



Great Plains Zen Center



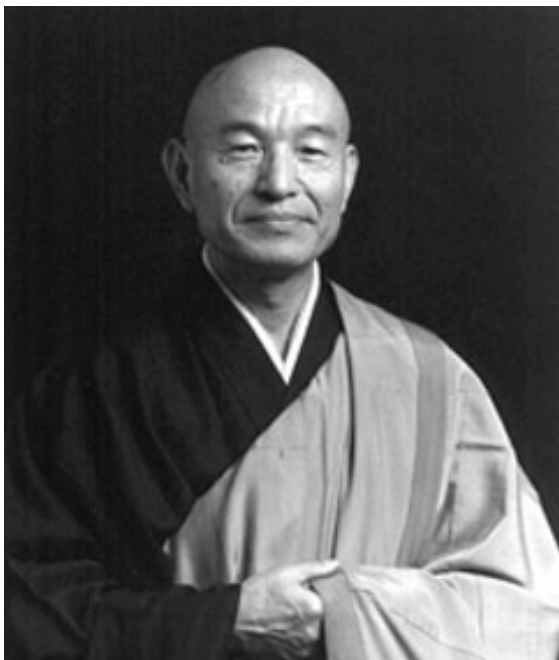
Sangha Newsletter

May through July 2011

Beginner's Mind Sesshin – May 6 - 8

Those who are in the early stages of their practice are encouraged to join us for our upcoming *Beginner's Mind Sesshin* in May. *Sesshin* (intensive practice retreats) are an important part of Zen practice. This retreat will introduce students to the formal practices that are integral to sesshin, including: sitting and walking meditation; liturgy; taking meals in the traditional, formal *oryoki* style; and work practice. Roshi will help students understand the many components and aspects of retreat practice, offering opportunities to ask questions about Zen practice and to explore the important student-teacher relationship.

This sesshin will be conducted at *Myoshinji* in Monroe, Wisconsin. Registration for this—and all other retreats—may be done online at www.greatplainszen.org. *The cost of this retreat is \$75 and includes overnight lodging Friday & Saturday, as well as all meals.*



Maezumi Roshi Memorial Service– May 22

On Sunday evening, May 22 we will conduct a memorial service at the Countryside Unitarian Church in Palatine to honor our founder, Toji Kaisan Koun Taizan Dai Osho (Maezumi Roshi). Maezumi Roshi was the founder of Zen Center of Los Angeles, and was teacher to our Great Plains Zen Center teacher, Myoyu Roshi. Please attend this important evening to honor the founder of the White Plum Asanga.

Summer 2011: a Month-Long Intensive Program

This summer, Great Plains Zen Center will offer a month-long residential intensive training program followed by a seven-day sesshin. The intensive will run from Monday, June 20, through Thursday, July 14, 2011. The seven-day sesshin will start Friday night, July 15 (including Fusatsu), and conclude on Friday morning, July 22. While participation in the entire month intensive is encouraged for those who are able, part time participation is available.

The intensive offers a unique opportunity to experience monastic-style practice for a month or even for a few days under the guidance of resident teacher Susan Myoyu Andersen, Roshi. The program takes place at Myoshinji, our retreat center in rural Green County, Wisconsin, about 2-1/2 hours from Chicago and about an hour from Madison, Beloit or Rockford. In addition to the full daily schedule, there will be a series of guest speakers from regional colleges and Zen centers on a variety of Zen-related topics. More information about the speakers can be found below and on our website, www.greatplainszen.org. Program highlights include:

- A daily schedule of zazen (meditation), services, work practice, study and talks.
- Delicious vegetarian meals served in traditional eating bowl ceremony (*oryoki*).
- Study of Buddhist texts and sutra copying practice.
- Yoga classes taught by a certified yoga instructor.
- Community service project with Second Harvest Food Bank in Madison every Tuesday morning. (<http://www.secondharvestmadison.org/>)
- Guest speakers and workshops on a variety of Zen-related topics.

Be sure to check our website for further information and online registration materials available now!

