

Statement of Intention
(Please give to Mary and
tell her if you want a copy)

Name: _____

Telephone: _____ Email: _____

In general, what is your intention for this practice period?

Which events will you participate in?

Orientation/Oryoki Instruction 10/5

One-Day Sitting 10/6 with Shuso Entering Ceremony at 7:40

Morning Zazen: Tu/Wed/Th 6:20-7:10 a.m. (includes service)

Evening Zazen: Tu/Fri 5:40-6:10 p.m. (no service)

Wed 5:40-7:30 or 7:45 p.m. Zazen, service, class (some special events)

Saturday Morning early program 7:00-9:30 (includes oryoki breakfast)

Saturday Morning regular 9:30-11:45 program lecture, soji and tea

Class: Wednesdays 10/10, 17, 24 and 31 (all classes at 6:30 or a bit later p.m. after service or special events)

Full Moon Ceremony before class 10/24, Council-style check-in at 6, ceremony 6:20.

Sangha Samu Day 10/20 9:30a.m.-3:00 p.m. (no early program)

Sejiki/Full Moon Ceremony/Skit Night 11/7 4:45 p.m. altar prep/5:40 zazen/6:20 ceremony/6:45 skit night

Sesshin 11/14-18

11/14 Full Moon Ceremony (silent reflection check-in) Ceremony begins at 7:40

11/16 Shosan 7:40 p.m.

Shuso Ceremony 11/18 3:30 p.m. followed by reception

Is there some other commitment you wish to make, such as sitting at home? If so, what is it?

If you know, who is your buddy and what commitment have you made to one another?