

Shasta Abbey Retreats and Information 2014

Introductory Retreats

An Introductory Retreat introduces guests new to Shasta Abbey to the Serene Reflection (Soto Zen) practice in a monastic setting. It provides down-to-earth help for taking this practice back into daily life outside the monastery gates. Introductory Retreats offer meditation instruction, periods of seated meditation, Dharma talks and informal discussions about meditation, mindfulness and the basic teachings of Serene Reflection. The retreat concludes with an informal tea for retreat guests, monks and our local congregation. *

INTRODUCTORY RETREAT DATES

- February 7-9
- Feb. 28-March 2
- April 11-13
- June 6-8
- August 1-3
- October 3-5
- November 21-23

Finding one's Path in Life Retreat: For ages 18-29

July 15-20

We invite young people between the ages of 18 and 29 to come and explore how the Teachings of the Buddha can help you find answers to some of the most difficult questions you might be facing now and also in the future. Over 2500 years ago, Siddhartha Gautama, at the age of 29, left home in search of the Truth. His teachings have been passed down to us over these many years and can help us find what we may be searching and longing for. During this retreat, you will join in the life of the monastery with meditation and ceremonies, formal meals, working meditation, Dharma talks and discussions. Although young adults are welcome to attend all the other retreats we offer for lay people, it can be especially helpful and fun to be with and discuss important issues with other people of the same general age. This retreat is open to people new to Shasta Abbey and to those who have been here before. We will offer meditation instruction and an orientation to our practice to all of you who are new to Serene Reflection Meditation. *



Continuing Practice Retreat

May 23-25

This retreat is offered for anyone who has been to at least one Introductory Retreat at Shasta Abbey. Dharma talks and discussions will focus on strengthening our meditation practice and deepening our understanding of how to bring the Buddha's teaching into our daily lives at home, at work, in our relationships and in our communities. Private spiritual counseling will also be offered. *

Feeding of the Hungry Ghosts Retreat Oct. 30 – Nov. 2

The importance of offering merit, particularly for those who have died in distressing circumstances or unsettled states of mind, is at the heart of this retreat. Dharma talks examine what it means to offer merit, how we can truly help those who are suffering, and how we can convert our own craving and greed through the practice of the Dharma. In the Feeding of the Hungry Ghosts Ceremony, we offer the food of the Dharma to all beings who have died under painful, difficult or despairing circumstances. This retreat is open to anyone who has attended an Introductory Retreat. *

Shasta Abbey A Temple in the Order of Buddhist Contemplatives (O.B.C.)

Shasta Abbey, located on sixteen forested acres near Mount Shasta in northern California, is a training monastery for Buddhist monastics and a place of peace and practice for lay Buddhists and interested visitors. It was established in 1970 by Rev. Master Jiyu-Kennett, who was Abbess until her death in 1996. Our current Abbess is Rev. Master Meian Elbert, a senior disciple of Rev. Master Jiyu. Buddhist training at Shasta Abbey is based on the practice of Serene Reflection (Soto Zen) Meditation and the keeping of the Buddhist Precepts. The monastery is home to 25 ordained male and female monks. The monastery schedule provides a balance of seated meditation, working meditation, and ceremonial, which allows the mind of meditation to be cultivated in all aspects of daily life.

Please see our website at www.shastaabbey.org for more information on any of the events, services and offerings listed on our calendar, for downloadable audio Dharma talks and texts, and for Morning Service and other liturgical music.

Residential Training

Lay trainees who have attended an Introductory Retreat and would like to spend more time at the Abbey sharing in our meditation and training are welcome to come for anything from a few days to several months. Lay trainees join in the daily activities of meditation, working meditation, ceremonies and Dharma talks.

Residential training provides the opportunity for an individual to deepen his or her practice by coming for an extended stay at the Abbey: to step back from the usual engagements of life in the world in order to train within the refuge of the monastery and the monastic schedule. As well as the usual daily activities, lay residents participate in focused Dharma discussions and have the opportunity to meet regularly with a senior monk to reflect on their experience and ask questions about their meditation and training.

Silent Meditation Retreats

Throughout the year (see calendar for dates) the monastic community holds three-day meditation retreats. The focus is very much on meditation: there are six or seven periods of seated meditation each day. Meals are eaten in silence. There are no Dharma talks or spiritual counseling. Those who have spent time at the Abbey may consult the Guestmaster about attending one of these retreats.

