



VERMONT ZEN CENTER FIRST QUARTER 2023

SITTINGS: Monday through Friday 6-7 am | Tuesday & Thursday 6:30-8:00 pm | Sunday 9-10:30 am

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ZC Closed	2 FINDING YOUR SEAT	3 Chanting and Altar take down	4	5	6	7
8 ANNUAL SANGHA MEETING	9	10	11	12 Sitting & Workshop Prep	13	14 WORKSHOP
15 Teisho	16	17 Chanting	18	19	20 Retreat Deadline	21 Ceremony Workday
22 KANNON CEREMONY	23 ZC Closed	24	25	26 Chanting	27	28
29 Teisho	30	31				

FEBRUARY

			1	2 FAMINE RELIEF CEREMONY	3	4
5 Retreat Prep	6 FINDING YOUR SEAT	7 Chanting	8	9 Sitting & Retreat Prep	10	11 Vermont 2-Day Retreat
12 ... Retreat	13 ZC Closed	14	15	16 PARINIRVANA CEREMONY	17	18
19	20	21 Chanting	22	23	24	25
Roshi on Break through March 18						Indian Cooking Course Chaat
26	27	28				
Roshi on Break →						

MARCH

			1 Metta 1	2 Sitting & Workshop Prep	3	4 WORKSHOP
Roshi on Break						
5 Taped Teisho	6 FINDING YOUR SEAT	7	8 Metta 2	9 Chanting	10	11
Roshi on Break						
12 Sangha Entertainment	13	14 Chanting	15 Metta 3	16	17	18
Roshi on Break						
19 Roshi in Costa Rica	20	21	22 Metta 4	23 Chanting	24	25 April Sesshin Deadline
26 Taped Teisho	27	28 Chanting	29 Metta 5	30 Workday for Temple Night	31	