



THE FIRST ZEN INSTITUTE OF AMERICA

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會協禪一第國美

WEEKEND ZEN RETREAT

August 6-8, 2010

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**Poem: From this time forth you can become a beast
Becoming a Buddha also depends on yourself**

From: http://firstzen.org/ZenNotes/1961/1961-03_Vol_08_No_03_March_1961.pdf

Friday August 6:	7:30 P.M. – 10:00 P.M.	Films: <i>The Schools of Tibetan Buddhism;</i> <i>The Dalai Lama;</i> <i>The Origins of Chinese Buddhism;</i> <i>The Classical Period of Chinese Buddhism.</i>
Saturday, August 7:	9:00 A.M. – 12:00 Noon 12:00 Noon – 1:30 P.M. 1:30 P.M. – 4:30 P.M. 4:30 P.M. – 6:00 P.M. 6:00 P.M. – 9:00 P.M.	Zazen with chanting Lunch Break Zazen with a reading Dinner Break Zazen
Sunday, August 8:	4:30 A.M. – 7:30 A.M. 7:30 A.M. – 9:00 A.M. 9:00 A.M. – 12:00 Noon	Zazen with chanting Breakfast break Zazen with a reading

Readings for this retreat will come from The Mahaparinirvana Sutra. Feel free to come for a single day or a single sitting. Please arrive 15 minutes prior to any 3-hour sitting block. The films are presented courtesy of *The Teaching Company* and are free for all. Popcorn is served with the films, but food is otherwise not provided.

Tentative date of next retreat: September 10-12, 2010