

Appamada One Day Plus Sit

Friday

6:50 pm

**Timekeeper:** Attend to the altar. If needed, before the clappers:  
Light both altar candles and place a stick of incense on the incense bowl. Check that altar objects and the bowing mat are straight.

7:00 pm

**Final rolldown of clappers.** Practice leader enters, bows, offers incense, bows, returns to the end of the bowing mat, does three bows.

Practice leader steps back, bows to the altar, then toward the zafu, then toward the room.  
*One bell at each bow.*

*Note: When no timekeeper is present, the doshi rings these three bells after sitting on their zafu.*

○  
○  
○

**Robe Chant**

Vast is the robe of liberation,  
a formless field of benefaction;  
wearing the universal teaching,  
I realize the one true nature,  
thus harmonizing all being.

*Three bells at end.*

○ ○  
○

**Introduction and opening.**

7:40 pm

**End introduction and opening. One bell.**

○

	<b>Zazen begins.</b> <i>Three bells at beginning.</i>	○ ○ ○
8:10 pm	<b>Zazen ends.</b> <i>Two bells. Group stands with hands in gassho.</i>	○ ○
	<b>Kinhin:</b> <i>First clapper: Group puts hands in shashu, turns, spaces themselves out.</i>	X
	<i>Second clapper: Slow kinhin begins. People may leave to use the restroom, latecomers may enter the zendo. 7 min.</i>	X
	<i>Third clapper: Fast kinhin begins. 3 min.</i>	X
	<i>Final clapper: group puts hands in gassho, proceeds briskly to their seats, stands and waits.</i>	X
8:20 pm	<i>Practice leader (if present) bows. Three bells, evenly spaced. Zazen begins. Sangha faces the wall</i>	○ ○ ○
	<b>Zazen ends.</b> <i>One bell. Group stands with hands in gassho.</i>	○
8:50 pm	<b>Refuges</b>	

Saturday		
	<p><b>Timekeeper:</b> Attend to the altar. If needed, before the clappers: Light both altar candles and place a stick of incense on the incense bowl. Check that altar objects and the bowing mat are straight.</p>	
8:00 am	<p><b>Final rolldown of clappers.</b> Practice leader enters, bows, offers incense, bows, returns to the end of the bowing mat, does three bows.</p>	
	<p>Practice leader steps back, bows to the altar, then toward the zafu, then toward the room. <i>One bell at each bow.</i></p> <p><i>Note: When no timekeeper is present, the doshi rings these three bells after sitting on their zafu.</i></p>	<p>○ ○ ○</p>
	<p><b>Robe Chant</b></p> <p>Vast is the robe of liberation, a formless field of benefaction; wearing the universal teaching, I realize the one true nature, thus harmonizing all being.</p> <p><i>Three bells at end.</i></p>	<p>○ ○ ○</p>
	<p><b>Zazen begins.</b></p>	
8:30 am	<p><b>Zazen ends.</b> <i>Two bells. Group stands with hands in gassho.</i></p>	<p>○ ○</p>

	<b>Kinhin:</b> [You may announce: "Outdoor kinhin"] <i>First clapper: Group puts hands in shashu, turns, spaces themselves out.</i>	X
	<i>Second clapper: Slow kinhin begins. [Only one speed with outdoor kinhin.] People may leave to use the restroom, latecomers may enter the zendo. 7 min.</i>	X
	<i>Third clapper: Fast kinhin begins. 3 min.</i>	X
	<i>Final clapper: group puts hands in gassho, proceeds briskly to their seats, stands and waits.</i>	X
8:40 am	<b>Zazen begins.</b> <i>Three bells at beginning.</i>	o o o
9:10 am	<b>Zazen ends.</b> <i>Two bells. Group stands with hands in gassho.</i>	o o
	<b>Kinhin:</b> <i>First clapper: Group puts hands in shashu, turns, spaces themselves out.</i>	X
	<i>Second clapper: Slow kinhin begins. [Only one speed with outdoor kinhin.] People may leave to use the restroom, latecomers may enter the zendo. 7 min.</i>	X
	<i>Third clapper: Fast kinhin begins. 3 min.</i>	X
	<i>Final clapper: group puts hands in gassho, proceeds briskly to their seats, stands and waits.</i>	X
9:20 am	<b>Zazen begins.</b> <i>Three bells at beginning.</i>	o o o
9:50 am	<b>Zazen ends.</b> <i>Two bells. Group stands with hands in gassho.</i>	o o

