



Great Plains Zen Center



Sangha Newsletter

August through October, 2007

Autumn Retreat Schedule Set

This autumn, there will be two *sesshin* and a work weekend held at *Myoshinji* in Monroe, Wisconsin. *Myoshinji* is located about 2.5 hours northwest of Chicago, about 40 minutes from Beloit. For details, call 608-325-6248.

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.

A 3-Day *Gate of Sweet Nectar Sesshin* will be held August 2-5, running Thursday to Sunday. *Sesshin* will begin at 7:30 p.m. on the 2nd, and conclude at 8:00 a.m. Sunday the 5th.

At our annual *Gate of Sweet Nectar and Remembrance Ceremony*, we offer food and drink to those suffering in the various realms of existence. We invite the spirits of deceased friends and family to partake in the offerings and guide them back to their spirit abodes.

The fee for participation is \$150 for current Practicing Members; \$180 for nonmembers.

A 2-day *work weekend* will be held September 7-9, beginning at 7:30 p.m. on Friday evening, and ending at 8:00 a.m. on Sunday. The fee for participation is \$30 to cover meal expenses.

A 3-day *sesshin* will be held October 11-14, beginning at 7:30 p.m. on Thursday, and ending at 8:00 a.m. on Sunday. The fee for participation is \$150 for current Practicing Members; \$180 for others.

Students may attend *sesshin* 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*.

Future Events Scheduled

The following dates have been set for upcoming GPZC events:

- *Rohatsu Sesshin*-Dec. 6-9, 2007
- *Forgiveness Workshop* (at CUUC, Palatine)-Jan.5, 2008
- *Nirvana Day Sesshin*-Feb. 15-18, 2008
- *Metta Workshop*-March 15, 2008
- *3-Day Sesshin*-April 10-13, 2008

Please check the web site for details and updates at www.greatplainszen.org

Zen & The Arts Series Premiers

GPZC's workshop series, *Zen & the Arts*, will premiere September 22 & 23 with *Embody the Golden Wind: Zen and Poetry Writing Workshop*. Poetry has long been linked to Zen as a way to express the most vital of our spiritual experiences. Participants in this workshop, conducted by poet and author John Gendo Wolff, will be exposed to the fundamentals of meditative introspection in a natural setting, understanding the nature of inner discovery, and opening the doors to outward expression. No experience in Zen meditation or poetry writing is required.

The series' second installment, *Introduction to Buddhist Art and Architecture*, will be offered October 20 & 21. Professor Rebecca Mott will present a general introduction to traditional Buddhist art produced across Asian cultures. Beginning with the Great Stupa of Sanchi in India from the 3rd century B.C.E. and ending with several contemporary artists, the talk will explore sacred architectural space and Buddhist iconography as depicted through mudras (hand gestures), asanas (positions of the lower body), use of color, and identifying attributes of the different aspects of the Buddha, as well as bodhisattvas and other figures populating Buddhist art.

Each 1-day workshop in this series will be presented in two locations. Saturday workshops will be held from 1:00-4:00 p.m. at Countryside Unitarian Universalist Church, 1025 N Smith Road in Palatine, IL. Each Sunday workshop will be presented at *Myoshinji* Subtle Mind Temple, W 7662 Falk Road in Monroe, Wisconsin.

Registration may be done online at www.greatplainszen.org or by mailing in the form on the back of the workshop flyer (enclosed). Each workshop is \$25 (\$15 for students and seniors).

Future workshops include *Creating a Miniature World: Storymaking with Pictures and Words* (Elizabeth Tenho Allen, November 10 & 11) and *Brush Mind: Inkpainting as Spiritual Practice* (Edyta Wojcik, December 8 & 9). Other workshops topics that are tentatively planned are: *Zen in Everyday Life*; *Zen & The Environment*; *Zen History & Philosophy*; *Zen & The performance Arts*. If you are interested in presenting any of these—or other—workshops, please email Susan Myoyu Andersen, Roshi at myoyu.roshi@greatplainszen.org

August

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

September

2	3 <i>Labor Day</i>	4	5	6	7	8
9 7pm <i>Talk & Tea</i>	10	11	12	13	14 <i>Work Weekend</i>	15 <i>Work Weekend</i>
16 <i>Work Weekend</i> 7pm <i>Zazen</i>	17	18	19	20	21	22 Zen Intro Workshop <i>Zen Arts-(IL)</i>
23 <i>Zen Arts-(WI)</i> 7pm <i>Zazen</i>	24	25	26	27	28	29
30 7pm <i>Fusatsu</i>						

October

	1	2	3	4	5	6
7 7pm <i>Zazen</i>	8 <i>Columbus Day</i>	9	10	11	12 <i>Sesshin</i>	13 <i>Sesshin</i>
14 <i>Sesshin</i> 7pm <i>Talk & Tea</i>	15	16	17	18	19	20 Zen Intro Workshop <i>Zen Arts-(IL)</i>
21 <i>Zen Arts-(WI)</i> 7pm <i>Zazen</i>	22	23	24	25	26	27
28 7pm <i>Fusatsu</i>	29	30	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. For further information about these services, please contact myoyu.roshi@greatplainszen.org

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.

