



Great Plains Zen Center



Sangha Newsletter

May through July 2018

Maezumi Roshi Memorial Zazenkai – May 11-13

This retreat honors the memory of our founder, Koun Taizan Maezumi Roshi, Myoyu Roshi's teacher. Maezumi Roshi received Dharma transmission from Hakujun Kuroda, Roshi, in 1955 and also received approval from both Koryu Osaka Roshi, and Hakuun Yasutani Roshi. In 1967, Maezumi Roshi established the Zen Center of Los Angeles.

This retreat begins on Friday evening (5/11) with Fusatsu ceremony at 7:00 PM, and concludes Sunday morning (5/13). *The cost of this retreat is \$75 for members and non-members, and includes overnight lodging as well as all meals. Part-time attendance is allowable (\$50/night members; \$60/night non-members). Please register at the following link:*

<http://www.greatplainszen.org/node/235>

Jukai Ceremony – May 19 at 9 AM

Longtime members **Chris and Chuck Wellington** will receive the Buddhist precepts on Saturday, May 19 at 9 AM. Please join us to celebrate this important step in their practice.

Ekyo Maezumi Zen Painting Classes – May 19

Great Plains Zen Center is honored to welcome a visit from artist and longtime Zen practitioner, Martha Ekyo Maezumi.

Ekyo is a talented artist and art educator with a degree in fine arts. She became interested in the Zenga form when studying with Maezumi Roshi (her late husband) at Zen Center of Los Angeles in the early 1970's. She explains: "I was asked to illustrate the ZCLA Journals, which involved immersing myself in a koan selected by Maezumi, and responding to it visually in what I felt was in line with the historic Zenga painters." **Zenga Part 1(10:30-12:30)** includes how to hold the brush, warm up exercises—vertical and horizontal lines, personal name, simple compositions, Mt. Fuji, ensos, some calligraphy. **Zenga Part 2 (2-4)** will be more complicated – Jizos, Darumas, ensos, begging monks, maybe some plant work if time.

The schedule of events on Saturday, May 19 is as follows:

- 8:00 Zazen (optional)
- 8:30 Memorial Service for Maezumi Roshi
- 9:00 Jukai Ceremony for Chris and Chuck Wellington
- 10:00 Break
- 10:30-12:30 Zenga (Zen painting class, Part 1) with Ekyo Maezumi
- 12:30 Lunch
- 2:00-4:00 Zenga (Zen painting class, Part 2) with Ekyo Maezumi

The first class is an orientation and prerequisite for the second class, so Ekyo would prefer that people not sign up for the second class without the first class (unless they have extensive experience with this medium).

Suggested donation for Class 1 is \$25 for members, \$35 for non members, which includes all materials. To take both classes, the suggested donation is \$45 for members, \$65 for non-members. Additional donations are welcomed to help cover the cost of Ekyo's travel from Salt Lake City and honorarium. These classes are appropriate for adults and older children. *Please register in advance for these classes at:*

<http://greatplainszen.org/node/450>

Paper Sculpture Art Class for Children – May 18 with Martha Ekyo Maezumi

Ekyo will also offer a paper sculpture class for children on Friday, May 18 from 5-6 PM. Participants will create beautiful paper versions of their favorite bird. Bring your own photo or use one of the photos provided. The recommended donation for this class is \$15 per child and includes all materials. Sign up online at <http://greatplainszen.org/node/451>



Bird Sculpture by Martha Ekyo Maezumi

Three-Day Sesshin – June 7-10

Our June retreat begins at 7:30pm on Thursday evening (6/7) and concludes Sunday morning (6/10). We will also hold the annual Gate of Sweet Nectar Ceremony at 8:30 PM on Saturday evening. (See article below.) The cost of this retreat is \$150 for members, \$180 for non-members, and includes overnight lodging as well as all meals. Part-time attendance is allowable. Please register at the following link:

<http://www.greatplainszen.org/node/198>

Gate of Sweet Nectar Ceremony – June 9

During our June Sesshin, we will hold our annual Gate of Sweet Nectar Ceremony at 8:30 PM on Saturday evening (6/9). In this ceremony, which is the main liturgy of the Zen Peacemakers, we offer nourishment to those who are forgotten, marginalized and not cared for. The ceremony includes raising the Bodhi Mind, and inviting all those who hunger to partake in a meal to ease their distress. The ceremony also includes reading the names of departed friends and family of sangha members through the years.