	<b>Kinhin:</b> <i>First clapper: Group puts hands in shashu, turns, spaces themselves out.</i>	X
	<i>Second clapper: Slow kinhin begins. [Only one speed with outdoor kinhin.] People may leave to use the restroom, latecomers may enter the zendo. 7 min.</i>	X
	<i>Third clapper: Fast kinhin begins. 3 min.</i>	X
	<i>Final clapper: group puts hands in gassho, proceeds briskly to their seats, stands and waits.</i>	X
10:00 am	<b>Prepare for dharma talk.</b> <i>One bell.</i>	O
	<b>End of dharma talk.</b> <i>One bell.</i>	O
11:00 am	<b>Kinhin:</b> <i>First clapper: Group puts hands in shashu, turns, spaces themselves out.</i>	X
	<i>Second clapper: Slow kinhin begins. [Only one speed with outdoor kinhin.] People may leave to use the restroom, latecomers may enter the zendo. 7 min.</i>	X
	<i>Third clapper: Fast kinhin begins. 3 min.</i>	X
	<i>Final clapper: group puts hands in gassho, proceeds briskly to their seats, stands and waits.</i>	X
11:10 am	<b>Zazen begins.</b> <i>Three bells at beginning.</i>	O O O
11:40 am	<b>Zazen ends.</b> <i>Two bells. Group stands with hands in gassho.</i>	O O
	<b>Kinhin:</b> <i>First clapper: Group puts hands in shashu, turns, spaces themselves out.</i>	X

	<i>Second clapper: Slow kinhin begins. [Only one speed with outdoor kinhin.] People may leave to use the restroom, latecomers may enter the zendo. 7 min.</i>	X
	<i>Third clapper: Fast kinhin begins. 3 min.</i>	X
	<i>Final clapper: group puts hands in gassho, proceeds briskly to their seats, stands and waits.</i>	X
11:50 am	<b>Prepare for lunch. One bell.</b>	O
	<b>Lunch</b>	
1:05 pm	<b>Clackers.</b>	X
1:10 pm	<b>Zazen begins. Three bells at beginning.</b>	O O O
1:40 pm	<b>Zazen ends. Two bells. Group stands with hands in gassho.</b>	O O
	<b>Kinhin: First clapper: Group puts hands in shashu, turns, spaces themselves out.</b>	X
	<i>Second clapper: Slow kinhin begins. [Only one speed with outdoor kinhin.] People may leave to use the restroom, latecomers may enter the zendo. 7 min.</i>	X
	<i>Third clapper: Fast kinhin begins. 3 min.</i>	X
	<i>Final clapper: group puts hands in gassho, proceeds briskly to their seats, stands and waits.</i>	X
1:50 pm	<b>Prepare for Dharma Activity. One bell.</b>	O
2:35 pm	<b>End of Dharma Activity. One bell.</b>	O
	<b>Tea. Announce Prepare for Tea.</b>	
3:15 pm	<b>Clackers</b>	X

3:20 pm	<b>Zazen begins.</b> <i>Three bells at beginning.</i>	○ ○ ○
3:50 pm	<b>Zazen ends.</b> <i>One bell.</i>	○
	<b>Closing circle and clean up</b>	
4:00 pm	<p><b>Three bows</b></p> <p>One bell at start of the bow, bell stop (place hand on bell edge and strike the edge with the clapper) when hands return to the mat, for each bow.</p> <p>Practice leader steps back from mat, standing bow. One bell. Practice leader leaves. If there are two teachers in the zendo, wait for both to leave.</p> <p>Two bells as the last teacher passes through the door. (When teachers are doing the roles of monitor or timekeeper they will not leave at this time.) Sangha fix cushions, exit.</p>	○ ■ ○ ■ ○ ■ ○  ○ ○
	<b>An announcement is made about donations.</b>	
	<p>Timekeeper does three bows after intensive is over.</p> <p><b>After everyone has left, be sure to put out the candle and turn off the lights.</b></p>	

Clappers begin 5 minutes before the start of zazen:

7 sec. 7 7 7 7 7 7 Rolldown 1 hit  
X X X X X X X X X X X X X X X

Wait 10 sec.

5 5 5 5 5 Rolldown 2 hits  
X X X X X X X X X X X X X X X

Wait 10 sec.

3 3 3 Rolldown 3 hits  
X X X X X X X X X X X X X X X

Dim the kitchen lights, wait for the three bells to enter the zendo. On Sundays, lock the kitchen door and unlock the study door.