

Spring Sesshin
Silver Spring Zendo/One Heart Sangha
April 26-29, 2018
Holy Trinity Spiritual Center/8400 Park Heights Avenue/Pikesville, MD
21208

Teachers: Senseis Barbara Shoshin Craig, RSM, and Bob Jin Gen Ertman

Sesshin is an opportunity to spend time in silence and away from distractions. The word means "touching the heart-mind." We invite you to join us for this time of sitting in appreciation of the fullness of our lives just as they are now.

One thing is all, all things are one-- know this and all's whole and complete.
When faith and Mind are not separate, and not separate are Mind and faith,
This is beyond all words, all thought.
For here there is no yesterday, no tomorrow, no today.
-from *Affirming Faith in Mind*

Full sesshin:

Check-in begins at 5:00 PM on Thursday, April 26.
The sesshin starts at **7:30 PM on Thursday** and concludes after lunch (noon Sunday): cost \$350.
Cost includes private room and all meals, including the option of vegetarian fare.
While you are encouraged to be present for the entire sesshin, other options are available.

Partial sesshin:

Option A: Begins Friday at 6:00 dinner, ends Sunday with lunch: cost \$250
Option B: Begins Saturday at 9:30 AM; ends on Sunday with lunch: cost \$140.
Option C: All-day Sitting (beginning Saturday at 9:30 AM; ending at 5:15 PM): cost \$40, including lunch.

Discounts are available for those who need them. Please request at time of registration. Please consider paying a little more to help fund the discounts.

Directions: Holy Trinity Spiritual Center is approximately 50 min. from downtown Silver Spring, off exit 21 on Baltimore Beltway 695
http://www.trinitarians.org/retreat_center/directions.html

For questions about registration, please contact Tupper Stevens at tupperstevens@gmail.com
To register for the full sesshin or Options A or B, please send the full amount or your nonrefundable \$75 deposit by Monday, April 16 to:

Tupper Stevens
451 Retford Drive
Severna Park, MD 21146

Please make checks payable to **Silver Spring Zendo**

