

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	4 6:45-7:45 am Zazen ----- 7-9 pm Zazen	5 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	6 6:45-7:45 am Zazen ----- 7-9 pm Zazen	7 9:30 am Morning Service ----- Breathe.Read.Write. 3-5 pm	8 49 TH Day Memorial for Eido Roshi
9	10 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	11 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Rinzai Day Commemoration	12 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	13 6:45-7:45 am Zazen ----- 7-9 pm Zazen	14 9:30 am Morning Service	15
16 7-9:30 pm Lecture on Shin Buddhism, and Seiza Meditation	17 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	18 6:45-7:45 am Zazen ----- 7 pm Zazen and Student Dharma Talk	19 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen and Teisho by Junryu Roshi	20 6:45-7:45 am Zazen ----- 7-9 pm Zazen	21 Shojin Ryori Japanese Cooking Workshop 10 am-1:30 pm ----- 2-4:30 pm Japanese Lecture on Shin Buddhism, and Seiza Meditation	22 Shojin Ryori Japanese Cooking Workshop 10 am-1:30 pm ----- 3:30-5 pm Seiza Meditation
23	24 NEW YORK ZENDO CLOSED	25 NO MORNING ZAZEN ----- 7-9 pm Zazen	26 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation	27 6:45-7:45 am Zazen ----- 7-9 pm Zazen	28 9:30 am Morning Service ----- 3-5:30 pm Lecture in Japanese on Shin Buddhism, and Seiza Meditation	29

APRIL CALENDAR

INTRODUCTION TO ZEN MEDITATION, every Thursday, 6:45-9 p.m. 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. except April 21. Full morning service followed by a period of zazen, tea and temple cleaning.

The 49th Day Memorial of the death of Zen Studies Society Founding Abbot Eido Shimano Roshi will be held at 10 a.m. on April 8. Contact the office if you wish to attend.

STUDENT DHARMA TALK APRIL 18 at 7 p.m.

INSTRUCTION AND TEISHO BY ERAN JUNRYU VARDI ROSHI ON APRIL 19 At the invitation of Shinge Roshi, Junryu Roshi teaches at NYZ once a month. He is the founder of Eiryu-ji Zen Center, and is a Dharma teacher in the lineage of Taizan Maezumi Roshi, a member of the White Plum Sangha, and a 6th Dan teacher of Aikido, Shido-in. He is available for individual practice interviews and for assistance with physical sitting issues from 5 p.m. Email or call the office if you would like to meet with him. Beginners' instruction, and zazen for those who do not attend the instruction, begin at 6:45.

SHOJIN RYORI CLASS APRIL 21, 22, 10 A.M.-1:30 P.M.

Masami Asao Sensei will offer this spring class in temple cooking. Masami Sensei is one of Japan's leading instructors of shojin ryori. She will teach a workshop on this ancient form of Buddhist temple cooking using simple, seasonal, vegetarian ingredients in elegant presentations. The experience of making and enjoying shojin ryori connects you to the heart, spirit, and traditions of Japan. The charge is \$75 per session (\$125 for both). The menu will be different on the second day. This class is very popular and space is limited, so please register early! Contact the office to reserve.

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 April 21, 2-4:30 p.m. and 28, 3-5:30 p.m.; lead a seiza meditation and give a talk in English on April 16, 7-9:30 p.m.; and lead a longer seiza meditation on April 1 and 22, 3:30-5 p.m.

RINZAI DAY MEMORIAL APRIL 10 at 7 p.m. Chanting in commemoration of the founder of Rinzai Zen Buddhism.

BREATHE.READ.WRITE. Lisa Freedman will lead a meditation and poetry workshop on April 7 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.

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.

CHANTING SERVICE Following Buddhist tradition, *Dai Segaki* is chanted each morning, and those recently deceased are memorialized for 49 days after the date of their passing. If you would like to participate in this tradition, please email the names to be chanted and the date of the person's death.

office@newyorkzendo.org 212-861-3333
zenstudies.org