



THE FIRST ZEN INSTITUTE OF AMERICA

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會協禪一第國美

WEEKEND ZEN RETREAT

September 8-10, 2017



Bodhidharma, by Sesshu

From: http://www.firstzen.org/ZenNotes/2000/2000-04_Vol_47_No_04_Fall_2000.pdf

Friday, September 8:	7:30 P.M. – 10:00 P.M.	Film: <i>Silence</i>
Saturday, September 9:	9:00 A.M. – 12:00 Noon	Zazen with chanting
	12:00 Noon – 1:30 P.M.	Lunch Break
	1:30 P.M. – 4:30 P.M.	Zazen with a reading
	4:30 P.M. – 6:00 P.M.	Dinner Break
	6:00 P.M. – 9:00 P.M.	Zazen
Sunday, September 10:	4:30 A.M. – 7:30 A.M.	Zazen with chanting
	7:30 A.M. – 9:00 A.M.	Breakfast break
	9:00 A.M. – 12:00 Noon	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: October 6-8, 2017