



## The time table of the gathering of zen

5:30 p.m.	explanation to the first time participants		
6:00 p.m.	preparation		
6:15 p.m.	25 minutes	sutra recitation	sutra copying
6:40 p.m.	Break, moving		
6:45 p.m.	25 minutes	zazen	sutra copying
7:10 p.m.	Break, moving		
7:15 p.m.	25 minutes	zazen	sutra copying
7:40 p.m.	clean up, tea service		

○ Please be sure to contact us previously if you are the first time participant.  
We will give you a brief explanation 5:30 p.m.

○ You can participate at any unit listed in the table.  
You can also select the subject.