

Zen Studies

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	28 6:45-7:45 am Zazen ----- 7-9 pm Zazen	29 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	30 6:45-7:45 am Zazen ----- 7-10 pm Zazen Rohatsu	1 9:30 am Morning Service ----- 2-4:30 pm Lecture in Japanese on Shin Buddhism, and seiza meditation ----- 7-10 pm Zazen Rohatsu	2 7-10 pm Zazen Rohatsu ----- 3:30-5 pm Seiza Meditation
3 7-10 pm Zazen Rohatsu	4 6:45-7:45 am Zazen ----- 7-10 pm Zazen Rohatsu	5 6:45-7:45 am Zazen ----- 7-10 pm Zazen Rohatsu	6 6:45-7:45 am Zazen ----- 6:45-10 pm Introduction to Zen Meditation and Rohatsu	7 6:45-7:45 am Zazen ----- 7 pm Zazen Rohatsu	8 8:30 am Zazen and Jodo-e Ceremony ----- 3 pm Breathe. Read. Write.	9
10	11 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	12 6:45-7:45 am Zazen ----- 7-9 pm Zazen	13 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Teisho by Junryu Roshi	14 6:45-7:45 am Zazen ----- 7-9 pm Zazen	15 9:30 am Mandala Day Morning Service	16
17	18 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	19 6:45-7:45 am Zazen ----- 7-9 pm Zazen	20 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	21 6:45-7:45 am Zazen ----- 7-9 pm Zazen	22 9:30 am Morning Service	23
24 No public events	25 No public events	26 6:45-7:45 am Zazen	27 6:45-7:45 am Zazen	28 6:45-7:45 am Zazen	29 No public events	29 No public events
		NEW YEARS EVE AT NYZ	DECEMBER 31 9PM-MIDNIGHT			

DECEMBER CALENDAR

Introduction to Zen Meditation, every Thursday (not Dec. 27), 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 morning at 9:30 a.m., no service December 29. Full morning service followed by a period of zazen, tea and temple cleaning. December 8 at 8:30 Jodo-e Service, December 15, Mandala Day Service.

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. The week of sitting culminates in the chanting of the Jodo-e ceremony the morning of December 8.

Instruction and Teisho by Eran Junryu Vardi Roshi, Thursday, December 13

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 December 1, 2-4:30 p.m.; and lead a longer seiza meditation on December 2, 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 December 8, 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.

New Year’s Eve Please join us for zazen, a Dharma talk, and joyous chanting of Kanzeon 108 times, as each person strikes the gong and makes a vow, followed by refreshments. Donations are welcome.

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