

Dear Sangha Members,

On behalf of our Zen teachers, we are pleased to issue the Commitment Form for our upcoming 2018 Fall Practice Period. Three Sanghas will be participating this year.

Attached you will find the 2018 Ango Commitment form for you to fill out and return to me.

The PDF is a fillable form for those who have Adobe Acrobat Pro only. After filling out the form, save the form by choosing "save as" and then rename the document as per this example: 2018 Ango Commitment Senshin Griffith. Then you can just email the form to [programsteward@zcla.org](mailto:programsteward@zcla.org)

If you don't have Adobe Acrobat Pro, most everyone that has a computer has Adobe Reader. If not, you can download it by going to [www.adobe.com](http://www.adobe.com). Once you've opened it in Adobe Reader, print it, fill it out and then either:

- Mail it to: Zen Center of Los Angeles, Attention Program Steward, 923 South Normandie Avenue, Los Angeles, CA 90006.
- If you are a regular visitor of the Zen Center, you can bring it in and place it in the Program Steward mailbox that you'll find in the Sangha House coffee room.
- Or you can scan it and then send it attached to [programsteward@zcla.org](mailto:programsteward@zcla.org)

We request that you send your forms in by Wednesday September 26 so we can enter your name on the Sangha Training Board. Make that your first commitment. Get your form to us on time!

The Entering Ceremony for our Fall Practice Period (and our new Head Trainee) will be on Saturday, September 29 at 9:00 a.m. At that time, we will also have the Leave-taking Ceremony for Head Trainee Betsy Enduring-Vow Brown and the Entering Ceremony for new Head Trainee Jonathan Kaigen Levy. After the usual periods of zazen, we will have a snack at 11:00 a.m. and a Practice Period Commitment Circle from 11:30 a.m. to 12:30 p.m. We hope that you will all join us!

Please take advantage of our wonderful collective energy to make the commitments that will deepen your practice.

With gratitude,

Senshin

**P.S. SAVE THE DATE: Sunday, September 30** is Roshi Egyoku's birthday (it's a big one). She will be giving a teisho that morning and then we will have a very special celebration. Details to follow but mark your calendars now.