



Great Plains Zen Center



Sangha Newsletter

May through July, 2014

Maezumi Roshi 3-Day Memorial Zazenkai

– May 16-18

All are encouraged to attend our May retreat honoring the memory of our founding teacher, Taizan Maezumi Roshi. The retreat will begin on Friday evening, May 16, and conclude after morning service and informal breakfast on Sunday, the 18th. **On Saturday, May 17 at 10:15 AM, we will have a special memorial service for Maezumi Roshi** followed by a short talk.

Honoring our Founder,

Koun Taizan Maezumi Roshi

Maezumi Roshi (February 24, 1931 – May 15, 1995) is recognized as one of the seminal Japanese Soto Zen teachers in this country, founding the Zen Center of Los Angeles in 1967 and producing 12 Dharma heirs. These teachers in turn transmitted the Dharma to many more students.



The nearly 100 descendants in the Dharma of Maezumi Roshi are collectively known as the White Plum Asanga. Myoyu Roshi is one of the 12 Dharma heirs of Maezumi Roshi and to date has one Dharma successor, Gendo Wolff, Sensei of the Great Wave Zen Sangha. Maezumi Roshi is the honorary founder of Great Plains Zen Center.

7-Day Sesshin – June 8-14

Please join us for the extraordinary opportunity to participate in a 7-day sesshin. Sitting together for a week allows us to go deeply into practice and revitalize our vows to accomplish the way. Although any amount of sitting is precious, having 7 days of practice is truly remarkable. The amount of time may seem intimidating, but body and mind tend to adjust after a few days allowing much more subtle, deep practice. It is also perfectly OK to come for just a few days if that is all that your schedule will allow.

Sesshin will begin on Sunday night, June 8 at 8 PM and end about 10:30 AM on Saturday, June 14. The Gate of Sweet Nectar Ceremony will take place on Friday evening during the sesshin. This sesshin will take place at *Myoshinji* in Monroe, Wisconsin. Registration for this—and all other retreats—may be done online at www.greatplainszen.org.

The cost of the 7-day retreat is \$300 for members and \$360 for non-members and includes overnight lodging as well as all meals. The cost is prorated for part time participation. Feel free to contact Myoyu Roshi at 608-325-6248 if you need a full or partial scholarship to attend this sesshin.

Gate of Sweet Nectar Ceremony – Fri. June 13 **(Last evening of 7-Day Sesshin)**

At about 8 PM on 6/13, as it begins to grow dark, we will have the **Gate of Sweet Nectar Ceremony**. This beautiful, moving ceremony 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. We pray for all of our departed ancestors, friends and pets. We also affirm our own vow to practice loving actions toward all beings and to nourish thirsting spirits and hungry ghosts wherever and however they appear, other or self. All are welcome to attend the Gate of Sweet Nectar Ceremony. Whether or not you are able to attend, you can still request the names of any deceased relatives, friends or pets be added to the book of the dead.

Note that participation in the Gate of Sweet Nectar Ceremony is open to all at no charge, whether or not you are attending the sesshin. Please e-mail us at gpzc@greatplainszen.org or call 608-325-6248 to let us know if you will be attending the ceremony.

Zazenkai – July 11-13

Our July retreat, held at Myoshinji will begin on Friday evening (7/11) and run through Sunday Morning (7/13). Please refer to registration instructions below for this and all retreats.



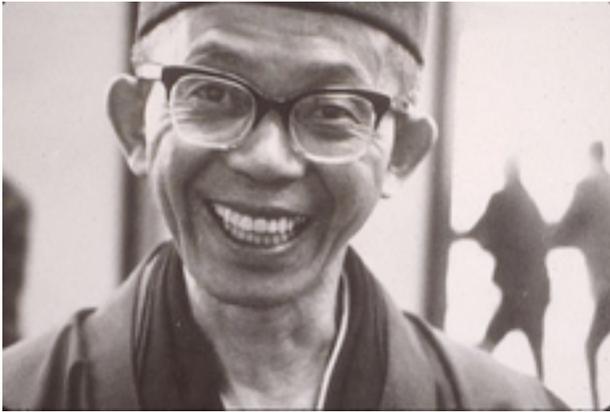
July Memorial Observances

July 17 is the annual memorial date for Dogen Zenji's Chinese teacher, T'ien-tung Rujing (Tendo Nyojo). As a student, Master Rujing was exceptionally energetic with single-minded determination to accomplish the way. He achieved deep realization working on a question given to him by his teacher, Master Zhijian: "How can you purify something which has never been defiled?" Master Rujing was also known for his extraordinary virtue. He was not swayed by fame and refused to accept favors from those in influential governmental positions. He always emphasized the importance of zazen and did not hesitate to dismiss students who did not possess a strong way-seeking mind.

