



# Great Plains Zen Center



*Sangha Newsletter*

*May through July, 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 May 21, June 11 and July 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 May 7, June 4 and July 2.

## 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.

Each workshop will run from 8:30 am 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](http://greatplainszen.org/workshops) or call us at (847) 274-4793. *Dates were not set at press time; please check the GPZC web site for dates.*

## Discussion Classes Open to All

We will continue our monthly discussion classes on Tuesday nights. The new topic for May, June and July will be our lineage. Dates for these classes are: May 16, June 6 and July 11. Everyone is encouraged to attend these classes, which take place after the first period of sitting on Tuesday night.

## Zazenkai & Work Day- Saturday, May 20

On Saturday, May 20, we will have a *zazenkai* /workday at Myoshinji. Everyone is encouraged to attend this opportunity to enjoy the property at a beautiful time of year. We have a lot of construction, gardening and other work to do to achieve compliance with commercial zoning regulations. Participants are welcome to arrive Friday evening and/or stay through Saturday evening if they wish.

## International Buddhism Festival June 3

Help is needed at this event which takes place at the Buddhadharma Meditation Center, Willowbrook, IL. (See article on page 4.)

## Seven Day Sesshin - June 18-25 and July 30-Aug.6

Two 7-Day sesshin will be held this summer, June 18-25, (Sunday p.m. through Sunday a.m.) and July 30-August 6 (Sunday p.m. through Sunday a.m.). 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. and conclude at 8:00 a.m. The fee for participation is \$350 for current Practicing Members; \$420 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 June 10 (for June); by July 22 (for July)*. 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](http://greatplainszen.org).

## Tokudo

We will have the monk's ordination ceremony (*tokudo*) for John Gendo Wolff on Sunday morning at 7:30 AM, June 25 at the conclusion of the 7-day sesshin at Myoshinji. Everyone is encouraged to be present at this important event for Gendo.

*May 2006*

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

*June 2006*

				1	2	3
4 Zazen, Talk & Tea	5	6 Zazen & Discussion	7	8	9	10 Zazenkai
11 Zazen & Fusatsu	12	13 Zazen	14	15	16	17
18 <b>Sesshin</b> Zazen	19 <b>Sesshin</b>	20 <b>Sesshin</b>	22 <b>Sesshin</b>	22 <b>Sesshin</b>	23 <b>Sesshin</b>	24 <b>Sesshin</b>
25 <i>Tokudo</i> <b>Sesshin</b> Zazen	26	27 Zazen	28	29	30	[1]

*July 2006*

2 Zazen, Talk & Tea	3	4 Zazen	5	6	7	8
9 Zazen	10	11 Zazen & Discussion	12	13 <i>G.W. Sesshin</i>	14 <i>G.W. Sesshin</i>	15 <i>G.W. Sesshin</i>
16 Zazen <i>G.W. Sesshin</i>	17	18 Zazen	19	20	21	22
23 Zazen & Fusatsu	24	25 Zazen	26	27	28	29
30 <b>Sesshin</b> Zazen	31 <b>Sesshin</b>	(8/1) <b>Sesshin</b>	(8/2) <b>Sesshin</b>	(8/3) <b>Sesshin</b>	(8/4) <b>Sesshin</b>	(8/5) <b>Sesshin</b>

**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](http://greatplainszen.org) .

**Contact Us**

By phone: (847) 274-4793

By e-mail: [gpzc@greatplainszen.org](mailto: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*

*International Buddhism Festival - June 3*

The Midwest Buddhist Council will hold the International Buddhism Festival on Saturday, June 3, 2006. It will take place at the Buddhadharma Meditation Center, 8910 South Kingery Rd., Willowbrook, IL 60527. Everyone is encouraged to attend this event, which features booths from many Buddhist centers, meditation sessions and a lively show of music and dance from Buddhist countries around the world. We need people to help run our booth and to help with our meditation workshop. Please let Roshi know if you are interested in helping.

*Sangha Backpacking Trip in July*

This summer, James McInerney, an experienced hiker and member of the Great Wave Zen Center has agreed to lead us on a short backpacking trip through the Manistee National Forest near Ludington, Michigan. The approximate dates from the trip will be July 16-18 (immediately following the Great Wave 3-day sesshin). Details are still being worked out, so please check the web site for further information and/or call James at 231-779-3153.

*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](mailto:gpzc@greatplainszen.org). (E-mail newsletters can reduce paper consumption as well as saving us 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](mailto:gpzc@greatplainszen.org) . Thanks!

*Web site Updated, with Features Added*

The web site has been updated, giving visitors: easier access to current information; a downloadable version of this newsletter; new links for on-line donations and sesshin & zazenkai registration & payment. Please visit [greatplainszen.org](http://greatplainszen.org) and check out the changes.

*GPZC*

*P.O. Box 3362*

*Barrington, IL 60011*



# GREAT PLAINS ZEN CENTER

## ~ Registration ~

~ Zazenkai, May 20, 2006 (Myoshinji)~  
~ Sesshin, June 18-25, 2006 (Myoshinji) ~  
~ Sesshin, July 13-16, 2006 (Ludington, MI)~

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

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

Please check the event(s) you will attend:

\_\_\_\_\_ **Zazenkai & Work Day- (Saturday, May 20, 2006)**  
\_\_\_\_\_ Full time (members & nonmembers \$30 )  
\_\_\_\_\_ {Optional}: I will be arriving on Friday evening at \_\_\_\_:\_\_\_\_pm

\_\_\_\_\_ **Seven Day Sesshin (June 18 - 25)**  
\_\_\_\_\_ Full time (members \$350, nonmembers \$420 )  
\_\_\_\_\_ 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:

\_\_\_\_\_ **Three Day Sesshin @ Great Wave Zen Center- Ludington, Michigan (July 13-16, 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 Saturday, 5/12 for Zazenkai Sesshin; by Saturday, 6/10 for June Sesshin;  
by Saturday, 7/8 for July Sesshin

The remainder is due upon arrival.

