

# Zen Studies

# February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 Open AA 11th Step Meeting 6:30-7:45 pm	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 ----- 2-4:30 pm Talk on Shin Buddhism, and seiza meditation ----- 3pm Breathe. Read. Write	10
11 7-9:30 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	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 Parinirvana All-Day Sit with Hokuto Dan Diffin Sensei, and One-Year Memorial for Eido Roshi 8 am-6 pm	17 3:30-5 pm Seiza Meditation
18 Open AA 11th Step Meeting 6:30-7:45 pm	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	21 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen and Teisho by Junryu Roshi	22 6:45-7:45 am Zazen ----- 7-9 pm Zazen	23 9:30 am Mandala Day Service ----- 3-5:30 pm Talk on Shin Buddhism in Japanese	24
25 Open AA 11th Step Meeting 6:30-7:45 pm	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	28 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation	March 1 6:45-7:45 am Zazen ----- 7-9 pm Zazen	2 9:30 am Morning Service ----- 3pm Breathe. Read. Write.	3 3:30-5 pm Seiza Meditation

# FEBRUARY 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. February 16 Parinirvana Service at 8:00 am; February 23 at 9:30 am, Mandala Day Service.

**Parinirvana All-Day Sit, Sat February 16, 8 a.m. - 6 p.m.** Sensei Hokuto Dan Diffin will lead this all-day sit, which commemorates Shakyamuni Buddha's final entrance into Nirvana, and will offer practice interviews and a Dharma talk. Formal lunch will be served. Chanting for the anniversary of the death of Eido Shimano Roshi will take place in the afternoon. A suggested donation of \$30 for members or \$40 for others is appreciated. Register on line at [zenstudies.org](http://zenstudies.org).

**Instruction and Teisho by Eran Junryu Vardi Roshi, Thursday, February 21**

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, February 9, 2-4:30 and Monday, February 11, 7-9:30 p.m.; in Japanese on Saturday, February 23, 3:00-5:30 p.m.; and lead a longer seiza meditation on Sunday, February 17 and March 3, 3:30-5:00 p.m. No reservation required.

**Breathe.Read.Write.** Lisa Freedman will lead a meditation and poetry workshop on Saturday, February 9 and March 2, 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. No reservation required; by donation.

**Open AA 11<sup>th</sup> Step Meeting**

Welcome to "Tavern of the Heart" open AA 11th Step meditation meeting. Doors open at 6:00 (come early if you'd like a longer meditation.) Meditation begins at 6:30; the meeting starts at 7:00. If you have never been to this meeting before, please arrive early for a short orientation. Both cushions and chairs are available. If you arrive after the meditation has begun – remove your shoes at the door and enter the zendo quietly.

**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.

[office@newyorkzendo.org](mailto:office@newyorkzendo.org)  
212-861-3333  
[www.zenstudies.org](http://www.zenstudies.org)