(continued...)

July Memorial Observances (continued):

July 28 is the annual memorial date for Koryu Osaka Roshi. Koryu Roshi was one of the three teachers from whom Maezumi Roshi received Dharma transmission. He was actually a teacher in the Rinzai tradition and successor of Hannyakutsu Joko Roshi. Koryu Roshi was well known for his fierce style in teaching koans. His most special contribution to Zen was perhaps his strong emphasis on lay practice. His teacher had asked him to remain a layperson, fearing the corrupting influence of the priesthood prevalent in Japan at the time. Koryu Roshi was the President of Shakyamunikai, an independent organization of lay Zen Buddhists in Japan originally founded by Joko Roshi.



–Koryu Osaka Roshi

“First, seventy-two labors brought us this food, we should know how it comes to us” - meal gatha

This summer, we hope to have some great organic vegetables from our own vegetable garden at Myoshinji. We now have two, “square-foot garden” plots and a Chinese-style bed and plenty of space for more. Many thanks to Ryūzan, Sherry, and Seishin, who spent an afternoon with Roshi installing a chicken wire fence around the garden area to keep our furry, hopping friends away from tender young veggies.

We have chosen heirloom vegetable seeds, some of which have come from the Monroe Public Library's brand new seed library. At the end of the season, we will harvest and dry enough of the seeds to return them to the library for others to use. The Seed Library brochure lists many advantages of using a seed library: developing seeds that become acclimated to our local climate, growing plants that are more pest resistant, saving money on seeds, knowing where our food comes from and becoming less dependent on large food producers. Seed libraries give communities the opportunity to share a great variety of vegetable seeds at no cost. Heirloom seeds offer many advantages: they are often more tasty and nutritious, and they are less “uniform,” so the vegetables ripen at different times. Heirloom seeds come in far greater variety than hybrids, reclaiming the great diversity and pest-resistance of the vegetables our ancestors grew. Many of these vegetable varieties have colorful names and stories about their origin. Look forward to enjoying some delicious homegrown vegetables at upcoming sesshin this summer.

Buddha's Birthday Celebration, April 13, 2014

Our Buddha's Birthday Celebration was a great success with 9 children ranging from 18 months to almost 11 years old.



Many thanks to Lara Rodrigues and her daughters, Annika and Kareena, and Rose Andersen—all of whom arrived several hours early to put together the beautiful flower house.

Thanks also to Shingetsu Hellige for the wonderful guitar accompaniment during our song circle. The children also had a scavenger hunt (looking for recyclable items),



made a Dharma Wheel that summarizes each element of the Eightfold Path, and took home materials to start a kindness chain. They also practiced listening and breathing meditation, and took part in the traditional Buddha's Birthday Service, pouring sweet water over the baby Buddha.

Please check the children's page of our website for a photo album and template to make your own Dharma Wheel at <http://www.greatplainszen.org/children>.

**Sangha News – Birth Announcement!**

Congratulations to sangha member Adam Fleming and his wife, Christina, on the birth of Oliver Thomas Fleming, arriving March 16, 2014 at a weight of 9 pounds, 9 ounces. Welcome Oliver! Congratulations, too, to Oliver's big brothers, Owen and Ethan, who joined us for the Buddha's Birthday celebration on April 13.

Community Service Volunteer Opportunities

We have had an encouraging response to our Community Service Interest Survey. The GPZC Board is interested in organizing some community service volunteer opportunities for members and friends of the Zen Center. Roshi has coordinated some events near Myoshinji with considerable success. We will be looking for similar opportunities in Chicago and the nearby suburban areas as well. Our hope is that these events will provide opportunities for our sangha to be of service to our communities—fulfilling the precept, “do good for others,” and also give sangha members a way to engage in some social activities together, outside of our group zazen practice.

Survey respondents can submit general information about their preferences for *when* they are most available, and will be invited to events that are close to home and fit their availability.

We would welcome suggestions for volunteer opportunities in the Monroe, WI area and in the Chicago and West- & Northwest Suburban areas. As we get this program started, we will look for events that are “1-time” commitments, though we may repeat those that work well for all those involved.

If you would like to join us, please fill out the survey at:
<https://docs.google.com/forms/d/10EQZOsas6zDGeqF-D-Glpkvl6lpPhqxazjHfEUOmNH4/viewform>

Please look for information about our ongoing participation in Green County Family Promise and announcements about upcoming opportunities on the Community Involvement page of our website: www.greatplainszen.org/community.

