

Temple Schedule

Sunday Public Meditation Service: 10 to 11:30 am

Sunday Qigong Sundays 9:30 to 10 am

Sunday Buddhist Studies Sundays noon to 1 pm

Sunday Online Service Sundays 8 to 9:30 pm

(<https://www.zenbuddhisttemple.org/online-sangha>)

Weekday Services for Members

Monday through Friday, 6–7:40 am; 6:30–8 pm (Wednesdays, 6:30–8:40 pm)

Tending the Forest; Tending the Roots

One Sunday each month (Sept. 13; Oct 11) noon to 1 pm

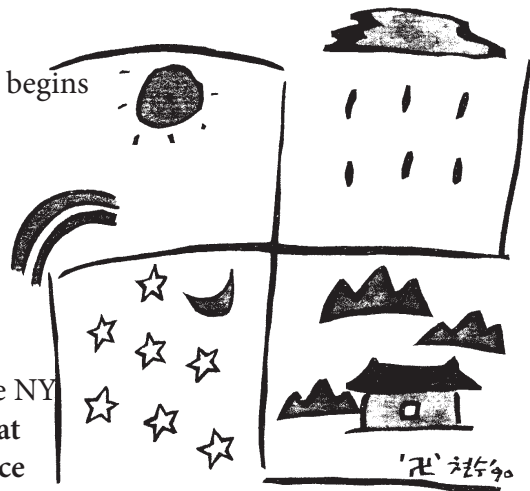
Members gatherings to study and discuss on various Buddhist questions.

September

- 6 Sunday service resumes
- 8 Tuesday 6:30 pm, **Introductory Meditation Course** begins
- 18-19 Friday 7 pm, **Beginner's Zen Retreat**
- 26 Sat. 10:30 am, **Sangha Work Practice**
- 27 Sunday noon, **Fall Sangha Potluck**

October

- 4-10 Farm retreat at the Spring Wind Farm in the upstate NY
- 17 Saturday 9 am to 9 pm, **One-Day Meditation Retreat**
- 24 Saturday 10:30 am to 2:30 pm, **Sangha Work Practice**
- 26-31 Farm retreat at the Spring Wind Farm in the upstate NY



November

- 28 Saturday 10:30 am to 2:30 pm, **Sangha Work Practice**



Zen Buddhist Temple (416) 658-0137 • toronto@zenbuddhisttemple.org