



# Great Plains Zen Center



*Sangha Newsletter*

*November 2006 through January 2007*

## Weekly Zazen & Monthly Fusatsu & Dharma Talks

Zazen (Zen meditation) is held every Sunday at 7:00 p.m. and every Tuesday at 7:30 p.m. at Countryside Unitarian Universalist Church, located at 1025 N. Smith Road in Palatine, Illinois. We welcome new friends to join us at any evening sitting.

Each month, the Zen Center holds *Fusatsu*, the *Renewal of the Vows* ceremony. Everyone is welcome whether they have formally taken the Buddhist Vows or not. Upcoming *Fusatsu* dates are 11/26, 12/17, 1/21. One Sunday sitting each month will feature a dharma talk (*teisho*) by our teacher, Susan Myoyu Andersen, Roshi, followed by an informal tea and discussion. Upcoming Dharma Talks—planned for 11/12, 12/3, 1/14 – will deal with Dogen Zenji's *Tenzo Kyokun* (Instructions to the Cook), which offers many practical guidelines for practice relatable to all aspects of our daily lives.

## Introduction to Zen Practice Workshops

Great Plains Zen Center will continue to hold monthly Introductory Workshops at Countryside Church. Each workshop provides basic, practical information including how to do *zazen* (Zen meditation), how to practice at home and throughout the day, the aims of practice, and what opportunities for additional or more advanced practice are offered at GPZC. Attendance at an introductory workshop is required of anyone who would like to become a full-time member of the Great Plains Zen Center.

Each workshop will run from 8:30 a.m.-11:30 a.m., followed by an informal lunch. Cost for the workshop will be \$25 per person (free for repeating participants). Visit [greatplainszen.org/workshops](http://greatplainszen.org/workshops) to register, or call us at (847) 274-4793. Intro Workshops will be held 11/25, 12/16, 1/20.

## Discussion Classes Open to All

We will continue our monthly discussion classes on Tuesday nights. The continuing topic for this quarter is Samantabhadra Bodhisattva's *10 Vows: The Power of Aspiration in Everyday Life*. Dates for these classes are: 11/14, 12/12, 1/9. Everyone is encouraged to attend these classes, which take place after the first period of sitting on Tuesday night.

## Three Day Sesshin -November 2-5 & January 4-7

Two 3-day *sesshin* will be held this quarter: November 2-5 & January 4-7 at *Myoshinji* (see article below for directions). *Sesshin* is an intensive meditation retreat that offers us an important opportunity to strengthen our practice. In addition to alternating periods of *zazen* and *kinhin* (sitting and walking meditation), the daily schedule includes one period of *samu* (work practice), three services, and three meal periods (*oryoki* style) and dharma talks given by Roshi. *Sesshin* will begin at 7:30 p.m. Thursday, and conclude at 8:00 a.m. Sun.

The fee for participation is \$150 for current Practicing Members; \$180 for others. Students may attend on a part-time basis (\$50 per day for current Practicing Members; \$60 per day for others). To register, please *register/pay online* at [greatplainszen.org](http://greatplainszen.org).

## Bodhi Day Zazenkai December 8-9

We will have a *Zazenkai* (all-day sitting) at *Myoshinji* on Saturday, December 9. Bodhi Day, which is actually December 8, commemorates Buddha's enlightenment. Roshi encourages everyone to attend this important day, during which we can renew our practice vows and aspirations. Unlike workdays, this day will be primarily devoted to *zazen*. Participants are encouraged to arrive Friday evening. Registration process is the same as for *sesshin* (see above article).

## Sunday Program at Myoshinji Begins November 12

We are pleased to announce a new Sunday morning weekly program at *Myoshinji*. The program will take place each Sunday starting at 9 AM with two periods of *zazen*, a talk or class, work practice and vegetarian lunch. The program is open to beginners and practitioners at all levels. Beginning instruction will be provided each week for newcomers. *Dokusan* (individual practice meetings with Myoyu Roshi) will be available most Sundays. Pre-registration for this program is not required, but first time participants may wish to call for directions, what to bring, etc. There is no charge for this program, but as always, donations are appreciated.

