

# Earth Day Sesshin

Saturday, April 23, 2016  
Des Moines Zen Center



Earth Day 2016 is on April 22. In awareness of Earth Day, the Des Moines Zen Center is holding an Earth Day Sesshin on Saturday, April 23. Through periods of zazen, silent meals, work practice, and a talk on the evolutionary highlights of our planet, we hope to more deeply appreciate the interconnectedness of all things and the responsibility we have to care for our common home.

See the reverse side for a detailed schedule. If you wish to participate, we ask that you commit to the entire day. A sesshin is not a sesshin unless you engage in the whole thing. It is a wonderful way to strengthen your practice. *"You can't start a fire if you stop rubbing the sticks together before sparks fly."*

To register, either send an email to [info@dmzencenter.org](mailto:info@dmzencenter.org) or sign the registration sheet in the Zen Center. Please register by Sunday, April 17 to give us time to make the preparations.

There is no charge for the sesshin, but free will donations are always appreciated.

## Sesshin Schedule



7:00 – 7:40 am	Zazen	
7:40 – 7:50	Kinhin (walking meditation)	
7:50 – 8:30	Zazen	
8:30 – 8:40	Morning service	Heart Sutra
8:40 – 10:20	Oryoki breakfast, cleanup, break	
10:20 – 11:00	Zazen	
11:00 – 11:10	Kinhin	
11:10 – 11:50	Zazen	
11:50 – Noon	Noon service	Jijuyu Zammai
Noon – 1:30 pm	Oryoki lunch, cleanup, break	
1:30 – 2:45	Work period	
3:00 – 3:40	Zazen	
3:40 – 3:50	Kinhin	
3:50 – 4:30	Talk	“The Modern Campfire Story of the Earth”
4:30 – 4:40	Kinhin	
4:40 – 5:20	Zazen	
5:20 – 5:30	Evening service	Dai Hi Shin Dharani

End of sesshin