



## Wonder in the Face of Uncertainty

**An Integrated Intensive with Flint Sparks, PhD**

**April 29 - May 2, 2021**

We never really know what is coming. We are constantly walking through the vulnerable territory of impermanence and uncertainty, whether we are awake to it or not. This past year has brought it all so much closer than ever before. Even though we do not know what is next, we are nevertheless challenged to remain upright, attentive, alert and responsive. What does the dharma teach in terms of our human capacity for responding to suffering in its many forms? How do we embrace the uncertainties of life? How do we maintain wonder and imagination without getting overwhelmed and closing down? How do we continue to work for the benefit of others while we encounter the challenges of our own life? These are some of the essential questions we meet along our shared path as we wonder in the face of uncertainty.

We invite you to join us in our practice during our annual spring retreat with Flint Sparks. This will be an online integrated-intensive structure just as our last two retreats with Flint have been. Please note the schedule and registration information below. We look forward to deepening our practice life together.



*Flint is a Zen teacher and former psychologist, dedicated to assisting people in the unending path of growing up and waking up. An experienced therapist and a master teacher, Flint's teachings bridge the fields of traditional Buddhist practice and the psychology of awakening. Most recently he has extended his work into the contemplative arts, especially photography. In whatever capacity, his vow is to help soften barriers to love. In addition to serving as the Guiding Teacher for Open Door Zen Community in Madison, Wisconsin, Flint remains a senior teacher at Appamada in Austin, Texas, and is also a guiding teacher to the Just This consortium of sanghas across the UK. For more information, visit [flintsparks.org](http://flintsparks.org)*



## Wonder in the Face of Uncertainty

Spring 2021 Integrated Intensive with Flint Sparks, PhD

Thursday evening, April 29 to Sunday afternoon, May 2

An integrated intensive is an opportunity to deepen our practice as we live our daily lives. All sessions will be virtual and live at the time (CDT) indicated on the chart, and all will be recorded so you can participate even if you are in a different time zone. This integrated intensive is not a place to receive psychological or psychiatric care. If you are under the care of a therapist, psychologist or psychiatrist, please check with them about the appropriateness of attending.

Thursday April 29	Friday April 30	Saturday May 1	Sunday May 2
	7-8a movement, meditation and daily guidance with ODZC Head Students	7-8a movement, meditation and daily guidance with ODZC Head Students	
	8-8:30a optional open conversation	8-8:30a optional open conversation	
	10a optional walking meditation at Chicory Farm	10a optional walking meditation at Holy Wisdom Monastery	
			noon - 1p movement & meditation with ODZC Head Students
			1-2:30p dharma with Flint
5:30-7p welcome, & dharma with Flint	5:30-7p dharma with Flint	5:30-7p dharma with Flint	

**To register for this online Integrated Intensive go to ODZC's Retreat page at:  
<https://opendoorzencommunity.org/zen-events-retreats-workshops/>**

The suggested dana, or payment, for the full intensive is \$60 per household. Pay any amount based on your circumstances. This dana is not tax deductible.

Registration is open through Sunday, April 25.

*Please note that the retreat will be recorded.*

For questions email: [opendoorzencommunity@gmail.com](mailto:opendoorzencommunity@gmail.com)

For more information about Open Door Zen Community, visit [opendoorzencommunity.org](https://opendoorzencommunity.org)