About our guest speaker presentations:

Appreciate Your Life: Ongoing Practice; Everyday practice; Everyday Koan (7 PM, June 22)

Rev. Elihu Genmyo Smith began his Zen training in 1974 at the Zen Studies Society in New York with Soen Nakagawa, Roshi and Eido Shimano, Roshi and continued with Hakuyu Maezumi, Roshi at Zen Center of Los Angeles. Genmyo received Dharma transmission (*shiho*) and authorization to teach from Charlotte Joko Beck at Zen Center of San Diego in 1992. He is a co-founder of the Ordinary Mind Zen School and currently lives in Champaign, Illinois, where he is resident teacher of the Prairie Zen Center. Genmyo is the author of *Ordinary Life, Wondrous Life*, published by the Prairie Zen Center.

Walking the Buddha's Path to Recovery: The Precepts, 12 Steps and Concepts of Living a Whole Life Through Recovery (10:30 AM, June 25)

The teachings of the Buddha indicate that suffering is inevitable. For the addicts among us, or those prone to addictive activities, we have experienced first hand the devastating impact of addiction on our lives and the lives of those around us. This workshop will examine the parallel teachings of the Buddha, Dr. Bob and Bill W., and current research to provide specific and behavioral tools for examining ourselves, our triggers, and our pathway to a healthier lifestyle through recovery.

Dr. David Kaiun Beighley owns Beighley Consulting Associates, PLLC, a Relational Consulting Firm in Grand Haven, MI, and author of the book, *Dancing With Yesterday's Shadows: When Where You've Been is Keeping You From Where You Want To Go*. David is the co-founder of the White Sands Zen Center in Spring Lake, Michigan, and received Jukai in the summer of 2010 at Myoshinji, receiving the name, Kaiun.

Cooking as Mindfulness Practice - (2 PM, June 26)

Matt Shingetsu Hellige has been a student of Myoyu Roshi for ten years. He is the tenzo (head cook) at GPZC and frequently cooks at sesshin and zazen. He leads zazen at the Logan Square Zendo (in Chicago) on Sundays.

Backyard Stream Health: Chem's, Critters and 'Crobes (1:30 – 4 PM, June 29) *Field work—limited to 15 participants*

Dr. James Palmer, Program Director, Creek Connections, has served as chair of the Environmental Science Department at Allegheny College, Meadville, Pennsylvania from 2002-2007. He holds a PhD from the University of Texas, Austin, in population biology. In 1995, Dr. Palmer, along with colleague Dr. Mark Lord of the Department of Geology, founded Creek Connections, an innovative environmental education program involving collaboration between Allegheny College and public school districts in western Pennsylvania and New York to encourage natural science education through hands-on field and laboratory experiences. **Dr. Palmer will lead us in a fieldwork experience surveying aquatic biodiversity and chemistry in the stream adjacent to our own property.**

Creek Connections: Connecting Kids with Creeks (7 PM, June 29)

Dr. Jim Palmer, from Creek Connections at Allegheny College, facilitates watershed studies among k-12 students, college students, teachers and faculty. Creek Connections provides equipment, expertise, and professional development opportunities for schools throughout western Pennsylvania, western New York, Colorado, and now Costa Rica for authentic stream research. This presentation will describe the Creek Connections model, outcomes and challenges. Our goal is to promote education for environmental sustainability and stewardship in kids' backyards.

Following the Fragrant Grasses: A Zen Writing Workshop (7 PM, June 30)

John Gendo Wolff, senior priest and long-time student of Myoyu Andersen, Roshi, is an award-winning author of essays and poetry. His publications include work in *Beneath A Single Moon: Buddhism in Contemporary American Poetry* (Shambhala/Random House), and many literary magazines. He is also Professor of Humanities at West Shore Community College in Scottville, Michigan, where he teaches courses in literature, Creative Writing, and, most recently, Mindful Living. He is also the director of the Great Wave Zen Sangha in Ludington, Michigan.

The Writings of Zen Master Takuan (7 PM, July 1)

Takuan appears to have written the only commentary by a Zen master on the Taoist master Lao-tzu's *Tao-te-ching*. **Dr. Dennis Lishka** has undertaken the task of translating the 290 page commentary. Dr. Lishka is an Assistant Professor of Religious Studies at the University of Wisconsin Oshkosh. He teaches Buddhist Studies, Japanese and Chinese Religions, and Zen Buddhism.

