



# Great Plains Zen Center



*Sangha Newsletter*

*May through July, 2016*

## **Summer Practice Period – June 16 - August 14**

*“Let me respectfully remind you:  
Life and death are of supreme importance,  
Time swiftly passes by and opportunity is lost.  
Each of us should strive to awaken, awaken...  
Take heed! Do not squander your life!”  
-Ango Evening Gatha*

*This summer, Great Plains Zen Center will offer an intensive practice period during the months of June 16 through August 14.* As in previous years, participants will make a practice commitment that covers the wisdom, concentration and actualization aspects of practice. This practice opportunity is available to everyone, regardless of where you live and what your home commitments are. It does take internal discipline to follow the commitments you make in the midst of your daily life, but this challenge can prove very rewarding.

*Please print out and read through the Summer Practice Period Commitment Form* (included) and decide what you would like to commit to for this practice period, which starts with the June sesshin (June 16) and ends on the last day of August sesshin (August 14). To reinforce your commitment, print out the .pdf document below and use the blank lines to write in what your commitment will be. Keep a copy for yourself on your altar or other honored place at home. It is helpful but not required to make a copy of your Practice Commitment to share with Myoyu Roshi. The Practice Period Commitment Ceremony will be held at the beginning of June sesshin, Thursday night, June 16.

## **Three Day Sesshin – June 16-19**

Our June retreat begins on Thursday evening, June 16 and concludes Sunday morning June 19. The cost for this retreat is \$150 for members; \$180 for non-members. This fee includes lodging and all meals. Part time attendance is allowable (\$50/night for members; \$60/night for non-members).

## **Three Day Sesshin – July 7-10**

July sesshin will begin on Thursday evening, July 7, and conclude on Sunday, July 10. The cost for this retreat is \$150 for members; \$180 for non-members. This fee includes lodging and all meals. Part time attendance is allowable (\$50/night for members; \$60/night for non-members).

## **Seven Day Sesshin – August 7 - 14**

Summer Practice Period concludes with our *Peaceful Way Seven-Day Sesshin*, beginning on Sunday, August 7, and concluding on Sunday, August 14. The cost for this retreat is \$300 for members; \$360 for non-members.

This fee includes lodging and all meals. Part time attendance is allowable (\$50/night for members; \$60/night for non-members).

## **Honoring Our Founder**

Each May, we honor **Koun Taizan Maezumi Roshi**, Myoyu Roshi's teacher. Maezumi Roshi received Dharma transmission from Hakuju Kuroda, Roshi, in 1955 and also received approval as a teacher (Inka) from both Koryu Osaka Roshi, and Hakuun Yasutani Roshi. In 1967, Maezumi Roshi established the Zen Center of Los Angeles.



In 1976, he established the Kuroda Institute for the Study of Buddhism and Human Values, a non-profit educational organization formed to promote scholarship on Buddhism and its historical, philosophical, and cultural ramifications.

Maezumi Roshi had 12 successors who in turn have transmitted the Dharma to more generations of successors. Dharma descendants of Maezumi Roshi, collectively known as the White Plum Asanga, number well over 150 members at this time. At the age of 64, Maezumi Roshi died suddenly in Tokyo, Japan in the early morning hours of Monday, May 15 (Japanese time), 1995.

## **Liturgy Circle Meeting This Summer**

The Liturgy Circle will look at the translations of our chants and dedications and develop new or alternate versions that are more meaningful and approachable. Our first project will be looking at the Four Bodhisattva Vows we chant each evening. We will study a wide range of translations to see what wording best resonates with us. Please contact Myoyu Roshi at [s.myoyu.andersen@gmail.com](mailto:s.myoyu.andersen@gmail.com) if you are interested in being in the Liturgy Circle. We will determine the best time or mode of meeting (e.g. Google Hangouts, Facetime, etc. or live meeting) once we know who would like to participate.

