

Fukudo Instructions (not during sesshin)



1. HAN: Arrive ~15 minutes before scheduled period of zazen.

- Unlock front door. Turn on Zoom Station. Turn zendo lights to low/med setting, and light center candle.
- Bow to han. Hold the mallet handle in shashu with mallet head down.
 - 10 min before zazen, begin with 4-hit intro: ■■■■ (L, M, S, L)
 - Wait 10 sec before striking han every 50 seconds.
 - 5 min before zazen begin 1st roll-down.
 - Roll-down should last ~12 sec, with a sound like a ping-pong ball bouncing to rest on the floor. End with 1 hit:

■ ■ (M)

- Wait 10 sec and resume one hit every 50 sec.
- Begin 2nd roll-down 1 min before zazen. End with 2 hits:

■ ■ (S, M).

- Jiko strikes kaishaku: ||
- Respond with 1 hit: ■
- Jiko strikes again: || (no response)
- Begin 3rd roll-down as Doshi and Jiko begin descending stairs. End with 3 hits:

■ ■ (M, S, L)

Try to time the last 3 hits to coincide with Doshi shashu bow at bowing mat (Haishiki):
 (~ 6 sec after Doshi reaches bottom of stairs)

2. ZENDO:

- Return mallet, bow, and stand just outside zendo. After 3rd small bell, shashu bow and enter.
- Walk slowly to Fukudo seat.
- Keep fukudo chant book closed and chant-stand parallel to drum until service.

2. SERVICE: [after zazen Doan will light altar candles and jiko candle]

- Be prepared to fill in as Jiko *if needed*
 - Light a stick of incense and extinguish Jiko candle.
 - Stand to the side holding incense with two hands at hara level and wait for Doshi to arrive at altar before stepping closer to pass incense stick to Doshi.
 - Bow to altar Buddha and return to your place in gassho.
- Drum: Be aware of when drum is used for service. (Liturgical schedule posted on bulletin board and in Fukudo book)
 - At 1st BIG BELL: sit (or stand), turn chant-stand toward you, open to correct page, remove drumstick from metal loop, and be ready for “BOP” following Doan “STOP”.
 - Strive for consistent and lively drumming, slowing down only for last 3 hits.
- Remain still during Kokyo dedication.
- At “All Buddhas...” return drumstick, close chant book and rotate stand parallel to drum.
- At “All Beings, Bodhisattva Mahasattvas...” rise to Choki (kneeling) keeping hands in gassho.
- At “Wisdom beyond ...” rise for usual bows.
- Help Doan extinguish altar candles before exiting zendo. ~ Thank you! ~