

Practice Period Closing Sesshin 2022

Bellingham Unitarian Fellowship + Online

Thursday / Friday / Saturday Regular Schedule

Registration for new
arrivals: 9am - 9:30am

9:30 Arrivals Daily

9:40 Zazen (40 minutes)
10:20 Kinhin
10:30 Dharma Talk
11:10 Kinhin
11:20 Zazen
11:50 Service (Metta Sutta)
12:00 Break for lunch on our own
(no food can be eaten inside)

2:00 Zazen

2:30 kinhin
2:40 zazen
3:10 kinhin
3:20 zazen
3:50 fast kinhin (20 minutes)
4:10 zazen (40 minutes)
4:50 service (Dai Hi Shin Dharani)
5:00 Break for dinner
(no food can be eaten inside)

7:00 Zazen

7:30 Kinhin
7:40 Zazen
8:10 Kinhin
8:20 Zazen
8:50 Refuge
9:00 Close

Saturday Afternoon

2:00 Zazen

2:30 Kinhin
2:40 Hossenshiki
(Shuso's Dharma Inquiry Ceremony)
3:30 Clean Up
4:00 Close