### Zendo Building Renovation: Phase I Complete

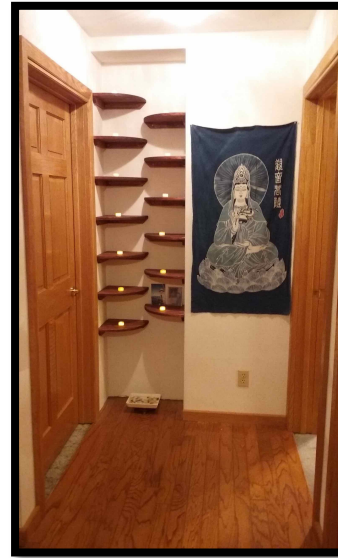
Thanks to the extraordinary generosity of our Sangha and other supporters, we have raised almost \$38,000 and completed Phase I of the building renovation. Fundraising included several generous matching grants, a benefit concert by the guitar fusion duo, *whatismu* and friends, a silent auction, a one-day workshop with classes on different forms of meditative practice and the generous donations of many people. Many thanks to all who contributed to this effort.



The renovated zendo building underwent a major transformation from its origin as a work building/garden storage shed. Now a large, airy space (24'x40') with high ceiling and lots of windows, it served as the venue for the 2016 White Plum Asanga Meeting in early (see following article). The building now has all-new insulation, electrical wiring and drywall. Recessed LED lighting has been installed. The 10 large windows have natural wood sills and both doors have natural wood trim. The building has new fascia, soffits and siding and the earth around the zendo has been excavated and graded to prevent water damage to the building. A beautiful barn quilt with the 8-spoked Dharma Wheel hangs above the door and we have another oval barn quilt with our logo, the Kuroda family crest, on the Sangha house. Both quilts were drawn and painted by Chris Wellington with help from local artists Kathy King and Nana Showalter.

The building will eventually be our permanent zendo and also an available space for a variety of classes including the Ripples Children's meditation programs, yoga, qigong, and larger gatherings such as interfaith meditation. We will make the space available to be rented by like-minded groups when not in our use. The building is in compliance with Wisconsin commercial code, including ADA accessibility, and has been approved for seasonal use (May 1- October 15) until heating is installed. We are grateful for the hard work and expertise of the builders and contractors, Henry Sefrood and Jason Vogel and all of the subcontractors, and architect Aaron Holverson, who drew the plans for state approval. We are now ready for Phase Two of the renovation, which primarily includes heating, flooring, and a new roof. With a heating system installed, the building will be available for year-round use.

### Ancestor Memorial Shrine Installed



Zen Center member Jishin Ottinger built and installed a beautiful 13-shelf ancestor shrine in the alcove just outside the women's dorm (see photo). Members are welcome to place small photos (photo and frame no larger than 5x7) on the shelves in memory of their ancestors who have passed on. We will also have memorial cards bearing the name(s) of departed ancestors that can be placed on the shelves or put on the walls adjacent to the shelves.

Each shelf has a small flameless LED tea light that will be turned on during the last zazen period of the evening. ***Please bring a small photo or plan to put your ancestor's name on the memorial card when you come to Myoshinji. Donations in memory of your ancestor will be gratefully accepted.***

### GPZC Hosted White Plum Asanga in May

We are pleased to report that the annual meeting of the White Plum Asanga, hosted this year by Great Plains Zen Center was a great success. The White Plum Asanga (WPA) is an organization of Dharma descendents of Taizan Maezumi, Roshi that has grown to over 150 members on several continents. This was the first time the meeting has been hosted in the Midwest and included members from Switzerland and the UK. The WPA teachers and senior students present at this year's meeting participated in an all-day workshop, "*Forgiveness – a Pathway to Emotional Healing*" presented by Dr. Robert Enright of the International Forgiveness Institute, a memorial service for Maezumi Roshi, a council in which issues of racism and creating "otherness" were explored, a program about Dharma teaching for children, and a baby blessing ceremony for Claude and Gus Nadzam Chignell co-officiated by Roshis Egyoku and Myoyu. Our renovated building proved to be very comfortable and spacious. Deep gratitude to event staff Chris and Chuck Wellington, Shogaku, Yunen, John Knewitz, Myosen, Head Tenzo Shingetsu and logistics coordinator Ryūzan for their tireless work throughout the weekend to make the event so successful.

### Sangha News

Congratulations to **Wendy Maland** and **John Patrick "JP" Mull** who will be married May 21 in Wauconda, Illinois. Wendy has been a long time student of Joko Beck Roshi and frequently attends sesshin at GPZC. We wish Wendy and JP great happiness in their new life together. *(continued...)*

*(Sangha News continued...)*

Welcome to Claude and Gustave (“Gus”) Nadzam Chignell, who were born February 25, 2016 to members **Bonnie Myosen Nadzam** and **Jeremy Chignell**. These adorable twins sometimes accompany their parents to Friday evening or Saturday morning zazen at Myoshinji.

