



2012 FALL PRACTICE PERIOD COMMITMENT FORM

October 3 to December 31, 2012

PARTICIPATING SANGHAS

**ZCLA Great Dragon Mountain
Buddha Essence Temple**
Roshi Wendy Egyoku Nakao

Lincroft Zen Sangha
Sensei Merle Kodo Boyd

Ocean Moon Sangha
Sensei John Daishin Buksbazen

The Valley Sangha
Sensei Patricia Shingetsu Guzy

Westchester Zen Circle
Sensei Kipp Ryodo Hawley



Roshi Egyoku and Dharma-Joy.

PRACTICE PERIOD THEME

The theme for our 2012 Practice Period is “The Three Tenets of Not-Knowing, Bearing Witness, and Loving Action.” The Lincroft Zen Center theme is “Living By Vow,” which will also include The Three Tenets. We will apply these Tenets in our everyday activities, within our families and workplaces, and in the life of the collective Sangha.

During the Practice Period, we will individually continue our zazen and face-to-face meetings with a Zen teacher. For these months, we will also commit to making a daily offering of some kind and allow this offering to teach us. Some examples would be: a daily offering of a cup of water, which may then lead to a reflection and action on water; a daily offering of a smile to a stranger, which may lead us to explore connection; a daily offering of money to a cause, which may lead us to explore the various ways we give, and so forth. We look forward to your unique offerings.

At ZCLA, Thomas Dharma-Joy Reichert will be the Head Priest trainee under the guidance of Roshi Egyoku. He will begin his year-long training with an installation on Saturday, September 29th at 9:00 AM. As the head trainee, he will practice to set an example of constancy, clarity, and compassion in daily life.

We encourage everyone to renew their commitment to daily zazen practice by enrolling in the 100 hours of zazen in 100 days program. To support this, we will be setting up an e-group specifically for the Practice Period.

May all beings benefit from our practice! ■

MAKE A PRACTICE PERIOD COMMITMENT

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

- Regular zazen;
- Regular face-to-face meetings with a teacher;
- A daily offering;

and consider signing up for the 100 Hours/100 Days program.

Please return your form to the ZCLA office or to your Sangha’s teacher by September 28, 2012.

2012 FALL PRACTICE PERIOD: Oct. 3 to Dec. 31, 2012

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 at ZCLA, see the calendar at www.zencenter.org.

ZCLA MONDAY & TUESDAY*

CLOSED

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

EVENING - Wednesday

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 a.m. Buffet Breakfast***
(First 10 minutes silent)

Followed by Saturday Program (see calendar).

ZCLA SUNDAY

6-7:00 a.m. Zazen
(Wall-gazing, join any time)
7:05 a.m. Buffet Breakfast***
(First 10 minutes silent)

Followed by Sunday Program (see calendar).

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

**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 fee for meals.

Note: "F2F" is Face-to-Face private interview.



LINCROFT ZEN SANGHA

Wednesdays

7-9:00 p.m. Zazen/Talk;
also one Saturday per month

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.

