



2014 FALL PRACTICE PERIOD COMMITMENT FORM

October 3 to December 31, 2014

PARTICIPATING SANGHAS

ZCLA Great Dragon Mountain Buddha Essence Temple

Roshi Wendy Egyoku Nakao (left)
Sensei Raul Ensho Berge



Lincroft Zen Sangha
Sensei Merle Kodo Boyd



Ocean Moon Sangha
Sensei John Daishin Buksbazen



Santa Barbara Zen Center
Sensei Gary Koan Janka



The Valley Sangha
Sensei Patricia Shingetsu Guzy



Westchester Zen Circle
Sensei Kipp Ryodo Hawley



ZCLA: Incoming Head Trainee Katherine Senshin Griffith and Roshi Egyoku, Mark Shogen Bloodgood, outgoing Head Trainee (right).

PRACTICE PERIOD THEME

“Zazen” is the theme for our 2014 Practice Period. In particular, we are emphasizing approaching every activity of our daily life from the unity of zazen. We will train ourselves by using the actions of our daily lives to wake up and function from unity and love.

We ask you to consider what commitment you can make to deepen your practice. The emphasis is on deepening, not stressing yourself out unnecessarily by adding more activities. What is doable and sustainable for you for three months? Is there something unnecessary that you can set aside? What will help you hone your inborn urge to live awake here and now?

Please reflect on how you wish to attend to the following areas:

- **Daily zazen.** What is a realistic daily commitment? A half hour? An hour? Stretch yourself a bit in this.
- **100 hours zazen/100 days:** Is one hour of zazen daily for one hundred days an appropriate commitment for you? Can you undertake this with less than a one hour a day commitment? If so, what is doable and sustainable for you? Practitioners are paired up for this commitment: will you support the practice of another and let myself be supported?
- **Face-to-face meetings with a teacher.** What is realistic for you? Once a week? Once a month? Once during the Practice Period?
- **Extended zazen.** Can I undertake all or part of a zazenkai or sesshin?
- **Daily offering.** We ask that you commit to observing One Minute of Silence at noon for Peace. Set two alarms, one for noon, the other for 12:01 p.m. daily. Wherever you are, stop and observe silence. If others are with you when the alarm sounds, invite them to join.
- **Sutra Writing:** We encourage you to try the practice explained on page 5.

All of our teachers are available to discuss your practice commitment.

May all beings benefit from our practice!

2014 FALL PRACTICE PERIOD SANGHA SCHEDULES Oct. 3 to Dec. 31, 2014

You may participate in any part of the schedule.
For scheduled programs at ZCLA, see the calendar at www.zencenter.org.

ZCLA

The practice week officially begins with Wednesday morning zazen and concludes on Sunday after closing ceremony (Nenju).

Mornings: Wednesday - Thursday - Friday

5:45-5:55 a.m. Waking up the Body: Chinese-style Walking Zen*
6:00-7:00 Zazen (with 6:30 a.m. stretch bell) (Friday, F2F**)
7:00 Morning Service followed by Hakuryusan Service

Evening: Wednesday

7:15 p.m. Evening Service
7:30 Zazen/F2F
8:50 Four Vows

Evening: Thursday

7:15 Evening Service
7:30-7:50 Zazen
8:00-9:00 Talk, followed by tea & cookies

ZCLA SATURDAY

6-7:00 a.m. Zazen (Wall-gazing, join any time)
Followed by Saturday Program (see calendar).

ZCLA SUNDAY

6-7:00 a.m. Zazen (Wall-gazing, join any time)
Followed by Sunday Program (see calendar).

*Chinese-style Walking Zen occurs outside the Zendo; the line begins in the Sangha House driveway. You may join at any time. We walk vigorously, swinging our arms. The left arm swings in a 30-degree arc, the right arm in a 70-degree arc.

