



THE FIRST ZEN INSTITUTE OF AMERICA

113 East 30<sup>th</sup> Street New York, NY 10016 212-686-2520 www.firstzen.org

會協禪一第國美

## WEEKEND ZEN RETREAT

June 9-11, 2017



**Mummy of the Sixth Patriarch of Zen in China**

From: [http://www.firstzen.org/ZenNotes/1987/1987-08\\_Vol\\_34\\_No\\_08\\_August\\_1987.pdf](http://www.firstzen.org/ZenNotes/1987/1987-08_Vol_34_No_08_August_1987.pdf)

Friday, June 9:	7:30 P.M. – 9:00 P.M.	Film: <i>The Science of Mindfulness, Modules:</i> <i>20. Growing Up is Not Easy – Facing Impermanence;</i> <i>21. Toward a Science of Wisdom;</i> <i>22. The Promise of Enlightenment.</i>
Saturday, June 10:	9:00 A.M. – 12:00 Noon 12:00 Noon – 1:30 P.M. 1:30 P.M. – 4:30 P.M. 4:30 P.M. – 6:00 P.M. 6:00 P.M. – 9:00 P.M.	Zazen with chanting Lunch Break Zazen with a reading Dinner Break Zazen
Sunday, June 11:	4:30 A.M. – 7:30 A.M. 7:30 A.M. – 9:00 A.M. 9:00 A.M. – 12:00 Noon	Zazen with chanting Breakfast break Zazen with a reading

Readings for this retreat will come from *The Book of Serenity*, translated by Thomas Cleary. Please arrive 15 minutes prior to any 3-hour sitting block. Popcorn is served with the film, but food is otherwise not provided.

**Next Retreat: July 7-9, 2017**