

Zen Studies

January

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
| 31 9 pm New Year's Eve Celebration | 1 No public event | 2 6:45-7:45 am Zazen ----- 7-9 pm Zazen | 3 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen | 4 6:45-7:45 am Zazen ----- 7-9 pm Zazen | 5 9:30 am Diamond Sutra Chanting | 6 |
| 7 Open AA 11th Step Meeting 6:30-7:45 pm | 8 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi | 9 6:45-7:45 am Zazen ----- 7-9 pm Zazen | 10 6:45-7:45 am Zazen ----- 6:45-10 pm Introduction to Zen Meditation and Zazen | 11 6:45-7:45 am Zazen ----- 7-9 pm Zazen | 12 9:30 am Morning Service ----- 2-4:30 pm Talk on Shin Buddhism, and seiza meditation | 13 3:30-5 pm Seiza Meditation |
| 14 7-9:30 pm Talk on Shin Buddhism, and seiza meditation | 15 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi | 16 6:45-7:45 am Zazen ----- 7-9 pm Zazen | 17 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen | 18 6:45-7:45 am Zazen ----- Martin Luther King, Jr. Sesshin 7-9 pm | 19 8:00 am Mandala Day Service ----- Martin Luther King, Jr. Sesshin 8 am-9 pm | 20 Martin Luther King, Jr. Sesshin 8 am-6 pm |
| 21 Open AA 11th Step Meeting 6:30-7:45 pm | 22 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi | 23 6:45-7:45 am Zazen ----- 7-9 pm Zazen | 24 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Teisho by Junryu Roshi | 25 6:45-7:45 am Zazen ----- 7-9 pm Zazen | 26 9:30 am Morning Service ----- 3-5:30 pm Talk in Japanese on Shin Buddhism, and seiza meditation | 27 3:30-5 pm Seiza Meditation |
| 28 Open AA 11th Step Meeting 6:30-7:45 pm | 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 |

JANUARY 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 morning at 9:30 a.m. Full morning service followed by a period of zazen, tea and temple cleaning. January 5 Diamond Sutra Chanting; January 18 at 8 am, Mandala Day Service.

Diamond Sutra Chanting January 5 at 9:30
How better to start the year? We will chant the entire sutra in English and Sino-Japanese followed by informal tea.

Martin Luther King, Jr. Weekend Sesshin January 18-20 Dokuro Osho, the Dharma heir of Shinge Roshi, will lead this sesshin, which honors the life and legacy of Dr. King. He will offer dokusan and teisho. Sesshin begins on Friday evening and concludes on Sunday evening. Formal meals will be served. Full participation is encouraged, though part-time participation will be considered as space allows. There is limited space to accommodate overnight participants; advance reservations are required. A suggested donation of \$125 for members or \$150 for nonmembers is appreciated. Register on line at www.zenstudies.org.

Instruction and Teisho by Eran Junryu Vardi Roshi, Thursday, January 24

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, and 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 on Shin Buddhism on Saturday, January 12, 2-4:30 and Monday, January 14, 7-9:30 p.m.; in Japanese on Saturday, January 26, 3-5:30 p.m.; and lead a longer seiza meditation on Sunday, January 13 and 27, 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 Saturday, January 12, 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.

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