Again this year, we will raise beautiful memorial lanterns to which are attached messages to our loved ones who have passed on. The colorful, star-shaped lanterns glow in the evening sky, and add a special air to the ceremony. (See the photo above.) To reserve a lantern, please contact Myoyu Roshi (s.myoyu.andersen@gmail.com) about making a donation in memory of your loved ones. After the ceremony, you will be welcome to keep the message banner; lanterns will be retained for reuse in the future.

“Everyday Life is the Way” Seven Day Sesshin – July 8-15

During our July seven-day sesshin, we will take the opportunity to study one of Zen's most treasured writings, the *Genjokoan* by Dogen Zenji, the Co-Founder of the Japanese Soto Zen School. This essay, written in 1233, is part of a larger work, *Shobogenzo* (The Treasury of the True Dharma Eye). Written shortly after the founding of a small practice center in Fukukusa called Kannondori, *Genjokoan* was given to one of Dogen Zenji's lay students. In this essay, Founding Teacher Dogen urges us to see and live our very life as the Way itself.

What better time to explore these timeless and profound words than during sesshin, when we are, in fact, living our practice moment after moment throughout the day? Each day of the sesshin, we will appreciate aspects of Maezumi Roshi's commentary on the *Genjokoan*, published in *The Way of Everyday Life* (Maezumi/Loori). All are welcome to sign up for this intensive practice opportunity.

This 7-day sesshin begins Sunday evening, July 8 and ends with the Gate of Sweet Nectar Ceremony on Sunday morning, July 15 (about 7 AM). The cost of the sesshin is \$350 for members, \$420 for non-members, which includes all meals and lodging. Part time participation is allowed for this sesshin, although full-time participation is encouraged in order to study the entire text. Register here: <http://www.greatplainszen.org/node/313>

Registration for GPZC Retreats & Workshops

To register for GPZC events, please register/pay online at www.greatplainzen.org. Please register for any retreat or workshop at least 1 week prior to the start. This allows us ample time to arrange all logistics for our events. If you are unable to meet this deadline, please contact us to make arrangements and check on availability of space. Late cancellations are subject to a non-refundable \$35 fee.

Gendo Roshi Receives Inka from Myoyu Roshi

On the afternoon of April 21 2018, Gendo Sensei received inka, the final approval, from me, establishing him as an independent teacher. From this point on, he should be addressed as Gendo Roshi. This represents the culmination of many years of practice, gaining maturity and completing the entire Maezumi lineage koan system.

I have great confidence in Gendo Roshi as an exacting but compassionate teacher who will cause the Dharma to flourish even more brilliantly. –Myoyu Roshi



Stewardship Circles: Caring for the Dharma

Great Plains Zen Center is expanding its use of Stewardship Circles as a means of sharing leadership, including diverse voices and ideas, and fostering vibrant community. If you have interest or expertise in an area, you are encouraged to talk to the circle steward about joining that circle. The following is a listing of GPZC Circles with the name of the circle steward and a brief description. Note that time commitment for circles varies and members from different locations can be accommodated with an online meeting platform.

Administrative Circle

Steward (and President of the Board): **Roshi**

This circle is our Board of Directors and oversees major decisions and projects as designated by our Corporate By-laws. Although these members are elected, if you are interested in joining the board, please let Roshi know and your name can be brought up for nomination.

Tenzo CircleSteward: **Bonnie Myosen Nadzam**

This is a circle of tenzos, those whose practice includes cooking for retreats and events, within the parameters of responsible stewardship of the earth as it pertains to cooking, food purchasing and growing practices.

Service CircleSteward: **John Genshin Knewitz**

This circle fosters service within our communities through finding opportunities for volunteers and organizing events.

Cleaning CircleSteward: **Sherry Shozan Lira**

Members of this circle maintain the cleanliness of Zen Center buildings and organize volunteers to help with cleaning.

Building CircleSteward: **Roshi**

This circle acts as a sub-group of the Administrative Circle to manage major building projects.

Membership CircleSteward: **Jeff Ryuzan Slepak**

This circle guides the process of becoming a member, maintains member records and helps grow and sustain membership.

Training CircleSteward: **Roshi**

Members of this circle are undergoing training in leadership positions in the Zendo (such as monitors).

Right Livelihood CircleSteward: **John Seishin Hagen**

This circle provides information helpful in manifesting responsible, sustainable living practices in the community.

