

**Appendix 4b: RLC Intercession Retreat 2003**  
**Toronto Zen Center, Toronto, Canada**  
**Sunday, January 26 – Friday, January 31**  
**Attendance: 16 students**

**Sunday, January 26**

8 am Gather for an early breakfast  
9:00 Depart Princeton for Newark International Airport (EWR)  
10:00 Arrive at EWR, check-in  
12 pm Continental Flight 2092 departs Newark  
1:30 Arrive Toronto, go to the Toronto Zen Center (TZC)  
6:00 Dinner at Toronto Zen Center  
7:30 Spiritual Autobiographies

**Monday, January 27**

8:30 Wake up  
9:00 Breakfast at TZC  
10-12 Introduction to Buddhism by Sensei Sunyana Graef  
12:30 Lunch  
2:00 Conversation about religious dialogue with David Noback from the University of Toronto  
6:00 Dinner out  
9:00 Daily Reflections at TZC, Hot Chocolate

**Tuesday, January 28**

8:30 Wake up  
9:00 Breakfast  
10-12 Visit Anshei Minsk Synagogue and Russian Orthodox Church  
12:00 Lunch  
1-4:00 Return to TZC for discussion time. Possible subjects: the use of icons and religious symbols in your religion; prayer; the role of texts; children's stories.  
4:00 Go to Sikh Gurudwara (temple) in Scarborough  
5:15 Attend Rehras Sahib, Langar  
7:30 Dinner at the Gurudwara  
8:45 Return to TZC  
9:00 Daily Reflections and Hot Chocolate

## Appendix 4b: Toronto Retreat Schedule Cont'd

### Wednesday, January 29

- 8:30 Wake up
- 9:00 Breakfast
- 9:30 Discussion Time
- 11:30 Free time: fellows choose an option, responsible for their own lunch. Options include the Art Gallery of Ontario, the CN Tower, the Chinese Section of Toronto. Possibility of a Public Art Tour with Karen Mills, the Director of Public Arts Management for Toronto
- 5:00 Return to TZC
- 5:30 Dinner
- 7:00 Discussion on Illness, Healing, and Religion with Jim Bedard. Reading from his book, *Lotus in the Fire*.
- 9:00 Daily Reflections

### Thursday, January 30

- 8:30 Wake up
- 9:00 Breakfast
- 10:00 Brainstorming about next year's activities, write thank you letters.
- 12:00 Lunch
- 1:00 Visit a Muslim Mosque
- 2:00 Prayers at Mosque
- 3:00 Discussion about Islam with members of Muslim Students Association at U. of Toronto
- 6:00 Dinner out
- 8:00 Movie/fun

### Friday, January 31

- 9:30 Continental Flight 1996 departs from Toronto
- 10:55 Flight arrives in Newark