

Greetings, dear Sangha and friends:

Zen Columbus Sangha will hold its next all-day sit, Zazenkai, on October 21 at Spring Hollow Lodge inside Sharon Woods MetroPark. Access is off West Main Street, Westerville, not the public park entrance.

Zazenkai will be from 8:15 to 4:30. All are welcome for all or any part of the day. We will each bring a vegetarian dish to share for lunch. Coffee and tea will be provided. Dana of \$20 is requested for the entire day to cover the cost of the lodge. Please donate what you can for part of the day.

The multiple lengthened sitting and walking periods of zazenkai provide a special opportunity to retreat from everyday concerns. Mindful eating and work practice (set-up, serving food and clean-up) are additional ways to remind ourselves to extend our practice into our daily lives. Silence is maintained throughout the day. Additional details follow the schedule.

Zazenkai Schedule October 21, 2018

8-15 - 8:45 Arrive and set up

8:45 Take seats and begin silence

9:00 - 9:35 Sitting meditation

9:35 - 9:45 Walking meditation (kinhin)

9:45 - 10:20 Sitting meditation

10:20 - 10:30 Kinhin

10:30 - 11:05 Sitting meditation

11:05 - 11:15 Kinhin

11:15 - 11:50 Sitting meditation

11:50 - 12:50 Lunch (Silence maintained)

12:50 - 1:25 Sitting meditation

1:25 - 1:35 Kinhin

1:35 - 2:10 Sitting meditation

2:10 - 2:40 Movement on own (walk, yoga, stretch)

2:40 - 3:15 Sitting meditation

3:15 - 4:15 Dharma talk

4-15 - 4:30 Pack up and clean

You will need to bring your own zafus and zabutons. We will bring a few from the church for those who don't have them, or you may borrow overnight following Saturday morning sit. If you prefer to use a chair, you may want to bring a cushion.

Walking meditation will be clockwise indoors, or you may walk outside. Similar to chanting, we practice Kinhin as a group, so maintain the pace of the leader. Follow the person in front of you closely with eyes cast down toward their feet. If you leave kinhin, when you return, bow to the person who was behind you and that person bows to you, then enter the line in your original position.

Please bring a vegetarian dish to share for lunch. For those who are coming, I can let you know how many to prepare for by Thursday October 18. Everyone needs to bring their own cup, bowl, plate and utensils. The lodge has a sink, microwave and fridge.

I would greatly appreciate it if you could respond to me directly at [ckasselmann.ck@gmail.com](mailto:ckasselmann.ck@gmail.com), not to the yahoo group. Please let me know if you will be at lunch and whether or not you want coffee.

I hope to see you at our Fall Zazenkaï.

With great gratitude to everyone for your practice and your ongoing support of Zen Columbus Sangha.

Gassho.

Chris Kasselmann

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