

GUIDELINES FOR SESSHIN

- Arrival time on Thursday evening is 6pm. That gives you time to set up, for us to have an orientation and to be in the zendo about 7:30.
- Eat something before you come – no food will be available until yaza (about 9:45).
- The usual end of sesshin (Sunday) is about 2:30pm. This may be adjusted depending on how much time we will need for sesshin take-down.
- Cell phone use during sesshin is not permitted. My cell number is 727-430-5002 and you may give it to anyone who may need to be in touch with you in an emergency. I will check my phone a few times each day.
- If you do not have a robe or wear one from the Center, bring darker colored clothes. If you wear socks in the zendo, be sure they are a darker color.
- There is a daily work period and exercise period: you may want to bring clothes appropriate for them. The color code needn't apply to those periods.
- You will not need to wear a watch or bring an alarm clock – all activities and changes will be directed by the monitor and timer.
- If you are sleeping at the Zendo, bring a flashlight to negotiate the grounds from the house to the sleeping dorms. An umbrella may also be valuable for the walk back and forth if it rains.
- If you are sleeping at the Zendo (dorms), bring linen, a pillow, a bath towel and your own toiletries (no need to bring soap). No strong-scented shampoos or deodorants. We have rubber foams for sleeping- you may bring your own if you'd prefer.
- During sesshin a lot of the extra support cushions and zafus (round sitting cushions) get used. You may bring your own if you like – we have plenty of zabutons (large flat mats we sit on). Be sure to mark anything you bring discreetly.
- An application (found on our website) is required, especially the medical form. Only Sensei and I will see them.
- Donations for sesshin: \$40 per day for members, \$50 per day for non-members. If paying by check, make it out to Clear Water Zen Center and give it to me. (Let me know privately if money is a problem.)
- Dana for Roshi can be given to me before sesshin begins and a reminder will be announced again at the end of sesshin. Roshi comes

without charge and is with us the entire time. Be as generous as you can. If using a check, make it out to Lawson Sachter. Dana is not required - it is "giving from the heart." It is helpful to me to keep money for sesshin and Dana for Roshi separate.

- If you are not sleeping at the zendo, please arrive mornings at 5:15 for morning kinhin, unless an alternate plan/schedule has been worked out with me.
- Please let me know as soon as possible if you have any food issues. We will not have coffee at sesshin – you may want to start tapering off now if you think not having it will create some form of withdrawal.