Affiliates CircleSteward: **Roshi**

This circle promotes communication and participation between the affiliated locations: GPZC(Monroe), Palatine, Beloit, and Logan Square, Chicago.

Liturgic CircleSteward: **Roshi**

This circle explores modifications and enhancements to the liturgy (chants, translations) used at GPZC.

Tech CircleSteward: **Tom Zwick**

This circle is responsible for website maintenance and is also currently developing a new website.

Women's Intersectional CircleCo-stewards: **Roshi and (open)**

This circle creates a space for women practitioner's voices to be heard and also for women in practice to explore the intersection of other identities as applicable (such as race, LGBTQ, parenthood, etc.) as they impact practice life.

Interfaith CircleCo-stewards: **Chris and Chuck Wellington**

This circle creates opportunities for dialogue and learning with other faith traditions and spirituality.

Financial/Fundraising CircleCo-stewards: **Matt Shingetsu Hellige and Ryūzan**

This circle maintains financial records and transactions and works to meet the financial needs of GPZC through fundraising.

25th Anniversary Celebration Circle – NEW!Steward: **Roshi**

This circle will plan our 25th Anniversary Celebration for this fall. GPZC started as Northwest Chicago Zen Group in November, 1993.

Engaged Buddhism**News from Beloit Zen Community and Race to Justice Campaign**

BZC continues to meet for sitting and discussion Thursday nights from 5-7 PM at Atonement Lutheran Church, 901 Harrison Ave., Beloit WI 53511. Follow signs to the Community Room downstairs.

Please mark your calendars for Monday, June 11. That evening, a candidate forum will be held in Pewaukee, WI to which all major candidates for Governor of Wisconsin have been invited. This is our chance to ask candidates to state their positions on criminal justice issues, bringing issues front and center and increasing accountability. Please let Myoyu Roshi know if you would be willing to come to support this event (even if not a Wisconsin voter) by participating.

Week of Service with Simply Smiles at Cheyenne River Sioux Tribe Reservation – July 21-28 2018

There is still time to sign up for the week of service at Cheyenne River Sioux Tribe Reservation. This year, Great Plains Zen Center will be bringing a small group to participate in the week-long program led by the non-profit organization, Simply Smiles (<http://www.simplysmiles.org/home/>). We will be helping with a summer camp for children on the reservation and also hosting a number of adult activities and community meals.

The volunteer bunk house has been completed and will be available for us this year (no more sleeping on the community center floor!) Last summer, we took the children to Crazy Horse Memorial, swam in the Missouri River, helped put on a basketball tournament at the high school, learned some traditional Lakota games and much more.

Simply Smiles provides excellent training and guidance in how to conduct ourselves while at the reservation in a way that is respectful and in harmony with the expectations and needs of the community.

(continued...)

The cost of the program is \$750 for the week, which includes all meals, lodging and admission fees and payable to *Simply Smiles*. A deposit of \$150 is required to secure your space. The GPZC group will drive out on Saturday, July 21 and back Saturday, July 28. More information about volunteering with the Simply Smiles program can be found here:

<http://www.simplysmiles.org/volunteer-crst/>.

Please let Roshi know if you are interested!

Weekly Schedule at Great Plains Zen Center

Each week, sitting takes place Friday at 5:30 AM (followed by service) and Friday evening at 7 PM. On Saturdays, there is service at 8:30 AM followed by two periods of zazen starting at 9AM. During retreats, Saturday morning sitting is open to those not attending the retreat with zazen beginning at 9:15. Once per month, we have an **Introduction to Zen Practice Workshop** in place of the regular Saturday AM schedule. See article below for dates.

Also, the **Gate of Sweet Nectar** ceremony and **Fusatsu** (Renewal of the Vows ceremony) will take place on these dates: **5/11** Fusatsu; **6/9** GSN; **7/6** Fusatsu; **7/15** GSN. All are welcome to all of these ceremonies. *Please check our Facebook page or website for other special events at Great Plains Zen Center.*