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

You may also register online at [www.greatplainszen.org/calendar](http://www.greatplainszen.org/calendar).

# *Great Plains Zen Center*

## *~ Summer Ango 2006 ~*

Again this year, our Ango practice period will extend from May through August sesshin. Roshi encourages everyone to use this time to strengthen your practice by sitting more and making a commitment to attend events this summer. During the month of May, members will have the opportunity to offer incense at the beginning of any evening sitting and turn in their completed Practice Commitment form. Two copies of the form have been included with this newsletter so that you may keep one copy as a reminder to yourself.

- On **Saturday, May 20**, we will have a **Zazenkai/workday** at Myoshinji. Everyone is encouraged to attend this opportunity to enjoy the property at a beautiful time of year. We have a lot of construction, gardening and other work to do to achieve compliance with commercial zoning regulations. Participants are welcome to arrive Friday evening and/or stay through Saturday evening if they wish. (Fee is \$30.)
- **June 18-25** we will hold the first of our two **7-day sesshin** at Myoshinji, in Green county, Wisconsin. Sesshin is an intense meditation retreat that offers us an important opportunity to strengthen our practice. At the conclusion of this *sesshin*, John Gendo Wolff will be ordained as a monk in the *tokudo* ceremony. (See newsletter for specifics).

The fee for participation at each sesshin is \$350 for current Practicing Members; \$420 for nonmembers. If students are unable to attend the entire sesshin, they may attend on a part-time basis, with the following fees: \$50 per day for current members; \$60 per day for nonmembers. (Fees include all meals.)

To attend **June sesshin**, please fill out and return a registration form *-or-* register online @ [greatplainszen.org](http://greatplainszen.org) . Either way, please register by **June 10 at the latest**. It helps us greatly with planning to get reservation forms in as early as possible. Paper forms may be mailed to the address shown on the form, or bring it to a weekly sitting any Sunday or Tuesday.

- From **July 13-16**, Roshi will be leading a **3-day sesshin** at the **Great Wave Zendo in Ludington, Michigan**. To obtain further information and to register, please email [besidethewhite@yahoo.com](mailto:besidethewhite@yahoo.com)
- Our second **7-day sesshin** for this summer will be held **July 30-August 6**. This sesshin will include the *Gate of Sweet Nectar* ceremony as well as the *Hiroshima/Nagasaki Memorial Service*

More detailed information about this *sesshin* will be included in the August newsletter. Please check the GPZC web site for updated details. To attend **June sesshin**, please fill out and return a registration form *-or-* register online @ [greatplainszen.org](http://greatplainszen.org) . Either way, please register by **July 22 at the latest**. It helps us greatly with planning to get reservation forms in as early as possible. Paper forms may be mailed to the address shown on the form, or bring it to a weekly sitting any Sunday or Tuesday.

Included with this newsletter is an **Ango Practice Commitment Form**. This is your opportunity to boost your practice by committing to regular daily sitting, sesshin, learning a service position, dana practice or other practices throughout the 3 month period. Even if you are not able to attend any events at Myoshinji, it is still important to make a commitment to local and daily practice. This is a wonderful way to strengthen both the intensive and everyday aspects of your practice, which keep it vital and connected. Please fill out your copy to keep, and if you wish, fill out the copy on the back of the Ango Registration Form to turn in.

*Your personal Ango Commitment Form is on the opposite side of this flyer.  
(The Registration Form for Ango also has a Commitment Form to turn in at any sitting in May.)*

# GREAT PLAINS ZEN CENTER

## Summer Ango, 2006

### Practice Commitment

Summer Ango runs from May 1, 2006 through August, 6, 2006. This is a wonderful time to strengthen your practice, both by participation in offered events and by undertaking a commitment to regular sitting, dana and precept practice. Please complete the information below, indicating what you will undertake this angu.

I will participate in the following events (full or part time):

- \_\_\_ Discussion Class (May 16)
- \_\_\_ Zazenkai/workday (May 20)
- \_\_\_ International Buddhism Festival (June 3)
- \_\_\_ Discussion Class (June 6)
- \_\_\_ June sesshin (June 18-25)
- \_\_\_ Discussion Class (July 11)
- \_\_\_ July sesshin (July 13-16 in Ludington)
- \_\_\_ August sesshin (July 30 - August 6).

I will participate in the following ongoing events:

Regular sitting at Countryside Church or Great Wave Zendo:

- \_\_\_\_\_ Once per week
- \_\_\_ Twice per week
- \_\_\_\_\_ At least 1-2 times per month.
- \_\_\_\_\_ Learning a new service position

Sitting at Home. I will sit at home \_\_\_\_\_ times per week.

Dana practice (such as contributing some food to local food pantry each time you shop)

I will: \_\_\_\_\_  
\_\_\_\_\_

Precept practice (such as picking a precept each week to really focus on).

I will: \_\_\_\_\_  
\_\_\_\_\_

Other practices I will undertake during this angu.

I will: \_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

During the month of May, members will have the opportunity to offer incense at the beginning of any evening sitting and turn in their completed Practice Commitment form.

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