



2010 FALL PRACTICE PERIOD COMMITMENT FORM October 2 to December 30, 2010

PARTICIPATING SANGHAS

ZCLA Great Dragon Mountain

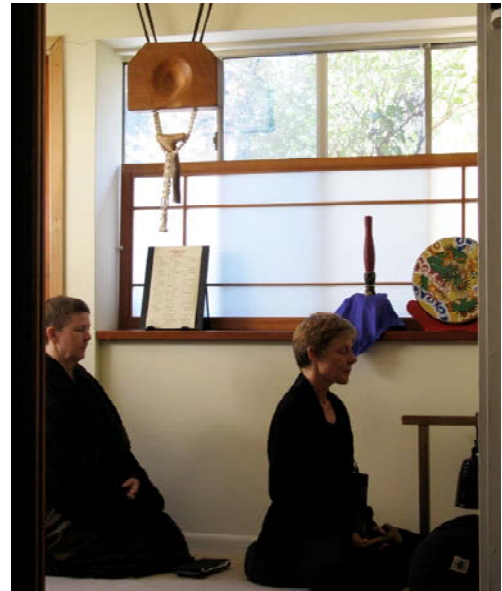
*Roshi Egyoku Nakao
Sensei Ensho Berge
Sensei (to be) Koan Janka*

Lincroft Zen Sangha *Sensei Kodo Boyd*

Ocean Moon Sangha
Sensei Daishin Buksbazen

The Valley Sangha *Sensei Shingetsu Guzy*

Westchester Zen Circle
Sensei Ryodo Hawley



THEME

Zazen is the theme for the 2010 Fall Practice Period. The talks and discussions will continue to focus on the practice of zazen through the use of texts, koans, and readings. Most importantly, we will make commitments to sit zazen regularly and to see a teacher regularly. We are also asking that each of us commit to participating in an aspect of Zen Center stewardship, such as a zendo position, cleaning, cooking, gardening, Buddha Hall service positions, altar cleaning, and so forth. Let's have 100 percent participation!

E-COURSE

Roshi Egyoku will offer an E-Course, an online course that will explore the various facets of the Mandala, or Circle of Life. From Monday to Friday daily, she will post a brief lesson with a practice for the day. All participants will be linked by an e-group for postings relevant to our practice.

MAKE A COMMITMENT!

The commitment form is on pages 3 and 4. For the Fall Practice Period, please make a commitment to the following:

- ◇ Regular zazen.
- ◇ Regular face-to-face meetings with a teacher.
- ◇ Stewarding a ZCLA activity.

Practitioners may also select a personal practice, such as:

- ◇ Focusing on one of the 16 Bodhisattva Precepts.
- ◇ Creating a vow or intention.

Please turn in your form to the ZCLA office or to your group teacher by September 28, 2010, so that we can prepare the participant list by October 2.

Watch for a Members Flash, which will have details on how to register and how the Course works. There will be no fee. The E-Course will provide yet another way to practice as a Sangha. ■

2010 FALL PRACTICE PERIOD: Oct. 2 to Dec. 30, 2010

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

You may join any part of the schedule.
See the *Water Wheel*/calendar and/or www.zencenter.org for additional programs.

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 these days.

***The Chinese-style Walking Zen line begins in the Sangha House driveway and circles the SH. You may join at any time. Chinese-style Walking Zen means that we walk vigorously swinging our arms. The left arm swings in a 30-degree arc, the right arm in a 70-degree arc.

****Members may join meals. Prior notification is necessary by contacting the office or signing up no later than noon the day before you wish to attend. There is no fees for meals.

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

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 / Talk
followed by Tea & Cookies
8:50 Four Vows

Observe SILENCE until the end of breakfast.

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.

2010 PRACTICE PERIOD COMMITMENT FORM

Cut, copy, and send.

SERVICE
"Taking action!"

BUDDHA "Doing Zazen"



OUR PRIMARY FOCUS THIS YEAR IS ON ZAZEN.

I will do zazen _____. (See reverse side of form.) You may also wish to sign up for the 100 Hours of Zazen in 100 Days program.

I will go to face-to-face interviews _____ (indicate frequency).

I will share in the stewarding of our practice period or practice place by _____.

Other:

RELATIONSHIPS
"Being Intimate!"

STUDY
"Seeing Clearly!"

RESOURCES "Taking Care!"

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, 2010.
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. Please keep a copy for yourself.

Guide for Zazen and Zendo Participation (No sincere dharma practitioner is turned away for lack of funds. Please inquire in the office about the Dharma Training Fund.)

Home Practice Schedule:

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

Practice Schedules:

I will sit at Great Dragon Mountain _____ 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 will commit to 100 Hours of Zazen in 100 Days.** Please contact me.

ZCLA Great Dragon Mountain Sesshin & Retreat (You must register with the ZCLA office.)

_____ I will attend (all or part) of the Autumn Sesshin, October 24 (evening) through October 30 (evening).

_____ I will attend (all or part) of the Rohatsu Sesshin, December 2 (evening) through December 11 (evening).

ZCLA Great Dragon Mountain Meals. (Please sign up on the Sangha House bulletin board at least one day in advance.)

_____ I will join the Sangha dinner: Thurs

_____ I will join the Sangha breakfasts on: Sat Sun

_____ I would like to be tenzo for a meal. Contact Program Steward (Senshin) at programsteward@zcla.org.

Service Positions

_____ At ZCLA, I will be jikido (Zendo timekeeper). Contact Zendo Co-Stewards Koan (gjanka@ca.rr.com) or Dokai (dokai@zcla.org) for training.

_____ At ZCLA, I want to learn service positions. Contact Co-Inos 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), and 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 9 and December 18.

_____ ZCLA Atonement Ceremony on Thursday, October 14, and New Year's Eve, December 31.

Comments:

Fold and seal

Postage
Required



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