

Zen Meditation : 7th Street Zendo:

Half Day Sitting : Saturday October 14, 2017



Pioneers who came to the Northwest along the Oregon trail, followed waterways and dreams nurtured by railroad corporations and developers. Stories like “Rain follows the Plow” were promoted along the Eastern seaboard and across Europe.

Later arrivals filled factories and mines, sweatshops and cities. Bridges and dams, farms and fisheries provided work and a society of diversity, wealth and endless demand. To create one’s own life is at the heart of the American Dream.

Buddhist study is the investigation of how we create our personal and social history, and how we find ourselves coursing in, or against, the American Grain. In our lifetime, the challenges to our social fabric, our ecology and our economy have been frequent and for many: relentless.

In Buddhism the study begins with you, and your place in the fabric of family, community and the world at large. Starting from where we are, we examine belief, habit and assumption. What vows and questions drive us and determine our horizons? What strategies are useful and what is missing?

Please join us for a day of sitting and consideration. We begin at 9 AM, break for lunch, and conclude by 2 PM. There will be time for sitting, walking, and a dharma talk and discussion. Bring a bag lunch and arrive a few minutes early to get settled. Zafus and chairs are available, tea and treats provided. The Zendo entrance is located at the rear door at the upper level, Unit #7. RSVP to vdscon@gmail.com

Peter van der Sterre
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www.7thstreetzendo.org
[Facebook: 7th Street Zendo](#)

The 7th Street Zendo

Half Day Sitting Schedule

9:00 Zazen

9:30 Kinhin

9:40 Zazen

10:10 Kinhin

10:20 Dharma talk/Discussion

11:00 Kinhin

11:10 Zazen

11:50 Service

12:00 Lunch Break

12:45 Zazen

1:15 Kinhin

1:25 Zazen

1:45 Refuges and Metta Sutta

2:00 Appreciation: End of Day