



Great Plains Zen Center



Sangha Newsletter

May through July 2008

Summer Ango Schedule Set

Ango is traditionally a 90-day intensive program offering a wonderful opportunity for Zen practitioners to focus and deepen their practice through *sesshin* and daily *zazen*. This year, our Summer *Ango* will begin with a Maezumi Roshi Memorial *Zazenkai* on Saturday, May 24, at *Myoshinji* (see details in article below). There will be several opportunities to attend *sesshin* during the *ango*:

- 3-Day *sesshin*, June 12-15 (Wisconsin)
- 7-Day *sesshin*, July 13-20 (Wisconsin)
- 3-Day *sesshin*, July 31-Aug. 3 (Ludington, MI)
- 7-Day *sesshin*, Aug. 9-16 Great Sky *Sesshin* (Minnesota)

In addition, there will be an Open House celebration at *Myoshinji* July 26. Throughout *ango*, regular *zazen* will take place Saturday mornings in Wisconsin and Sunday evenings in Palatine.

We also encourage everyone to be particularly diligent about maintaining a daily sitting practice at home and undertaking special commitment to practice in the forms of:

- Attending *sesshin* and *zazenkai*
- Renewing effort to be attentive during daily life activities
- Commitment to attend weekly *zazen*, monthly talks and *fusatsu*
- Contribution of labor or needed temple equipment or supplies
- Studying the Buddhist canon
- Memorizing our regular chants
- Renewed effort to maintain the 16 Precepts
- Compassionate action in the community

Please use the commitment form provided to state what you vow to undertake for this *Ango*.

Maezumi Roshi Memorial Zazenkai— May 24

The day will begin at 6:00 am with sitting, service and breakfast. The regular 9:00 am program with sitting will be followed by a special service for Maezumi Roshi as well as *Shuso Entering & Ango Entering* ceremonies. For this summer *Ango*, Gendo Wolff will be *Shuso*, Head Trainee monk. After lunch, additional periods of sitting follow. There will be a bonfire in the evening. Participants are welcome to arrive Friday evening, and to stay through Sunday morning. The cost is \$25 for members and \$30 for non-members. Please attend this important day to honor our founder, Taizan Maezumi Roshi, and to affirm your commitment to practice during this Summer *Ango*.

Summer Sesshin – June-August

Two summer *sesshin* are scheduled at *Myoshinji* in Monroe, Wisconsin, and one at Great Wave Zen Center in Ludington, Michigan.

A 3-day *sesshin* June 12-15 will be held at *Myoshinji* beginning at 7:30 p.m. on Thursday evening, and ending at 8:00 a.m. on Sunday. The GPZC Board will meet at the conclusion of this *sesshin*.

A 7-Day *Sesshin* July 13-20 will be held at *Myoshinji* running Sunday to Sunday. *Sesshin* will begin at 7:30 pm on the 13th, and conclude at 8:00 a.m. Sunday the 20th. *Shuso Hossen*, Dharma Combat with the Head Trainee monk, Gendo, will take place on Saturday morning, July 19 during the seven-day *sesshin* at *Myoshinji*. The ceremony will start at 9:00 am. Everyone is especially encouraged to attend this event, during which they will have an opportunity to challenge the Head Trainee monk with a question.

A 3-day *sesshin* July 31-August 3 will be held in Ludington, Michigan at the Great Wave Zen Center, beginning at 7:30 pm on Thursday, and ending at 9:00 am on Sunday. This year, our annual Gate of Sweet Nectar Ceremony will take place on Saturday evening, August 2, during the Ludington *sesshin*. This beautiful ceremony is an opportunity to honor our ancestors and friends who have passed and also to offer water and nourishment for those in any realm of existence who are suffering and need our prayers.

The cost for each 3-day *sesshin* is \$150 for current Practicing Members; \$180 for others. Participation in the 7-day *sesshin* is \$350 for current Practicing Members; \$420 for others. Students may attend any *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.

*For those interested in a second seven day *sesshin* this summer, the Great Sky *Sesshin* takes place in Minnesota at Hokyoji August 9-16. This *sesshin* features 5 invited teachers, including Myoyu Roshi. For further information about this *sesshin*, please go to www.avalon.net/~crzc/.*

Open House at Myoshinji – July 26

On Saturday, July 26, we are pleased to offer an all-day Open House at *Myoshinji*, our retreat center at W7762 Falk Rd. in Monroe, Wisconsin. We will have the usual Saturday morning schedule, followed by opportunities for members, friends, and those interested in learning more to stop by for refreshments, activities for children, and conversation in a relaxed environment. Please let anyone you know who is interested in checking out our practice know about this great opportunity to informally explore what Zen practice is all about. This program is free and pre-registration is not necessary. The Open House runs from 9 am to 6pm.

