

Cultivating the Great Way of Compassion



Zen Sesshin 25 March -1 April 2016

Wisdom and Compassion are the two wings of the Buddha's teachings. Sesshin is an opportunity to deepen our practice and embody the Bodhisattva Vows. We'll explore ways to cultivate compassion for the Self, Others and the World in order to turn the dharma wheel of wholesome right action to alleviate suffering.

Teachers

Subhana Barzaghi Roshi is a resident teacher of the SZC. Subhana has over thirty years' experience in meditation practice and regularly leads Zen sesshins and Insight retreats throughout Australia and New Zealand.

Allan Marett is a teacher in the Diamond Sangha branch of the Zen tradition.

Schedule

Silent sitting and walking meditation; private interviews with the teachers; daily dharma talk; chanting; mindfulness work practice; vegetarian meals; zen training and ritual. If you are new to sesshin prior orientation before sesshin is encouraged.

Venue

Kodoji, or Ancient Ground Temple, is the Sydney Zen Centre's retreat centre in the Upper Macdonald Valley, about two hours north-west of Sydney, via Wisemans Ferry and St Albans. Kodoji Temple sits in a beautiful valley called Gorricks Run, surrounded by high sandstone cliffs and deep wilderness. There is only limited indoor accommodation and it is generally expected that sesshin students will pitch their own tents.

Enquiries Contact Jill Ball jillianball@bigpond.com

Phone: 02 9665 0172

Mobile: 0407 400 126

Further information about SZC and sesshin: www.szc.org.au

Cost \$400 members, \$520 non-members

Statue of Guanyin by Janet Selby



Application Form: Autumn Sesshin, 25 March – 1 April 2016 page 1

Name: _____

Address: _____

Phone: H: _____ W: _____ Mob: _____

email: _____

In case of emergency, contact:

Name: _____ Phone(s): _____

Special factors:

- If you wish to bring children to sesshin (\$10 per child per day).
- If your financial situation makes it impossible for you to pay the applicable fee, please contact the sesshin coordinator *no later than 4 March* (i.e. 3 weeks before sesshin starts).
- If there are any medical or personal factors that may affect your participation, please note them. This information will be confidential to sesshin coordinator, teacher, and sesshin leaders.
- Medications or treatments required for specific medical conditions, allergies etc must be brought with you to sesshin as only basic first aid supplies are available.

Special food requirements: Food will be vegetarian. If you have specific requirements—e.g., if you do not eat dairy products or eggs, if you require or prefer soy milk, if you have allergies to any foods—please specify *now*, so that our food planning can take this into account. *It is too late to tell us once you are at sesshin.*

If you are not an SZC member, specify previous meditation experience:

Do you have any medical or first aid training?

Attendance details: Full time, 25 March–1 April SZC member Non-member

Part time: Number of days: ____ Arrival/Departure day and time: _____/_____

Attendance from Day One is *preferred* for all participants, and *required* for participants who have not previously sat sesshin with SZC. For planning purposes we must have *both day and time* for part-time arrivals and departures. When counting days for part-time enrolment, do not count 18 April (the first day) as a separate day. Add it to the part-day on which you are leaving and call that one full day.

Transport: I need transport I can offer transport: Number of seats _____
 I have a 4WD or Station Wagon

If you have your own plans or preferences about transport (e.g., travelling with another sesshin student), please give this information here. _____

Do not leave transport information blank. If you do not give it now you will have to be asked later.

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Fees: Full time: SZC member \$400 Non-member \$520

Part time: SZC member \$57 per day _____

Part time: Non-member \$74 per day _____

Additional donation: _____

Total: _____

- If you wish to apply for the Anne Marie Buescher Scholarship, please check this box. The scholarship provides assistance in meeting sesshin fees to applicants who would otherwise not be able to afford to attend. If you check this box, you will be contacted by the Sesshin Coordinator to discuss your application.*

Organising a sesshin at Kodoji requires a large amount of volunteer labour, and late changes cause much extra work for volunteers and/or extra costs for SZC.

We ask you to note carefully the following deadlines and provisions, to which no exceptions will be made.

- Fees are payable by **11 March** (two weeks before sesshin starts). Applications or payments received after this date incur a 10% additional fee.
- No applications will be accepted after **18 March** (one week before) unless a cancellation occurs. Applicants who have not paid by **18 March** will have their places cancelled.
- Except in the case of unforeseeable emergencies, no refunds will be made if you cancel after **18 March** or if you leave sesshin earlier than your nominated time.

Post this form to:

Sesshin Coordinator, SZC, 251 Young Street, Annandale NSW 2038

OR send as an email attachment to: Jill Ball jillianball@bigpond.com

Include full payment by one of the following methods (please indicate):

Cheque or money order payable to Sydney Zen Centre. Do not send cash.

Electronic funds transfer to: **BSB 062-182, Account No. 1013 7103 ***

*(Please note this is a new account number which has changed since we became incorporated in 2015)

In the EFT description box, give your surname followed by 'SE'.

If you pay by EFT, print out and post, or email, a copy of the transfer details page which you receive from your bank at the time of making the transfer.

A confirmation letter with information about Kodoji Temple and what you should bring to sesshin will be forwarded to you following the receipt of your application and payment. In the event of unforeseen circumstances SZC may cancel this sesshin.



Depending on conditions, there may be an opportunity to visit the Guanyin shrine in the hill behind Kodoji, a three hour return hike.

