



Spring Sesshin

Kodoji 2024

Saturday 5 - 12 October

Sydney Zen Centre

Led by Gillian Coote, roshi,
and apprentice teacher Will Moon

Spring comes with flowers, autumn with the moon,
summer with breeze, winter with snow.

When useless things don't stick in your mind,
That is your best season.

Wumen Hui-k'ai (d.1260)

At sesshin, we let go into vastness and silence and settle into our depths. Here we can be gentle with ourselves and embrace the present moment without thoughts of realisation, without ideas of goals. Here is radical simplicity, seeing **what is**, seeing when the flow of living is blocked - lovingly, intelligently, compassionately. 'Sesshin' means 'to settle the heart-mind, to touch the heart-mind, to convey the heart-mind'; each day offers endless opportunities to continue this practice and realise each moment, each moment which contains everything.

Old-timers and new students alike are most welcome. However, as sesshin involves seven or eight hours a day of zazen – sitting meditation – it is suitable only for people with experience in meditating for extended periods.

Kodoji or Ancient Ground Temple, is SZC's retreat centre in the Upper MacDonalld Valley, about 2 hours north-west of Sydney, via Wisemans Ferry and St Albans. It was built over the last thirty-five years by Sydney Zen Centre students.

Indoor accommodation is available if you require it. Most participants prefer to bring their own tents and camp in the paddock, or sleep under cover of the dojo verandah.

Bookings:

Applications are now open for members and non-members. If we need to limit attendance numbers, we will allocate places in the order they are received, subject to the following priorities:

1st priority: SZC members who book full-time or part-time positions by Friday 6 September.

2nd priority: Anyone (member or non-member) booking a full-time position by Friday 20 September.

3rd priority: Any other bookings, in the order they are received.

Health precautions:

The sesshin will be run on COVID-safe principles. If you experience cold/flu/respiratory symptoms in the days leading up to the sesshin, you can not attend sesshin, and we will fully refund your fee.

Backup plan / cancellation of sesshin: In the event that flooding prevents us from accessing Kodoji, our backup plan is to relocate the sesshin to our Annandale zendo during the daytime, with early morning and evening blocks online. We will provide a refund option for participants who might find these arrangements impractical.

Early Bird Fees:

| | | | |
|-----------------------|--------------|------------|---------------|
| Full Time: SZC member | \$620 | Non-member | \$780 |
| Part time: SZC member | \$90 per day | Non-member | \$115 per day |

A 10% additional fee will apply for payments made after Friday 20 September

Closing of applications/cancellations/refunds

Much volunteer organisation is required to plan food, transport, and other logistics for sesshin, and late changes make that work harder and may impact our costs. Therefore:

- All fees must be paid in full by Friday 20 September.
- No applications will be taken after Friday 20 September.
- No refunds are payable for cancellations after Friday 20 September, or if you leave sesshin earlier than agreed, unless your withdrawal is COVID-related.

Bookings / more information

Please return your completed Janet janetselby@bigpond.com

Application Form: SZC Spring Sesshin 2024, 5 – 12 October

Name: _____

Address: _____

Phone: _____

Email: _____

In case of emergency, contact:

Name: _____ Phone: _____

If you are not an SZC member, please specify your previous meditation experience. You may be contacted about your application:

Personal factors: Sesshin involves extended periods of sitting meditation, silence, and ritual, and can be physically demanding and emotionally confronting. For your safety and comfort, and in consideration of other participants, we ask that you let us know about any medical, physical, personal, or psychological issues that may affect your participation in sesshin. All information will be kept confidential.

Dietary requirements: All sesshin 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, or if you have allergies to any foods, please specify now, so that our food shopping can take this into account. It is too late to tell us once you are at sesshin.

Do you have any medical or first aid training? _____

Attendance details: SZC member Non-member

Full time, 5 – 12 October

All participants will begin sesshin together on **Saturday 5 October**

***Part time:** Number of days: _____ Departure day: _____ (All departures are after 3pm)

*Part-time is available for a minimum of 2 sitting days from the first sitting day (Sunday + Monday). Additional days can be added to these 2 days. When calculating days for payment, Saturday 5 October is day 1.

Transport: I need transport I can offer transport No. of passengers: ____ 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 provide this information here. Don't leave this section blank. We appreciate as many cars/drivers as possible.

Fees: Full time: SZC member \$620 Non-member \$780

Part time: SZC member \$90 per day _____

Part time: Non member \$115 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.

Payment Please make your payment by electronic funds transfer to: Sydney Zen Centre limited
BSB: 062 182 Account No: 1013 7103 In the EFT description, indicate your surname followed by the tag 'SE'

Completed application forms. Please return your completed application form via email to Janet Selby and attach a copy of your payment receipt. When we have processed the applications, Janet will confirm if you have a place, and provide more information about Kodoji, and what you should bring to sesshin.