

Silver Spring Zendo/One Heart Sangha
Fall Sesshin, August 30 - September 3, 2017
Teachers: Sensei Bob Ertman, Sensei Ed Sullivan (Saturday),
Roshi Charles Birx, and Sensei Rose Mary Dougherty

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

"Teaching and living the way of awareness in the very midst of
suffering and confusion, Shakyamuni Buddha, the Enlightened
One, to whom we bow in gratitude." -- Incense Offering

gratitude for gifts--
even snow on my bedspread
a gift from the Pure Land
--Issa

Give yourself the gift of extended silence in community with others. This Sesshin is a rare opportunity for extended sitting in our essential goodness, in silent, supportive community with others who wish to do the same, allowing our abundant wisdom to inform our practice. Our time together will consist of blocks of zazen (sitting meditation) and kinhin (walking meditation), dharma talks, and optional conversations with teachers, as well as rest practice and meals together.

Sesshin cost includes private room and all meals; the higher cost may be chosen by those who are able to support lodging for teachers and/or student discounts.

Option A: Full sesshin. Wednesday dinner through Sunday lunch. Check-in begins at 5:00 PM Wednesday, Aug. 30, followed by dinner at 6:00. The sesshin starts at 7:30 on Wednesday and concludes with lunch on Sunday; cost \$405-\$450.

Option B: Partial Sesshin. Friday dinner through Sunday lunch. Begins with dinner at 6:00 on Friday, Sept. 1, and concludes with lunch on Sunday; cost: \$205-\$250.

Option C: Partial sesshin. Begins Saturday, Sept 2 (breakfast not included) at 9:30 AM; ends Sunday with lunch; cost \$125-\$150.

Option D: All-day sitting. Begins Saturday, Sept 2 (breakfast and dinner not included) at 9:30 AM; ends 5:15 PM; cost \$45, 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 I-695. (http://www.trinitarians.org/retreat_center/directions.html)

For questions on the session and/or registration/options, please contact Tupper at tupperstevens@gmail.com

To register for Options A, B, or C, please send (and EMAIL tupperstevens@gmail.com) by **August 18 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.

We must tell Holy Trinity how many rooms/meals to prepare.

Please include your name, phone number, address, and email, indicate whether you intend to arrive for Wednesday or Friday dinner and whether you prefer a vegetarian meal option. To register for **Option D**, please send full amount by **August 25** (include your name, phone number, address, and email) or pay in person on Saturday, **September 2**.

GOOD NEWS: A reliable source has reported that new vegetarian options were provided at the last Holy Trinity retreat she attended this spring; the options included a dish with tofu! There is apparently a new sister cooking at Holy Trinity...