

## ROSHI LAWSON'S VISIT - GUIDELINES

- \* We try hard to always start on time – please try to arrive a few minutes before the starting time each day.
- \* If you want to participate part time (during any given day), please contact Rosen, clearwaterzen@gmail.com, and we will set a schedule that will least impact the group.
- \* Please let us know if you want to sleep at the Center on Friday night, and/or Saturday night.
- \* ALL are welcome for both days of sitting. It is helpful if you let us know in advance, but you are welcome to come at the last minute if that is necessary. If you need to stay overnight, please let me know in advance.
- \* As most of you know, Lawson Roshi comes to our Center for events like this and to lead our sesshins (retreats) free of charge. But we do pay his travel expenses. Therefore, we suggest a donation to the Center of \$20 for members and \$25 for nonmembers for each day of the weekend. Remember, no one should give up participation for financial reasons – your spiritual practice is of primary importance. Donate what you can, if you can.
  
- \* We also encourage support for Lawson Roshi through the donation of dana (giving from the heart). This is not required. Please give this directly to Ken Rosen in a sealed envelope (we have envelopes if you forget one) and he will make sure Roshi gets it. Checks should be made out to Lawson Sachter. We must support our teachers if we are to have them.
  
- \* We set our suggested donations as low as we are able to encourage all to use this opportunity to practice and train with the Sangha and our teacher. We always remind those who cannot afford to donate at this time to come to practice, which is most important. But we would also like to remind those who are able to donate more than the minimums to be as generous as you are able so that we can continue to provide these extended practice periods. As you support the Center, the Center supports your practice.

## WEEKEND WITH ROSHI LAWSON

### SATURDAY

9:30 – 9:40 Orientation  
9:40 – 11:45 Zazen and Dokusan  
11:45 – 12:00 Rest Period and Snack (provided by the Center)  
12:00 Bell ending Rest Period  
12:05 5 Minute Bell  
12:10 – 1:25 Zazen and Teisho  
1:25 – 1:35 Short Break  
1:35 Bell ending Break  
1:40 5 Minute Bell  
1:45 – 2:50 Zazen and Dokusan

### SUNDAY

9:30 – 11:05 Zazen and Teisho  
11:05 – 11:25 Chanting  
11:25 – 11:45 Rest Period and Snack (provided by the Center)  
11:45 Bell ending the Rest Period  
11:50 5 Minute Bell  
11:55 – 2:00 Zazen and Dokusan  
2:00 Closing Remarks

These schedules are subject to some adjustments by Roshi Lawson