

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	30 6:45-7:45 am Zazen ----- 7-9 pm Zazen	31 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	1 6:45-7:45 am Zazen ----- 7-9 pm Zazen	2 9:30 am Morning Service	3 3:30 pm Seiza Meditation
4	5 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	6 6:45-7:45 am Zazen ----- 7-9 pm Zazen	7 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	8 6:45-7:45 am Zazen ----- 7-9 pm Zazen	9 9:30 am Morning Service ----- 2 pm Japanese Talk on Shin Buddhism and Seiza Meditation ----- 3 pm Breathe.Read.Write.	10
11 7 pm Talk on Shin Buddhism and Seiza Meditation	12 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	13 6:45-7:45 am Zazen ----- 7-9 pm Zazen Student Dharma Talk	14 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	15 6:45-7:45 am Zazen ----- 7-9 pm Zazen	16 9:30 am Segaki Service	17 3:30 pm Seiza Meditation
18	19 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	20 6:45-7:45 am Zazen ----- 7-9 pm Zazen 6:45-	21 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	22 6:45-7:45 am Zazen ----- 7-9 pm Zazen	23 9:30 am Morning Service ----- 3 pm Japanese Talk on Shin Buddhism and Seiza Meditation	24
25	26 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	27 6:45-7:45 am Zazen ----- 7-9 pm Zazen 6:45	28 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Teisho by Junryu Roshi	29 6:45-7:45 am Zazen ----- 7-9 pm Zazen	30 Zendo Closed	1

JUNE

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 June 30; June 16 see below. Full morning service followed by a period of zazen, tea and temple cleaning.

STUDENT DHARMA TALK June 13 at 7 p.m.

INSTRUCTION AND TEISHO BY ERAN JUNRYU VARDI ROSHI ON June 28 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.

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 June 9 at 2 pm, and 23 at 3 p.m.; lead a seiza meditation and give a talk in English on June 11 at 7 p.m.; and lead a longer seiza meditation on June 3 and 17 at 3:30 p.m.

BREATHE.READ.WRITE. Lisa Freedman will lead a meditation and poetry workshop on June 9 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.

SEGAKI SERVICE and SIT, JUNE 16, 9:30 am-noon. Please join us for our annual Segaki Service at New York Zendo Shobo-ji. For one day, we invite the spirits of our ancestors back into the temple, and offer our chanting in gratitude for the profound impact the lives of all who have come before us have on our own lives. **Whether or not you will attend, if you would like the names of your loved ones included in the chanting dedication**, please give their names to office@newyorkzendo.org or call 845-439-4566.

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.