



THE FIRST ZEN INSTITUTE OF AMERICA

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

會協禪一第國美

WEEKEND ZEN RETREAT

August 9-11, 2019



First Zen Institute of America Building at 113 E. 30th Street circa 2006

From: http://www.firstzen.org/ZenNotes/2006/2006-01_Vol_54_No_01_Winter_2006.pdf

Friday, August 9:	7:30 P.M. – 9:30 P.M.	Film: <i>Ai-Un Hugo Makibi Enomiya-Lassalle: Bridge Builder Between Zen and Christianity.</i>
Saturday, August 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, August 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 *Zen Odyssey: The Story of Sokei-an, Ruth Fuller Sasaki, and the Birth of Zen in America*, by Janica Anderson. 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: September 13-15, 2019