



Great Plains Zen Center



Sangha Newsletter

August through October, 2013

Zazenkai at Myoshinji – August 16-18

Our next retreat will be held August 16-18 at Myoshinji. The retreat begins on Friday evening, and runs through Sunday morning. *The cost of this retreat is \$75 and includes overnight lodging Friday and Saturday, as well as all meals.*

Beginner's Mind Sesshin – September 13-15

Those who are in the early stages of their practice are encouraged to join us in September at *Myoshinji*—our center's home in Monroe, Wisconsin—for our *Beginner's Mind Sesshin*. *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. *The cost of this retreat is \$75 and includes overnight lodging Friday & Saturday, as well as all meals.*



Bodhidharma Sesshin, October 3-6

Bodhidharma Sesshin will begin on Thursday evening, Oct. 3, and run through Sunday morning, the 6th. This sesshin honors our 28th Ancestor Teacher, Bodhidharma, a legendary figure who is considered to have transmitted Buddhism from India to China in the early sixth century. Bodhidharma emphasized *zazen* as the direct pointing to the way, as opposed to discourse, discussion or ceremonial observances.

In the spirit of Bodhidharma's teaching, this sesshin will feature no talks, no *dokusan* and no *kyosaku*. Participants will have the opportunity to go deeply into their *zazen* practice with single-minded determination and profound unknowing. There will be services and *oryoki* as usual, with the annual Bodhidharma Memorial Service on Saturday, October 5. This is the first time that GPZC has held this type of sesshin. Everyone is encouraged to take advantage of this unique opportunity.

The cost for this 3-day *sesshin* is \$150 for current Practicing Members; \$180 for others. Fees include meals and overnight lodging. Participants may attend *sesshin* on a part-time basis (\$50 per day for current Practicing Members; \$60 per day for others).

New Jizo Flower Garden Dedicated in June

Participants in the June Seven-Day Sesshin (with support from several other members as well) purchased flowers and planted them around the Jizo statue located at the northwest corner of the Myoshinji grounds. Jizo is the embodiment of the Bodhisattva vow to save all beings from suffering. He is the protector of women, children, and travelers in the six realms of existence. Participants purchased flowers that they dedicated to deceased loved ones in this memorial garden. The photo here shows the garden illuminated by candle light during our Gate of Sweet Nectar ceremony.



If you would like to contribute flowers or other plants to the garden, please bring your selection to Myoshinji, so you can place it in the garden. (If unable to visit, you may make a donation online or in person, including any instructions about selections.)



Prayers for Health & Well Being

During retreats, and every Friday & Saturday morning, each Morning Service concludes with the chanting of the *Sho Sai Myo Kichijo Dharani* ("Auspicious Dharani for Averting Calamity"). The dedication includes prayer for the health and well being of seriously ill friends and relatives of Zen Center members and participants. If you have a relative or friend dealing with grave illness or a challenging life situation, you can have them included on the list of names read aloud. Please email names to gpzc@greatplainszen.org or leave a message at Myoshinji's phone, 608-325-6248. Please include any guidance on pronunciation that you think will be helpful.

Embracing Forgiveness, an Innovative Workshop*** Saturday, August 10 in Monroe, WI***** Saturday, October 19 in Palatine, IL**

This one-day workshop combines the pioneering of work of Dr. Robert Enright of the International Forgiveness Institute on forgiveness and the experience of meditation to help us open to our feelings and move forward with them. Participants will use journaling and guided meditation to explore various topics, including:

What is forgiveness? Does forgiving mean forgetting? Is forgiveness a sign of weakness? Is reconciliation a necessary part of forgiveness? How do I forgive myself? What ways of working with anger are more successful than others?

Participants will be given tools in the form of understanding and experience to help on their personal journey. Participants can share as much or as little as they want in an atmosphere of respectful and nonjudgmental listening. The workshop runs from 9 -3 and includes a vegetarian lunch. This workshop is led by Susan Myoyu Andersen, Zen teacher of the Great Plains Zen Center. Participants of any faith are welcome to attend. Both locations are wheelchair accessible. The suggested donation is \$35, \$20 for students, seniors or others requesting a reduced rate.

August 10 Workshop: Great Plains Zen Center, W7762 Falk Rd., Monroe, WI 53566.