**Native American Bearing Witness Retreat**  
**July 25-29, 2016 in the Black Hills, South Dakota**

This retreat is jointly led by elders in the Zen Peacemaker Order and the Lakota Nation. The following is excerpted from the Zen Peacemaker website:

*In this retreat we will bear witness to the genocide of the American Indians beginning in the 16th century, the injustice and abuse that continue to this day, and the thievery and exploitation of their land.*

*First nations around the world have lost their lands, languages, and ways of life at the hands of American and European colonialists pursuing an agenda of domination, genocide, theft, and the elimination of indigenous cultures and identities. Entire nations have vanished. This catastrophe is not just theirs; it belongs to all humans, and to the earth itself, for it has been succeeded by the calamitous loss of animals and plants, and the specter of global warming.*

Last year's retreat was moving and informative and much positive action has resulted from it. For more information or to register, please visit <http://zenpeacemakers.org/2016-black-hills-retreat/>.

**Myoshinji Schedule Extended for June-August:**

During the summer months, there will be more weekly opportunities for practice at Myoshinji. Monroe, WI.

There will be a special family-oriented zazen (sitting meditation) on **Tuesday evenings at 6:30**. *On Tuesday evenings, parents are encouraged to bring their children.* Children may accompany their parent(s) into the zendo or they can participate in a supervised activity while their parents attend zazen. Note that Tuesday evening zazen is not limited to parents with children. Anyone may attend.

Early morning zazen will take place **Thursday and Friday mornings at 5:30**, followed by morning service. Evening zazen takes place **Wednesday and Friday evenings at 7 PM**. Evening zazen includes two periods of zazen.

The **Saturday schedule** includes zazen at 9 AM followed by a talk, class or discussion. Prior to zazen, there will be an optional morning service at 8:30 AM for those who wish to learn traditional Soto Zen Buddhist liturgy. This provides an opportunity to learn the service positions we do during sesshin and practice them on a regular basis. Still in the planning phase are opportunities for Interfaith Meditation and a dharma class at Myoshinji.

**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.

Each month, the Zen Center holds **Fusatsu**, the *Renewal of the Vows* ceremony (in place of the second zazen period). Everyone is welcome whether or not they have formally received the Buddhist Vows. One Sunday sitting each month features a **teisho** (a formal dharma talk) by our teacher, Susan Myoyu Andersen, Roshi, followed by group discussion.

Also, once a month, members and friends are invited to gather before sitting at **6:15 pm** for informal **Tea and Chat** alternating with **Council** (a more formal format for discussion and sharing). *Please see the calendar for specific dates for these activities*

**Introduction to Zen Practice Workshops**

Great Plains Zen Center will continue to hold monthly Introductory Workshops at Countryside Unitarian Church, 1025 N. Smith Road, Palatine, Illinois, and at Myoshinji in Monroe, Wisconsin. 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, May 21, June 25 and July 16, and run from 8:30-11:30 AM, followed by an informal lunch.

- Workshops at **Myoshinji** (Wisconsin) will be held Saturdays, May 28 and June 25 (no workshop in July). 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 (847) 274-4793 or (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.*

**Registration for GPZC Events**

To register for GPZC events, please *register/pay online at* [www.greatplainszen.org](http://www.greatplainszen.org). Please register for any sesshin, zazenkaï or workshop *at least 1 week prior* to the start. This allows us to assign positions and arrange other logistics for the event. 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 \$35 non-refundable fee.

**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 sesshin (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.

**Contact Us**

By phone: (847) 274-4793  
Myoshinji (Monroe, Wisconsin): (608) 325-6248  
By e-mail: [gpzc@greatplainszen.org](mailto:gpzc@greatplainszen.org)  
*Note our current mailing address:*  
PO Box 2077  
Palatine, IL 60078-2077

**Check out our website:** <http://www.greatplainszen.org>  
Visit our website to find pages covering the following topics: Starting Zen Practice, Community, Workshops, Retreats, Zen Peacemaker Order and a page for children—and much more. You can also learn about our teacher, Myoyu Roshi, and our home, *Myoshinji*, in Monroe, Wisconsin. The site also carries information about all of our upcoming activities, as well as links for registering for events.

