

Zen Studies October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	3 6:45-7:45 am Zazen ----- 7-9 pm Zazen	4 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	5 6:45-7:45 am Zazen ----- 7-9 pm Zazen	6 9:30 am Morning Service	7 3:30-5 pm Seiza Meditation
8	9 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	10 6:45-7:45 am Zazen ----- 7-9 pm Zazen	11 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	12 6:45-7:45 am Zazen ----- 7-9 pm Zazen	13 9:30 am Morning Service ----- 3 pm Breathe. Read. Write ----- 2-4:30 pm Lecture in Japanese on Shin Buddhism, and seiza meditation	14
15 7-9 pm Lecture on Shin Buddhism, and Seiza Meditation	16 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	17 6:45-7:45 am Zazen ----- 7-9 pm Zazen	18 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation	19 6:45-7:45 am Zazen ----- 7-9 pm Zazen	20 8 am- 6 pm Bodhidharma All-day Sit; practice interviews 8 am Morning Service	21 3:30-5 pm Seiza Meditation
22 6:15-7:45 pm Open AA 11th Step Meeting	23 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	24 6:45-7:45 am Zazen ----- 7-9 pm Zazen	25 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Teisho by Junryu Roshi	26 6:45-7:45 am Zazen ----- 7-9 pm Zazen	27 9:30 am Mandala Day morning service ----- 3-5:30 pm Lecture in Japanese on Shin Buddhism, and seiza meditation	27
29 6:15-7:45 pm Open AA 11th Step Meeting	30 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	31 6:45-7:45 am Zazen ----- 7-9 pm Zazen	1 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	2 6:45-7:45 am Zazen ----- 7-9 pm Zazen	3 9:30 am Mandala Day morning service	4

OCTOBER 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 October 20 at 8 a.m. Full morning service followed by a period of zazen, tea and temple cleaning. October 27 Mandala Day Service.

Bodhidharma All-day sit Saturday, October 20, 8 a.m.-6 p.m. Dharma Teacher Hokuto Dan Diffin will lead this all-day sit in honor of the First Ancestor who brought Zen from India to China, and will offer practice interviews and a Dharma talk. Formal lunch will be served. A suggested donation of \$30 for members or \$40 for others is appreciated. To reserve your space, please contact the office.

Instruction and Teisho by Eran Junryu Vardi Roshi, Thursday, October 25

At the invitation of Shinge Roshi, Junryu Roshi offers instruction and teisho once a month at NYZ. He is the founder of Eiryu-ji Zen Center, and is a Dharma teacher in the lineage of Taizan Maezumi Roshi and a 6th Dan teacher of Aikido, Shido-in. He is available to meet with students late Thursday afternoon; please

contact the office if you would like to meet with him. Zazen instruction begins at 6:45. Zazen begins at 6:45 for those who do not attend the instruction.

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 October 13, 2-4 p.m. and October 27, 3-5 p.m.; lead a seiza meditation and give a talk in English on October 15, 7-9 p.m.; and lead a longer seiza meditation on October 7 and 21, 3:30-5:00 p.m. Seiza meditation is done in a kneeling position or seated on a chair with the body slightly inclined forward. When some of the first Westerners, such as Ruth Fuller Sasaki, went to Japan in the twentieth century to seek instruction in Zen, D. T. Suzuki and other Zen teachers sometimes recommended they take up seiza meditation as a complement to zazen.

Breathe.Read.Write. Lisa Freedman will lead a meditation and poetry workshop on October 13 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.

Open AA 11th Step Meeting

Monday, October 22, 29. Doors open at 6:15 p.m. for zazen meditation, meeting ends at 7:45.

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