

Spring ZEN Sesshin April 5 to 9, 2010 AT McKENZIE BRIDGE

The Seven Thunders Spring Zen Sesshin will be held April 5 to 9, 2010 at McKenzie Bridge, Oregon. It will be led by Leonard Marcel Roshi and will be conducted according to the standard Diamond Sangha format described in Robert Aitken Roshi's book "Encouraging Words." The sesshin will take place at St. Benedict Lodge, McKenzie Bridge.

Please plan to arrive between 2:00 p.m. and 4:00 p.m. on Monday, April 5, for registration. Sesshin will begin with supper at 5:00 p.m. followed by orientation and zazen at 7:00 p.m. It will end on Friday, April 9, after cleanup around 1:00 p.m. The daily schedule includes about nine hours of zazen with breaks for daily work assignments and rest. Total silence will be observed for the entire sesshin. All attending must participate fully in the daily cycle and in helping to restore the facility after the retreat.

St. Benedict Lodge is 50 miles east of Eugene, Oregon. The center has 70 acres of wooded grounds, bounded by the McKenzie river on one side and Willamette National Forest national forest on the other. For more information see www.sblodge.org.

Things to bring: Your own sitting cushion or bench and zabuton (include a zabuton or mat even if you will sit on a chair from the lodge because the zendo has a cold cement floor). Plain conservative clothing of dark or subdued color to wear for sitting. No shorts, sleeveless tops, or unnecessary jewelry, please. You may want to bring socks with grid bottoms, as the smooth zendo floor can be slippery. Bring hat, coat, and shoes suitable for walking outdoors (the days can be frosty, warm and sunny, rainy and stormy). Bring all your own bedding and linens (towels, pillow, sheets, and blankets or sleeping bag). St. Benedict Lodge does not provide these. Also bring all your own toiletries.

The cost for this sesshin, including lodging, meals and tuition, is \$275. The cost for Seven Thunders full members is \$245. A member rate is now available to regular members at all sesshins and retreats throughout the membership-year. Non-members may choose to join Seven Thunders (dues are \$30). They then qualify for the member rate at this and other Seven Thunders regular retreats and sesshins. A deposit of \$75 is required with your registration (or \$105 if also paying member dues), with the balance due by March 15 unless other arrangements are made. All but \$25 is refundable until March 15. If you cancel after that date, all but \$75 is refundable.

If the sesshin fee is a barrier to your attending, please check the box requesting a "scholarship" or contact the registrar. Although we need to balance our financial books, we also need and deeply appreciate your presence. Donations are also appreciated and they are tax-deductible.

To register for the retreat, complete the form below and send it, with your check payable to Seven Thunders, to:

Registrar David White
2898 Eastlake Dr SE
Salem OR 97306

You will receive a confirmation message.

Questions? Reach the registrar at 503-588-9008 or cdwwhite@gmail.com.

Registration For Spring Zen Sesshin April 5 to 9, 2010 At Mckenzie Bridge

Name: _____

Address: _____

Phone: _____ Email: _____

First retreat with us? _____

I will bring my sleeping bag or bedding, towels and toiletries.

If needed, I can bring an extra set of bedding and linens to lend to someone from far away.

I will bring my own pad (zabuton) and cushion (zafu) or bench.

I might be able to give someone a ride from Portland _____ or Eugene _____

I need to borrow: _____

Other needs (rides, food, etc) _____

I request a scholarship of \$ _____

Current Seven Thunders members:

I enclose full payment of \$245 (the member rate).

I enclose a \$75 deposit (balance of member rate due by March 15).

Not a current Seven Thunders member:

I enclose \$275, please apply \$30 to Seven Thunders member dues.

I enclose a \$75 deposit (balance of non-member rate due by March 15).

I enclose \$105, deposit & member dues (balance of member rate due by March 15).

I also enclose a donation of \$ _____

Please make checks payable to Seven Thunders.