**GPZC**  
**P.O. Box 2077**  
**Palatine, IL 60078-2077**



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

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

**May 2016**

|   |    |    |  |    |   |   |
|---|----|----|--|----|---|---|
| 1                                       | 2  | 3  | 4  | 5  | 6<br><i>Forgiveness Workshop</i>        | 7<br><i>WPA Meeting – no public sitting.</i>  |
| 8                                       | 9  | 10 | 11   | 12 | 13 5:30a Zazen & Service<br>7:00p Zazen | 14 8:30am Service<br>9am Zazen<br>4:30p CM*   |
| 15<br><i>Maezumi Roshi Memorial Day</i> | 16 | 17 | 18   | 19 | 20 5:30a Zazen & Service<br>7:00p Zazen | 21 8:30am Service<br>9am Zazen<br>4:30p CM*   |
| 22                                      | 23 | 24 | 25   | 26 | 27 5:30a Zazen & Service<br>7:00p Zazen | 28 <b>8:30 am Intro Workshop</b><br>4:30p CM* |
| 29                                      | 30 | 31 | * 4:30p CM = Community Meditation @ Orange Kitten Yarns 4:30 – 5:30 PM |    |   |   |

**June 2016**

|                      |    |                   |                   |                          |  |   |
|----------------------|----|-------------------|-------------------|--------------------------|--|---|
|                      |    |                   | 1<br>7:00p Zazen  | 2 5:30a Zazen & Service  | 3 5:30a Zazen & Service<br>7:00 p Zazen                                | 4 8:30am Service<br>9am Zazen<br>4:30p CM*    |
| 5                    | 6  | 7<br>6:30p Zazen  | 8<br>7:00p Zazen  | 9 5:30a Zazen & Service  | 10<br>(closed)   | 11<br>(closed)                                |
| 12                   | 13 | 14<br>6:30p Zazen | 15<br>7:00p Zazen | 16<br><b>Sesshin</b>     | 17<br><b>Sesshin</b>   | 18 <b>Sesshin</b><br>9am Zazen<br>4:30p CM*   |
| 19<br><b>Sesshin</b> | 20 | 21<br>6:30p Zazen | 22<br>7:00p Zazen | 23 5:30a Zazen & Service | 24 5:30a Zazen & Service<br>7:00p Zazen                                | 25 <b>8:30 am Intro Workshop</b><br>4:30p CM* |
| 26                   | 27 | 28<br>6:30p Zazen | 29<br>7:00p Zazen | 30 5:30a Zazen & Service | * 4:30p CM = Community Meditation @ Orange Kitten Yarns 4:30 – 5:30 PM |   |

**July 2016**

|  |                              |                   |                   |                          |  |   |
|--|------------------------------|-------------------|-------------------|--------------------------|--|---|
| <b>BW = Zen Peace Makers' Native American Bearing Witness Retreat July 25-29 – Black Hills, SD</b> |                              |                   |                   |                          | 1 5:30a Zazen & Service<br>7:00p Zazen   | 2 8:30am Service<br>9am Zazen<br>4:30p CM*  |
| * 4:30p CM = Community Meditation @ Orange Kitten Yarns 4:30 – 5:30 PM                             |                              |                   |                   |                          |  |   |
| 3  | 4<br><i>Independence Day</i> | 5<br>6:30p Zazen  | 6<br>7:00p Zazen  | 7<br><b>Sesshin</b>      | 8<br><b>Sesshin</b>                      | 9 <b>Sesshin</b><br>9am Zazen<br>4:30p CM*  |
| 10<br><b>Sesshin</b>   | 11                           | 12<br>6:30p Zazen | 13<br>7:00p Zazen | 14 5:30a Zazen & Service | 15 5:30a Zazen & Service<br>7:00 p Zazen | 16 8:30am Service<br>9am Zazen<br>4:30p CM* |
| 17   | 18                           | 19<br>6:30p Zazen | 20<br>7:00p Zazen | 21 5:30a Zazen & Service | 22<br>(closed)                           | 23<br>(closed)                              |
| 24 /<br>31   | 25 <b>BW</b>                 | 26 <b>BW</b>      | 27 <b>BW</b>      | 28 <b>BW</b>             | 29 <b>BW</b><br>(closed)                 | 30<br>(closed)                              |

