



# Great Plains Zen Center



*Sangha Newsletter*

*November 2017 through January 2018*

## **Zazenkai - November 10-12**

Our next retreat will be a zazenkai held November 10-12 at GPZC (Monroe, WI). We will begin on Friday evening at 7:00 PM with Fustatsu (Renewal of Vows), which includes a Council about our precept practice, and then chanting. The retreat concludes on Sunday morning. Please come and sit with us and enjoy the beautiful fall weather. *The cost of this retreat is \$75 and includes overnight lodging Friday and Saturday nights as well as all meals. Please note that the stating time for this zazenkai is 7:00 PM.*

## **Rohatsu Five-Day Sesshin – December 5-10**

Rohatsu will begin at 8:00 PM Tuesday night, December 5 and end on Sunday morning, December 10.

In the traditional Mahayana Buddhist calendar, Bodhi Day is December 8th, called Rohatsu in Japanese (literally, the 8th day of the 12th month). On Friday morning (12/8), we will have a special Bodhi Day Service at 7:30 AM during our usual morning service in honor of the Enlightenment of the Buddha. We will also have a Gate of Sweet Nectar Ceremony on Saturday, 12/9 at 10:30 AM. Please bring non-perishable goods to donate to the local food pantry.

This longer sesshin provides an opportunity for intense and deep practice and all those who feel ready for it are encouraged to attend. *The cost of this retreat is \$250 for members, \$300 for non-members for full-time participation, and includes overnight lodging as well as all meals. Part-time participation is acceptable for those who cannot attend the entire sesshin.*

## **January Three-Day Sesshin – January 25-28**

Our first retreat of the New Year is the three-day sesshin. It runs 8:00 PM Thursday evening, 1/25, through Sunday morning, 1/28. We will honor Dr. Martin Luther King by including daily practice of metta (loving kindness meditation) in the schedule. We will also hold a *Gate of Sweet Nectar* ceremony at 9:00AM Sunday following the sesshin. Please bring non-perishable goods to donate to the local food pantry. Winter sesshin offers a special opportunity for quiet, calm practice. *The cost of this retreat is \$150 for members and \$180 for non-members, and includes overnight lodging as well as all meals.*

## **Holiday Closings**

Please be aware that GPZC (Monroe) will be closed on following dates: November 24 & 25; December 22 & 23, and 29-30. Also, there will be no sitting in Palatine (CCUU) on Sundays December 24 or 31. We extend warm wishes to all for safe and joyful holidays with family and friends.

## **Schedule of Retreats for 2018 Announced**

Thank you to everyone who provided input into the setting of retreat dates this year. Here are the dates so that you can plan accordingly. In the event that it becomes necessary to change a future retreat date, the listing on the Retreat Page of our website will be updated to reflect the new date.

- January 25-28 Three Day Sesshin
- February 16-18 Nirvana Day Zazenkai
- March 16-18 Beginner's Mind Sesshin
- April 12-15 Honoring the Way of Zazen 3-Day Sesshin
- May 11-13 Maezumi Roshi Memorial Zazenkai
- June 7-10 Three Day Sesshin
- July 8-15 Seven Day Sesshin
- August 16-19 All My Relations (Peaceful Way) Sesshin
- September 21-23 Beginner's Mind Sesshin
- October 4-7 Honoring the Way of Zazen 3-Day Sesshin
- November 9-11 Zazenkai
- December 4-9 Five Day Rohatsu Sesshin

Regular attendance at sesshin or zazenkai is an important part of our practice. Putting aside some time for uninterrupted, intensive practice is not something we outgrow. We continue to benefit from sesshin throughout our entire lives regardless of where we are in practice. For 2018, we will have two Beginner's Mind sesshin and two Honoring the Way of Zazen sesshin (with no talks, services, dokusan or kyosaku), as well as sesshin of 3, 5 or 7 day length and weekend zazenkai. Part-time participation is always allowed.



## **Registration for GPZC Retreats & Workshops**

To register for GPZC events please register/pay online at [www.greatplainzen.org](http://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.



### **The Great Plains Zen Center Family**

Great Plains Zen Center has an interesting history in that while the organization started in the Chicago area nearly 20 years ago, our main facility is now located in **Monroe, WI**, where retreats are held and our teacher is in residence.

While the Monroe facility is called **Great Plains Zen Center**, we refer to our meeting place at Countryside Church Unitarian Universalist in Palatine as **Great Plains Zen Center-Palatine**. Our other affiliates include **Logan Square Zendo** on Chicago's Northwest side and our newest affiliate, **Beloit Zen Community**. (See following articles.) We also have an affiliation with **Great Wave Zen Sangha** in Ludington, MI, whose teacher, John Gendo Wolff Sensei, is a Dharma successor of Myoyu Roshi.



### **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 with a schedule as follows:

- 7:50 Zendo opens
- 8:00 Zazen (sitting)
- 8:30 Kinhin (walking)
- 8:40 Zazen
- 9:10 Four vows
- 9:15 End

Those new to practice are encouraged to come early to receive a brief orientation.

