

Great Plains Zen Center

Sangha Newsletter

February through April, 2006

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 March 19 and April 23. 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. Dharma Talks are planned for February 5, March 5 and April 2. * Please note that *there will be no Zazen at CUUC on February 19 or April 9 due to Sesshin.*

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. Attendance at an introductory workshop is required of anyone who would like to become a full-time member of the Great Plains Zen Center.

Held on **February 25, March 18 and April 15**, each workshop will run from 8:30am to 11:30, followed by an informal lunch. Workshops will continue to be held at Countryside U.U. Church, 1025 N. Smith Rd. in Palatine. Cost for the workshop will be \$25 per person, with repeating participants free. To register, visit greatplainszen.org/workshops or call us at (847) 274-4793.

Precept Classes Open to All

Weekly *Precept Discussion Classes* continue at Countryside Church in Palatine one Tuesday each month (in place of the second sitting period) for those considering or planning to take the precepts in the future. Classes are also open to those who have had *jukai* and wish to discuss the ongoing challenges of precept practice. See the web calendar for dates.

Three Day Sesshin - February 17-20 and April 6-9

Two 3-Day sesshin will be held this quarter, February 17-20 (Friday night through Monday morning) and April 6-9 (Thursday night through Sunday morning). Both sesshin will take place in our home, *Myoshinji*, in Green county, Wisconsin. Sesshin is an intense meditation retreat that offers us an important opportunity to strengthen our practice. Sesshin will begin at 7:30 p.m. (Fri. 2/17; Thur. 4/6), and conclude at 8:00 a.m. (Mon. 2/20; Sun. 4/9). The fee for participation is \$150 for current Practicing Members; \$180 for nonmembers. If students are unable to attend the entire sesshin, they may attend on a part-time basis, (for example, those who need to leave Sunday night in order to attend work on Monday), with the following fees: \$50 per day for current members; \$60 per day for nonmembers.

To attend sesshin, please fill out and *return a registration form by February 10 at the latest*. It helps us greatly with planning to get reservation forms in as early as possible. Either mail the form to the address shown on the form, or bring it to a weekly sitting--or register online at greatplainszen.org .

Zazenkai & Work Day- Saturday, March 11

An all-day sitting & work day will take place at *Myoshinji*, running from 5:30 am until 5:00 pm on Saturday, March 11. The cost is \$30. Please see the enclosed registration form for more details

Upcoming Events & Dates

The following events are scheduled to take place at *Myoshinji*. Please check the web site for details and updates. *Zazenkai/Workday*, May 20; *7 Day Sesshin* June 18-25; *7 Day Sesshin* July 30- August 6.

Website Updated, with Features Added

The web site has been updated, allowing visitors easier access to current information, including a downloadable version of this newsletter.

The website also features new links for on-line donations and sesshin and zazenkai registration & payment. Please visit greatplainszen.org and check out the changes.

February 2006

		Zazen	1	2	3	4
5 Zazen, Talk & Tea	6	7 Zazen <i>Precept Class</i>	8	9	10	11
12 Zazen	13 <i>Sangha Day</i>	14 Zazen <i>Valentine's</i>	15	16	17 Sesshin	18 Sesshin
19 Sesshin	20 Sesshin <i>Pres. Day</i>	21 Zazen	22	23	24	25 <i>Intro to Zen Workshop</i>
26 Zazen	27	28 Zazen				

March 2006

			1	2	3	4
5 Zazen, Talk & Tea	6	7 Zazen	8	9	10	11 Zazenkai
12 Zazen	13	14 Zazen <i>Precept Class</i>	15	16	17 <i>St. Patrick's</i>	18 <i>Intro to Zen Workshop</i>
19 Fusatsu	20	21 Zazen	22	23	24	25
26 Zazen	27	28 Zazen	29	30	31	[1]

April 2006

2 Zazen, Talk & Tea	3	4 Zazen	5	6 Sesshin	7 Sesshin	8 Sesshin
9 Sesshin	10	11 Zazen <i>Precept Class</i>	12 <i>Passover</i>	13	14	15 <i>Intro to Zen Workshop</i>
16 Zazen <i>Easter</i>	17	18 Zazen	19	20	21	22 <i>Earth Day</i>
23 Fusatsu	24	25 Zazen	26	27	28	29
30 Zazen						

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.

