



# VERMONT ZEN CENTER THIRD QUARTER 2010

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

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
. . . VT 5-Day Retreat ends 7/1					Zen Center Closed	Zen Center Closed
4 Zen Center Closed	5	6 Chanting	7	8	9	10 August Deadline
.....No Dokusan.....						
11 Teisho	12	13	14 <i>Costa Rica</i>	15 Chanting	16	17
COSTA RICA 3-Day Sesshin						
18 Sesshin	19	20 Chanting	21	22 Sitting & Set-up	23	24 WORKSHOP
25 Teisho	26	27	28	29 Chanting	30	31 Sesshin
Training Program at VZC (evening sittings Mon–Thurs)						

AUGUST

1	2	3	4	5	6	7
VERMONT 7-Day Sesshin: July 31-August 7						
8 Zen Center Closed	9	10 Chanting	11	12	13	14 Garage Sale
15 Sangha Picnic	16	17	18	19 Famine Relief Ceremony	20	21
22 Teisho	23	24 Chanting	25	26	27	28 September Deadline
29 Water Baby Ceremony	30	31				

SEPTEMBER

			1 Metta Course 1	2 Chanting	3	4
.....No Dokusan.....						
5	6	7 Chanting	8 Metta Course 2	9 Sitting & Set up	10	11 WORKSHOP
.....No Dokusan.....						
12 Teisho	13	14 Sitting & Set up	15 Metta Course 3	16 Chanting	17	18
VT 2-Day Work Sesshin						
19 Sesshin Ends	20 Zen Center Closed	21 Term Student Begins	22 Metta Course 4	23	24	25 October Deadline
26 Teisho	27	28 Term Student Meeting	29 <i>Costa Rica</i> Metta Course 5	30 Chanting		
COSTA RICA 7-Day Sesshin (9/30-10/7)						