Feeding the Hungry Ghosts: The Gate Of Sweet Nectar Ceremony (10:30 AM, July 2)

Rev. Myoyu Andersen will talk about the history and meaning of the Gate of Sweet Nectar Ceremony, a unique adaptation of the traditional Soto "Kan Ro Mon." In this ceremony, we offer nourishment for all "hungry ghosts" all those who are unable to receive the blessings of the Dharma in the form of spiritual and material sustenance. Rev. Myoyu Andersen is resident teacher of the Great Plains Zen Center. **There will be a Gate of Sweet Nectar Ceremony on Saturday, July 9—see the article below.*

This is Your Brain on Meditation: Teaching the Science of Meditation's Impact on the Brain (7 PM, July 8)

Dr. Alfred "Roc" Ordman, Professor of Biochemistry at Beloit College, gives courses on neuroscience and consciousness in which students are taught to meditate as we do in the zendo. Students enjoy this and gain insights from lectures about the benefits of meditation that have been scientifically documented. Having discussed meditation research with Dr. Richard Davidson, (heard often on NPR), who directs the NIH Meditation Study Center at the UW Hospital, Roc will explain what has been investigated about the benefits of meditation for mental and physical health, and how meditation can be employed in classroom instruction at various grade levels.

Reading and Being Read by Mahayana Sutras (10:30 AM, July 9)

Dr. Natalie Gummer is an Associate Professor in the Religious Studies Program at Beloit College. She holds a doctorate from Harvard University and is co-editor of *Defining Buddhism(s): A Reader*, and the author of several articles on Buddhist literary culture and pedagogical approaches to the study of religion.

***The Gate of Sweet Nectar Ceremony** (8 PM, July 9)

Please join us for this beautiful, moving ceremony, which includes chanting in Pali, Sanskrit, Japanese and English. Candles line the driveway and porch, beckoning all beings to come and receive the nourishment of the Dharma.

Dharma Talk by Rev. Tonen O'Connor (2 PM, July 10)

Tonen O'Connor is a Soto Zen Buddhist priest and has been the resident priest at the Milwaukee Zen Center since 2001. She received ordination from Tozen Akiyama in 1994; dharma transmission in 1999 and in 2000 performed the ceremony of zuise at Eiheiji and Sojiji, head temples of the Soto School in Japan. She trained in Japan at Shogoji, Hosshinji and Hokyoji. For nearly twelve years she has worked extensively with inmates within the Wisconsin correctional system, serves on the Wisconsin Department of Corrections Religious Practices Advisory Committee. Tonen is active in interfaith programs. Prior to entering the Zen world, Rev. O'Connor had a 40-year career in professional theater.

Enlightenment Isn't Something Terribly Holy (7PM, July 11)

Rev. Zuiko Redding is the resident teacher at Cedar Zen Center in Cedar Rapids, Iowa. She practiced Zen Buddhism at Milwaukee Zen Center with Rev. Tozen Akiyama and at Minnesota Zen Center with Rev. Dainin Katagiri in the 1980s. In January, 1992, she received novice ordination in Japan from Tsugen Narasaki, Roshi. She practiced under his direction at Zuioji Senmon Sodo and its sub-temple Shogoji until her return to the U.S. in 1997. She was certified to teach (dharma transmission) in the Soto tradition by Rev. Narasaki in July, 1996. She also holds a Ph.D. in sociology from the University of Wisconsin-Madison.

The Vital Process of Going Beyond Buddha, from a writing by Dogen (July 16, during 7-Day Sesshin)

Rev. Taigen Dan Leighton has relocated to Chicago from the San Francisco Bay area. He is now working to develop accessible practice and training programs in the Chicago area through Ancient Dragon Zen Gate. Taigen is an author, scholar, and translator, as well as a fully authorized teacher in Shunryu Suzuki Roshi's Soto Zen lineage and a Dharma heir of Tenshin Reb Anderson. He still teaches online through the Institute of Buddhist Studies of the Graduate Theological Union, Berkeley, and remains Founding Dharma Teacher and consultant for our sister group, Mountain Source Sangha in the San Francisco Bay Area. Taigen teaches courses in Buddhism and East Asian Religion at Loyola University in Chicago. www.ancientdragon.org

Yoga Class with Cathy Hauck (various dates)

Cathy Hauck of ABC Yoga is a certified yoga instructor with Yoga Alliance. Her classes are dynamic, rejuvenating and fun, and emphasize proper physical alignment and breath awareness. Ms. Hauck encourages her students to work within their abilities to find ease and stability in each pose. The ABC Yoga approach offers tools you can use in your daily life to create a balance between body, mind and spirit.