*[continued on p.4]*

*November 2006*

		1 Zazen	1	2 <b>Sesshin</b>	3 <b>Sesshin</b>	4 <b>Sesshin</b>
5 <b>Sesshin</b> Zazen	6	7 Zazen	8	9	10	11
12 Zazen, Talk & Tea	13	14 Zazen & Discussion	15	16	17	18
19 Zazen	20	21 Zazen	22	23 Thanksgiving	24	25 <b>Intro</b> <b>Workshop</b>
26 Zazen & Fusatsu	27	28 Zazen	29	30		

*December 2006*

					1	2
3 Zazen, Talk & Tea	4	5 Zazen	6	7	8	9 <b>Zazen</b> <b>kai</b>
10 Zazen	11	12 Zazen & Discussion	13	14	15	16 <b>Intro</b> <b>Workshop</b> Hannukah
17 Zazen & Fusatsu	18	19 Zazen	20	21	22	23
24 Zazen	25 Christmas	26 Zazen	27	28	29	30

*January 2007*

31 Zazen	1	2 Zazen	3	4 <b>Sesshin</b>	5 <b>Sesshin</b>	6 <b>Sesshin</b>
7 <b>Sesshin</b>	8	9 Zazen & Discussion	10	11	12	13
14 Zazen, Talk & Tea	15	16 Zazen	17	18	19	20 <b>Intro</b> <b>Workshop</b>
21 Zazen & Fusatsu	22	23 Zazen	24	25	26	27
28 Zazen	29	30 Zazen	31			

**Membership in the Great Plains Zen Center**

There are three levels of membership in the Sangha of the Great Plains Zen Center: **Practicing Membership** (\$50 per month) is for anyone who will be practicing zazen with the sangha on a regular, weekly basis. Practicing Members receive a discounted rate for sesshin and Summer Ango retreats. **Affiliate Membership** (\$30 per month) is for sangha members who live at a greater distance from the regular sittings in Palatine, and who are not able to attend on a regular basis. **Friend of GPZC** (any amount per year) is for anyone who wishes to support the Zen Center and be included in all special communications.

**Other Services Offered by Great Plains Zen Center**

Myoyu Roshi is an ordained Buddhist priest and can perform weddings, baby blessings, memorials and funerals and home visits for those members who are seriously ill. She is also a Reiki practitioner. Please contact [myoyuroshi@greatplainszen.org](mailto:myoyuroshi@greatplainszen.org) for further information about these services.

**The Sangha Newsletter is Going Electronic**

The Great Plains Zen Center Sangha Newsletter has moved to *electronic delivery* as the default mode. You may **download** the current newsletter by visiting our web site's "News" page (<http://www.greatplainszen.org/news> ) To request a hard copy or to be placed on our e-mail list, contact us at [gpzc@greatplainszen.org](mailto:gpzc@greatplainszen.org) .

**Contact Us**

By phone: (847) 274-4793

By e-mail: [gpzc@greatplainszen.org](mailto:gpzc@greatplainszen.org)

Myoshinji : 608-325-6248

**Visit Our Web Site**

Find out more about the Great Plains Zen Center on the web at: [greatplainszen.org](http://greatplainszen.org) .

*Great Plains Zen Center - Dues / Donation Remittance*

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

e-mail: \_\_\_\_\_

*(Please tell us if your mailing label has any incorrect information or spellings.)*

*Enclosed, please find membership dues as indicated:*

*Practicing Member (\$50 /month) for the month(s) of \_\_\_\_\_*

*Affiliate Member (\$30 /month) for the month(s) of \_\_\_\_\_*

*Corresponding Member (\$20 /year) for 2006*

*Enclosed, please find my donation as indicated:*

*Unrestricted donation in the amount of \$ \_\_\_\_\_*

*Building Fund donation in the amount of \$ \_\_\_\_\_*

*Please clip this form and mail with your check to:  
Great Plains Zen Center \* P.O. Box 3362 \* Barrington, IL 60011*

[Sunday Program...]

