

Dear Sangha Members,

On behalf of our Zen teachers, we are pleased to issue the Commitment Form for our upcoming 2017 Fall Practice Period. Three Sanghas will be participating this year.

Attached you will find the 2017 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: 2017 Ango Commitment Senshin Griffith. Then you can just email the form to [programsteward@zcla.org](mailto:programsteward@zcla.org)

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 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.

We request that you send your forms in by Wednesday September 27 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 30 at 9:00 a.m. At that time, we will also have the Leave-taking Ceremony of Head Trainee Darla Myoho Fjeld and the Entering Ceremony of new Head Trainee Betsy Enduring-Vow Brown. 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