May

* <i>Maezumi Roshi Memorial 5/24</i>				1	2	3
4 <i>7pm Talk & Tea</i>	5	6	7	8	9	10 <i>Intro to Zen Workshop IL</i>
11 <i>7pm Fusatsu</i>	12	13	14	15	16	17
18 <i>7pm Zazen</i>	19	20	21	22	23	24 <i>Zazenkai @ Myoshinji *</i>
25 <i>7pm Zazen</i>	26 <i>Memorial Day</i>	27	28	29	30	31

June

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

July

** <i>Gate of Sweet Nectar Ceremony 7/31</i>		1	2	3	4 <i>Independence Day</i>	5 <i>Intro to Zen Workshop IL</i>
6 <i>7pm Talk & Tea</i>	7	8	9	10	11	12
13 <i>Sesshin 7pm Zazen</i>	14 <i>Sesshin</i>	15 <i>Sesshin</i>	16 <i>Sesshin</i>	17 <i>Sesshin</i>	18 <i>Sesshin</i>	19 <i>Sesshin</i>
20 <i>Sesshin 7pm Zazen</i>	21	22	23	24	25	26 <i>Myoshinji Open House</i>
27 <i>7pm Fusatsu</i>	28	29	30	31 <i>Sesshin @ GWZC **</i>	<i>Sesshin</i>	<i>Sesshin (ends 8/3)</i>

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.

Contact Us

By phone: (847) 274-4793
By e-mail: 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

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 .

Myoyu Roshi Visits Cedar Rapids Zen Center

On April 26-27, Myoyu Roshi visited Cedar Rapids Zen Center. She gave a talk and attended a Board Meeting. Roshi will serve on the CRZC Board for a three year term. This is a wonderful chance to exchange information with a nearby sister Zen Center. We would like to consider ways in which we can support each other in building a strong network of Zen practice centers in the Midwest. Please visit www.avalon.net/~crzc/ to learn more information about Cedar Rapids Zen Center.

Embracing Forgiveness- Workshop September 27

Visit the website for information about this innovative 1-day workshop to be offered in Monroe, Wisconsin at *Myoshinji*.

Great Plains Zen Center - Dues / Donation Remittance

Or donate online at 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, 1025 N Smith Rd, Palatine, IL. 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 10, June 7 and July 5 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 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 May 11, June 22 and July 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 May 4, June 8 and July 6.

Wisconsin Program

Our retreat center, *Myoshinji*, is located at W7762 Falk Rd., Monroe, Wisconsin 53566.

A Saturday morning program is offered weekly in Monroe, Wisconsin, at our retreat center, Myoshinji, beginning at 9:00 am. These Saturday meditation classes consist of two half hour periods of sitting (meditation), followed by a short Dharma talk and will finish by 12:30. Beginning instruction is always available during the program for newcomers. Experienced practitioners are also welcome and will be given the opportunity for further training on *zendo* procedures and duties. Please join us on Saturdays.

Introduction to Zen Practice workshops are now offered also in Monroe, Wisconsin, at Myoshinji. A workshop is scheduled to run from 9:00 to 11:30 AM on Saturday, June 7.

These workshops are open to newcomers and regularly-attending practitioners alike, offering basic instruction in how to do *zazen* (Zen meditation), types and goals of Zen practice, how to practice at home, and the elements of starting a successful, ongoing practice. The cost for the workshop is \$15.00, which may be paid online at www.greatplainszen.org or at the door. Please contact us at 608-325-6248 or check our website for details. Pre-registration for this workshop is requested. Our facility is wheelchair accessible.

GPZC

P.O. Box 3362

Barrington, IL 60011



Great Plains Zen Center ~ Registration

~*Maezumi Roshi Memorial Zazenkai (May 24)*~

~ *Three Day Sesshin (June 12-15)* ~

~ *Seven Day Sesshin (July 13-20)* ~

~ *Three Day Sesshin (July 31- August 3) @ Great Wave Zen Center* ~

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

~ *(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 special needs:*

Please check the event(s) you will attend:

_____ ***Zazenkai (May 24) - Myoshinji**

_____ Full time (members & nonmembers \$30)

Arrival on Friday evening / departure Sunday are welcome. Please indicate approximate arrival and departure days & times:

Arrive: _____ Depart: _____

_____ ***Three Day Sesshin (June 12-15) - Myoshinji**

_____ 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:

_____ ***Seven Day Sesshin (July 13-20) - Myoshinji**

_____ Full time (members \$350, nonmembers \$420)

_____ 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:

_____ ***Three Day Sesshin (July 31 – August 3) Great Wave Zen Center- Ludington, MI(register at www.greatwave.org)**

_____ 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:

*For all above events, Oryoki is a vital part of our practice; an Oryoki set is required for formal meals.

Please check one of the following (and include rental or purchase cost with your registration fee):

___ 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 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.

GREAT PLAINS ZEN CENTER
Summer Ango, 2008
Practice Commitment
(Give this copy to Roshi)

Summer Ango runs from May 24 through August, 16, 2008. 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):

- Zazenkai (May 24)
- June sesshin (June 12-15)
- July sesshin (July 13-20)
- Great Wave Zen Center sesshin (July 31 – August 3)
- Great Sky Sesshin (August 9-16)

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.

GREAT PLAINS ZEN CENTER
Summer Ango, 2008
Practice Commitment
(Keep this copy.)

Summer Ango runs from May 24 through August, 16, 2008. 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):

- Zazenkai (May 24)*
- June sesshin (June 12-15)*
- July sesshin (July 13-20)*
- Great Wave Zen Center sesshin (July 31 – August 3)*
- Great Sky Sesshin (August 9-16)*

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.