



# Great Plains Zen Center



*Sangha Newsletter*

*November 2007 through January 2008*

## **Work Weekend at Myoshinji- November 16-18**

Enjoy the beautiful fall weather at Myoshinji in our upcoming work weekend, Friday evening, November 16 through Sunday, November 18. Participants are welcome to attend all or part of the weekend and to join our regular Sunday morning program with sitting and a talk. (*continued, p. 4*)

## **Rohatsu Sesshin- December 6-9**

A 3-day *sesshin* will be held December 6-9, beginning at 7:30 p.m. on Thursday evening, and ending at 8:00 a.m. on Sunday. *Sesshin* is an intensive meditation retreat that offers us an important opportunity to strengthen our practice. In addition to alternating periods of *zazen* and *kinhin* (sitting and walking meditation), the daily schedule includes one period of *samu* (work practice), three services, and three meal periods (*oryoki* style) and *teisho* given by Roshi. The fee for participation is \$150 for current Practicing Members; \$180 for others.

## **Embracing Forgiveness- Workshop January 5**

Do you have unresolved anger toward a friend or loved one that seems to be keeping you from moving forward in your life? Do you have difficulty acknowledging your anger and sadness? Are you in a role of helping others and wonder how you can best help them find the path of forgiveness?

Consider attending this innovative 1-day workshop which combines the expert work of Dr. Robert Enright in forgiveness and the experience of meditation to help us open up to our feelings and move forward with them. Participants will use journaling and guided meditation to explore various topics, including:

- What is forgiveness? Does forgiving mean forgetting? Is forgiveness a sign of weakness?
- Is reconciliation a necessary part of forgiveness?
- How do I forgive myself?
- What ways of working with anger are more successful than others?

Participants will be given tools in the form of understanding and experience to help on their personal journey. Sharing is done in a Council-style format so that participants can share as much or as little as they want in an atmosphere of respectful and nonjudgmental listening.

This workshop is led by Susan Myoyu Andersen, Roshi, Zen teacher and occupational therapist for over 10 years. Myoyu Roshi is the teacher of the Great Plains Zen Center and mother of two children.

*The workshop is 9:00am-4:00pm at Countryside U.U. Church-1025 N Smith Rd Palatine, IL. Suggested donation: \$20; \$10 for students & seniors. Vegetarian lunch included. Please call ahead: 847-274-4793.*

## **Zen & The Arts Series Continues**

### **Creating a Miniature World:**

***Storymaking with Pictures and Words*** (November 10, 11):

This workshop will explore how meditation can quiet the mind and reveal a world of expanded creative possibility. Participants will experience how a knowledge of the visual storytelling format can encourage the imagination to produce and flower. In this hands-on workshop, participants will be guided to create stories out loud and then draw simple thumbnail pencil sketches to create a series of small comic book-like adventures.

Liz Tenho Allen has been a nationally known children's book illustrator and author for twenty years, and Buddhist for more than thirty. She most recently has taught adults how to see abstract art through Zen practice at the MMMA in St. Paul, MN. She has a degree in art from the University of Wisconsin and has done post-graduate work in jazz improvisation.

GPZC will present this workshop at Countryside U.U. Church in Palatine on Saturday, November 10, and also at Great Plains Zen Center, W7762 Falk Rd., Monroe Wisconsin on Sunday, November 11. Workshop hours are 1:00-4:00 pm both days.

### **Brush Mind: Inkpainting as Spiritual Practice** (Dec. 8, 9):

Zen painting in China and Japan has a rich history as a medium of personal and spiritual expression. This workshop will present past masters and show slides of some of their work, and its influence on Western art. Following this will be an opportunity for participants to use brush and ink from the perspective of "wabi - sabi," a zen-inspired aesthetic that emphasizes the beauty of "the perfectly imperfect." Bring your "beginner's mind" and join GPZC member Edy Wojcik, who herself is just beginning her exploration of this artform, to find out how brush painting reflects and enhances the quality of your spiritual and creative life.

Edyta Wojcik was born and raised in Poland, and she studied Art and pedagogy at a Polish university. Six years ago she came to Chicago, and two years later she became a member of GPZC. Since coming to America she has led an essentially "immigrant life," mostly filled with work, studying English, and adapting to her new life here.

GPZC will present this workshop at Countryside U.U. Church in Palatine on Saturday, December 8 and also at Great Plains Zen Center, W7762 Falk Rd., Monroe Wisconsin on Sunday, December 9. Workshop hours are 1:00-4:00 pm both days.

*Suggested donation for either Arts workshop is \$15; \$8 for seniors & students & special circumstances. Sites are wheelchair accessible. Refreshments will be served. Please call ahead: (847) 274-4793*

**November**

				1	2	3
4 7pm <i>Zazen</i>	5	6	7	8	9	10 Zen Intro Workshop <i>Zen Arts-(IL)</i>
11 <i>Zen Arts-(WI)</i> 7pm <i>Zazen</i>	12	13	14	15	16 <i>Work Weekend</i>	17 <i>Work Weekend</i>
18 <i>Work Weekend</i> 7p <i>Talk &amp; Tea</i>	19	20	21	22 <i>Thanksgiving</i>	23	24
25 7pm <i>Fusatsu</i>	26	27	28	29	30	1 (Dec)