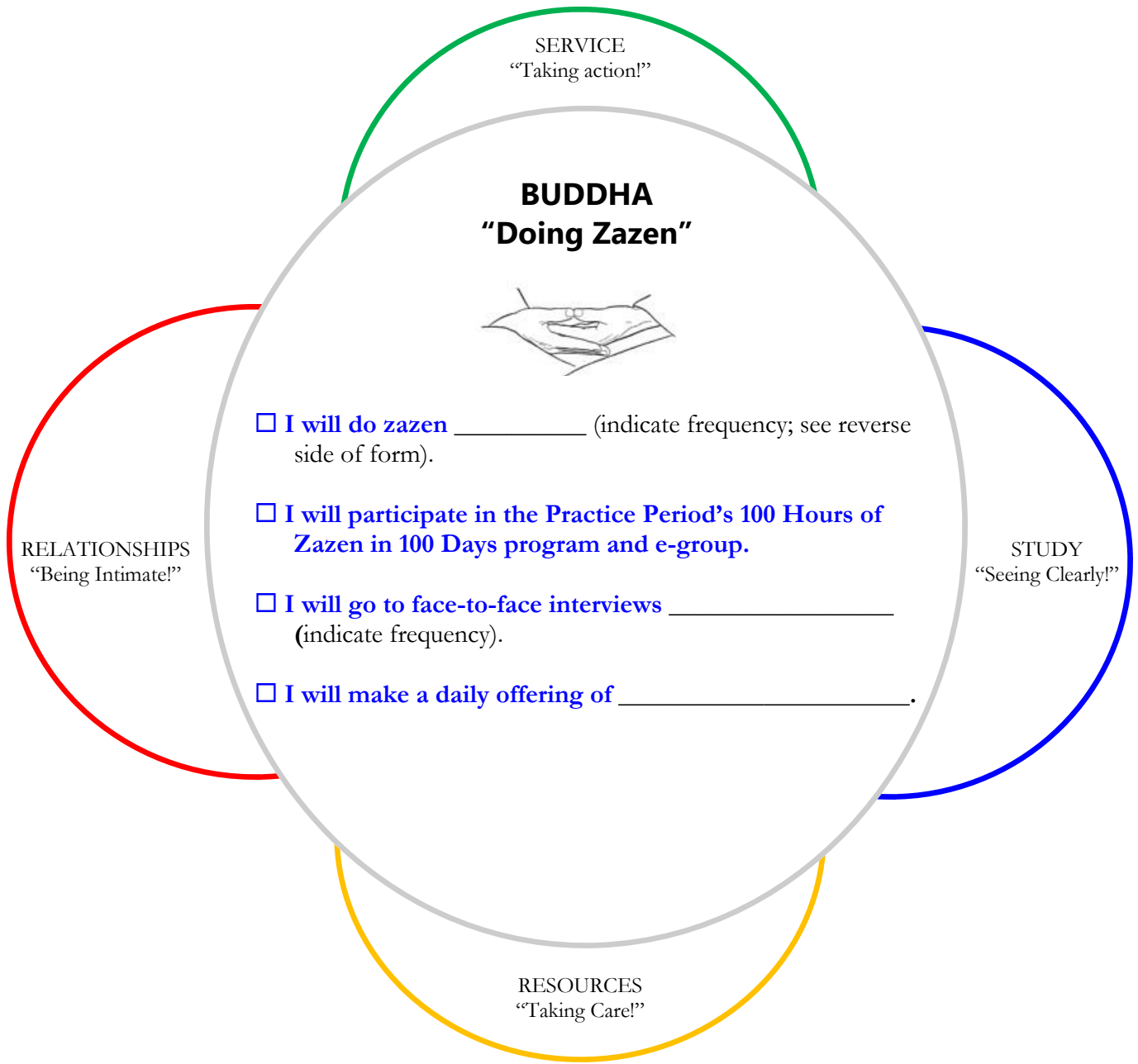
WESTCHESTER ZEN CIRCLE

Wednesdays

6:45 p.m. Zazen Instruction
(first Wed. of each month)
7:30-9:00 Zazen with Dharma discussion or F2F study, depending on the week.

2012 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, 2012.
Your name will be entered on the Sangha Training Boards.

ZCLA members may cut and fold this page, seal the sides with tape, place a stamp on it, and send it by snail mail, or by e-mail to programsteward@zcla.org.

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 W Th F Sat Sun
_____ evenings W Th

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 and participate in the supporting e-group. Please contact me.

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

_____ I will attend (all or part) of the Westchester Zen Circle October Zazenkai, October 6 (9:00 a.m. to 5:00 p.m.).

_____ I will attend (all or part) of the October Zazenkai, October 12 (evening) and October 13 (5:00 p.m.).

_____ I will attend (all or part) of the Oxherding Sesshin, October 21 (evening) through October 27 (evening).

_____ I will attend (all or part) of the Rohatsu Sesshin, November 30 (evening) through December 8 (evening).

_____ I will attend (all or part) of the End Of Year Retreat, 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.

_____ I will volunteer to wash dishes after meals.

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 20, December 15.

_____ ZCLA Atonement Ceremony on Thursday, October 11 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



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