaï). You may function as the Doan or Doshi for all, or a portion of, the day.

SUNDAYS

8 am - Breakfast and personal time.

9:30 am - Prepare Zendo for Morning Service: trim candle, clean powdered incense tray, etc.

9:50 am - Light charcoal in powdered incense tray for Morning Service.

10 am - Take your seat as the Doan or Doshi for the Morning Service sutra chanting.

Noon - Lunch and personal time. (Most lunch meals are self-prepared).

*Some of the texts studied may include The Heart Sutra, The Diamond Sutra, The Platform Sutra, The Lankavatara Sutra, Natural Perfection, Progressive Stages of Meditation on Emptiness, Dogen's Shobo Genzo, Samdhinirmocana Sutra, Majjhima Nikaya and other materials both traditional and contemporary.

General policy for Non-solitary retreatants: You must agree to the guidelines set forth by Sokuzan for your stay at this Temple.
Rev. October 2015