**"F2F" is Face-to-Face private meeting with a teacher.

LINCROFT ZEN CIRCLE

Tuesdays

7-8:00 a.m. Zazen

Wednesdays

7-9:00 p.m. Zazen

OCEAN MOON SANGHA

Wednesdays

7-7:25 p.m. Dharma Q&A
7:25-9:00 Zazen

Dharma Talk offered first Wed. of each month.

SANTA BARBARA ZEN CENTER

Sundays

9:00 a.m. Zazen/Service/Talk/F2F

VALLEY SANGHA

Mondays

7:30-9:00 p.m. Service/Brief talk/Zazen/F2F

WESTCHESTER ZEN CIRCLE

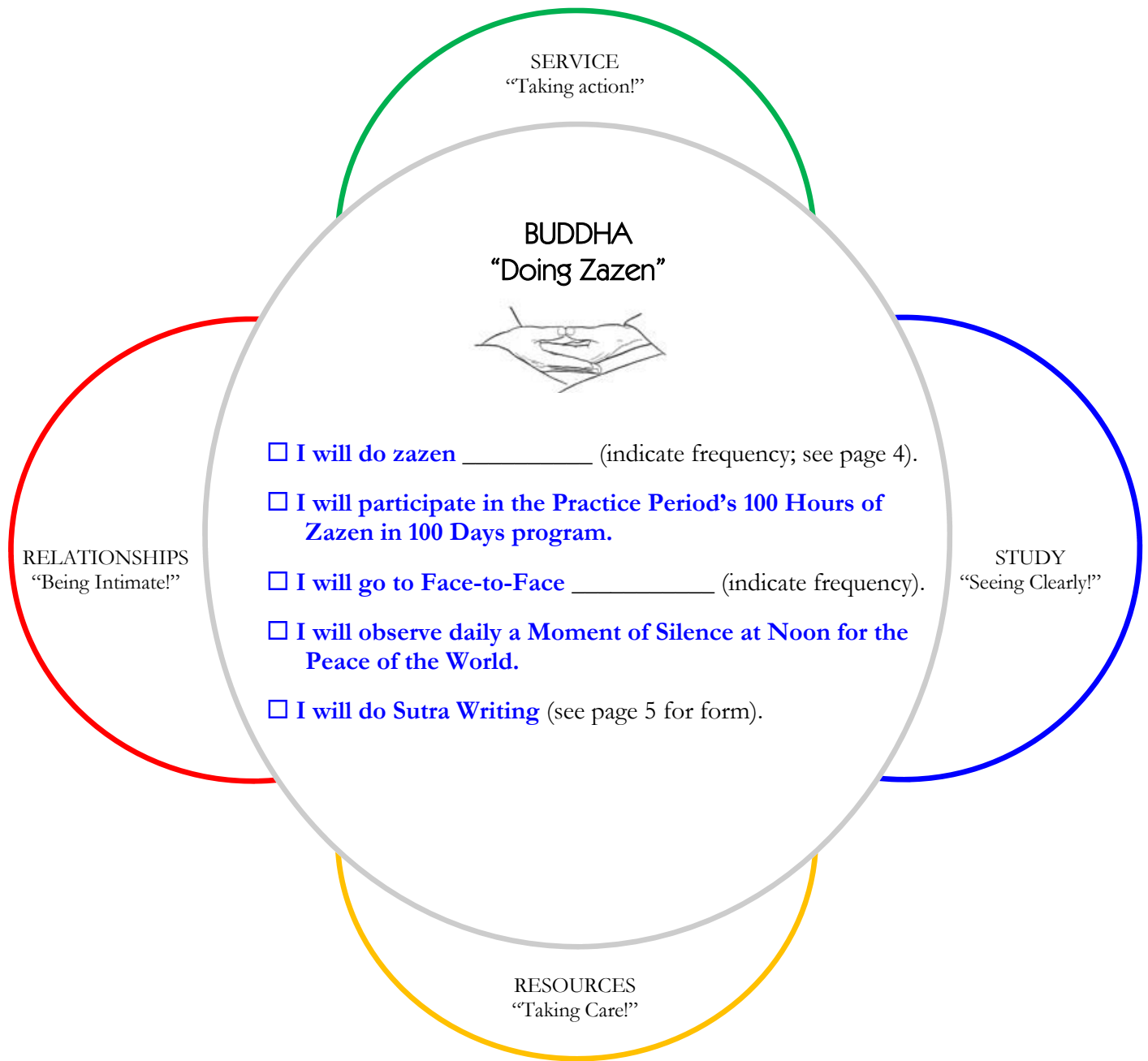
Wednesdays

6:45 p.m. Zazen Instruction (first Wed. of each month)
7:30-9:00 Zazen/F2F study



Zendo of the Ocean Moon Sangha

2014 PRACTICE PERIOD COMMITMENT FORM



Print your name legibly: _____

E-mail: _____ **Date:** _____

Keep a copy for yourself and send a copy to the appropriate Sangha by September 25, 2014.
ZCLA members may also send their commitments by e-mail to programsteward@zcla.org.

Your name will be listed on the Sangha Training Boards.

Guide for Zazen and Program Participation

Zazen Commitment: I will sit at home ___ days per week for ___ minutes per day.

- at the Lincroft Zen Sangha morning T
 evening W
- at the Ocean Moon Sangha evening W
- at Santa Barbara Zen Center Sundays

- at the Valley Sangha evening M
- at Westchester Zen Circle evening W
- at ZCLA mornings W Th F Sat Sun
 evenings W Th

Lincroft Zen Sangha

- I will attend the Rohatsu Zazenkai on December 7 (9:00 a.m. to 5:00 p.m.) (*Register with LZS*)

Santa Barbara Zen Center

- I will attend the Zazenkai on October 18 and November 15 (9:00 a.m. to 4:00 p.m.) (*Register with SBZC*)
- I will attend the Year End Sesshin December 28-31. (*Register with SBZC*)

Valley Sangha

- I want to learn jikido, doan (bell ringer), or chanter. I will contact Sensei Shingetsu for training.

Westchester Zen Circle

