

Silver Spring Zendo/One Heart Sangha

Winter Sesshin

January 27 - January 29, 2012

Teacher: Sensei Rose Mary Myoan Dougherty, SSND

Holy Trinity Spiritual Center

8400 Park Heights Avenue North

Pikesville, MD 21208

“To just hit the earth when you hit the earth is all-inclusive study.”

--Dōgen,

This sesshin is a rare opportunity to deepen your commitment to Zen practice by engaging in all-inclusive study with 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.

Full sesshin: check-in begins at 5:00 PM on Friday, Jan. 27, followed by dinner at 6:00. The sesshin starts at 7:30 on Friday and concludes at 11:45 AM on Sunday; cost \$190. (Cost includes private room and all meals, including the option of vegetarian fare.)

While you are encouraged to be present for the entire sesshin, other options are available:

- A Partial sesshin (beginning Saturday at 9:30 AM; ending on Sunday with lunch) cost \$130
- B All-day Sitting (beginning Saturday at 9:30 AM; ending at 5:15 PM) cost \$40, including lunch.

Discounts are available for those who need them. 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>)

For questions about the sesshin, please contact David Novello at dnovello@novellolaw.com.

For questions about registration, please contact Tupper Stevens at Tupper_Stevens@yahoo.com.

To register for the full sesshin or **Option A**, please send by **January 16**, the full amount or your nonrefundable deposit of \$75 in a check made out to Silver Spring Zendo 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.

Those choosing **Option B** must register by noon on Jan. 27 at: Tupper_Stevens@yahoo.com