**December**

2 7pm <i>Zazen</i>	3	4 <i>Hannukah</i> <i>begins</i>	5	6 <i>Sesshin</i>	7 <i>Sesshin</i>	8 <i>Sesshin</i>  <i>Zen Arts-(IL)</i>
9 <i>Sesshin</i> <i>Zen Arts-(WI)</i> 7pm <i>Zazen</i>	10	11	12	13	14	15 Zen Intro Workshop
16 7p <i>Talk &amp; Tea</i>	17	18	19	20	21	22
23 7pm <i>Zazen</i>	24	25 <i>Christmas</i>	26	27	28	29
30 7pm <i>Fusatsu</i>	31					

**January**

		1 <i>New Year's</i> <i>Day</i>	2	3	4	5 <i>Forgiveness</i> <i>Workshop (IL)</i>
6 7pm <i>Zazen</i>	7	8	9	10	11	12 Zen Intro Workshop
13 7p <i>Talk &amp; Tea</i>	14	15	16	17	18	19
20 7pm <i>Zazen</i>	21 <i>Martin Luther</i> <i>King Day</i>	22	23	24	25	26
27 7pm <i>Fusatsu</i>	28	29	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. **Friend of GPZC** (any amount per year) is for anyone who wishes to support the Zen Center and be included in all special communications.

**Other Services Offered by Great Plains Zen Center**

Myoyu Roshi is an ordained Buddhist priest and can perform weddings, baby blessings, memorials and funerals, and home visits for those members who are seriously ill. She is also a Reiki practitioner. For further information about these services, please contact [myoyu.roshi@greatplainszen.org](mailto:myoyu.roshi@greatplainszen.org)

**The Sangha Newsletter is Now Digital**

The Great Plains Zen Center Sangha Newsletter has moved to *electronic delivery* as the default mode. You may **download** the current newsletter by visiting our web site's "News" page (<http://www.greatplainszen.org/news>)

To request a hard copy or to be placed on our e-mail list, contact us at [gpzc@greatplainszen.org](mailto:gpzc@greatplainszen.org).

**Contact Us**

By phone: (847) 274-4793

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

Myoshinji (Monroe, WI) : 608-325-6248

**Visit Our Web Site**

Find out more about the Great Plains Zen Center on the web at: [greatplainszen.org](http://greatplainszen.org)

***Great Plains Zen Center - Dues / Donation Remittance***

*Or donate online at [greatplainszen.org](http://greatplainszen.org)*

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 \_\_\_\_\_*

*Friend of GPZC (any amount) for 2008 \_\_\_\_\_*

*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*

**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.

Workshops will be held Saturdays, Nov.10, Dec.15 and Jan.12 and run from 8:30 a.m.-11:30 a.m., followed by an informal lunch. The cost for the workshop is \$25 per person (free for repeating participants). Visit [greatplainszen.org/workshops](http://greatplainszen.org/workshops) to register, or call us at (847) 274-4793.

**Weekly Zazen; Monthly Fusatsu & Teisho**

•*Zazen* (Zen meditation) is held every Sunday at 7:00 pm at Countryside Unitarian Universalist Church, 1025 N. Smith Road in Palatine, IL. We welcome new friends to join us any Sunday.

•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 Nov. 25, Dec. 30 and Jan. 27.

•One Sunday sitting each month will feature *teisho* (a formal dharma talk) by our teacher, Susan *Myoyu* Andersen, Roshi, followed by an informal tea and discussion. Upcoming *teisho* are scheduled for Nov. 18, Dec. 16 and Jan. 13.

**Work Weekend (cont'd from page 1)**

*Zazen* instruction is included for those new to Zen practice. Vegetarian meals will be served and we will continue some of the projects in progress at Myoshinji including mulching the paths in the woods and prairie, clearing the spaces for our peace garden and for the Jizo garden, making the sign for the main entrance and more. Donations of any amount toward expenses will be appreciated.

**Peace Committee being formed in Monroe, WI**

An interfaith committee to work on peaceful activity for the benefit of the citizens of Monroe is being formed, headed by Myoyu Roshi. Several community members have joined the committee and we are happy to have more. The committee is looking into proposed projects, such as a Community Garden with a Peace Pole, a peace concert and collaboration with active organizations in the area. Please contact Myoyu Roshi at [myoyu.roshi@greatplainszen.org](mailto:myoyu.roshi@greatplainszen.org) or call 608-325-6248 if you are interested in participating.

**Future Events Scheduled**

The following dates have been set for upcoming GPZC events:

- *Nirvana Day Sesshin*-Feb. 15-18, 2008
- *Metta Workshop*-March 15, 2008
- *3-Day Sesshin*-April 10-13, 2008

Please check the web site for details and updates at [www.greatplainszen.org](http://www.greatplainszen.org)

**GPZC**

**P.O. Box 3362**

**Barrington, IL 60011**



**GREAT PLAINS ZEN CENTER**

*~ Registration ~*

*~ Work Weekend (November 16-18)~*

*~ Three Day Sesshin (December 6-9) ~*

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

*(There is a 10% discount when registering online.)*

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 mention here any food restrictions/allergies, or disabilities:*

*Please check the event(s) you will attend:*

\_\_\_\_\_ **Work Weekend (November 16-18)**

\_\_\_\_\_ *Full time (any donation to cover expenses accepted)*

\_\_\_\_\_ *Part time (any donation to cover expenses accepted)*

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

\_\_\_\_\_ **Three Day Rohatsu Sesshin (December 6-9)**

\_\_\_\_\_ *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 send this form, and a deposit of 50% (generally, \$35 is non-refundable) to*

**G.P.Z.C., P.O. Box 3362, Barrington, IL 60011**

*To help us plan properly, please register at least 5 days prior to any event.*

*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).*