- I will attend the October Zazenkai on October 18 (9:00 a.m. to 5:00 p.m.) (*Register with WZS*)
- I want to learn the jikido position. I will contact Sensei Ryodo for training.

Zen Center of Los Angeles

Sesshin/Zazenkai (*You must register separately in addition to submitting this form.*)

- I will attend the October Zazenkai, October 10 (evening) and October 11 (6:00 a.m. to 5:00 p.m.)
- I will attend (all or part) of the Autumn Wind Sesshin, October 19 (evening) through October 26
- I will attend (all or part) of the Rohatsu Sesshin, December 5 (evening) through December 13
- I will attend (all or part) of the Year End MuGon Retreat, December 27 through December 30

Tenzo Training

- I will prepare/assist a Sunday Sangha meal. I will contact Gary Belton (beltongary@yahoo.com).
- I will help clean up after Sunday meals.

Service Position Training

- I want to learn a Zendo service position. I will contact Zendo Steward Mukei (mukei@mac.com) for training.
- I want to learn a Buddha Hall service position. I will contact Co-Ceremonial Stewards Deb Faith-Mind Thoresen (dthores@aol.com), Tom Dharma-Joy Reichert (dharma-joy@zcla.org), or Mark Shogen Bloodgood (markbloodgood9@gmail.com) for training.

I Will Attend

- Shuso Hossen (Dharma exchange with Head Trainee) Sunday, October 26.
- Day of Reflection on Saturdays, October 18, November 15, December 20.
- Atonement Ceremony on Thursday, October 16, November 13, and New Year's Eve, December 31.

Donation

- I will make a donation to ZCLA's Annual Fund Appeal. (You will receive the official mailing in November and can donate by the end of the year.) Our goal is 100% sangha participation.

*No sincere practitioner is turned away for lack of funds.
Please inquire in the office about receiving support through the Dharma Training Fund.*