



# Great Plains Zen Center



*Sangha Newsletter*

*February through April 2007*

## *Sunday Program Underway at Myoshinji*

We are pleased to announce a new Sunday morning weekly program at *Myoshinji*, our retreat center in Monroe, Wisconsin. Each Sunday starts 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.

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.

## *Zazen at CUUC Consolidating to Sundays Only*

The schedule for weekly sitting at Countryside Unitarian Universalist Church in Palatine will be consolidated to Sundays-only. There will be no Tuesday night sittings, beginning in February. Roshi would like to encourage all of the active members to sit together on a regular basis to strengthen and support each other's practice. Sitting on Sundays begins at 7:00 pm. (see page 4.) A note of thanks from the sangha to Edy and Melissa for their faithful stewardship of the Tuesday night sittings.

## *Nirvana Day Zazenkai : February 10-11*

Join us at *Myoshinji* for a *Nirvana Day Zazenkai* (all-day sitting). This event will begin on Saturday evening, February 10, and include an "all Day" sitting on Sunday, ending at 4:00 pm. *Nirvana Day* (or *Paranirvana*) is the commemoration of the day when the Buddha passed from this realm of teaching and entered nirvana at the age of 80. It is a time for reflection about our lives and our practice.

## *Three Day Sesshin March 22-25 -Myoshinji*

A 3-day *sesshin* will be held March 22-25 at *Myoshinji* (see article above 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)*.

## *Buddha's Birthday Celebration: April 22 -CUUC*

GPZC will celebrate Buddha's Birthday on Sunday, April 22 at the Countryside Unitarian Universalist Church in Palatine. We'll start with a potluck dinner at 6:00 p.m. followed with a special service to commemorate the birth of Shakyamuni Buddha. Please RSVP at [gpzc@greatplainszen.org](mailto:gpzc@greatplainszen.org) or call (847) 274-4793 to tell us you are coming and what you would like to bring for the dinner.

## *Taking the Precepts Sesshin: April 26-29 -Myoshinji*

Great Plains Zen Center is pleased to offer a retreat designed especially for those who are preparing to receive the Buddhist precepts (*jukai*). In addition to zazen, services and meals, the retreat will feature talks and discussions about the lineage and participants will write their own lineage chart. Other talks will focus on the different understandings of the precepts and how they apply to everyday life. Those attending will also have opportunities to work on sewing their own *rakusu*. Those who have already received *jukai* and those planning to take it or considering it are welcome to attend. Attending a *Taking the Precepts Sesshin* is a prerequisite for having *jukai*. Please contact [gpzc@greatplainszen.org](mailto:gpzc@greatplainszen.org) or call (847) 274-4793 with questions.

*February 2007*

				1	2	3
4 7pm <b>Zazen</b>	5	6	7	8	9	10 <b>Intro Workshop; Zazenkai</b>
11 <b>Zazenkai;</b> 7pm <b>Zazen</b>	12	13	14 <i>Valentine's Day</i>	15 <i>Nirvana Day</i>	16	17
18 7pm <b>Zazen, Talk &amp; Tea</b>	19 <i>President's Day</i>	20	21	22	23	24
25 7pm <b>Zazen &amp; Fusatsu</b>	26	27	28			

*March 2007*

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

*April 2007*

1 7pm <b>Zazen</b>	2	3 <i>Passover</i>	4	5	6 <i>Good Friday</i>	7
8 <i>Easter</i> 7pm <b>Zazen</b>	9	10	11	12	13	14 <b>Intro Workshop</b>
15 7pm <b>Zazen</b>	16	17	18	19	20	21
22 <i>Earth Day</i> 6p <b>Buddha's Birthday</b>	23	24	25	26 <b>Sesshin</b>	27 <b>Sesshin</b>	28 <b>Sesshin</b>
29 <b>Sesshin</b> 7pm <b>Zazen &amp; Fusatsu</b>	30					

**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 [myoyu.roshi@greatplainszen.org](mailto:myoyu.roshi@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 \_\_\_\_\_*

*Friend of GPZC (any amount) for \_\_\_\_\_ 2007*

*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*

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.

Workshops will be held Feb 10, March 31 and April 14 and run from 8:30 a.m.-11:30 a.m., followed by an informal lunch. The cost for the workshop is \$25 per person (free for repeating participants). Visit [greatplainszen.org/workshops](http://greatplainszen.org/workshops) to register, or call us at (847) 274-4793.

Weekly Zazen ; Monthly Fusatsu & Teisho

*Zazen* (Zen meditation) is held every Sunday at 7:00 p.m. at Countryside Unitarian Universalist Church, 1025 N. Smith Road in Palatine, IL. We welcome new friends to join us any Sunday.

Also, 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 Feb. 18, March 25 & April 29. One Sunday sitting each month will feature *teisho* (a formal dharma talk) by our teacher, Susan *Myoyu* Andersen, Roshi, followed by an informal tea and discussion. Upcoming *teisho* – planned for Feb. 18 & March 11 (no talk in April) – 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.

In Memoriam - Carol Goodemote

Great Plains Zen Center gratefully acknowledges gifts from Judith Williamson and John and Betty Hostetler in memory of their friend (and GPZC member) Carol Goodemote. Memorial donations will be used to purchase and plant a native shrub in the Jizo garden at *Moyshinji* in memory of Carol in accord with her wishes. Carol's strong *zazen* practice provided serenity and comfort in her final weeks. She passed away November 19, 2006.

GPZC

P.O. Box 3362

Barrington, IL 60011



**GREAT PLAINS ZEN CENTER**

~ Registration ~

~ Zazenkai, February 10-11, 2007 (Myoshinji)~

~ Sesshin, March 22-25, 2007 (Myoshinji) ~

~ Taking the Precepts Sesshin, April 26-29, 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:

\_\_\_\_\_ **Zazenkai (February 10-11)**  
\_\_\_\_\_ Full time (members & nonmembers \$30 )

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

\_\_\_\_\_

\_\_\_\_\_ **Three Day Sesshin (March 22-25)**  
\_\_\_\_\_ 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:

\_\_\_\_\_

\_\_\_\_\_ **Three Day Sesshin (April 26-29)**  
\_\_\_\_\_ 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).