Zen Study Class (various dates)

During our study classes, we will read and discuss a Buddhist text with emphasis on how it applies to our everyday life and experience. We will also have an opportunity to sample the ancient practice of sutra copying. As part of the classes, participants will select and reproduce a short gatha that is personally meaningful (such as the handwashing gathas in the bathrooms at GPZC). We will create frames so that participants can take their framed gatha to display in their own home.

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 they have formally taken the Buddhist Vows or not. Upcoming Fusatsu dates are May 29, June 12 (none this July).

One Sunday sitting each month will feature teisho (a formal dharma talk) by our teacher, Susan Myoyu Andersen, Roshi, followed by group discussion. Teisho is scheduled for and June 5 (none this May or July).

Also, once a month, members and friends are invited to gather for informal **Talk & Tea** at 6:15. (5/22; 6/26; none July)

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. Attendance at an introductory workshop is required of anyone who would like to become a member of the Great Plains Zen Center.

- Workshops in **Palatine** (Illinois) will be held Saturdays, May 14, June 4 and July 23, and run from 8:30-11:30 AM, followed by an informal lunch.
- Workshops at **Myoshinji** (Wisconsin) will be held May 21 and June 18 (none 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.*

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 Member**, is for anyone committing to any amount, \$75 and above, per month.

Any of these levels of dues can be submitted at our website at: <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

By e-mail: gpzc@greatplainszen.org

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

Find out more about the Great Plains Zen Center on the web at: greatplainszen.org

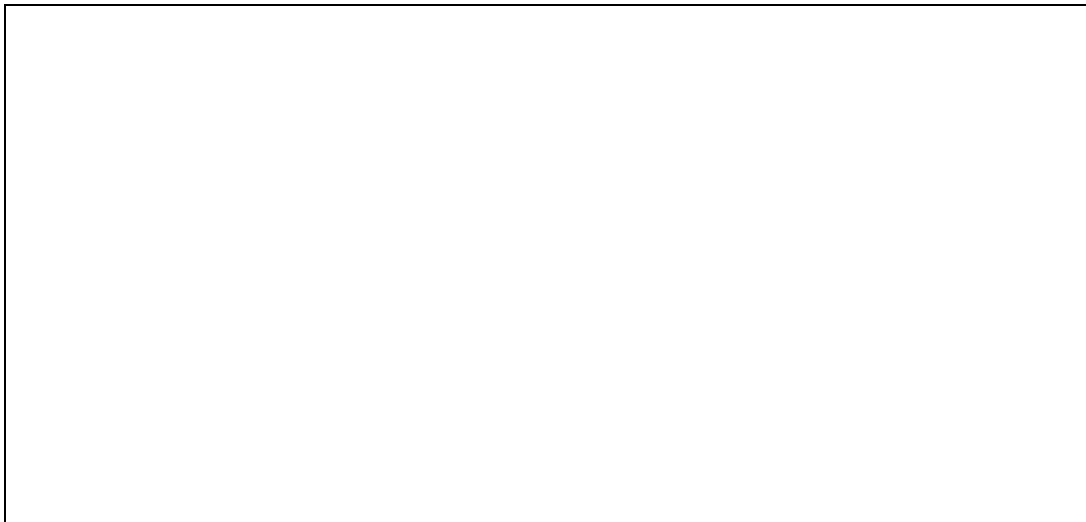
Other Services Offered by Great Plains Zen Center

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

Weekly Schedule at Myoshinji

Myoshinji's weekly schedule includes these opportunities: Morning zazen, 5:30–6:00 AM every Tuesday, Wednesday, and Thursday; evening zazen each Tuesday and Wednesday at 7:00 PM (followed by discussion and ending about 8:30 PM on Tuesdays); Saturday morning zazen continues to be offered at 9:00 AM, followed by teisho, zendo position instruction or discussion, ending about 11:00 AM. Myoshinji is located at W7762 Falk Rd, Monroe, WI 53566