Weekly Schedule in Palatine, IL at CCUU

Zazen (Zen meditation) is held every Sunday at 7:00 PM at Countryside Church - Unitarian Universalist, 1025 N. Smith Road, in Palatine, Illinois. We welcome new friends to join us any Sunday. A standard schedule includes a 30-minute period of zazen, 10 minutes of kinhin (walking meditation) and a second 30-minute period of zazen. One Sunday sitting every other month features a *teisho* (a formal dharma talk) by our teacher, Susan Myoyu Andersen, Roshi, followed by group discussion. Also, the **Gate of Sweet Nectar** ceremony and **Fusatsu** (Renewal of the Vows ceremony) will take place on these dates: **6/3** Fusatsu. All are welcome to all of these ceremonies. *Please check our Facebook page or website for other special events at Great Plains Zen Center.*

Once a month, members and friends are invited to gather before sitting at **6:15 pm** for informal **Tea and Chat** in Palatine. These events offer an opportunity for newcomers and “regulars” alike to get to know—and share with—one another. Please see the calendar for specific dates for teas.

Weekly Sitting at Logan Square Zendo, Chicago

For members or friends living in or near the city of Chicago, Logan Square Zendo, a Great Plains Zen Center affiliate located on Chicago's northwest side, may be more convenient for weekly sitting. Sitting is every Tuesday night at 8:00 PM. For those new to practice, a brief orientation is offered during the first meditation period.

For more information, contact Matt Shingetsu Hellige at 773-255-6483, info@logansquarezen.org or visit the website www.logansquarezen.org.

Introduction to Zen Practice Workshops

Great Plains Zen Center will continue to hold monthly Introductory Workshops in Monroe and at Countryside Unitarian Church, 1025 N. Smith Road, Palatine, Illinois. 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.

- Workshops in **Palatine** (Illinois) will be held Saturdays, **May 26**, **June 23** and **July 21** and run from 8:30-11:30 AM, followed by an informal lunch.

- Workshops at **GPZC** (Wisconsin) will be held Saturdays, **June 23** and **July 7**. Workshops run from 8:30-11:30 AM.

The cost for each workshop is \$25 per person (\$15 for students and seniors; free for repeating participants).

Visit <http://greatplainszen.org/workshops> to register, or call us at (608) 325-6248. Please note that workshops are held in two different locations (Palatine, Illinois and Monroe, Wisconsin).

Be sure to note the location carefully when registering.

Membership in the Great Plains Zen Center

There are four 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 retreats. **Affiliate Membership** (\$30 per month) is for sangha members who live at a greater distance from the regular sittings, 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. **Sustaining Membership** is for anyone committing to any amount, \$75 and above, per month.

Any of these levels of dues can be submitted at our website:

<http://greatplainszen.org/membership/dues>

Membership helps deepen one's commitment to practice, helps support the center and helps make the practice available to more people now and in the future. Please join us.

Great Plains Zen Center Online

Visit our *website*, <http://www.greatplainszen.org> periodically for current information about all of our upcoming activities, and registration links for new events.

Visit and **like** our Face Book *public page*, **Great Plains Zen Center**: <http://www.facebook.com/GreatPlainsZenCenter/>.

You can also request to join our **GPZC Sangha group**: <https://www.facebook.com/groups/897271090403374/>

You can also follow Myoyu Roshi on Twitter @MyoyuA, for social action posts.

Contact Us

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Our postal mailing addresses:

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Great Plains Zen Center – Myoshinji (Subtle Mind Temple) – Monroe, Wisconsin

W77962 Falk Rd • Monroe, WI • 608-325-6248

May 2018

@ 5/5 <i>Waking Up for Racial Justice</i> – Class #6 10:30-1:00 * 5/11: <i>Day of Reflection; Fusatsu @ 7:00 PM</i>		1	2	3	4 5:30 a Zazen & service 7 pm Zazen	5 8:30a Service 9:00a Zazen 10:30a WURJ
6	7	8	9	10 5pm Zazen (BZC)	11* 5:30 a Zazen & service Zazenkai	12 Zazenkai
13 Zazenkai	14	15	16	17 5pm Zazen (BZC)	18 5:30 a Zazen & service 7 pm Zazen	19 # Special events
20	21	22	23	24 5pm Zazen (BZC)	25 5:30 a Zazen & service 7 pm Zazen	26 8:30a Service 9:00a Zazen
27	28	29	30	31 5pm Zazen (BZC)	# 5/19 Zazen, Service, Jukai, classes. (See article, page 1, for schedule details.)	

