

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	27	28	29	30	1	2
	6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	6:45-7:45 am Zazen ----- 7-9 pm Zazen	6:45-9 pm Introduction to Zen Meditation and Zazen	7-9 pm Zazen	9:30 am Morning Service ----- 3 p.m. Breathe. Read. Write.	3:30-5 pm Seiza Meditation
	4	5	6	7	8	9
	7-9 pm Zazen and Tai Chi	7-9 pm Zazen	No public program	7-9 pm Zazen	9:30 am Morning Service ----- 2-4:30 pm Lecture in Japanese on Shin Buddhism, and Seiza Meditation	10
11	12	13	14	15	16	17
7-9:30 pm Lecture on Shin Buddhism, and Seiza Meditation	6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi ----- 7-9 pm Rohatsu Sitting	6:45-7:45 am Zazen ----- 7-9 pm Rohatsu Sitting Student Dharma Talk	6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen ----- 9-10 pm Rohatsu sitting	6:45-7:45 am Zazen ----- 7-9 pm Rohatsu Sitting	9:30 am Zazen and Jodo-e ceremony	3:30-5 pm Seiza Meditation
18	19	20	21	22	23	24
	7-9 pm Zazen and Tai Chi	No public program	No public program	No public program	3-5:30 pm Lecture in Japanese on Shin Buddhism, and Seiza Meditation	



DECEMBER CALENDAR

Introduction to Zen Meditation, every Thursday, 6:45-9 p.m. (no program December 7, 21, 28.) Instruction in Zen meditation followed by a period of meditation, and tea and discussion. No reservation is necessary.

Morning Service, Saturday mornings at 9:30 a.m. (no program December 23 and 30.) Full morning service followed by a period of zazen, tea and temple cleaning. Jodo-e ceremony December 16.

Breathe.Read.Write. Lisa Freedman will lead a meditation and poetry workshop on December 2 at 3 p.m. "Every time we guide our wandering minds back to the breath, we offer ourselves a fresh start. Every time we meditate and then pick up our pens to write in response to a poem, we are in a realm of unlimited possibilities." Free-writing (just letting the pen move, non-stop) can be their vehicle. No meditation or writing experience is needed. We will gather and then meditate, read a poem or short piece of prose, free-write from it, share our writings, listen closely, and respond. Come enjoy this chance to cultivate stillness and express what arises.

Seiza Meditation and Dharma Talks on Shin Buddhism - Rev. Miki Nakura, of Higashi Hongan-ji temple in Kyoto, and the Jodo-Shinshu Shin Buddhist New York Sangha, will lead a seiza meditation and give a Dharma talk in Japanese on Shin Buddhism on December 9, 2-4:30 p.m. and 23, 3-5:30 p.m.; lead a seiza meditation and give a talk in English on December 11, 7-9:30 p.m.; and lead a longer seiza meditation on December 3 and 17, 3:30-5 p.m.

Rohatsu (a Japanese word meaning "the eighth day of the last month of the year") is held each year in Zen monasteries throughout the world to commemorate the enlightenment of Shakyamuni Buddha, which occurred when he saw a star at dawn on the eighth day of his retreat. During this week, we manifest the Buddha's determination as he sat beneath the Bodhi tree, vowing not to rise until he achieved true awakening. Every student contributes to and takes strength from the powerful energy and determination of all. From December 12-15 we will read from Hakuin's *Rohatsu Exhortations* at 8 p.m. during the evening sit. The week culminates with the jodo-e chanting ceremony at 9:30 a.m. on December 16 and a Sangha holiday event. To register for the December 16 event, contact the office.

Long-term practitioners who are students of Shinge Roshi are available for informal meetings to discuss questions about Zen Buddhist practice, or just to offer encouraging words. If you would like to arrange a meeting, please contact the office.

New Year's Eve will be celebrated at Dai Bosatsu Zendo, a family-friendly New Year's Eve with the residents at the monastery. The evening will begin with zazen, a talk by Shinge Roshi, and a special New Year's feast. Then everyone will be invited to welcome in 2018 with the *Joya no Kane*, chanting and ringing the *daisho* (the large outdoor temple bell) 108 times, ending at midnight and followed by refreshments. There will be a New Year's brunch the next morning. Event contribution: \$100 for adults (\$75 for members) and \$25 for children under twelve. There is a sliding scale available for those who can come two or three days early to help us with preparations. Bus transportation from New York Zendo may be available. If you wish to attend please contact the office.

There will be no public events at NYZ Tuesday, December 19 through Monday, January 1 except as noted on the calendar.

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