

RING OF BONE ZENDO

ANNUAL CALENDAR

Ring of Bone Zendo maintains an annual round of events, with slight variation from year to year. Dates for sesshin and other events are set at the September general meeting and announced in the newsletters.

For further information, contact us at (530) 346-7782 or members@RingOfBoneZendo.org.

Ten months a year, there is weekly sitting with the following schedule.

- **The first Sunday** of the month, there is sitting in the morning and a potluck lunch following (no Monday night sitting the next day).
- The remaining weeks, there is sitting on **Monday nights** followed by informal tea.

Jan.	No Monday night group practice or events at the zendo
Feb.	Great Cold sesshin (five days)* General meeting
Mar.	Weekend sesshin*
Apr.	Buddha's birthday celebration Mountains & Rivers backpacking sesshin**
May	Workday Zazenkai****
Jun.	Workparty Seven day sesshin*
Jul.	No Monday night group practice at the zendo Sangha campout
Aug.	Mountains & Rivers backpacking sesshin**
Sep.	General meeting Founders' Day celebration Zazenkai****
Oct.	Five-day sesshin* Workday
Nov.	Workday
Dec.	Rohatsu sesshin***

Orientation to Zen practice is available by request.

* SESSHIN INFORMATION

Sesshin is an extended period of silent meditation. Advance sign-up is required. If you are new to Ring of Bone Zendo, contact the sesshin coordinator early to receive the new participant query and read *Taking the Path of Zen* by Robert Aitken.

SESSHIN SIGN-UP PROCEDURE

1. Send a check for the full fee, your name, address, phone number, membership category, and email to the coordinator. If you don't use email, include a self-addressed stamped envelope.
2. Heed the deadlines. Space is limited. Early submissions have priority.
3. Let the coordinator know if you have a special medical condition or food allergies pertinent to this sesshin (remember, even old timers develop new conditions sometimes).
4. Your check will be held for deposit until after sesshin. If paying the full sesshin fee poses a problem, talk with the coordinator. A fee reduction may be possible.
5. If you are behind in your membership dues, please send them right away.
6. Let the coordinator know if you want dokusan or meal procedure orientation.

Acceptance depends on membership status and the date the coordinator receives your check. The coordinator will contact you shortly after the sign-up deadline with details about the sesshin or let you know you are on the waiting list.

You may cancel up until two weeks before the start of sesshin and receive a full refund. If you must cancel, please do so as soon as possible to help enable another to take your place.

Cancellation within two weeks of sesshin may result in the loss of 25% of your fee.

Plan to arrive early and stay until cleanup is finished after sesshin. If you come from a long distance, please arrange your airplane ticket to allow ample time before and after sesshin. We ask you to arrive at least two hours before the work meeting begins to help clean the zendo, set up your tent if you are using one, store your gear and visit with others. For long sesshin, work meetings begin at 5 PM. For weekend sesshin, work meetings begin at 7 PM. Please do not plan to leave before 4 PM on the last day.

Sesshin packing List

bag supper for first night
bowl set
sleeping bag
flashlight
slip-on shoes
towel and toilet articles (no strong scents, please)
dark, solid colored sitting clothes
warm clothes
rain gear
mosquito gear (summer)
tent (optional)

If you have questions about sesshin, contact the coordinator.

**** MOUNTAINS AND RIVERS SESSHIN**

Mountains and Rivers Sesshin are back packing sesshin. Destinations change from year to year and season to season. These sesshin are limited to 15 people so early sign-up is advised.

These trips can be physically rigorous or may be organized around a back country base camp. Be prepared to walk 6 hours per day and for any weather. Break in new footwear and limit what you bring.

***** ROHATSU SESSHIN**

The eight-day Rohatsu Sesshin commemorates the awakening of the historical Buddha. It is a working person's sesshin at ROBZ and is held Dec. 1–8.

The weekday (Mon.–Fri.) schedule is tea and zazen 4:30 AM–6:30 AM and zazen 7:30 PM–9:30 PM. Participants carry out their practice through the rest of each day in their homes and workplaces. The weekend (Friday evening–Sunday evening) schedule begins with a work meeting at 7 PM Friday; full sesshin schedule continues through Sunday 9:00 PM. On the 7th night, we sit until midnight, and the next morning we close with a walk to Bald Mountain for a sunrise ceremony. Bring hats, gloves, warm footwear, etc., as the weather is unpredictable. An informal breakfast and cleanup follows.

Rohatsu is open to part-time attendance. Anyone from out of the area who wishes to attend the weekdays has the choice of arranging to spend daytime hours away from the zendo, possibly at a sangha member's home, or joining group activities at the zendo (meals, zazen, light manual labor, etc.) Just hanging out at the zendo is not an option.

Please determine your commitment for this sesshin and notify the coordinator when you sign up.

****** ZAZENKAI**

Zazenkai are one-day sittings, and advance sign-up with the coordinator is encouraged. The typical schedule: densho at 8:50 AM, sutras, zazen, bag lunch with gathas, silent break, zazen, dharma assembly led by a sangha member at 2:00 PM, meadow kinhin, zazen. We end at 3:50 PM with a closing ceremony followed by tea and clean-up.