

## SPRING SESSHIN REGISTRATION..APRIL 1,2,3<sup>rd</sup>....2022

FRS will be holding Spring Sesshin on April 1,2,3<sup>rd</sup> 2022 at Camp LaDore Retreat and Conference Center, 398 South St, Waymart ,Pa.18472. GPS coordinates N41 degrees 34.051' W075degrees 24.1852'

Sesshin offers the chance to be free from daily distractions in order to focus on practice.

Attendees will be required to have been fully vaccinated.

Camp LaDore has multiple housing options. We will be housed in an Annex Building which is a short distance from the Main Lodge where we will have meals.....We will be in an area designated for us during meals to ensure sacred silence is maintained.

The Annex has capacity for 28 but we have decided to limit participants to 24. There are 12 rooms with 2 people per room.

Sesshin will begin with registration on Fri. April 1<sup>st</sup> @4pm. A simple meal will be shared in the Annex at 5 where we can greet each other. Sesshin and Sacred Silence will begin @7pm and will continue until Sunday April 3<sup>rd</sup> concluding with a “talking” lunch at 12 noon.

You will experience periods of Zazen,dharma talks, private interviews, chanting, meals, coffee/tea breaks and rest periods where you will be able to explore the beauty of Camp La Dore while maintaining Silence. There is also an indoor pool which you may enjoy as long as silence is maintained.

Linens and Towels are provided. Please bring your own cushions as our Sangha does not have extras. Chairs will be available.

Reservations requiring full payment must be received by March 1<sup>st</sup> 2022. Checks should be made payable to:

Polly Ann James  
346 Lehman Outlet Road  
Dallas,Pa.18612

The cost of a shared room is \$159.00 which includes meals.Room assignments will be made once reservations are received. Please include an email

and phone number in order to receive reservation confirmation. Also include a note if you have any special dietary needs.

The greatest gift we can give each other is our support. Join us to experience the connection that can really only be experienced at sesshin.

If you have any questions at all please feel free to email Polly @ [pajames.james.com](mailto:pajames.james.com) or call @570-991-7111.

Looking forward to sharing this time together. Until then:

May you be happy

May you be well

May you be safe

May you be peaceful and at ease.

Gassho

Polly