

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

## Opening Doors to the Mysteries of the Heart An Intensive Zen Meditation Retreat led by

**James Myoun Ford, Roshi**

with Janine Seitetsu Larsen and  
Jan Reiyu Seymour-Ford, Senior Dharma Teachers

Thursday, May 23 through Sunday, May 26  
at Camp Huston Conference Center  
14725 Ley Road, Gold Bar, WA



### You will:

- Arrive at PM Thursday and stay through noon on Sunday (part-time or day-only attendance is also possible)
- Spend most of each day in silence and meditation
- Engage Dharma talks and discussion, meet individually for Dokusan with Myoun Roshi and other teachers
- Experience chanting, sitting & walking meditation, work practice, mindful eating (dinner Thursday through lunch Sunday)
- Learn about Zen Buddhism, witness a Zen Precepts ceremony

Register Now! For more information, see  
[www.uuchurch.org/zen/retreat](http://www.uuchurch.org/zen/retreat)



James Myoun Ford is a Zen priest & teacher, a Unitarian Universalist minister, an author and speaker, and Guiding Teacher of the Empty Moon Zen Network with practice groups in southern California, Washington State, and Pennsylvania. To learn more, visit [www.emptymoonzen.org](http://www.emptymoonzen.org)