



# Great Plains Zen Center



*Sangha Newsletter*

*May through July, 2007*

## **Summer Retreat Schedule Set**

This summer, there will be three *sesshin* held at *Myoshinji* in Monroe, Wisconsin. *Myoshinji* is located about 2.5 hours north of Chicago, about 40 minutes from Beloit. For details, call 608-325-6248.

*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 dharma talks given by *Roshi*.

A 7-Day *Sesshin* will be held June 10-17, running Sunday to Sunday. *Sesshin* will begin at 7:30 p.m. on the 10th, and conclude at 8:00 a.m. Sunday the 17<sup>th</sup>. The fee for participation is \$350 for current Practicing Members; \$420 for nonmembers.

A 3-day *sesshin* will be held July 5-8, beginning at 7:30 p.m. on Thursday evening, and ending at 8:00 a.m. on Sunday. The fee for participation is \$150 for current Practicing Members; \$180 for others.

A 3-day *sesshin* will be held August 2-5, beginning at 7:30 p.m. on Thursday, and ending at 8:00 a.m. on Sunday. The fee for participation is \$150 for current Practicing Members; \$180 for others.

Students may attend *sesshin* on a part-time basis (\$50 per day for current Practicing Members; \$60 per day for others). To register, please *register/pay online* at [greatplainszen.org](http://greatplainszen.org).

## **Support Bill for Department of Peace**

Legislation for a cabinet-level Department of Peace and nonviolence was introduced in the House of Representatives (HR3670) in September, 2005. A campaign to urge legislators to take action on this bill is described at [thepeacealliance.org](http://thepeacealliance.org), with several activities targeted for May 11. Please go to the web site and look at the page, "Act Now!" for ideas on how you can help persuade our congress to take action to give *Peace* a fair share of the budgetary pie.

## **Zen & The Arts:**

### **An Autumn/Winter Workshop Series, 2007**

This workshop series will be the first of several that we plan to offer over the next few years as a way to reach out to the surrounding communities and increase visibility and interest. Each workshop will be offered twice over the course of a weekend, once on Saturday afternoon at GPZC in Palatine, then again on Sunday afternoon following the Sunday service at *Myoshinji*. We hope to attract not only our "regulars," but also those who might not at present be interested in a sitting practice, and those who are considering it but may want to "check us out" first. Because current members and students will present the workshops, it will keep the cost of the workshops low (\$25) since members/students will be volunteering their various talents and gifts, and it will give workshop participants an opportunity to get to know the sangha. In our summer newsletter we'll have a special insert of the actual brochure outlining these workshops. A preview of the workshops, presenters, and tentative dates for the workshops are as follows:

*Embody the Golden Wind: Zen and Poetry Writing Workshop* (John Gendo Wolff, September 22 & 23);

*Introduction to Buddhist Art and Architecture* (Rebecca Mott, October 20 & 21);

*Creating a Miniature World: Storymaking with Pictures and Words* (Elizabeth Tenho Allen, November 10 & 11);

*Brush Mind: Inkpainting as Spiritual Practice* (Edyta Wojcik, December 8 & 9);

Other workshop series topics tentatively set to follow this one includes:

Spring 2008: Zen in Everyday Life

Summer 2008: Zen & The Environment

Autumn/Winter 2008: Zen History & Philosophy

Spring 2009: Zen & The Performance Arts

If you are interested in presenting in any of these workshops, please contact *Roshi* or *Laura Jikyo Lyons*.

**May**

		1	2	3	4	5
6 7pm <i>Fusatsu</i>	7	8	9	10	11	12
13 7pm <i>Zazen</i>	14	15	16	17	18	19 Intro Workshop
20 7pm <i>Zazen</i>	21	22	23	24	25	26
27 7pm <i>Zazen</i>	28	29	30	31		

**June**

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

**July**

1 7pm <i>Talk &amp; Tea</i>	2	3	4	5 <i>Sesshin</i>	6 <i>Sesshin</i>	7 <i>Sesshin</i>
8 <i>Sesshin</i> 7pm <i>Zazen</i>	9	10	11	12	13	14
15 7pm <i>Zazen</i>	16	17	18	19	20	21 Intro Workshop
22 7pm <i>Zazen</i>	23	24	25	26	27	28
29 7pm <i>Fusatsu</i>	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. Please contact [myoyu.roshi@greatplainszen.org](mailto:myoyu.roshi@greatplainszen.org) for further information about these services.