October 19 Workshop: Countryside UU Church, 1025 N. Smith Rd., Palatine, IL 60078

For further information, please contact gpzc@greatplainszen.org or call 608-325-6248.

Online registration is available at www.greatplainszen.org.

The Dedication of the Edward M. Goldberg Multifaith Meditation Room at St. Alexius

by Myoyu Roshi

It was my great privilege to be invited by Father Domingo Hurtado Badillo to be the Buddhist representative at the dedication of a multifaith meditation room at St. Alexius Medical Center in Hoffman Estates in honor of past president Dr. Edward M. Goldberg. Blessings and prayers were offered by representatives of the Christian, Hindu, Jain, Jewish, Sikh, Muslim and Buddhist faiths. I chose to chant a translation of the Metta Sutta (printed in this newsletter) and the Jizo Shingon Dharani with a specially written dedication for the occasion. Each of us placed an icon representing our faith in a permanent display in the multifaith room. The ceremony was well attended and well received. I was especially moved by the request of the Muslim representative Dr. Khalid Abdus Sami (from the Masjid al Huda community in Schaumburg) to stand next to me during the group photo at the end of the ceremony. This simple gesture embodied peacefulness and partnership at a time when we are all saddened by the recent Buddhist-Muslim misunderstandings in Southeast Asia.

The Karanīya Metta Sutta

The Karanīya Metta Sutta comes from the Sutta Pitaka (Discourse section) of the Pali Canon. It is found in the Khuddaka Nikaya (Collection of little texts) in the subsection Sutta Nipata. Note that the popular Dhammapada (Sayings of the Buddha) is found in another part of the Khuddaka Nikaya. Karanīya means “that which ought to be done” and metta is usually translated as “lovingkindness.” The sutta (sutra) urges us to make a practice of “metta,” generating feelings of lovingkindness toward all.

The following translation is not as literal as some, but beautifully captures the spirit. The metta sutta is chanted daily in most Theravadin Buddhist temples. We will soon begin incorporating the chanting of this sutta into our daily services

The Karanīya Metta Sutta (Lovingkindness) from the Buddhist Scriptures*(Translation from Pali by Stephen H. Ruppenthal)*

May all be filled with joy and peace.
 May all beings everywhere,
 The strong and the weak,
 The great and the small,
 The meek and the powerful,
 The short and the long,
 The subtle and the gross:
 May all beings everywhere,
 Both seen and unseen,
 Dwelling far off or nearby,
 Being, or waiting to become:
 May all be filled with lasting joy.

Let no one deceive another,
 Let no one anywhere despise another,
 Let no one out of anger or resentment
 Wish suffering to anyone at all.

Just as a mother with her own life
 Protects her child, her only child, from hurt,
 So within yourself let grow
 A boundless love for all creatures.

Let your love flow outward through the whole universe
 To its full height, depth, and broad extent,
 Then, as you stand or walk,
 Sit or lie down,
 As long as you are awake,
 Strive for this with a one pointed mind:
 Your life will bring heaven to earth.



Monthly Practice of Council.

Council takes place one Sunday each month at Countryside Church (6:00-6:45—please refer to calendar for dates). Council is an ancient practice of deep listening rooted in Native American culture, with references as far back as Homer's *Iliad*. It is said to have been used in the early days of our federal government. Today, many organizations, including Zen Centers, incorporate the process of Council into their meeting structure and communications trainings.

This practice embraces the intentions of Listening from the Heart, Speaking from the Heart, Being of "Lean Expression," and Spontaneity. Council creates a safe, confidential space, allowing participants to connect at a deeper level and to bring forth the unexpected and transformative. No preparation is necessary to attend monthly councils. Everyone is invited to participate. Basic guidelines will be reviewed by the facilitator at the start of each council session. This is an opportunity to bring more connection, authenticity and support to our Sangha relationships

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, August 10, September 21 & October 12 and run from 8:30-11:30 AM, followed by an informal lunch.
- Workshops at **Myoshinji** (Wisconsin) will be held August 24, September 28 & October 26. 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.*

Do you have skills or interest in making candles?

GPZC is looking for someone to make candles for use on our altars. We will supply all materials. Candles placed on the altar signify wisdom and are an important part of our liturgy. Making our own candles allows us to use recycled wax from burned candles and saves a considerable amount of money. This will also allow us to eventually switch to the use of soy candles. If interested, please contact Myoyu Roshi at 608-325-6248.

