

Schedule 2010 Days of Silence and Seasonal Retreats

ZCB/Clare Sangha holds monthly days of silence (*zazenkai*) at Holy Trinity Spiritual Center (HT), Pikesville, MD; and other venues as shown, including the Towson Unitarian-Universalist Church (TUUC), Lutherville, MD. See directions on the Groups page.

The practice day is Saturday from 10:00am to 5:00pm. It consists of alternating periods of seated and walking meditation, dharma talk, optional interviews, coffee/tea and rest breaks, lunch, and spiritual circle. Beginning instruction is offered to newcomers, after which they may join in community practice until lunch, or for the rest of the day. Please bring your lunch. Suggested donation is \$15.

Clare Sangha also holds seasonal retreats (*sesshin*) in winter, summer and autumn. Here is our schedule of *zazenkai*, *sesshin*, and other training events in 2010:

January 23, Day of Silence, TUUC

February 19-21, Winter Sesshin, HT

March 20, Day of Silence, HT

April 10, Day of Silence, TUUC

April 24, Day of Silence
Site to be announced

May 15, Day of Silence, HT

June 19, Day of Silence, HT

July 9-15, Summer Sesshin
Site to be announced

July 31, Day of Silence, HT

August – Summer Break

September 18, Orientation/Zazenkai, TUUC

October 8, Zen Peacemakers Sangha Gathering
Maezumi Institute
Montague, MA

October 16, Day of Silence, HT

November 12-14, Autumn Sesshin, HT

December 18, Day of Silence, TUUC

To register for a day of silence, please send e-mail to info@zbcclaresangha.org, or register in person on-site the day of the event. Registration for sesshin is announced/invited on this website 4-6 weeks in advance. As all arrangements are temporary, our schedule is subject to change.

Other Scheduled Events 2010

Orientation Workshops for newcomers and meditation mentors
(contact info@zbcclaresangha.org)

May 2 – *Buddha Day*, With the Buddhist Network of Greater Baltimore

May 14-16 – *Annual Teachers' Meeting of the White Plum Asanga*

July 15-18 – *Annual Meeting of the American Zen Teachers' Association*

Other Offerings 2010

Weekly Sitting: ZCB/Clare Sangha is linked with groups in the greater Baltimore area that meet for practice weekly.

Additional Sesshin Training: ZCB/Clare Sangha is linked with groups (White Plum, Zen Peacemakers) holding retreats outside the greater Baltimore area.

If interested in these offerings, please inquire at a day of silence. For all other questions, kindly contact info@zbcclaresangha.org.

Baltimore Dharma Group, Baltimore, MD
web.mac.com/bdgzendo/BDG/HOME.html

Flowing River Sangha, Wilkes-Barre, PA
www.frsangha.org

Lincroft Zen Sangha, Lincroft, NJ
www.lincroftzen.org

Red Rose Sangha, Lancaster, PA
See Groups page

Silver Spring Zendo/One Heart Sangha, Silver Spring, MD

www.silverspringzendo.org