

HARTFORD STREET ZEN CENTER



Weekly Schedule

New times as of July 5

Monday through Friday

Morning

6:00 a.m.

Zazen (seated meditation)

6:40 a.m.

Kinhin (walking meditation)

6:50 a.m.

Zazen

7:20 a.m.

Morning chanting

7:40 a.m.

Soji (brief temple cleaning)

Evening

6:00 p.m.

Zazen

6:40 p.m.

Evening chanting

Saturday

Morning

6:30 a.m.

Zazen

7:10 a.m.

Morning chanting

7:25 a.m.

Soji

8:30 a.m.

Brief zazen instruction (drop-in)

9:25 a.m.

Zazen

10:15 a.m.

Dharma talk

11:00 a.m.

Refreshments and discussion

About HSZC

Founded by Rev. Issan Dorsey, Hartford Street Zen Center is the organization responsible for Issan-ji (One Mountain Temple), a neighborhood temple and residential practice center in the Soto Zen tradition of Shunryu Suzuki-roshi. The center was also the site of the Maitri AIDS Hospice in the 1990's.

We host morning and evening zazen (meditation) sessions as well as Saturday speakers, monthly one-day sittings, and a variety of community events. Our practice leader is Rev. Myo Lahey, who has also served as spiritual director at Tassajara Zen Mountain Center. HSZC houses an open and supportive community for people of all gender identities and sexual orientations to practice together and deepen our understanding of the Dharma.

Beginners:

If this is your first time sitting at Issan-ji, we recommend you attend the brief zazen instruction Sat. at 8:30 a.m., or contact Rev. Myo at info@hszc.org to make an appointment to come 10-15 minutes before evening zazen.



www.hszc.org



@issanji



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