Contact Us

By phone: (847) 274-4793

By e-mail: 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

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
Or donate online at greatplainszen.org*

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 Saturdays August 18, September 22 and October 20 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 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 August 26, September 30 and October 28.

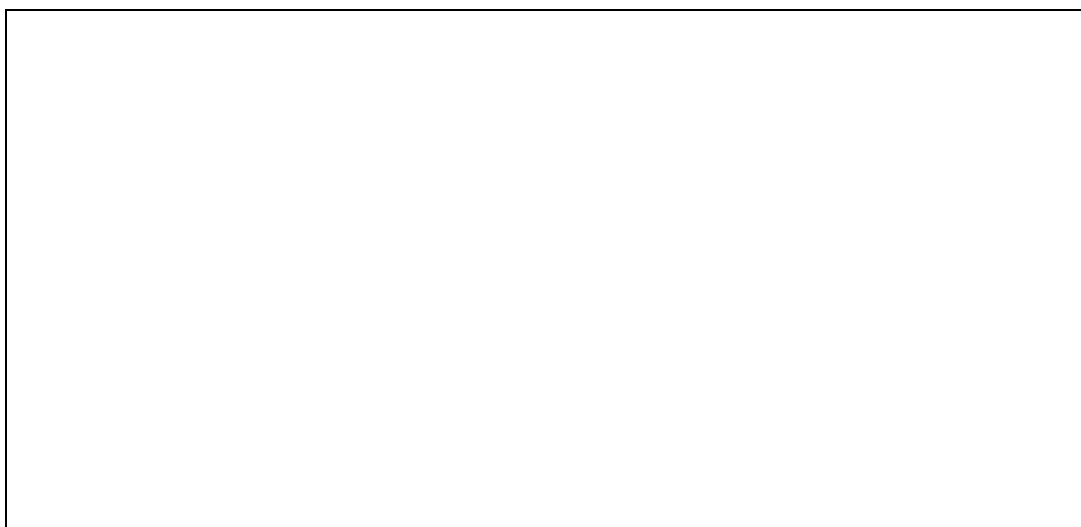
One Sunday sitting each month will feature *teisho* (a formal dharma talk) by our teacher, Susan *Myoyu* Andersen, Roshi, followed by an informal tea and discussion. Upcoming *teisho* are scheduled for August 19, September 9 and October 14.

Myoshinji Landscaping Project Underway

Long-range plans to create a beautiful and functional natural environment at Myoshinji have gotten underway. The project involves ecological restoration of prairie and woodlands and possible creation of a small oak savannah to support the native ecology. Also, now is the time to begin to plant trees and encourage gardens to grow both where we intend them to, and where they will flourish most naturally.

We have initiated a Landscape Circle that can include everyone who has some ideas—purposeful or pleasant, general or perfected, small or grandiose—for now, and ten or twenty years and more into the future. Possibilities include: creating shade; kitchen gardens; a perspective from the entrance, or areas and gardens on the property with specific functions. The more intimate our relationship with the site and how we inhabit it, the more workable and specific our ideas can be. Once all the ideas are collected we can begin to create a "map" of what the land will look like, set our priorities, purchase initial investments and get things into the ground. Please send your suggestions, dreams or plans to Liz *Tenho* Allen, steward of the Landscaping Circle, at lizallenart@chibardun.net or by mail at 302 Ninth Street, Prairie Farm, WI 54762.

**GPZC
P.O. Box 3362
Barrington, IL 60011**





Zen & The Arts

An Autumn 2007 Workshop Series

Offered at

Great Plains Zen Center and Myoshinji Subtle Mind Temple

September 22 or 23

~ Embody the Golden Wind: Zen and Poetry Writing Workshop ~

with John Gendo Wolff

October 20 or 21

~ Introduction to Buddhist Art and Architecture ~

with Rebecca Mott

November 10 or 11

~ Creating a Miniature World: Storymaking with Pictures and Words ~

with Elizabeth Tenho Allen

December 8 or 9

~ Brush Mind: Inkpainting as Spiritual Practice ~

with Edyta Wojcik

All 1-day workshops take place from 1:00 – 4:00 p.m. (Saturday in IL; Sunday in WI)

Saturday workshops are held at

Countryside Unitarian Universalist Church, 1025 N Smith Road in Palatine, IL

Sunday workshops are held at

Myoshinji Subtle Mind Temple, W 7762 Falk Rd, Monroe, WI

(Sunday guests may arrive at 9:00 am for weekly service & Introduction to Zen Meditation instruction at no additional cost)

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Great Plains Zen Center is a Soto Zen group – an affiliate of the White Plum Asanga. Our spiritual director is Susan Myoyu Andersen Roshi, who studied for over 20 years with Taizan Maezumi Roshi at the Zen Center of Los Angeles, receiving dharma transmission in 1995.

