

Easter Sesshin, Thurs 18th – Wed 24th April 2019

with **Mary Jaksch & Arthur Wells**

Introduction: This Diamond Sangha (www.zendo.org.nz) Easter Sesshin is to be held in the native bush setting of Staveley Presbyterian Camp, near the foot of Mt Somers, 1 1/2 hours west of Christchurch. The accommodation is in bunk rooms.

The retreat begins with a light meal at **6.30 pm Thursday 18th April** and finishes at **2 pm Wednesday 24th April 2018**. There is a 4-night option starting at the same time on Thursday and finishing on the Monday after lunch if you have a long way to travel home, or stay into the evening if you are able (but let us know).

Sesshin: The word shin in Japanese means “mind,” in a sense that combines both thinking and feeling so we call it “heart-mind”. Sesshin literally means to “touch,” “express” or “reveal” this heart-mind. In other words, Sesshin is about the awakening of insight and compassion. It’s the foundational retreat that Zen practitioners everywhere attend if possible once or twice a year in order to keep our practice strong. The form of Sesshin is much the same everywhere around the world, consisting of a full programme of silent meditation, chanting, bowing, walking, eating, resting, hearing talks, face-to-face interview with the teachers, cleaning and food preparation. Everything we do in Sesshin is designed to plunge us increasingly, throughout the six days, into deep, reflective stillness. To enter wholeheartedly into Sesshin enables us to see into our own deepest motives and discover a new freedom from fears and compulsions. People leave Sesshin feeling refreshed, more emotionally stable and more joyfully alive.

Registration: We would appreciate registration as soon as possible to help facilitate easier organisation of Sesshin, roles and food. At the latest they must be in by **Weds April 10th**.

Fees: Fees include accommodation, food, the teachers’ accommodation and food, and minimal teaching fees. Please pay within the sliding scale, according to your financial situation:

Full retreat (6 nights): \$340 with sliding scale down to \$240
Thursday to Monday (4 nights): \$240 with sliding scale down to \$170

We do not wish anyone to miss out. If you don’t currently have the funds to attend, please email Shona Pierce and we can negotiate a manageable price for you.

If you are flying: Please arrive in Christchurch before 2pm if possible. Let us know if and what time you are arriving in Christchurch and we will tee up a lift for you to Staveley. We also need the time that you have to be back at Chch airport. We will let you know by Tues April 16th who will pick you up and when.

Dana: You are encouraged to offer Dana/Koha for Arthur and Mary in the form of cash or a personal gift. You may include a card or offer Dana anonymously.

Things to bring:

If you are flying: We can provide a pillow, zafu, zabuton, knee cushions (if you need them) and some rugs for warmth in the zendo. Please indicate your need for the first 3 on the rego form.

Everyone: sleeping bag or other bedding, pillow and pillow slip, hot water bottle, torch, raincoat and warm clothes, sturdy footwear/boots, ear plugs & personal items. Slip-on shoes are handy for the concrete floors in the bunk rooms and going to dokusan or kinhin on a wet day. Please bring warm, comfortable black or dark clothes to wear in the zendo. Staveley is under the mountains so it can get cold especially in the evenings and early mornings.

Food and allergies: The food is vegetarian. Where we can accommodate your food allergies we will. Should this not be possible and to reduce stress in the kitchen, you may need to adapt a meal to suit you. You may wish to bring food substitutes, e.g., gluten free bread or cereals. Please email Di Broadley (see below) should you have any queries.