For more information, contact Matt Shingetsu Hellige at 773-255-6483, [info@logansquarezen.org](mailto:info@logansquarezen.org) or visit the website [www.logansquarezen.org](http://www.logansquarezen.org).

### **Beloit Zen Community – Our Newest Affiliate**

Beloit Zen Community is the newest affiliate of Great Plains Zen Center, and welcomed the community to its first Open House on October 26. We were graciously offered space in Atonement Lutheran Church by its pastor, Rev. Nancy Raabe. The Beloit Zen Community will meet on Thursdays, starting Nov. 9, from 5 -7 PM with sitting, light refreshments and discussion. This community will have a focus on engaged Buddhism, which means helping friends and neighbors in the community as part of our practice commitment.

We are open to ideas and suggestions for projects. We are located about 4 blocks from Beloit College and are pleased to say that some faculty and students will be participating in our activities. The Beloit College Dharma Club will be joining us on Thursdays. Since Beloit is closer than Monroe for many of our Chicago area members, please feel free to join us any Thursday evening (5-7 PM), to get an extra evening of sitting in or just to join in the conversation and community action.

BZC will host **Jadina Lilien's Family Constellation Workshop** on Saturday Nov. 4 (10:00AM-5:00PM). Then, on Sunday, Nov. 5, we'll have a buffet dinner at 5, followed by a public talk by **Tiokasin Ghosthorse** at 6 PM. All are invited to attend! Please visit [www.greatplainszen.org/node/440](http://www.greatplainszen.org/node/440) and [www.greatplainszen.org/node/441](http://www.greatplainszen.org/node/441).

For Thursday evening sitting, no pre-registration is required. Come to Atonement Lutheran Church, 901 Harrison Ave., Beloit, WI and follow the yellow signs to the lower floor fellowship hall. Wheelchair accessible.

### **Palatine Tea and Chat Featuring Member Talks**

Our monthly Tea & Chat events in Palatine will continue featuring short talks by sangha members followed by discussion. During these teas, we will share about our practice of the six paramitas, which are: generosity (dana), precepts (sila), patience (kshanti), effort (virya), concentration (dhyana) and wisdom (prajna).

In September, member Tom Zwick opened the series with a discussion about Generosity. John Genshin Knewitz followed in October with a discussion about Patience.

Members are invited to give a short talk (about 10-15 minutes) on the paramita of their choosing and lead a discussion. This will be a very informal opportunity to share how you work with the paramita in your life. If you would prefer, you may present your experience of the paramita in a creative way, e.g., through music or art.

Please don't hesitate to volunteer for this wonderful chance to share and receive our collective wisdom and appreciate each other! Let Myoyu Roshi know which date and paramita you choose. Upcoming tea and chat dates are: November 26, December 17 and January 14.

**Waking Up for Racial Justice Class:**  
**Monthly, Beginning Saturday, December 2**

We are pleased to present this live and online class that will take place the first Saturday of each month from 10:30 am to 1:00 pm for the next seven months, ending June 2, 2018. The class is designed for those who identify as “white” to examine the systematic construction of the concept of “whiteness,” white supremacy/structural racism, the creation of the racial wealth gap, the cost of racism to white people and finally how we can work effectively as allies of people of color for the collective liberation of all. The course is based on the curriculum developed by District of Columbia cohort of the organization Standing Up for Racial Justice and the methodologies and resources from the online platform and racial educator/trainer network, White Awake. Our work will be accomplished through reading and watching videos between sessions, via personal reflection, and by group process and in discussion. We will establish group norms designed to challenge yet protect each other as we travel through exploration and discovery that can be both painful and joyful. Our aim will be to let go of misguided information and beliefs so that we can more clearly bear witness to the present unfolding and discover the collective action that emerges.

Why is this class specifically for “white” people? Racial justice educators have found that “identity caucusing” can be very helpful in establishing a basis for doing anti-racism work. This means that people of color will work together as one group and white people as another group doing some foundational work. In the words of the Crossroads Ministry Anti-Racism Team “Caucusing creates a foundation upon which to build concrete organizing strategies for People of Color and Whites to work together as anti-racist allies.” Great Plains Zen Center sincerely hopes that we will be able to also offer a Caucus for People of Color in the future and strongly invite anyone who has the interest and skill set to facilitate that group to let us know.

About two years ago, a comment from an African American Dharma sister, angel Kyodo williams, about the relatively sparse response of the Buddhist community—specifically the White Plum Asanga—to the events in Ferguson, Missouri resonated very deeply with me. Yes, we do care, I wrote back. I soon found myself the steward of the WPA Circle for Healing Prejudice and Nurturing Inclusion, an ongoing subgroup of the White Plum Asanga that continues to investigate issues around race and privilege. Since then, I have been on a never-ending journey of reading, reflection, storytelling and listening. As each new vista of knowledge unfolds, I become aware of how much more I have to learn, how much more lies ahead to discover, but also how much lies in my past to be seen through new eyes.



