



# 2011 FALL PRACTICE PERIOD COMMITMENT FORM October 1 to December 31, 2011

## PARTICIPATING SANGHAS

### ZCLA Great Dragon Mountain Buddha Essence Temple

*Sensei Kodo Boyd  
Sensei Koan Janka*

### Lincroft Zen Sangha *Sangha Stewards*

### Ocean Moon Sangha *Sensei Daishin Buksazen*

### The Valley Sangha *Sensei Shingetsu Guzy*

### Westchester Zen Circle *Sensei Ryodo Hawley*



## PRACTICE PERIOD THEME

The theme for our 2011 Fall Intensive Practice Period is The One Body: Realizing, Manifesting, and Serving. During this season we will continue our practice of zazen and face-to-face meeting with a teacher. We will practice more intensely by choosing an area of personal practice for deeper focus and broader awareness. In this year of Collective Awakening and Wisdom we can honor the leadership we are embodying through commitments to developing wiser relationships with others through practices such as right speech, generosity, and patience, and through commitments of Sangha stewardship, such as service and administrative roles that assure the security and smooth functioning of our place of practice. With intimate knowledge of ourselves, our Sanghas, and our practice, whatever commitment each member makes, all will benefit. ■

### MAKE A PRACTICE PERIOD COMMITMENT.

For the Practice Period, please make a commitment to the following:

- ◇ Regular zazen.
- ◇ Regular face-to-face meetings with a teacher.
- ◇ Training in a Buddha Hall or Zendo service position.

Practitioners may also select a personal practice, such as:

- ◇ Focusing on one of the 16 Bodhisattva Precepts.
- ◇ Creating a vow or intention related either to individual practice or to One Body practice in the Sangha.

Please turn in your practice period commitment form to the ZCLA office or to your Sangha's teacher by September 28, 2011.

# 2011 FALL PRACTICE PERIOD: Oct. 1 to Dec. 31, 2011

Daily Schedule for ZCLA Great Dragon Mountain Buddha Essence Temple  
Weekly Schedule for Lincroft Zen Sangha, Ocean Moon Sangha,  
The Valley Sangha, & Westchester Zen Circle

You may participate in any part of the schedule.

For scheduled programs, see the *Water Wheel* or the calendar at [www.zencenter.org](http://www.zencenter.org).

## ZCLA MONDAY & TUESDAY\*

### MORNING

5:25-6:30 a.m. Zazen  
6:30 a.m. Hosan\*\*  
Service

### EVENING

7:30 p.m. Zazen  
8:05 Kinhin  
8:15 Zazen  
8:50 Four Vows

\* The practice week officially begins with Tuesday evening zazen and concludes on Sunday after closing ceremony (Nenju).

\*\*Hosan literally means “no dokusan (face-to-face or F2F).” Morning service is shorter on Hosan days.

\*\*\*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.

\*\*\*\*Members are invited and welcome to these Sangha meals. Please contact the office or sign up on the sheet in the Sangha House no later than noon the day before you wish to attend so the tenzo has a head count to cook for. There is no fees for meals.

## ZCLA WEDNESDAY, THURSDAY & FRIDAY

### MORNING

5:15-5:25 a.m. Waking up the Body:  
Chinese-style Walking Zen\*\*\*  
5:25 - 6:30 Zazen/Kinhin  
6:30 Morning Service  
followed by  
Hakuryusan Service  
9 - Noon Work Service/Work  
12:00 p.m. Noon Service

### AFTERNOON

Open schedule until 2:00 p.m.  
2 - 5:00 Work

### EVENING - Wednesday & Friday

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

### EVENING - Thursday

6:15 p.m. Sangha Dinner (First  
10 minutes silent)\*\*\*\*  
7:15 Evening Service  
7:30 Zazen  
8:00 Talk followed by  
Tea & Cookies

## ZCLA SATURDAY

6-7:00 a.m. Zazen (Wall-gazing,  
join any time)  
7:05 Buffet Breakfast\*\*\*\*  
(First 10 minutes silent)  
Followed by Saturday Program (see  
calendar/online schedule).

