

# Silver Sesshin & Visits

We know from experience the great value of *sesshin*-retreats. Growing older and/or becoming seriously ill, however, intensive retreats may no longer be possible. What can we do then? Consulting with several other regular retreat participants, including professionals in fields such as medicine, nursing, psychology, and physical therapy, we have come up with this summary to serve us as we move forward:

## Silver Sesshin

As long as possible and to the best of the individual's ability, all are welcome and encouraged to continue attending intensive retreats. (For example, participants who cannot keep up with the fast-paced *kinhin*-walking meditations can walk at a slower pace around the meditation hall.) When this is no longer possible, let us know and we will do what we can, with your help and input, to have a "silver *sesshin*." Naturally, the retreat schedule needs to be substantially reworked, including shorter sits, easy exercises, and rest periods. The guiding principle is to offer an environment and necessary support so that the elderly and ill can practice to the best of their abilities. As younger and healthier participants provide necessary assistance, they can learn from the senior participants, and can do extra sitting outside the silver retreat schedule. Such a retreat would surely be a valuable experience for all.

## Visits

We will continue to visit those who cannot attend retreats at all due to advanced age or serious illness. When possible, two or three Dharma friends will go and spend a few hours together. Please share your experience of these visits with us so that we all can continue to learn from each other. If you feel the need for such a visit, contact us and we will try our best to arrange it.

Frank feedback and suggestions are welcome and appreciated. If you are in need of help or are willing to help in some way, let us know. We can be contacted here: <[shorejeff5@gmail.com](mailto:shorejeff5@gmail.com)> <[stern4L@web.de](mailto:stern4L@web.de)>

Thank you for your time and consideration,

Jeff & the being-without-self team

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## **Announcements:**

### **New Ka Shin Zendo meditation accommodations for those with physical issues**

Hello:

At Ka Shin Zendo we are trying to accommodate people with physical conditions that make our usual 35-40 minute zazen periods very difficult or impossible to sit through. All are already welcome to use a chair, a seiza bench, or to use more than one zafu and other cushions, if that helps. Beginning this Saturday, Dec. 17, and in future Saturday sits, those who need to will have an opportunity to stand or to exit for a short time during each sitting period. The jiki will explain the details before zazen starts. (Note: if you find long sits difficult, but have no specific physical issue preventing you from lasting the full period, we ask that you keep sitting.)

If you think you might take advantage of this and have any specific ideas on how we should carry it out – or any other suggestions – let us know via email or in person. Thanks!

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