



THE FIRST ZEN INSTITUTE OF AMERICA

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會協禪一第國美

WEEKEND ZEN RETREAT

September 13-15, 2019



Tofuku-ji Monastery, Drawing attributed to Sesshu Toyo

From: http://www.firstzen.org/ZenNotes/2007/2007-03_Vol_55_No_03_Summer_2007.pdf

Friday, September 13:	7:30 P.M. – 9:30 P.M.	Films: <i>DoomsdayBook</i> and <i>Seven Wonders of the Buddhist World..</i>
Saturday, September 14:	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, September 15:	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: October 11-13, 2019