



THE FIRST ZEN INSTITUTE OF AMERICA

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會協禪一第國美

WEEKEND ZEN RETREAT

February 9-11, 2018



Year of the Dragon – 2018

From: http://www.firstzen.org/FreeZenBooksOnLine/1976_Zen_Notes.pdf

Friday, February 9:	7:30 P.M. – 9:30 P.M.	Films: <i>Sacred Texts of the World, Modules 3-6: What is Heard – Upanishads; What is Remembered – Epics; Laws of Manu and Bhagavad-Gita; Related Traditions – Sikh Scriptures.</i>
Saturday, February 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, February 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: March 9-11, 2018