## ZCLA SUNDAY

6-7:00 a.m. Zazen (Wall-gazing,  
join  
any time)  
7:05 Buffet Breakfast\*\*\*\*  
(First 10 minutes silent)  
Followed by Saturday Program (see  
calendar/online schedule).

## LINCROFT ZEN SANGHA

### **Wednesdays**

7-9:00 p.m. Zazen/Talk (contact  
LZS for complete offerings).

## 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.

## VALLEY SANGHA

### **Mondays**

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

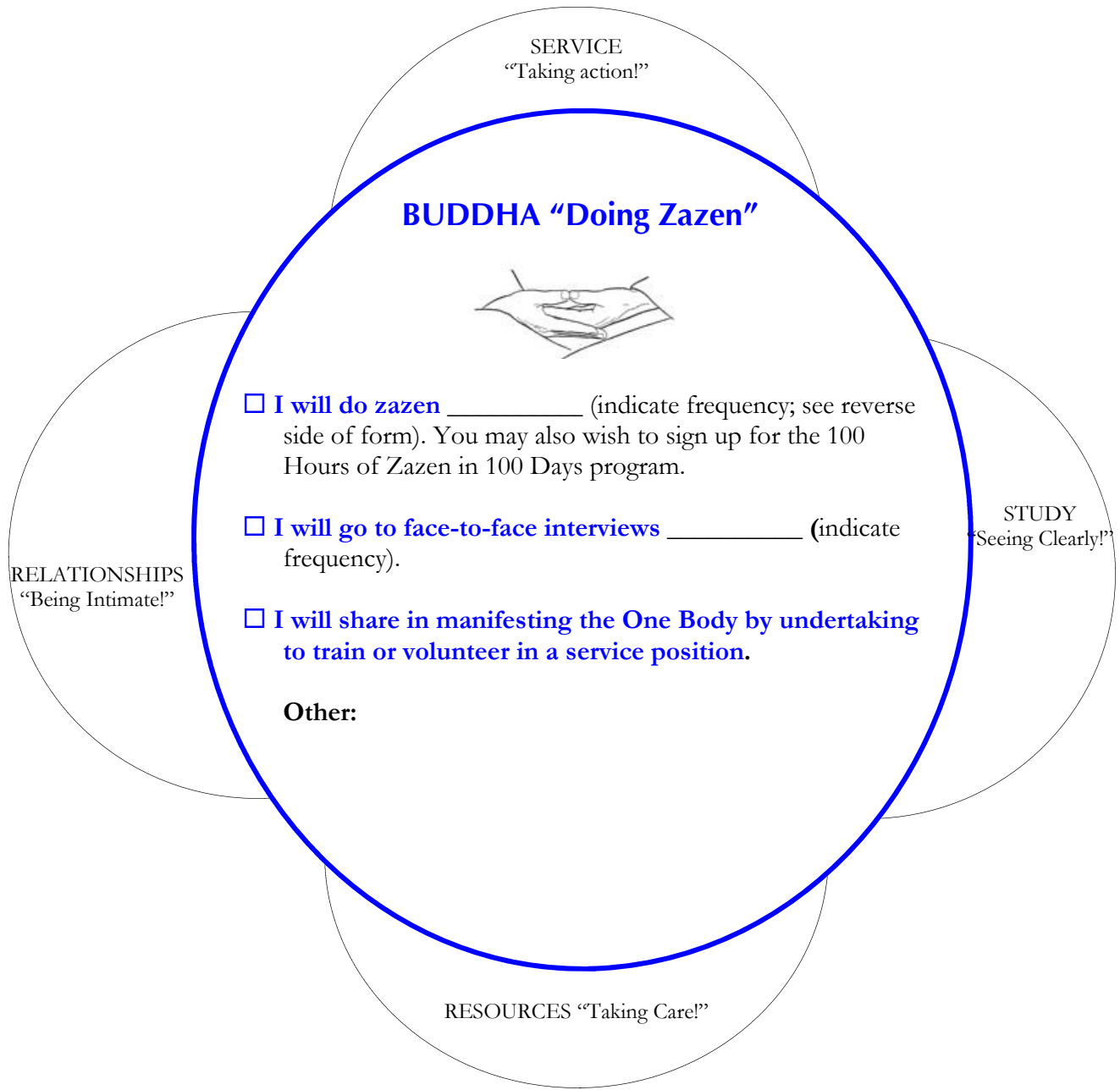
## WESTCHESTER ZEN CIRCLE

### **Wednesdays**

7:00 p.m. Zazen Instruction  
7:30-9:00 Zazen w/Dharma  
discussion or F2F study alternating  
weeks.

# 2011 PRACTICE PERIOD COMMITMENT FORM

Cut, copy, and send.



**Print your name legibly:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Your signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Keep a copy for yourself and send a copy to the appropriate Sangha by September 28, 2011.  
Your name will be entered on the Sangha Training Boards.

*ZCLA members may cut or fold this page, seal the sides with tape, place a stamp on it, and send it by snail mail, or by e-mail to [info@zcla.org](mailto:info@zcla.org). Please keep a copy for yourself.*

## Guide for Zazen and Program Participation

### Zazen Commitment:

I will sit at home \_\_\_\_\_ days per week for \_\_\_\_\_ minutes per day.

I will sit at ZCLA \_\_\_\_\_ mornings M Tu W Th F Sat Sun  
\_\_\_\_\_ evenings M Tu W Th F

I will sit at the Lincroft Zen Sangha \_\_\_\_\_ evening W (LZS members have additional group times.)

I will sit at the Ocean Moon Sangha \_\_\_\_\_ evening W

I will sit at the Valley Sangha \_\_\_\_\_ evening M

I will sit at Westchester Zen Circle \_\_\_\_\_ evening W

\_\_\_\_\_ I commit to sit 100 Hours of Zazen in 100 Days. Please contact me.

