




VERMONT ZEN CENTER SPRING 2009

SITTINGS: Monday–Friday 6-7 am; Tuesday & Thursday 6:45-8:30 pm; Sunday 9-11 am

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Temple Night	3	4 Sesshin Deadline
5 JUKAI 	6	7	8 Costa Rica	9 Chanting	10	11 CR Sesshin . . .
12	13	14 Chanting	15	16	17	18
. . . Costa Rica 5-Day Sesshin 4/10–15						
19 Sitting & Sesshin Set up	20	21	22	23	24	25
			VT 3-Day Work Sesshin 4/23–26			
26 Sesshin	27	28	29 Dismas	30 Chanting		

MAY

					1	2
3 Roshi Kapleau Memorial All-Day Sitting	4	5	6 Dismas	7 Roshi Kapleau Memorial Service	8	9
10	11	12 Chanting	13	14	15	16
SENSEI AWAY THIS WEEK						
17 Teisho	18	19	20 Metta Course Week 1	21 Sitting & Set up	22	23 Workshop
24 Teisho	25	26	27 Metta Course Week 2	28 Chanting	29	30 Vesak Workday
31 VESAK 						

JUNE

	1	2 Chanting	3 Dismas Metta Course Week 3	4	5	6 Retreat Deadline
7 Teisho	8	9	10 Metta Course Week 4	11 Famine Relief Ceremony	12	13
14 Taped Teisho	15	16 Chanting	17 Metta Course Week 5	18	19	20
21 Sitting & Retreat Set up	22	23	24 Metta Course Week 6	25 Chanting	26	27 VT 5-Day Retreat
28	29	30	July 1			
Vermont 5-Day Retreat 6/26–7/1						