

Sesshin Information

ARRIVAL AND DEPARTURE

Sesshins that start on a weeknight: check-in begins at Chapin Mill at 5:30 PM (opening ceremony about 8PM)
6- and 7-day sesshins: check-in begins at 4:30 PM on Saturday (opening ceremony at about 7PM).

Please let the Center know as far in advance as possible the details of your arrival: day, time, and mode of transportation (airline and flight number if applicable), and the day of your departure. Generally we try to pick up people at the Rochester airport, but as this is not always possible, be prepared to take a taxi to the Center.

NOTE: Now that sesshins are at Chapin Mill, we cannot pick you up from the airport if you arrive less than one hour before the check-in time for the sesshin you are attending. For example, for a 7-day sesshin, arrive **BEFORE 3:30 ON SATURDAY**.

If you are driving and arrive the day of sesshin, go directly to Chapin Mill. Directions are below, and can also be found on the ZC website, along with a map. If you are arriving a day or more before sesshin starts, go to Arnold Park. If you live locally and are willing to pick someone up from the airport on your way out, please let the receptionist know.

See the greeters *as soon as you arrive* to get your room, shower time, seat, and work assignments. You will need to see your work supervisor and possibly meet with the sesshin monitors, so it is important to be punctual. No meal is served on the first night of sesshin, but you are welcome to help yourself to leftovers which are put out in the dining room.

Sesshin ends with a closing ceremony in the early afternoon, followed by an optional lunch (usually around 2 pm). Allow plenty of time to get to the airport, especially in winter (in good weather it takes about 35 minutes to go from Chapin Mill to the Rochester airport). **NOTE:** 7-day sesshins officially conclude on Saturday, but on Sunday morning there is always a final, festive breakfast at 9:00 AM (in Rochester), so do stay for that if you can. Sesshin participants may stay at Chapin Mill or at Arnold Park on the Saturday night after sesshin. Please let us know in advance if you'll need a room.

DIRECTIONS

From the Rochester area: Proceed west from Rochester for 20 miles on I-490 to Exit #2 (Route 33 – Bergen and Batavia). Note: Exit #2 is the second exit for Route 33; the first is just a few miles outside of Rochester. After exiting, turn right onto Route 33, and head west toward Batavia. Continue 11 miles (at 10 miles, you'll cross over the New York State Thruway) to a traffic light with a ArrowMart store and gas station at the far right corner. At this light, turn left onto Seven Springs Road. Travel over the railroad tracks, then about another half mile. Turn left into the driveway of the Chapin Mill Retreat Center (8603 Seven Springs Road).

From other locations: Take I-90 (the New York State Thruway) to Exit 48 for Batavia. After paying the toll, turn left onto Route 98 (Oak Street). In Batavia, turn left onto Route 5 (Main Street) and then bear left at the fork in the middle of town, staying on Route 5 until you are out of the city. Go past two auto dealerships on opposite sides of the road. Watch on the left for a house with two white brick pillars that are near the road. Soon after, turn left onto Seven Springs Road. Travel a little less than a half mile, then turn right into the driveway of the Chapin Mill Retreat Center (8603 Seven Springs Road).

CANCELLATIONS

A cancellation shortly before sesshin may prevent another member from attending; therefore, except in cases where urgent medical, personal or business circumstances prevent one from attending sesshin, the sesshin contribution will not be returned unless a cancellation is made at least four days before sesshin begins.

WHAT TO BRING

Brown sitting robe (warning: loaner robe sizes are limited at Chapin Mill); flashlight; raincoat or jacket; wristwatch or pocket watch; towel and washcloth; any necessary personal toiletries including toothbrush and toothpaste (keep in mind that scented shampoos and lotions can be distracting to others in the close quarters of the zendo and dormitories); old clothes for work and loose clothing for the exercise period (work and exercise clothes should not have words, pictures, or distracting patterns or artwork on them, and very short or tight shorts, tight pants, and tank tops are not appropriate); dark socks (white socks are not to be worn in the zendo). You may also want to bring a pair of slip-on shoes for quick trips outside, and, in summer, insect repellent and a swimsuit. Keep in mind that weather in the Rochester area often fluctuates wildly over the course of sesshin. For cold-weather sesshins, be sure to bring warm clothing. The zendo is only heated to a little more than 60° F.

To help cut down on post-sesshin laundry, if you are coming by car, please bring your own bed linen or sleeping bag (and pillow if you wish). Zen Center sheets and blankets are available for people who are flying.

SESSHIN GUIDELINES

Sesshin guidelines and an article about the use of the kyosaku are posted on the website and can also be mailed to you if requested. Please study them thoroughly before you arrive. If you have any questions, please speak to the Head Monitor.

EMERGENCY CONTACT

Should a family member need to contact you in an emergency, they should use 585-343-5684 and leave a message. Messages are checked roughly every two or three hours between 4:30 AM and 9:30 PM. If there is any problem getting through, contact the Arnold Park receptionist at 585-473-9180. Family members should ALWAYS give a contact number when leaving a message at either location.

FUTURE SESSHINS

The sesshin application is available on the ZC website (www.rzc.org). For 7-day and 4-day sesshins the deadline is usually twenty-three days before the sesshin starts. The deadline for 2-day sesshins is usually eight days before the sesshin starts. If you're not sure about a deadline, check the most recent quarterly mailing, the website, or call the Center. Even if the deadline has passed, however, feel free to apply late – your application will still be considered if there is room in the sesshin.