

Great Plains Zen Center

Sangha Newsletter

November, 2005 through January, 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 November 20 and January 22. 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 November 6, December 4, and January 15. * Please note that *there will be no Zazen at CUUC on December 25, or January 1.*

Introduction to Zen Practice Workshops

Great Plains Zen Center will continue to hold 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.

We will be trying out a new format for these Workshops. Each Workshop will run from 8:30am to noon, 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. Please see the website for upcoming dates (not confirmed as of the printing of this newsletter).

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 calendar for dates.

Three Day Sesshin - December 16-19

Our next sesshin will be held December 16-19. (Friday night through Monday morning) in our new 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 on Friday, December 16 at 7:30 p.m., and conclude at 8:00 a.m. on Monday, the 19th. 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 December 9 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 any Sunday or Tuesday.

Sesshin in Ludington, Michigan- January 6-8

The Great Wave Zen Sangha will be holding a weekend sesshin January 6-8, 2006 in Ludington, Michigan. Myoyu Roshi will lead the sesshin. All are encouraged to attend this wonderful practice opportunity. Please contact Gendo at besidethewhite@yahoo.com for information or registration. Carpooling is available. Please contact GPZC for details.

Zazenkai & Work Day- Saturday, January 14

An all-day sitting & work day will take place at *Myoshinji*, running from 5:30 am until 5:00 pm on Saturday, January 14. 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. *3 Day Sesshin*, February 17-20; *Zazenkai/Workday*, March 11; *3 Day Sesshin*, April 6-9; *Zazenkai/Workday*, May 20; *7 Day Sesshin* June 18-25; *7 Day Sesshin* July 30- August 6.

November 2005

		1 Zazen	2	3	4	5
6 Zazen, Talk & Tea	7	8 Zazen	9	10	11	12
13 Zazen	14	15 Zazen <i>Precept Class</i>	16	17	18	19
20 Fusatsu	21	22 Zazen	23	24 <i>Thanksgiving</i>	25	26
27 Zazen	28	29 Zazen	30			

December 2005

				1	2	3
4 Zazen, Talk & Tea	5	6 Zazen	7	8	9	10
11 Zazen	12	13 Zazen <i>Precept Class</i>	14	15	16 Sesshin	17 Sesshin
18 Sesshin Zazen	19 Sesshin	20 Zazen	21	22	23	24
25 <i>Christmas</i>	26	27 Zazen	28	29	30	31

January 2006

1 <i>New Year's Day</i>	2	3 Zazen <i>Precept Class</i>	4	5	6 MI Sesshin	7 MI Sesshin
8 MI Sesshin Zazen	9	10 Zazen	11	12	13	14 Zazenkai
15 Zazen, Talk & Tea	16	17 Zazen	18	19	20	21
22 Fusatsu	23	24 Zazen	25	26	27	28
29 Zazen	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.

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*

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!

Update on Myoshinji, Subtle Mind Temple

It has been approximately one year since the property at W7762 Falk Rd. in Monroe, Wisconsin was purchased. This property, called by our temple name, *Myoshinji*, includes a two-story single family home, a large work building and three acres of restorable prairie and woods. Myoshinji has served as the site for sesshin, zazenkai, workdays and a family weekend this past year. We have successfully applied for a conditional use permit from Green County to allow use of the property for a retreat center. We are in the process of meeting the

criteria, which includes widening the driveway to 12 feet and complying with Americans with Disabilities Act (A.D.A.) requirements, such as a downstairs accessible bedroom and bathroom and a wheelchair ramp. We hope to complete this work within the next 6 months.

All of this has been possible through the generous efforts and contributions of members, past and present. We invite everyone to participate in our sesshin, zazenkai 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.

GPZC

P.O. Box 3362

Barrington, IL 60011



GREAT PLAINS ZEN CENTER

~ Registration ~

~ Sesshin, December 16-19, 2005 ~

~ Zazenkai, January 14, 2005 ~

at Myoshinji in Green County, Wisconsin

Name: _____

Address: _____

Phone Number: _____

E-mail Address: _____

Please check the events you will attend:

_____ **Three Day Sesshin (December 16-19, 2005)**

_____ 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:

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_____ **Zazenkai & Work Day- (Saturday, January 14, 2005)**

_____ Full time (members & nonmembers \$30)

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

•Oryoki is a vital part of our practice; an Oryoki set is required for formal meals.

Please indicate whether you will need an Oryoki set:

I will need Oryoki bowls: _____ Yes _____ No

Bowl rental (\$5)

Bowl purchase (\$55) -complete set with bowls and cloths.

Please include this with your registration fee.

Please send this form, and a deposit of 50% to
G.P.Z.C., P.O. Box 3362, Barrington, IL 60011

by Friday, December 9 for Sesshin; by Friday, January 6 for Zazenkai

The remainder is due upon arrival.

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