

## *Easter Sesshin, Thurs 1st – Wed 7th April 2021*

with **Mary Jaksch & Arthur Wells**

**Introduction:** This Diamond Sangha ([www.zendo.org.nz](http://www.zendo.org.nz)) Easter Sesshin is to be held in the native bush setting of Staveley Camp, near the foot of Mount 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 1st April** and finishes at **2 pm on Wednesday 7th April**. 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 your registration must be in by **Sunday March 21st**.

**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): \$350 with sliding scale down to \$280

Thursday to Monday (4 nights): \$250 with sliding scale down to \$200

***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 3pm on April 1st. Let us know what time you are arriving in Christchurch and we will coordinate lifts to Staveley. We also need the time that you have to be back at Christchurch airport. We will let you know by Tues April 7th 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, and rugs for warmth in the zendo. Please indicate your need for these on the registration form. (Some knee cushions will also be available.)

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.

**Contacts:**

<b>General Enquiries:</b>	Shona Pierce at <a href="mailto:shonazen22@gmail.com">shonazen22@gmail.com</a> ph 027 387 2347
	Arthur Wells at <a href="mailto:arthurwells06@gmail.com">arthurwells06@gmail.com</a> ph (03) 348 4656 or 022 012 3040
<b>Registration &amp; reduced payment requests:</b>	Shona Pierce at <a href="mailto:shonazen22@gmail.com">shonazen22@gmail.com</a> ph 027 387 2347
<b>Special food needs:</b>	Di Broadley at <a href="mailto:dibeeze@gmail.com">dibeeze@gmail.com</a> ph (03) 981 9550 or 027 475 8987
<b>Travel co-ordinator</b>	Jane Ross at <a href="mailto:jane@mjaneross.com">jane@mjaneross.com</a> ph 021 122 6324

**How to register:** Please register online using the Google Form at this link.

<https://forms.gle/FezJU1jpAFmago946>

**How to pay:** Payment can be made by Electronic Payment or by cheque.

Electronic Payment: Account name: Diamond Sangha Christchurch  
Account number: 010833-0009798-00

Cheques: Payable to: "Diamond Sangha Christchurch"

Mail to: Shona Pierce, 53 Heathcote St, Woolston, Christchurch 8023

Please send notification of your electronic payment and/or cheque to Shona at: [shonazen22@gmail.com](mailto:shonazen22@gmail.com)