Weekly activities in both the Chicago area and in Monroe, Wisconsin are open to visitors. Please visit our web site at www.greatplainszen.org for more details.

Detailed descriptions of the workshops, as well as biographies of presenters, are on the back of this flyer.

September 22 & 23: Embody the Golden Wind: Zen and Poetry Writing Workshop with John Gendo Wolff

Poetry has long been linked to Zen as a way to express the most vital of our spiritual experiences. Participants in this workshop, conducted by John Gendo Wolff, will be exposed to the fundamentals of meditative introspection in a natural setting, understanding the nature of inner discovery, and opening the doors to outward expression. No experience in Zen meditation or poetry writing is required.

About the Instructor: John Gendo Wolff has published poems and essays in numerous magazines, journals, and anthologies. He is the author of *Complaints From the West-River Country*, and *An American Solace*. His work has also been included in the anthology *Beneath a Single Moon: The Legacy of Buddhism in American Poetry*, Shambhala/Random House, 1990, and he is the winner of the *Dunes Review's* William J. Shaw Memorial Prize. Gendo teaches creative writing at West Shore Community College and is an ordained Zen priest.

October 20 & 21: Introduction to Buddhist Art and Architecture

This lecture is a general introduction to traditional Buddhist art produced across Asian cultures. Beginning with the Great Stupa of Sanchi in India from the 3rd century B.C.E. and ending with several contemporary artists, the talk will explore sacred architectural space and Buddhist iconography as depicted through *mudras* (hand gestures), *asanas* (positions of the lower body), use of color, and identifying attributes of the different aspects of the Buddha, as well as bodhisattvas and other figures populating Buddhist art.

About the Instructor: Rebecca Mott resides in western Michigan where she is a Professor of Art and Humanities at West Shore Community College. She has a B. A. and M. A. in studio art from Eastern Illinois University and an M. F. A. in Ceramics/Sculpture from Southern Methodist University.

November 10 & 11: Creating a Miniature World-Storymaking with Pictures and Words

Small mind rests in big mind. When we open ourselves to the creative diversity and depth of life as it is, we express and inhabit the spacious world of originality and surprise by letting go. Throughout the drama of artistic creation, the imagination reigns free, as the eyes and language for the story that the whole of life wants to tell. Workshop includes guided meditation, work with pencil and paper.

About the Instructor: Elizabeth Tenho Allen has been a nationally known children's book illustrator and author for twenty years, and Buddhist for more than thirty, studying with teachers in various zen as well as Tibetan lineages. She most recently has taught adults how to see abstract art through zen practice, at the MMMA in Saint Paul, MN. She has a degree in art from U. of Wisc., post graduate work in jazz improvisation.

December 8 & 9: Brush Mind: Inkpainting as Spiritual Practice

Zen painting and calligraphy has a rich history in Japan and China of being used for personal and spiritual expression. This workshop will present past masters and show slides of some of their work, and its influence on Western art. Following this will be an opportunity for participants to use brush and ink from the perspective of "wabi - sabi," a zen-inspired aesthetic that emphasizes the beauty of "the perfectly imperfect." Bring your "beginner's mind" and join Edy, who herself is just beginning her exploration of this artform, to find out how brush painting reflects and enhances the quality of your spiritual and creative life.

About the Instructor: Edyta Wojcik was born and raised in Poland, and she studied Art and pedagogy at a Polish university. Six years ago she come to Chicago, and two years later she became a member of GPZC. Since coming to America she has led an essentially "immigrant life," mostly filled with work, studying English, and adapting to her new life here.

Register online at www.greatplainszen.org ~ or mail this form to: **GPZC, PO Box 3362 Barrington, IL 60011**

Please check workshop(s) you plan to attend, and enclose \$25 per workshop (\$15 for students, seniors and special circumstances).

Zen & Poetry: 9/22 (IL)____ 9/23 (WI) ____ **Art & Architecture:** 10/20 (IL)____ 10/21 (WI) ____

Storymaking: 11/10 (IL)____ 11/11 (WI) ____ **Inkpainting:** 12/8 (IL)____ 12/9 (WI) ____

Name: _____

Street: _____

City, State, Zip: _____

Phone: (_____) _____ **E-mail:** _____