Zendo Shoji Screens Completed & Installed

Myoshinji's zendo is enhanced by the beautiful shoji screens installed in time for our Seven-Day Sesshin in June. The screens were designed and handcrafted by Zen Center member Seishin Hagen, with help from Peter Zalesky and Jishin Ottinger. They feature sliding panels, and can be configured to accommodate two different sizes of zendo sitting space.



Weekend Visits to Myoshinji

Members and friends are welcome to come to Myoshinji for personal retreats and/or to assist with the many work projects underway. These projects include the ongoing care of the gardens, prairie development, deck cleaning and staining, establishment of a vegetable garden, indoor painting and more. Guests are welcome to enjoy the bountiful farm share veggies and participate in services and zazen while here. There are some wonderful local attractions as well within an hour's drive of Myoshinji. Families with children are welcome. The best time to visit is anytime between Thursday afternoon and Sunday morning, except during sesshin (check calendar for dates). Other times are available by special arrangement. To arrange a visit, call 608-325-6248.

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 for **Council** discussion at 6:00. Once each month, everyone is invited to an informal *Tea and Chat* prior to sitting [6:15]. This is an opportunity to just visit and for newcomers and "regulars" alike to get to know one another in an informal setting. See the calendar for specific dates for these activities.

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

Note our NEW mailing address:

PO Box 2077
Palatine, IL 60078-2077

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

Registration for GPZC Events

To register, for GPZC events, please *register/pay online at www.greatplainszen.org*. 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 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.

Upcoming Dates:

- November 15-17 Zazenkai (Friday- Sunday)
- December Rohatsu Sesshin (Dates t.b.a.)

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

(Note our new mailing address!)

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

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

August 2013

				1 5:30a Zazen 7:00p Zazen	2 5:30a Zazen 7:00p Zazen	3 8:30am Service 9am Zazen
4	5	6	7 7:00p Zazen	8 5:30a Zazen & Service 7:00p Zazen	9 5:30a Zazen & Service 7:00p Zazen	10 9am-3pm: Forgiveness Workshop
11	12	13	14 7:00p Zazen	15 5:30a Zazen & Service 7:00p Zazen	16 Zazenkai 5:30a Zazen & Service	17 Zazenkai 9am Zazen
18 Zazenkai	19	20	21 7:00p Zazen	22 5:30a Zazen & Service 7:00p Zazen	23 5:30a Zazen & Service 7:00p Zazen	24 8:30 am Intro Workshop
25	26	27	28 7:00p Zazen	29 5:30a Zazen & Service 7:00p Zazen	30 5:30a Zazen & Service 7:00p Zazen	31 8:30am Service 9am Zazen

September 2013

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

October 2013

		1	2 7:00p Zazen	3 5:30a Zazen & Service Sesshin	4 Sesshin 5:30a Zazen & Service	5 Sesshin 9am Zazen
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27	28	29	30 7:00p Zazen	31 5:30a Zazen & Service 7:00p Zazen		

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

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

August 2013

				1	2	3
4 6:15 Tea 7 pm Zazen & Teisho	5	6	7	8	9	10 8:30 am Intro Workshop
11 7 pm Zazen	12	13	14	15	16 Zazenkai	17 Zazenkai
18 Zazenkai 7:00p Zazen	19	20	21	22	23	24
25 6 p Council 7:00p Zazen & Fusatsu	26	27	28	29	30	31

September 2013

1 7 pm Zazen	2 Labor Day	3	4	5	6	7
8 6:15 Tea 7 pm Zazen & Teisho	9	10	11	12	13 Beginner's Mind Sesshin	14 Beginner's Mind Sesshin
15 Beginner's Mind Sesshin 7:00p Zazen	16	17	18	19	20	21 8:30 am Intro Workshop
22 7:00p Zazen & Fusatsu	23	24	25	26	27	28
29 6 pm Council 7 pm Zazen	30					

October 2013

		1	2	3 Sesshin	4 Sesshin	5 Sesshin
6 Sesshin 7 pm Zazen	7	8	9	10	11	12 8:30 am Intro Workshop
13 6:15 Tea 7 pm Zazen & Teisho	14	15	16	17	18	19 9am-3pm: Forgiveness Workshop
20 7 pm Zazen	21	22	23	24	25	26
27 6 pm Council 7:00p Zazen & Fusatsu	28	29	30	31		