**The Sangha Newsletter is Going Electronic**

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 : 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***

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 2007*

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

**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 May 19, June 24 and July 21 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**

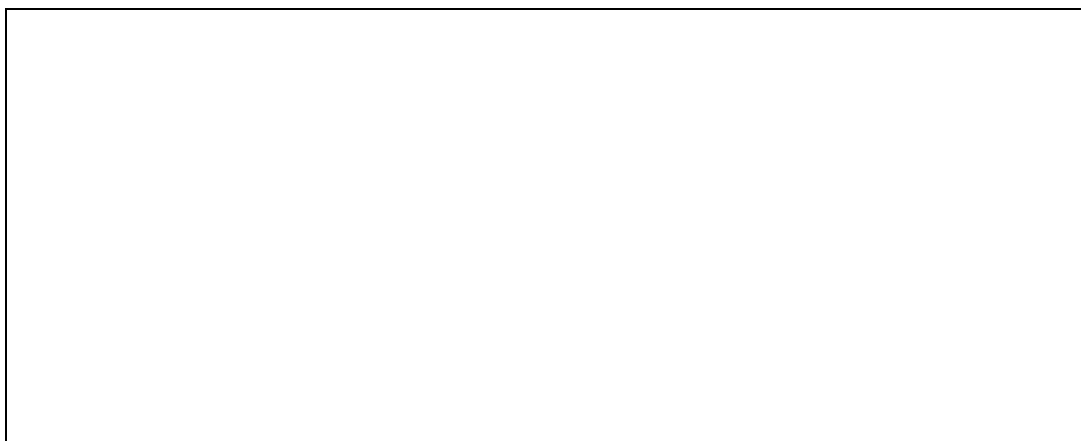
*Zazen* (Zen meditation) is held every Sunday at 7:00 p.m. at Countryside Unitarian Universalist Church, 1025 N. Smith Road in Palatine, IL. We welcome new friends to join us any Sunday.

Also, 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 6, June 24 and July 1. 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*—planned for June 3 and July 1 (no talk in May) – 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.

**Purchase Solar Stoves for the Families of Darfur**

Great Plains Zen Center held a Global Days for Darfur ([www.savedarfur.org](http://www.savedarfur.org)) event on Saturday, April 28 at Myoshinji to send healing energy to our brothers and sister in the Darfur region. The event consisted of metta (loving kindness) meditation and a sound healing meditation using Sound Healer/composer Jonathan Goldman's setting of the mantra "Gate, gate, paragate, parasamgate, Bodhi svaha" from the Heart Sutra. We also heard a short presentation on the Peace Alliance by Rosie Olson, a local activist. More information can be found at [www.ThePeaceAlliance.org](http://www.ThePeaceAlliance.org). GPZC would like to continue to support the people of Darfur by helping to purchase solar stoves. When women can use a solar stove to cook, they don't need to gather firewood. This reduces the risk of beatings, rape and murder and allows them to boil water for safe drinking. More information can be found [www.JewishWorldWatch.org](http://www.JewishWorldWatch.org). If you choose to donate, please identify yourself as a member or friend of GPZC.

**GPZC****P.O. Box 3362****Barrington, IL 60011**

# *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.

- **June 10-17** we will hold the first of our summer *sesshin* at Myoshinji, in Green county, Wisconsin. Sesshin is an intense meditation retreat that offers us an important opportunity to strengthen our practice.

The fee for participation at the June 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 4 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.

- **July 5-8** we will hold a 3-day *sesshin* at *Myoshinji*.

The fee for participation at the June sesshin 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, 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 2 at the latest**.

- **August 2-5** will be our second **3-day sesshin** for this summer.

The fee for participation at the June sesshin 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, 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 **July 30 at the latest**.

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, 2007

### Practice Commitment

Summer Ango runs from May 1, 2006 through August, 5, 2007. 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):

- June sesshin ( June 10-17)
- July sesshin (July 5-8)
- August sesshin (August 2-6).

I will participate in the following ongoing events:

Regular sitting at Countryside Church or Great Wave Zendo:

- Once 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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