

The Zen practice groups of University Unitarian Church and Woodinville Unitarian Universalist Church invite you to

## A 3-day Zen retreat led by James Ishmael Ford, Roshi and Janine Larsen, Practice Leader

Friday, July 14 through Sunday, July 16  
at University Unitarian Church  
6556 – 35<sup>th</sup> Ave NE Seattle, WA

Plus optional Retreat Preview Thursday, July 13  
at Woodinville UU Church, 7-9 PM



### You will:

- Attend 9 AM to 9 PM Friday and Saturday, 7:30 AM to 12:30 PM Sunday (part-time attendance is possible)
- Go home at night (options for travelers may be available)
- Spend most of each day in silence and meditation
- Engage Dharma talks and discussion, have the opportunity for Dokusan (individual meetings) with James
- Try chanting, sitting & walking meditation, work practice, mindful eating (lunch, dinner Friday & Saturday included)
- Experience Rev. Ford at UUC Sunday Service, ask and learn about Zen Buddhism, witness Zen ceremonies and ritual

Register Now! For more information,  
[janine.larsen@uuchurch.org](mailto:janine.larsen@uuchurch.org) (206) 454-7724



James Ford is a Zen priest & teacher, a Unitarian Universalist minister, an author and speaker, member of the guiding teachers council of Boundless Way Zen and founder of the Blue Cliff Zen Sangha. To learn more, visit [www.bluecliffzensangha.com](http://www.bluecliffzensangha.com)