Please come and enjoy practicing together in a serene and peaceful environment. Myoshinji is located at W7762 Falk Rd. about 10 minutes north of the town of Monroe in Green County, Wisconsin. Travel time from northwest suburbs of Chicago is 2 to 2.5 hours, from Beloit, Wisconsin, about 40 minutes and from Madison, 50 minutes from the southwest side. For further information, please call: 608-325-6248 or 847-274-4793.

Buddhist Scriptures Class to Visit Sesshin

We are pleased to welcome Dr. Natalie Gummer and the students of her Interpreting Buddhist Literature class from Beloit College on Saturday, November 4 at Myoshinji. The class will have the opportunity to see how Buddhist scripture can be used as liturgy, as a guide to actualizing practice in everyday life and as a focus of practice itself. Dr. Gummer's academic specialty is in the Mahayana Buddhist sutras.

Beloit College Students Visit Myoshinji

On Saturday, October 28, 22 students and 2 faculty members from Beloit College attended a half-day workshop including zazen, discussion and a modified oryoki lunch. The visit was organized by Bill Conover, Director of the Spiritual Life Program at Beloit. Many attendees were from Dr. Alfred "Roc" Ordman's "Biochemical Issues: Nerve Signalling" class. Dr. Ordman uses His Holiness the Dalai Lama's The Universe in a Single Atom as one of the texts and includes meditation as part of this upper level biochemistry course. The students enthusiastically participated in the workshop, asking insightful questions. Myoyu Roshi was asked to provide guidance for an on-campus sitting group being established by Bill Conover. Many thanks to Edyta Wojcik and Nancy Smith-Irons for their hard work in organizing, cooking and serving to make the day a success.

GPZC  
P.O. Box 3362  
Barrington, IL 60011



**GREAT PLAINS ZEN CENTER**

~ Registration ~

~ Sesshin, November 2-5, 2006 (Myoshinji) ~

~ Zazenkai, December 8-9, 2006 (Myoshinji)~

~ Sesshin, January 4-7, 2007 (Myoshinji) ~

You may also register & pay online at [www.greatplainszen.org/calendar](http://www.greatplainszen.org/calendar).

(There is a 10% discount when registering online.)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_

E-mail Address: \_\_\_\_\_ (we will not share e-mail addresses)

Emergency Contact: Who? \_\_\_\_\_ Phone- \_\_\_\_\_

Medical information (allergies; medications; chronic conditions; contact lenses; etc.):



Please check the event(s) you will attend:

\_\_\_\_\_ **Three Day Sesshin (November 2-5)**  
\_\_\_\_\_ Full time (members \$150, nonmembers \$180 )

\_\_\_\_\_ Part time (\$50 per day for members, \$60 per day for nonmembers)  
Please indicate which days you will attend, including approximate arrival and departure times:

\_\_\_\_\_

\_\_\_\_\_ **Zazenkai (December 8-9)**  
\_\_\_\_\_ Full time (members & nonmembers \$30 )

Please indicate which days you will attend, including approximate arrival and departure times:

\_\_\_\_\_

\_\_\_\_\_ **Three Day Sesshin (January 4-7)**  
\_\_\_\_\_ Full time (members \$150, nonmembers \$180 )

\_\_\_\_\_ Part time (\$50 per day for members, \$60 per day for nonmembers)  
Please indicate which days you will attend, including approximate arrival and departure times:

\_\_\_\_\_

•Oryoki is a vital part of our practice; an Oryoki set is required for formal meals.

Please check one of the following:

\_\_\_ I will bring my own oryoki set

\_\_\_ I would like to rent an oryoki set (\$5)

\_\_\_ I would like to purchase an oryoki set (\$55) -complete set with bowls and cloths.

(Please include rental or purchase cost with your registration fee.)

•Please mention here any food restrictions/allergies, or disabilities: \_\_\_\_\_

Please send this form, and a deposit of 50% (generally, \$35 is non-refundable) to

**G.P.Z.C., P.O. Box 3362, Barrington, IL 60011**

To help us plan properly, please register by 5 days prior to any event.

The remainder is due upon arrival.

For further information, please contact G.P.Z.C. at (847-274-4793) or [gpzc@greatplainszen.org](mailto:gpzc@greatplainszen.org).