June 2018

6/2 <i>Waking Up for Racial Justice – Class #7 10:30-1:00</i> * 6/3: <i>Day of Reflection</i> 6/9: <i>Gate of Sweet Nectar - 8:30 PM</i>					1 5:30 a Zazen & Service 7 pm Zazen	2 8:30a Service 9:00a Zazen 10:30a WURJ
3*	4	5	6	7 5pm Zazen (BZC) Sesshin	8 Sesshin	9 9:15a Zazen 8:30p GSN Sesshin
10 Sesshin	11	12	13	14 5pm Zazen (BZC)	15 5:30a Zazen & Service 7 pm Zazen	16 8:30a Service 9:00a Zazen
17	18	19	20	21 5pm Zazen (BZC)	22 5:30a Zazen & Service 7 pm Zazen	23 8:30 am Intro Workshop
24	25	26	27	28 5pm Zazen (BZC)	29 5:30a Zazen & Service 7:00 p Zazen	30 8:30a Service 9:00a Zazen

July 2018

1	2	3	4	5 5pm Zazen (BZC)	6* 5:30a Zazen & Service 7:00 p Zazen/Fusatsu	7 8:30 am Intro Workshop
8 Sesshin	9 Sesshin	10 Session	11 Sesshin	12 5pm Zazen (BZC) Sesshin	13 Sesshin	14 9:15a Zazen Sesshin
15 Sesshin 7AM GSN	16	17	18	19 5pm Zazen (BZC)	20 5:30a Zazen & Service 7:00 p Zazen	21 (closed) CRSTR
22 (closed) CRSTR	23 (closed) CRSTR	24 (closed) CRSTR	25 (closed) CRSTR	26 (closed) CRSTR	27 (closed) CRSTR	28 (closed) CRSTR
29	30	* 7/6: <i>Day of Reflection; 7/15 Gate of Sweet Nectar 7:00AM</i> “ CRSTR ” = <i>Week of Service at Cheyenne River Sioux Tribe Reservation</i> “ BZC ” denotes Beloit Zen Community events at Lutheran Atonement Church, 901 Harrison St., Beloit, WI.				

Great Plains Zen Center – Countryside Unitarian Church – Palatine, Illinois

1025 N Smith Rd • Palatine, IL • 847-274-4793

May 2018

@ 5/5 Waking Up for Racial Justice – Class #7 10:30-1:00 * 5/11: Day of Reflection		1	2	3	4	5 <i>10:30a WURJ @</i>
6 <i>7:00 pm Zazen</i>	7	8	9	10	11* <i>Zazenkai</i>	12 <i>Zazenkai</i>
13 <i>Zazenkai</i> <i>7:00 pm Zazen</i>	14	15	16	17	18	19 <i># Special events WI</i>
20 <i>7:00 pm Zazen</i>	21	22	23	24	25	26 <i>8:30 am Intro Workshop</i>
27 <i>6:15 Tea</i> <i>7:00 pm Zazen</i>	28	29	30	31	<i># 5/19 Zazen, Service, Jukai, classes in WI. (See article, page 1, for schedule details.)</i>	

June 2018

@ 6/2 Waking Up for Racial Justice – Class #7 10:30-1:00 * 6/3: Day of Reflection					1	2 <i>10:30a WURJ @</i>
3* <i>7:00 pm Zazen & Fusatsu</i>	4	5	6	7 <i>Sesshin</i>	8 <i>Sesshin</i>	9 <i>Sesshin</i>
10 <i>Sesshin</i> <i>7:00 pm Zazen</i>	11	12	13	14	15	16
17 <i>7:00 pm Zazen & Teisho</i>	18	19	20	21	22	23 <i>8:30 am Intro Workshop</i>
24 <i>6:15 Tea</i> <i>7:00 pm Zazen</i>	25	26	27	28	29	30

July 2018

1 <i>7:00 pm Zazen</i>	2	3	4	5	6*	7
8 <i>Sesshin</i> <i>7:00 pm Zazen [?]</i>	9 <i>Sesshin</i>	10 <i>Sesshin</i>	11 <i>Sesshin</i>	12 <i>Sesshin</i>	13 <i>Sesshin</i>	14 <i>Sesshin</i>
15 <i>Sesshin</i> <i>7:00 pm Zazen</i>	16	17	18	19	20	21 <i>8:30 am Intro Workshop</i>
22 <i>6:15 Tea</i> <i>7:00 pm Zazen</i>	23	24	25	26	27	28
29 <i>7:00 pm Zazen</i>	30	* 7/6: Day of Reflection				