

# 2017 Year-End Reflection Retreat

## Dec. 27(eve) - 30

### led by Dharma-Holder Faith-Mind Thoresen

#### Wed, Dec. 27

##### EVENING

6:00	Snack
6:30	Registration
7:25	Be in your seat
7:30	Opening remarks
8:05	Slow Kinhin
8:15	Zazen
8:50	Four Vows/Bows/ Evening Gatha
9:30	Lights Out

#### SESSHIN

#### PRECAUTIONS

Observe at all times.

**Maintain Silence** — a Great Silence. Be silent in Body, Speech, and Mind. Do not talk.

**Maintain lowered eyes.** Do not look around.

**Maintain sesshin etiquette.** Do not engage in social greetings or courtesies

**Maintain samadhi (unified mind).** Do not leak your samadhi or the samadhi of others.

If you have any problems or are unable to follow the schedule, please inform the monitors.

#### Thurs, Dec. 28-

#### Sat, Dec. 30 \*

##### DAWN

5:15	Wake-up
5:30-6	Waking the body Outside Walking Zen, join anytime
6-6:50	Zazen
6:50	Slow Kinhin
7-7:25	Zazen/ Verse of Kesa
7:30	1-Bowl Breakfast

##### MORNING

9-9:50	Samu
10-10:50	Zazen
10:50	Outside Walking
11-11:50	Zazen
12:00	1-Bowl Lunch Rest

##### AFTERNOON (Thurs-Fri)

2-2:20	Chant Circle -- Buddha Hall
2:25-3:25	<i>TBD: possible Amnesty letter writing/ Personal Reflection, poetry Writing</i>
3:30-4	Zazen
4-4:10	Outside Walking
4:10-4:50	Zazen
5-5:25	Zazen
5:30	1-Bowl Dinner

##### EVENING (Thurs-Fri)

7-7:50	Zazen
7:50	Slow Kinhin
8-8:50	Group reading: <b>Zazen Wasan,</b> & Zazen
8:50	Four Vows, Bows Evening Gatha

#### Sat, Dec. 30

##### AFTERNOON (Fri)

1:15-2:45	Samu: New Year Temple Cleaning
3-3:50	Zazen
3:50	Outside Walking
4-4:50	Closing Circle -- Buddha Hall
4:50	Four Vows, Bows

#### END OF RETREAT

Please leave your sleeping area clean and orderly. Return room key to the Guest Steward Mailbox in the Sangha House.

#### \* IMPORTANT TO NOTE

- You may re-enter the Zendo up to 8 minutes past the hour.
- All meals are One Bowl buffet style.
- "Outside Walking" means Chinese-style Walking Zen.