



Zen Christian Spirit: An Interfaith Retreat with Roshi Robert E. Kennedy, SJ

Sunday, August 14 – Saturday, August 20, 2022

Single occupancy \$750, double occupancy \$650, commuter \$100 per day (lunch and dinner included)

This is a week-long silent retreat (*Zen sesshin*) during which participants practice seated meditation (*zazen*) together—about twelve 25-minute periods per day—as a supportive community, or *sangha*. Roshi Kennedy and other Zen teachers will provide daily talks (*teishos*) to share Zen insights and to encourage sitting practice, as well as opportunities to meet privately with them (*daisan*) throughout the days.

Silence is observed at all times throughout day in order to deepen experience. Following the final sitting each evening, the liturgy will be offered for all who wish to participate. This is a warm, wholehearted practice of being with ourselves as we are, with things as they occur. The support of devoted teachers and one another encourages the quieting of our minds, the lessening of struggle, and the movement from self-centeredness to life-centeredness. Through this process, we taste the richness of human life and become of true benefit to others and the world. **Note: Per the facilitator of this retreat, all participants must be fully vaccinated to attend.**

For those staying onsite, check-in is at 4 p.m. on Sunday with dinner served at 5:30 p.m. Departure on Saturday, August 20 is at 10 a.m.

Registration begins the week of April 11, 2022.

Roshi Robert E. Kennedy, SJ is a Jesuit priest and Zen teacher in the White Plum lineage. He studied with Yamada Roshi in Kamakura, Japan, Maezumi Roshi in Los Angeles, and Glassman Roshi in New York. Glassman Roshi installed Father Robert as sensei in 1991 and conferred *Inka* (his final seal of approval) in 1997, making him a roshi (master). Kennedy Roshi is the author of “Zen Gifts to Christians” and “Zen Spirit, Christian Spirit.”

To register visit our website at www.mercybythesea.org or call Guest Services at 203.245.0401 for details.