Corresponding Membership (\$20 per year) is for anyone who wishes to support the Zen Center and receive newsletters and special communications, but attends Zen Center activities infrequently.

The Great Plains Zen Center has over fifteen hundred dollars in fixed monthly expenses (church rental, mortgage, utilities and upkeep at Myoshinji, etc.), and is dependent on its membership dues to meet those expenses. Members at all levels will help sustain the Zen Center by submitting their dues on a regular basis, commensurate with their level of membership. A receipt for dues and donations will be mailed to each member & donor in January for tax reporting purposes.

Visit Our Web Site

Find out more about the Great Plains Zen Center on the web at: greatplainszen.org .

Contact Us

By phone: (847) 274-4793

By e-mail: gpzc@greatplainszen.org

Myoshinji : 608-325-6248

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*

A Loss in the Great Plains Family

Gyoten's father, Charles E. Porcellino, passed away on April 6, 2005. Charles was a beloved father, husband and grandfather, and is deeply missed. Gyoten wrote this remembrance about his father:

My Dad was warm in spirit, kind, generous, loving and sincere. He was compassionate and sentimental - always open with his boundless love and affection. My Dad was also wise, and articulate (he was a great writer), down to earth and hard-working. He was always trying to help other people and he took great care with everything he did. My Dad was one of my best friends, and he really was my hero, my role model and my mentor.

Myoshinji Progress & Development

Required remodeling at *Myohinji* continues, made possible through the generous efforts and contributions of members, past and present. We invite everyone to participate in our sesshin, zazen and workdays at this beautiful rural site in Southwestern Wisconsin. It is a pleasant 2 to 2 and a half hour drive from the Chicago metro area and is not difficult to find. We also hope that friends and members of Great Plains Zen Center will consider

making a tax deductible pledge or lump sum contribution to the development of this property. Those on our mailing list will be receiving a fundraising letter soon with more details.

Beautiful Handmade Oryoki Bowls now For Sale

We are pleased to offer beautiful, handmade oryoki bowls for sale. The ceramic bowls are made by Rebecca Mott, a noted potter and artist and member of the Great Wave Zen Sangha. A complete oryoki set (bowls and cloths) is \$55.

Newsletter by E-mail Option

If you would prefer to receive your newsletter via e-mail (in .pdf format), please let us know by e-mailing GPZC at gpzc@greatplainszen.org. (E-mail newsletters can reduce paper consumption as well as mailing costs.)

Any corrections?

We continue to update our mailing list and directory, and have come across a few misspelled names and incorrect addresses. If any of the mailing label information we have is incorrect, please e-mail corrections to gpzc@greatplainszen.org . Thanks!

GPZC

P.O. Box 3362

Barrington, IL 60011



GREAT PLAINS ZEN CENTER

~ Registration ~

~ Sesshin, February 17-20, 2006 ~

~ Zazenkai, March 11, 2006 ~

~ Sesshin, April 6-9, 2006 ~

at Myoshinji in Green County, Wisconsin

Name: _____

Address: _____

Phone Number: _____

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

Please check the event(s) you will attend:

_____ **Three Day Sesshin (February 17-20, 2006)**

_____ 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 & Work Day- (Saturday, March 11, 2006)**

_____ Full time (members & nonmembers \$30)

_____ {Optional}: I will be arriving on Friday evening at ____: ____pm

_____ **Three Day Sesshin (April 6-9, 2006)**

_____ 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% to
G.P.Z.C., P.O. Box 3362, Barrington, IL 60011
by Friday, 2/10 for February Sesshin; by Friday, March 3 for Zazenkai;
by Friday, March 31 for April Sesshin

The remainder is due upon arrival.

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

You may also register online at www.greatplainszen.org/calendar.