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.



Weekly Schedule at Myoshinji

Early morning sitting takes place at Myoshinji at 5:30 on Friday with a morning service following. Evening zazen takes place Wednesdays, Thursdays and Fridays at 7 PM. The Saturday schedule includes Zazen at 9 AM followed by talk or discussion as well as 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.

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 24, June 21 and July 19, and run from 8:30-11:30 AM, followed by an informal lunch.

- Workshops at **Myoshinji** (Wisconsin) will be held Saturdays, June 28, and July 26 (no workshop scheduled for May). 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.*

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 at 6:15 pm where we will alternate between **Council** discussion – or informal **Tea and Chat** prior to sitting. This is an opportunity to just visit and for newcomers and “regulars” alike to get to know one another in an informal setting. Please see the calendar for specific dates for these activities

Remaining Retreat dates for 2014:

- August 14-17 3 Day Sesshin (Th-Sun)
- Sept. 19-21 Beginner's Mind Sesshin (Fri-Sun)
- October 9-12 Bodhidharma Sesshin (Thur-Sun)
- Nov 7-9 zazenkai (Fri-Sun)
- Dec. 3-7 Rohatsu sesshin (Wed - Sun)

(All retreats are held at Myoshinji in Monroe, Wisconsin)

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

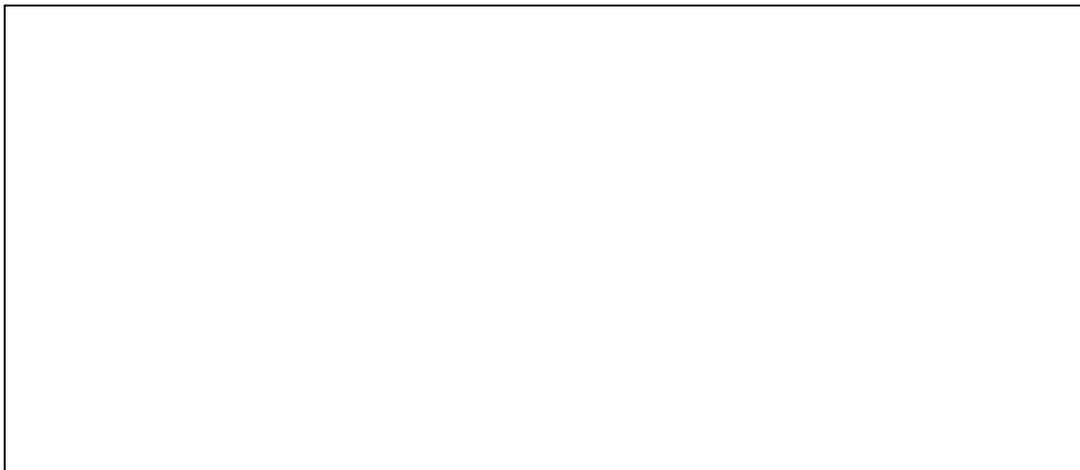
Check out our website: <http://www.greatplainszen.org>

If you haven't opened the GPZC website recently, please visit! Among the changes are more pictures, a community webpage listing local volunteer opportunities and the text of some children's Dharma songs on the Practice for Children page. Special thanks to Drake Andersen and Shingetsu Hellige, our webmasters!

GPZC

P.O. Box 2077

Palatine, IL 60078-2077



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

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

May 2014

				1	2	3 <i>9am Zazen</i>
4	5	6	7 <i>7:00p Zazen</i>	8 <i>7:00p Zazen</i>	9 <i>5:30a Zazen & Service 7:00p Zazen</i>	10 <i>8:30am Service 9am Zazen</i>
11 <i>Mother's Day</i>	12	13	14 <i>Maezumi Roshi Memorial Day 7:00p Zazen</i>	15	16 Zazenkai	17 Zazenkai <i>9am Zazen</i>
18 Zazenkai	19	20	21 <i>7:00p Zazen</i>	22 <i>7:00p Zazen</i>	23 <i>5:30a Zazen & Service 7:00p Zazen</i>	24 <i>8:30am Service 9:00am Zazen</i>
25	26 <i>Memorial Day</i>	27	28 <i>7:00p Zazen</i>	29 <i>7:00p Zazen</i>	30 <i>5:30a Zazen & Service 7:00p Zazen</i>	31 <i>8:30am Service 9am Zazen</i>

June 2014

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

July 2014

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

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

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

May 2014

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

June 2014

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

July 2014

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