

## IMPORTANT ANNOUNCEMENT:

Great Plains Zen Center is committed to doing our part to help prevent the spread of COVID 19. We want you to know that we will continue to be here and present during this health crisis and will adapt our forms and procedures to maximize your safety.

In an attempt to do our part to help stop the spread of the virus and to help keep our members safe, we are cancelling sitting and other classes at all of our practice sites:

Great Plains Zen Center in Monroe WI  
GPZC at Countryside Church in Palatine, IL  
Beloit Zen Community  
Zen Sitting Group DeKalb  
Logan Square Zendo

This is effective immediately, March 13 – 27, 2020. We will re-assess the situation at that time based on the pandemic status and information available. Beloit College and Countryside Church have suspended their in person classes/services for at least the next few weeks. Even though our numbers of participants are often under 20 people, we still believe that in view of the latest information coming out today, this is the wisest course.

We are not aware of anyone in the GPZC sangha who has tested positive for COVID 19 and apologize for the inconvenience this causes. We will explore the possibility of doing online practice and classes in lieu of in person meetings during some of our regular sitting times and will let you know of these opportunities as we develop them. At this time though, we want to inform you that there will be no in person practice or class at any of our settings.

Here are some reliable websites with information regarding Covid19:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>  
<https://www.hopkinsmedicine.org/coronavirus/>

This surely seems a time to be more aware of our interconnectedness and to recognize the ongoing vulnerability that so many in our world experience on an everyday basis. It is starkly evident in times like these how many people live paycheck to paycheck, depend on schools for the bulk of their food intake and have marginal or no health insurance. It is also a time for us to practice considering what our roles for the greater good should be, while still attending to our own self care – now and go forward as we consider how many people's severe and persistent financial, nutritional and health vulnerability has been made obvious by this pandemic event.