



Great Plains Zen Center



Sangha Newsletter

August through October 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 8/27, 9/17 and 10/22. 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. Upcoming Dharma Talks—planned for 8/6, 9/3 and 10/1—will deal with Dogen Zenji's *Tenzo Kyokun* (Instructions to the Cook), which offers many practical guidelines for practice relatable to all aspects of our daily lives.

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 at GPZC. 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 a.m.-11:30 a.m., followed by an informal lunch. Cost for the workshop will be \$25 per person (free for repeating participants). Visit greatplainszen.org/workshops to register, or call us at (847) 274-4793. Intro Workshops will be held 8/26, 9/16 and 10/21.

Discussion Classes Open to All

We will continue our monthly discussion classes on Tuesday nights. The new topic for this quarter will be Samantabhadra Bodhisattva's *10 Vows: The Power of Aspiration in Everyday Life*. Dates for these classes are: 8/15, 9/5 and 10/10. Everyone is encouraged to attend these classes, which take place after the first period of sitting on Tuesday night.

Roshi to Lead Workshop on Forgiveness in St. Paul

Roshi will lead a workshop on *Forgiveness From a Buddhist Perspective* at the Clouds in Water Zen Center, St. Paul, Minnesota on Saturday, August 12, from 9 -3. Participants will have the opportunity to learn about a process of forgiveness based on the work of Robert Enright, Ph D. as experienced from a Buddhist perspective. For more information or to register, please visit www.cloudsinwater.org. If you would like to schedule this workshop in your area, please contact Great Plains Zen Center at gpzc@greatplainszen.org.

Work Weekend- August 18-20

We will have a work weekend at *Myoshinji* Friday night through Sunday, August 18-20. We will complete painting and flooring in the new bedroom and hallway to meet the deadline for our "Conditional Use Permit" process. Participants are encouraged to arrive Friday evening and stay through Sunday morning. Part-time participation is also welcome.

Three Day Founder's Sesshin -September 21-24

A three-day *sesshin* will be held September 21-24 in our home, *Myoshinji*, in Green County, Wisconsin. *Sesshin* is an intense meditation retreat that offers us an important opportunity to strengthen our practice. During this *sesshin*, we will learn more about our founding ancestors, Dogen Zenji and Keizan Zenji and our founding teacher, Koun Taizan Dai Osho (Maezumi Roshi) and hold a special service in their honor. *Sesshin* will begin at 7:30 p.m. Wed. and conclude at 8:00 a.m. Sun.

The fee for participation is \$150 for current Practicing Members; \$180 for others. Students may attend on a part-time basis (\$50 per day for current Practicing Members; \$60 per day for others). To register, please return a registration form (either by mail, or bring it to a weekly sitting) or register/pay online at greatplainszen.org. by 9/15, please.

Zazenkai October 6-7

We will have a *Zazenkai* (all-day sitting) at *Myoshinji* on Saturday, October 7. Guests are encouraged to arrive Friday evening. Registration process is the same as for *sesshin* (see above article).

August 2006

		1 Sesshin Zazen	2 Sesshin	3 Sesshin	4 Sesshin	5 Sesshin
6 Zazen, Talk & Tea	7	8 Zazen	9	10	11	12
13 Zazen	14	15 Zazen & Discussion	16	17	18 Work Wknd	19 Work Wknd
20 Work Wknd Zazen	21	22 Zazen	23	24	25	26 Intro Workshop
27 Zazen & Fusatsu	28	29 Zazen	30	31		

September 2006

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

October 2006

1 Zazen, Talk & Tea	2	3 Zazen	4	5	6	7 Zazen kai
8 Zazen	9	10 Zazen & Discussion	11	12	13	14
15 Zazen	16	17 Zazen	18	19	20	21 Intro Workshop
22 Zazen & Fusatsu	23	24 Zazen	25	26	27	28
29 Zazen	30	31 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 nearly two thousand 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*

The Sangha Newsletter is Going Electronic

In an effort to conserve resources and save on production and postage costs, the Great Plains Zen Center Sangha Newsletter is moving to *electronic delivery* as the default mode. We recently sent an e-mail to the people in our database for whom we have current e-mail addresses that we are converting to electronic delivery (.pdf files). If you did not receive that e-mail, please send your current e-mail address to: gpzc@greatplainszen.org so we can e-mail the newsletter and other important communications to you.

You may also **download** the current newsletter by visiting our web site's "News" page (<http://www.greatplainszen.org/news>)

If you wish to continue to receive a hard copy of the newsletter, please e-mail that request to gpzc@greatplainszen.org .

This is the last newsletter that will be mailed in hardcopy form unless specifically requested.

Upcoming Events

3-Day Sesshin, November 2-5; Bodhi Day Zazenkai, December 8-9 (Bodhi Day Service on Saturday).

Roshi and Gendo Present at Kids' Camp

On July 16, Myoyu Roshi and Gendo made a presentation on Zen Buddhism at the American Youth Foundation's very beautiful Camp Miniwanka near Shelby, Michigan. The camp is inhabited every year by several hundred children, ages 8 to 17. The audience, about 80 boys and their counselors, eagerly sought instruction in a couple of guided meditation periods and a series of questions and answers. The boys were exceptionally attentive and interested, as reflected by the number and quality of their responses. Camp Miniwanka sponsors a number of programs each summer in a variety of religious traditions, environmental thought, and social and physical education.

Tokudo Ceremony in Ludington, Michigan

Congratulations to John Gendo Wolff on becoming a Buddhist priest. The ceremony took place on July 15, 2006 during the Great Wave Zen Center sesshin in Ludington, Michigan. Members of the Great Wave presented Gendo with a beautiful series of banners of each of the *Ten Ox Herding Pictures* painted by artist Rebecca Mott with assistance from Sangha members. The banners now hang in the Sangha room at the Great Wave Zendo.

GPZC

P.O. Box 3362

Barrington, IL 60011



GREAT PLAINS ZEN CENTER

~ Registration ~

~ Work Weekend, August 18-20, 2006 (Myoshinji)~

~ Sesshin, September 21-24, 2006 (Myoshinji) ~

~ Zazenkai, October 6-7, 2006 (Myoshinji)~

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

Name: _____

Address: _____

Phone Number: _____

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

Emergency Contact: Who? _____ Phone- _____

Medical information (allergies; medications; chronic conditions; contact lenses; etc.):



Please check the event(s) you will attend:

_____ **Work Weekend (August 18-20, 2006)**

_____ No fee. Donations to cover cost of meals will be welcomed.

Please indicate which days you will attend, including approximate arrival and departure times:

_____ **Three Day Sesshin (September 21-24)**

_____ 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 (October 6-7, 2006)**

_____ Full time (members & nonmembers \$30)

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, 8/10 for Zazenkai/Work Weekend; by Saturday, 9/16 for Sesshin;

The remainder is due upon arrival.

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

Upcoming Events:

November Sesshin: Thursday, 11/2 - Sunday, 11/5

Bodhi Day Zazenkai: Friday, 12/8 - Saturday 12/9 (with Special Bodhi Day Service on Saturday)