Exploring Monastic Life Retreat

August 19 – 24

The source of the mind is completely calm and the sea of the Dharma is fathomless.

We warmly invite any of you who are considering the possibility of becoming a monk within our Order to join us for this 5-day retreat. There will be Dharma talks and discussions that will include some key elements in our monastic life: leaving the world and what that means, celibacy, the master-disciple relationship, and living on alms, as well as the opportunity to join more fully in the life of the community. Within our Order, both men and women ordain as monks and train together equally. Attending this retreat is not in any way a commitment to the monastic life, rather an exploration to see if this is what you might like to do. If you would like to learn more about becoming a monk at Shasta Abbey, you can look on our website under "About" and then "Becoming a monk." If you have any questions about this retreat, please contact the Guestmaster. *



* Retreats marked with this symbol offer periods of seated meditation, walking meditation, meditative ceremonial and chanting, working meditation, silent meals, Dharma Talks and informal discussions with time for questions, as well as opportunities for private spiritual counseling.

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phone 530-926-4208



guestmaster@shastaabbey.org
Retreat applications available at
www.shastaabbey.org

Keeping of the Ten Precepts Retreat

March 23-30

The Ten Precepts are at the heart of the tradition of Serene Reflection Meditation. The Keeping of the Ten Precepts Retreat is the doorway through which those who wish to become lay Buddhists make their commitment to the Precepts. It is also a time for those who have previously made this commitment to reaffirm it. Through traditional ceremonies, as well as in Dharma talks and daily practice, this retreat explores the fundamental aspects of receiving and living the Precepts. Those who have attended an Introductory Retreat and those who have participated in training at a Priory of the Order of Buddhist Contemplatives, are welcome to apply. We invite not only people who wish to take the Precepts for the first time, but also those who wish to deepen their understanding of, and resolve to keep, the Precepts to share this joyous week with us. *



Awakening the Heart of the Bodhisattva June 22 – 29

Cultivating the attitude of mind of the Bodhisattva is essential to training in our Serene Reflection Meditation tradition. Rev. Master Ando Mueller will lead this seven-day retreat and offer Dharma talks, drawing on Mahayana Buddhist teachings on the Great Bodhisattvas, personifications of enlightened virtues—Avalokiteshwara, Samantabhadra, Manjusri, Maitreya and Kshtigarbha. We will explore how, in awakening to the heart of Great Compassion, Love, Wisdom, Lovingkindness and Faith within ourselves, we join with the constant, selfless activity of these Awakened Beings and become not only able to rescue ourselves from suffering and distress but to be of the greatest benefit to all beings. The retreat will also include Dharma discussions and private spiritual counseling and is open to those with some experience of Soto Zen meditation and practice. *

Wesak Celebratory Weekend

May 16 – 18, B.E. 2558

During this weekend, we commemorate the birth, life and teaching of Shakyamuni Buddha. Wesak marks the beginning of the Buddhist New Year and is the most significant and joyous event of the Buddhist calendar. Wesak reminds us of the Buddha's historical origins in the person of Shakyamuni, and celebrates with joyful ceremonies the profound gratitude we feel for His timeless teachings. On Sunday, we celebrate the Wesak Festival ceremony, as well as the traditional ringing of the Temple's great bell to welcome in the Buddhist New Year, followed by a picnic lunch. All the ceremonies, the ringing of the great bell and the picnic lunch are open to anyone. If you have been to an Introductory Retreat here, you are welcome to spend the entire weekend with us.

New Year Celebratory Retreat

Dec. 28 – Jan. 1

This retreat offers a more relaxed schedule and provides an opportunity for monks and laity to spend informal time together.

Year-end is traditionally a time for both reflection and celebration. This 3-day retreat offers opportunities to both reflect and celebrate together as members of the Buddha's family. Dharma talks explore ways to deepen both our resolve and our practice in the coming year. Meditation, ceremonies, and celebration offer opportunities to bid farewell to the old and welcome the new. On New Year's Eve we hold a Vigil for Maitreya, as well as the midnight New Year's Ceremony, followed by ringing in the New Year with the great bell. The retreat ends on January 1st, and guests are welcome to stay overnight and leave on January 2nd.