

## *Easter Sesshin, Thurs 6th – Wed 12th April 2023*

with **Mary Jaksch Roshi & Arthur Wells Roshi**

**Introduction:** This Diamond Sangha Easter Sesshin is to be held in the native bush and farmland 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 6th April** and finishes at **2 pm on Wednesday 12th 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 to (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 **Friday March 31st**.

**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): \$380 with sliding scale down to \$310

Thursday to Monday (4 nights): \$280 with sliding scale down to \$230

***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 6th. Let us know what time you are arriving in Christchurch and we will coordinate lifts to Staveley. We also need to know the time that you need to be back at Christchurch airport. We will let you know who will pick you up and when. We recommend a flexible ticket in case symptoms arise or you test positive for Covid.

**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:

**Everyone is asked to complete a negative Covid RAT test before arrival at Staveley.**

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/slippers 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:

General Enquiries:	Shona Pierce at <a href="mailto:shonazen22@gmail.com">shonazen22@gmail.com</a> ph 027 387 2347 Or Arthur Wells at <a href="mailto:arthurwells06@gmail.com">arthurwells06@gmail.com</a> ph 022 012 3040
Registration & reduced payment requests:	Shona Pierce at <a href="mailto:shonazen22@gmail.com">shonazen22@gmail.com</a> ph 027 387 2347
Special food needs:	Di Broadley at <a href="mailto:dibeeze@gmail.com">dibeeze@gmail.com</a> ph (03) 981 9550 or 027 475 8987
Travel co-ordinator:	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/KugP9a28Coum3mRz8>

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

Electronic Payment: Account name: Diamond Sangha Christchurch  
Account number: 01-0833-0009798-00

Please include your name in the space for reference details when you make your payment and send notification of your electronic payment to Shona at: [shonazen22@gmail.com](mailto:shonazen22@gmail.com)