

Winter Sesshin, January 28-30, 2011

Holy Trinity Spiritual Center/8400 Park Heights Avenue North/ Pikesville, MD 21208

Teachers: Sensei Rose Mary Myoan Dougherty, SSND
and Sensei Barbara Shoshin Craig, RSM

Although one person's practice is part of the practice of all awakened beings, each individual practice is indispensable, as it actualizes and completes everyone's activity as a Buddha. --Dogen Zenji

This sesshin is a rare opportunity to deepen your commitment to Zen practice and to be encouraged by others in the sangha who wish to do the same. Our time together will consist of blocks of zazen (sitting meditation) and kinhin (walking meditation), dharma talks, and optional interviews, as well as rest practice and meals together.

Option A: Full sesshin. Check-in begins on Friday, January 28, followed by dinner at 6:00. The sesshin starts at 7:30 and concludes on Sunday, January 30, with lunch. Cost: \$190. (Cost includes private room and all meals).

Option B: Partial sesshin. Begins Saturday, January 29 (breakfast not included) at 9:30 AM; ends Sunday, January 30, with lunch; cost \$115

Option C: All-day sitting. Begins Saturday, January 29 (breakfast not included) at 9:30 AM; ends 5:15 PM (no dinner); cost \$40, with lunch.

For questions on the sesshin, please contact Susan Efird at efirds@gmail.com. For questions about registration, contact Tupper Stevens at Tupper_Stevens@yahoo.com.

Scholarships are available. Please request at time of registration. Please consider paying a little more to help fund the discounts. Directions: Holy Trinity Spiritual Center is approximately 50 min. from downtown Silver Spring, off exit 21 on Baltimore Beltway 695. (<http://www.shalem.org/about/directions/holytrinity.html>)

To register for Options A and B: By January 14, mail your check made out to Silver Spring Zendo for the full amount or your nonrefundable deposit of \$75 to Tupper Stevens / 451 Retford Drive / Severna Park, MD 21146. Also, please include your name, phone number, address, and email, and indicate whether you intend to arrive for Friday dinner. To register for Option C, please send full amount by January 19 (include your name, phone number, address, and email) or pay in person on Saturday, January 29.

Holy Trinity's NEW Cancellation Policy: Cancellations must be received 48 hours before the beginning of the retreat. There can be no exceptions.

