

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 – 3:10 Zazen and Dokusan
3:10 – 3:45 Circle
3:45 Pot Luck meal

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

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 Ken Rosen, at clearwaterzen@gmail.com, and we will set a schedule that will least impact the group.
- Please let Ken Rosen know if you want to sleep at the Center on Friday night, and/or Saturday night.
- ALL are welcome for both days of sitting. You may notice we are not asking to be notified in advance if you are coming, but part timers and those sleeping over must let Ken Rosen 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 \$15 for members and \$20 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 can 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.