



Great Plains Zen Center



Sangha Newsletter

November 2008 through January 2009

3-Day Sesshin November 13-16

A 3-day *sesshin* will be held at Myoshinji, beginning on Thursday evening, November 13, and running through Sunday morning, November 16. *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* (dharma talk) given by Roshi.

Everyone is particularly encouraged to attend this *sesshin*. We hope to install the Myoshinji sign during this weekend.

The cost for the 3-day *sesshin* is \$150 for current Practicing Members; \$180 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. And please, be sure to register by Thursday, November 6 to help us plan position assignments.

Bodhi Day Zazenkai- December 6

A special Bodhi Day Zazenkai will be held at Myoshinji on Saturday, December 6. Zazenkai is a wonderful opportunity to deepen your practice with a day of intensive sitting. Open to experienced practitioners and those who are new to practice and would like to try a more extended sitting. This zazenkai will include Roshi's *teisho* as well as a Bodhi Day Service. As there will be no *teisho* in December in Palatine, everyone is encouraged to come to Myoshinji to attend this zazenkai commemorating Buddha's Enlightenment.

Zazenkai will officially begin on Friday evening at 8:00 p.m. and run through Sunday breakfast. Part time attendance is acceptable. The schedule for zazenkai will be posted at least 2 weeks prior to the event so that participants who need to attend part time can plan their schedules accordingly.

The cost for the zazenkai is \$50 for current Practicing Members; \$60 for others). To register, please *register/pay online* at greatplainszen.org.

GPZC on Winter Break December 20 – January 3

There will be no sittings in Palatine or at Myoshinji from December 20 through January 3, to allow members to spend time with family during the holidays. Activities resume with a special service and *teisho* on January 4 in Palatine. (See following article.)

Special New Year's Service & Teisho- January 4

Please join us on Sunday, January 4 at Countryside Unitarian Universalist Church in Palatine for the first service of the year. Our New Year's service will include the tradition of chanting the Heart Sutra. Service will be followed by a *teisho* on Atonement.

Zazenkai- January 10

A Zazenkai will be held at Myoshinji on Saturday, January 10. This one-day sitting, similar to a single day of *sesshin*, is open to experienced practitioners and those who are new to practice and would like to try a more extended sitting. Time is set aside for personal instruction (*dokusan*) with Roshi..

Zazenkai will officially begin on Friday evening at 8:00 p.m. and run through Sunday breakfast. Part time attendance is acceptable. In the event of bad weather, the zazenkai may be moved to January 24. Please check our website (below) closer to the event.

The cost for the zazenkai is \$50 for current Practicing Members; \$60 for others). To register, please *register/pay online* at greatplainszen.org.

Registration for Events

Please register for any *sesshin*, zazenkai 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 will be unable to meet this deadline, please contact us to make arrangements and check on availability of space in the event. Late cancellations are subject to a \$35 non-refundable fee. If you register for *sesshin* online at greatplainszen.org, there is a 10% discount. Thank you.

Presentations Held at Argyle High School

Roshi and local Yoga teacher, Carolyn Carter, presented a series of workshops to each grade level at Argyle High School during the Asian Festival on October 29th. In each class, the students learned about the history of Buddhism and Zen, practiced the Sun Salutation and did a brief sitting. Lively discussions took place in each class and overall, there was a very positive response from both students and faculty. Students were also treated to a performance and presentation on Indonesian dance. They had opportunities to learn about the school system in China, taste a variety of Asian foods, learn about Japan and much more. The all-day event was conceived and organized by Argyle H.S. Art teacher, Marilyn Rothmeyer, who wanted to give the students an opportunity to experience aspects of Asian culture they might not otherwise encounter.

November

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

December

	1	2	3	4	5	6 <i>Bodhi Day Zazenkai WI</i>
7 7pm <i>Zazen</i>	8	9	10	11	12	13 <i>IL & WI Intro to Zen Workshops</i>
14 7pm <i>Fusatsu</i>	15	16	17	18	19	20
21 <i>Hannukah begins (no sitting)</i>	22	23	24	25 <i>Christmas</i>	26	27
28 (no sitting)	29	30	31			

January

				1 <i>New Year's Day</i>	2	3
4 7pm <i>Zazen</i> , <i>Talk & Tea</i>	5	6	7	8	9	10 <i>Zazenkai WI; Intro to Zen Workshop IL</i>
11 7pm <i>Zazen</i>	12	13	14	15	16	17
18 7pm <i>Zazen</i>	19	20	21	22	23	24
25 7pm <i>Fusatsu</i>	26	27	28	29	30	31 <i>Intro to Zen Workshop WI</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, 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.

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

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 to Reside at Myoshinji

Myoyu Roshi will be moving to Myoshinji as her permanent residence in mid-November. She will be at Myoshinji Monday through Saturday mornings and will be in the Chicago area Saturday and Sunday. This will make it possible to begin a residential program at Myoshinji as well as additional sittings & classes. Please check the website for Myoshinji's extended daily schedule after that time. Myoyu Roshi can be reached at Myoshinji at 608-325-6248 during the week.

Real Estate Alert:

Myoyu Roshi is selling her home in Des Plaines. It is a 3 bedroom, 2 bath, brick Georgian house with hardwood floors throughout, large, sunny living room, formal dining room, screened porch, partially finished basement. Located at the end of a cul de sac, the house is surrounded by woods, with several perennial gardens (including a Jizo garden). The neighbors are friendly and helpful. Metra train is within walking distance. Know anyone who is interested? Call Roshi (Susan Andersen) at 847-951-8472.

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 in Palatine will be held Saturdays, November 29, December 13 and January 10 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 November 23, December 14 and January 25.
- 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 November 9 and January 4.

GPZC
P.O. Box 3362
Barrington, IL 60011

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. Workshops are scheduled to run from 9:00 to 11:30 AM on Saturdays, December 13 and January 31.

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.



Great Plains Zen Center ~ Registration

~ Three Day Sesshin (November 13-16) ~

~ Bodhi Day Zazenkai (December 5-6-7) ~

~ Zazenkai (January 9-10-11) ~

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:

_____ Three Day Sesshin (November 13-16) - Myoshinji

_____ Full time (members \$150, nonmembers \$180)

_____ Part time (\$50 per day for members, \$60 per day for nonmembers)

Sesshin begins at 8:00 p.m. Thursday, and concludes Sunday morning after breakfast.

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

_____ Bodhi Day Zazenkai (December 5-7) - Myoshinji

_____ Full time (\$50 for members, \$60 for non-members)

_____ Part time (any donation to cover expenses accepted)

Zazenkai begins at 8:00 p.m. Friday and concludes Sunday morning after breakfast.

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

_____ Zazenkai (January 9-10-11) - Myoshinji

_____ Full time (\$50 for members, \$60 for non-members)

_____ Part time (any donation to cover expenses accepted)

Zazenkai begins at 8:00 p.m. Friday and concludes Sunday morning after breakfast.

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 7 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.