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

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

**May 2016**

|   |    |    |   |    |   |   |
|---|----|----|---|----|---|---|
| 1   | 2  | 3  | 4   | 5  | 6<br><i>Forgiveness<br/>Workshop (WI)</i> | 7                                       |
| 8<br><i>7 pm Zazen</i>                                    | 9  | 10 | 11  | 12 | 13  | 14                                      |
| 15 <b>MRMD*</b><br><i>7:00 pm Zazen &amp;<br/>Fusatsu</i> | 16 | 17 | 18  | 19 | 20  | 21<br><i>8:30 am<br/>Intro Workshop</i> |
| 22 <i>6:15p Tea<br/>7:00p Zazen &amp;<br/>Teisho</i>      | 23 | 24 | 25  | 26 | 27  | 28                                      |
| 29<br><i>7 pm Zazen</i>                                   | 30 | 31 | * <i>May 15 is Maezumi Roshi Memorial Day</i> |    |   |   |

**June 2016**

|   |    |    |    |                      |                      |   |
|---|----|----|----|----------------------|----------------------|---|
|   |    |    | 1  | 2                    | 3                    | 4                                       |
| 5<br><i>7:00 pm Zazen &amp;<br/>Fusatsu</i>                 | 6  | 7  | 8  | 9                    | 10                   | 11                                      |
| 12<br><i>7 pm Zazen</i>                                     | 13 | 14 | 15 | 16<br><b>Sesshin</b> | 17<br><b>Sesshin</b> | 18<br><b>Sesshin</b>                    |
| 19 <b>Sesshin</b><br><i>7 pm Zazen</i>                      | 20 | 21 | 22 | 23                   | 24                   | 25<br><i>8:30 am<br/>Intro Workshop</i> |
| 26<br><i>6:15p Council<br/>7:00p Zazen &amp;<br/>Teisho</i> | 27 | 28 | 29 | 30                   |                      |   |

**July 2016**

|  |                                  |    |    |                     |                     |   |
|--|----------------------------------|----|----|---------------------|---------------------|---|
|  |                                  |    |    |                     | 1                   | 2                                       |
| 3<br><i>7:00 pm Zazen &amp;<br/>Fusatsu</i>          | 4<br><b>Independence<br/>Day</b> | 5  | 6  | 7<br><b>Sesshin</b> | 8<br><b>Sesshin</b> | 9<br><b>Sesshin</b>                     |
| 10 <b>Sesshin</b><br><i>7 pm Zazen</i>               | 11                               | 12 | 13 | 14                  | 15                  | 16<br><i>8:30 am<br/>Intro Workshop</i> |
| 17 <i>6:15p Tea<br/>7:00p Zazen &amp;<br/>Teisho</i> | 18                               | 19 | 20 | 21                  | 22                  | 23                                      |
| 24 / 31<br><i>7:00p Zazen</i>                        | 25                               | 26 | 27 | 28                  | 29                  | 30                                      |



**Precepts:** \_\_\_\_\_ I will focus on the following precept(s) during anga : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Another practice relating to precepts that I will undertake (i.e. looking at my shadow side --- anger, competitiveness, low self esteem/insecurity, jealousy, etc)  
\_\_\_\_\_  
\_\_\_\_\_

**Metta Practice:** \_\_\_\_\_ I will do metta practice \_\_\_\_\_ times per \_\_\_\_\_.

**Zen Peacemaker Practices:**

**Three Tenets:**

\_\_\_\_\_ I will undertake the practice of the Three Peacemaker Tenets (**highly recommended**):  
**Not-Knowing**—by giving up fixed ideas about ourselves and the universe.  
**Bearing Witness** to the joy and suffering of the world.  
**Taking Action** that arises from Not-Knowing and Bearing Witness.

**Noon Minute of Silence:**

\_\_\_\_\_ I will observe a minute of silence for peace at noon (my time zone).

**Day of Reflection:** \_\_\_\_\_ I will participate in the monthly Day of Reflection. Website link is [http://www.greatplainszen.org/day\\_of\\_reflection](http://www.greatplainszen.org/day_of_reflection)

**ZPO Bearing Witness Retreat:** \_\_\_\_\_ I will attend the Native American Bearing Witness Retreat (July). Link on ZPO website is <http://zenpeacemakers.org/2016/03/bearingwitness2016x/>

**Volunteer/Social Action:** \_\_\_\_\_ I will participate in volunteer/social action work at least once per month as follows:

\_\_\_\_\_  
\_\_\_\_\_

**Any other commitment(s) you wish to make:**

I freely undertake these commitments for the sake of all beings.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date