### ZCLA Sesshin (You must register with the ZCLA office in addition to submitting this form.)

\_\_\_\_\_ I will attend (all or part) of the Autumn Sesshin, October 16 (evening) through October 22 (evening).

\_\_\_\_\_ I will attend (all or part) of the Rohatsu Sesshin, December 2 (evening) through December 10 (evening).

\_\_\_\_\_ I will attend (all or part) of the End Of Year Sesshin, December 26 (evening) through December 31 (afternoon).

### ZCLA Meals. (Please sign up on the Sangha House bulletin board or contact Senshin at least one day in advance.)

\_\_\_\_\_ I will join the Sangha for one or more Thursday evening suppers.

\_\_\_\_\_ I will join the Sangha for one or more Saturday or Sunday morning breakfasts.

\_\_\_\_\_ I would like to be the tenzo for one or more meals. Contact Senshin at programsteward@zcla.org.

### Service Position Training

\_\_\_\_\_ At ZCLA, I want to learn a Zendo service position. Contact Zendo Steward Mukei (mukei@mac.com) for training.

\_\_\_\_\_ At ZCLA, I want to learn a Buddha Hall service position. Contact Co-Ceremonial Stewards Faith-Mind (dthores@aol.com) or Dharma-Joy (dharma-joy@zcla.org) for training.

\_\_\_\_\_ At Valley Sangha, I want to learn jikido, doan (bell ringer), or chanter. Contact Sensei Shingetsu for training.

\_\_\_\_\_ At Westchester Zen Circle, I want to learn the jikido position. Contact Sensei Ryodo for training.

### I will attend:

\_\_\_\_\_ ZCLA Day of Reflection on Saturdays, October 15, December 17.

\_\_\_\_\_ ZCLA Atonement Ceremony on Thursdays, October 13 and December 1, and New Year's Eve, December 31.

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

*Fold and seal*

Postage  
Required



ZEN CENTER OF LOS ANGELES  
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