

Shasta Abbey Retreats and Information 2016

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 Soto Zen. The retreat concludes with an informal tea for retreat guests, monks and our local congregation.

INTRODUCTORY RETREAT DATES

- February 12-14
- April 8-10
- May 27-29
- July 22-24
- September 2-4
- October 14-16 *
- November 18-20

*Oct. 14-16 is an introductory retreat for college students and will offer teachings that address their needs and interests. Other young people not currently attending college are welcome to apply as well.

Continuing Practice Retreats: *These retreats are offered for anyone who has been to at least one Introductory Retreat at Shasta Abbey.*

Buddhist Precepts - Guides for Everyday Life Feb. 26-28

The Precepts are an integral part of our Buddhist practice and are guidelines for how to live our lives in tune with our True Nature. Dharma talks and discussions will focus on how to understand more deeply what the Precepts are, and how, together with meditation and mindfulness, they show us the way to the cessation of suffering. We will also explore how to put them into practice in our daily lives and what it means to formally take the Precepts at Jukai.

Deepening Practice Sept. 30-Oct. 2

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.

Serene Reflection Meditation Retreat July 7-10

This intensive four-day silent meditation retreat provides an environment and schedule conducive to deepening one's serene reflection practice. This retreat offers more sitting meditation as well as Dharma talks and spiritual guidance. Those who have attended an Introductory Retreat are welcome to apply.

Working Meditation Retreat Aug. 4-7

This four-day retreat will focus on how to bring Buddhist training into whatever work we are doing and how meditation, mindfulness and the Precepts can be incorporated into every aspect of our daily lives. We can thus find greater depth and understanding of how we create suffering for ourselves and others and how we can transform this suffering. During this retreat, there will be more working meditation along with formal meditation, Dharma talks and discussions.



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.

Celebratory Retreats: *Celebratory Retreats offer a more relaxed schedule and provide an opportunity for monks and laity to spend informal time together.*

Wesak Celebratory Retreat

May 13-15, B.E. 2560

"On this Glorious Wesak Day..." we commemorate the birth, life and teaching of Shakyamuni Buddha.

In the Buddhist world, Wesak marks the beginning of the 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, the Wise One of the Shakya Clan, and celebrates with joyful ceremonies the profound gratitude we feel for His timeless teachings. Dharma talks point us to ways we can deepen our practice. We end the retreat with the traditional ringing of the Temple's great bell and a picnic for all.



New Year Celebratory Retreat

Dec. 29-Jan. 1

Year-end is traditionally a time for both reflection and celebration. This 3-day retreat offers opportunities to do this together as members of the Buddha's family. Dharma talks explore ways to deepen 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 1, and guests are welcome to stay overnight and leave on January 2.

Shasta Abbey, 3724 Summit Dr., Mt. Shasta, CA
96067-9102 phone 530-926-4208



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

Week Long Retreats

Jukai: The Ten Precepts Retreat

March 20-27

The Ten Precepts are at the heart of the tradition of Serene Reflection Meditation. 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 the five 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 people who wish to take the Precepts for the first time and those who wish to deepen their understanding of, and resolve to keep, the Precepts to share this joyous week with us.



Stillness, the Koan and Great Compassion June 12-19

This retreat will be led by Rev. Master Zensho Roberson, who trains in a small temple in the Idaho panhandle and leads a meditation group in Sandpoint. He writes: "It's not unusual for a trainee to ask a sincere religious question and then be advised to 'be still in the place where you ask the question.' This encourages you to look within, listen to your heart, clarify your own koan, and thereby open to the heart of Avalokiteshwara, the Bodhisattva of Great Compassion. In Dharma talks and discussions, we will look at how the koan can be clarified in light of the daily scriptures and temple iconography in which Great Compassion is shown." Rev. Zensho will also offer private spiritual counseling upon request. This retreat is open to those who have had experience training within our Order.

Meditation: Our Practice and History Aug. 14-21

This retreat, led by Rev. Master Astor Douglas, will offer Teachings on our meditation practice which we have inherited from great teachers of the past. The focus of the retreat is to enrich our practice of meditation by learning about the teachings and examples of some great meditation masters and then meditating on the teachings as a way to learn and grow in our own practice of the Dharma. Rev. Astor will offer Dharma talks, Dharma discussions, and private spiritual counseling upon request. This retreat is open to those who have had experience training within our Order.

Feeding of the Hungry Ghosts Retreat Oct. 27-30

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.