As Buddhists, we receive the 16 Bodhisattva Precepts, which include the Three Pure Precepts, the first of which is “Cease from Harming.” The harm I am doing and have done in the area of racial injustice is becoming more and more clear to me. Even though I may not feel that I bear individual racial prejudice against others, I continuously and largely unconsciously uphold and perpetuate a system which has carefully, systematically and even legally seen to it that brothers and sisters of color do not have the same advantages, opportunities and privileges as their white counterparts. It is very much a part of my responsibility as a Buddhist practitioner to bring the existence of this harm, however unintentional, into awareness so that I can, in whatever way possible, stop continuing to cause it. That is “ceasing from harming.” Ceasing from harming others which is also ceasing from harming myself is the work of liberation – always collective.

And so I invite you to join me in this course. It is very much a group learning process. We have no experts teaching this class, only those of us who sincerely want to equip ourselves with the skills and knowledge to challenge and uproot the persistent and systemic racism that causes so much harm to people of color, our communities and ourselves. You can participate in the live class at Great Plains Zen Center in Monroe or join the class via the online platform Zoom. You will receive further information, links to readings and videos and the Zoom link prior to the first class. Please register at [www.greatplainszen.org/node/435](http://www.greatplainszen.org/node/435). The cost of the course is \$70. If you have questions, please contact Myoyu Roshi at [s.myoyu.andersen@gmail.com](mailto:s.myoyu.andersen@gmail.com).

### 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: **11/10** Fusatsu; **12/9** GSN; **1/28** 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 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, **Fusatsu** (Renewal of the Vows ceremony) will take place on these dates: **12/3** and **1/7**. 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**. 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 these activities. *Also see the related article on Page 2.*

### 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, **November 18, December 16** and **January 20**, and run from 8:30-11:30 AM, followed by an informal lunch.
- Workshops at **GPZC** (Wisconsin) will be held Saturdays, **November 18, December 16** and **January 13**. 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 now on Facebook

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

There, we will post updates on events and schedules and other important information.

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.

And visit our *website*, <http://www.greatplainszen.org> for pages covering the following topics: Starting Zen Practice, Workshops, Retreats, Serving Our Community, Zen Peacemaker Order and a page for children—and much more. You can also learn about our teacher, Myoyu Roshi, and our various locations. We recommend you visit our website periodically for current information about all of our upcoming activities, and registration links for new events.

### Contact Us

By phone: (608) 325-6248

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

*Our postal mailing addresses:*

W77962 Falk Rd • Monroe, WI 53566

PO Box 2077 • Palatine, IL 60078-2077

Find out more about the Great Plains Zen Center on the web at: <http://www.greatplainszen.org> and

<http://www.facebook.com/GreatPlainsZenCenter/>

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

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

**November 2017**

<i>* Day of Reflection 11/10; Fusatsu @ 7:00 PM</i>			1	2	3 5:30 a Zazen & Service 7 pm Tiokasin Ghosthorse Talk	4 6:30a Zazen 10:00-5:00 Constellation Workshop (BZC)
5 5:00pm Dinner 6:00pm Tiokasin Ghosthorse Talk (BZC)	6	7	8	9 5pm Zazen (BZC)	<b>10 * 5:30 a Zazen &amp; service Zazenkai</b>	<b>11 9:15a Zazen Zazenkai</b>
<b>12 Zazenkai</b>	13	14	15	16 5pm Zazen (BZC)	17 5:30 a Zazen & service 7 pm Zazen	18 8:30 am <b>Intro Workshop</b>
19	20	21	22	23 Thanksgiving	24 (closed)	25 (closed)
26	27	28	29	30 5pm Zazen (BZC)	<i>“BZC” denotes Beloit Zen Community events at Lutheran Atonement Church, 901 Harrison St., Beloit, WI.</i>	

**December 2017**

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

**January 2018**

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

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

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

**November 2017**

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

**December 2017**

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

**January 2018**

31 Dec. <i>(closed)</i>	1 <i>New Year's Day</i>	2	3	4	5	6 <i>10:30a WURJ@</i>
<b>7 *</b> <i>7:00 pm Zazen &amp; Fusatsu</i>	8	9	10	11	12	13
14 <i>6:15 Tea</i> <i>7:00 pm Zazen</i>	15	16	17	18	19	20 <i>8:30 am Intro Workshop</i>
21 <i>7:00 pm Zazen &amp; Teisho</i>	22	23	24	25 <b>Sesshin</b>	26 <b>Sesshin</b>	27 <b>Sesshin</b>
<b>28 Sesshin</b> <i>7:00 pm Zazen</i>	29	30	<b>@ 1/6 Waking Up for Racial Justice – Class # 2</b> <b>* Day of Reflection 1/7</b> <b># 1/28 Gate of Sweet Nectar 9:00 AM @ GPZC</b>			