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



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

W7762 Falk Rd • Monroe, WI • 608-325-6248

May 2011

1	2	3 5:30 am Zazen 7:00p Zazen & Discussion	4 5:30 am Zazen 7:00p Zazen	5 5:30 am Zazen	6 <i>Sesshin</i>	7 <i>Sesshin</i> 9am Zazen
8 <i>Sesshin</i>	9	10 5:30 am Zazen 7:00p Zazen & Discussion	11 5:30 am Zazen 7:00p Zazen	12 5:30 am Zazen	13	14 9am Zazen
15	16	17 5:30 am Zazen 7:00p Zazen & Discussion	18 5:30 am Zazen 7:00p Zazen	19 5:30 am Zazen	20	21 8:30 am Intro Workshop
22	23	24 5:30 am Zazen 7:00p Zazen & Discussion	25 5:30 am Zazen 7:00p Zazen	26 5:30 am Zazen	27	28 9am Zazen
29	30 <i>Memorial Day</i>	31 5:30 am Zazen 7:00p Zazen & Discussion				

June 2011

			1 5:30 am Zazen 7:00p Zazen	2 5:30 am Zazen	3	4 9am Zazen
5	6	7 5:30 am Zazen 7:00p Zazen & Discussion	8 5:30 am Zazen 7:00p Zazen	9 5:30 am Zazen	10	11 9am Zazen
12	13	14 5:30 am Zazen 7:00p Zazen & Discussion	15 5:30 am Zazen 7:00p Zazen	16 5:30 am Zazen	17	18 8:30 am Intro Workshop
19	20 <i>mod 1</i> <i>Summer Intensive begins</i>	21 <i>mod 1</i>	22 <i>mod 1</i>	23 <i>mod 1</i>	24 <i>mod 1</i>	25 <i>mod 2</i> 9am Zazen
26 <i>mod 2</i>	27 <i>mod 2</i>	28 <i>mod 2</i>	29 <i>mod 2</i>	30 <i>mod 3</i>	1 (July) <i>mod 3</i>	2 <i>mod 3</i> 9am Zazen

July 2011

3 <i>mod 3</i>	4 <i>mod 3</i> <i>Independence Day</i>	5 <i>mod 4</i>	6 <i>mod 4</i>	7 <i>mod 4</i>	8 <i>mod 4</i>	9 <i>mod 4</i> 9am Zazen 8 PM Gate of Sweet Nectar
10 <i>mod 5</i>	11 <i>mod 5</i>	12 <i>mod 5</i>	13 <i>mod 5</i>	14 <i>mod 5</i> <i>Summer Intensive ends</i>	15 <i>Sesshin</i> <i>Fusatsu</i>	16 <i>Sesshin</i> 9am Zazen
17 <i>Sesshin</i>	18 <i>Sesshin</i>	19 <i>Sesshin</i>	20 <i>Sesshin</i>	21 <i>Sesshin</i>	22 <i>Sesshin</i>	23 9am Zazen
24	25	26 5:30 am Zazen 7:00p Zazen & Discussion	27 5:30 am Zazen 7:00p Zazen	28 5:30 am Zazen	29	30 9am Zazen
31						

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

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

May 2011

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

June 2011

			1	2	3	4 <i>8:30 am</i> <i>Intro Workshop</i>
5 <i>7 pm Zazen &</i> <i>Teisho</i>	6	7	8	9	10	11
12 <i>7 pm Zazen &</i> <i>Fusatsu</i>	13	14	15	16	17	18
19 <i>7 pm Zazen</i>	20 <i>Summer</i> <i>Intensive</i> <i>Begins</i>	21	22	23	24	25
26 <i>6:15 Tea</i> <i>7 pm Zazen</i>	27	28	29	30	1 (<i>July</i>)	2

July 2011

3 <i>7 pm Zazen</i>	4 <i>Independence</i> <i>Day</i>	5	6	7	8	9
10 <i>7 pm Zazen</i>	11	12	13	14 <i>Summer</i> <i>Intensive ends</i>	15 <i>Sesshin</i>	16 <i>Sesshin</i>
17 <i>Sesshin</i> <i>(no Zazen)</i>	18 <i>Sesshin</i>	19 <i>Sesshin</i>	20 <i>Sesshin</i>	21 <i>Sesshin</i>	22 <i>Sesshin</i>	23 <i>8:30 am</i> <i>Intro Workshop</i>
24 <i>7 pm Zazen</i>	25	26	27	28	29	30
31 <i>7 pm Zazen</i>						