

Sunday GMZC Forms

Silence is maintained in the zendo throughout.

Terminology

- Gassho means placing hands palms-to-palm.
- Seated bow means hands in gassho & bend at waist, seated.
- Standing bow means hands in gassho & bend at waist, standing.
- A prostration or “full” bow refers to the form of dropping to knees, forehead to floor, palms upraised above ears.
(usually only the offerant or teacher)

Bowing Guidelines

- Standing bow upon exiting walking line or upon re-entry to walking line.
- No bow in response to others entry or exit or sitting.
- No bow in response to altar offering at formal start (only the offerant)

Chanting

- While there is a bell before each chant, there is not a bow for each chant (Heart Sutra is exception: Bow during start and end drum roll-downs).
- Hands in gassho throughout chanting (whether holding sutra card or not).

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GMZC Sangha Actions

Individual Entry to Zendo – First sitting period in a block

- Standing bow entering zendo (Buddha)
- Adjust seat
- Standing bow facing seat (Dharma)
- Turn to center, standing bow (Sangha)
- Take seat

Formal start

Ino (Jiki) rings Inkin once

Sangha member opens altar

- One standing bow at center mat
- Approach altar
- Light Candles, Light Incense
(while reciting Opening Offering verse)
- Back up to center mat
- One standing bow

Chant: Ino (Jiki) leads

Three Refuges

Heart Sutra

First Meditation Period

Ino (Jiki) starts sitting period with 3 rings of bell. (Bow at third bell discouraged)

Sit

Walking Period

Ino (Jiki) ends sitting period with 1 ring of bell

All perform seated bow

All stand in front of seat in gassho

Ino (Jiki) rings Inkin once. All perform standing bow.

All turn to left and form kinhin line.

All perform silent standing bow together and begin walking in unison.

At end of walking, Ino (Jiki) rings Inkin once.

All perform standing bow, and return to cushions, facing center in gassho.
(Cushion bow here is discouraged - stay together)

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Ino (Jiki) rings Inkin once.

All perform standing bow to sangha.

All turn and adjust seat as necessary. (Individual bow to cushion ok here, but not formalized)

All take seat.

Meditation Period

Ino (Jiki) reads or talks (optional)

Ino (Jiki) starts sitting period with 3 rings of bell. (Bow at third bell discouraged)

Sit

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Formal End (after last sitting period)

Ino (Jiki) ends sitting period with 1 ring of bell

All perform seated bow

All stand in front of seat in gassho

Sangha member nearest altar closes altar:

- One standing bow at altar
- Extinguish candles
- One standing bow at altar
- Returns to stand in front of seat in gassho

Sangha recites Bodhisattva Vows

All perform standing bow to each other (Sangha)

All perform standing bow toward camera (Sangha), if camera in use

Individual Exit of Zendo (remaining silent)

- Turn to cushion, tidy up space, bow to cushion (Dharma)
- Upon exit of zendo, bow to altar (Buddha)

Dinner Discussion

Occurs downstairs (Living Room, Kitchen).