



2017 FALL PRACTICE PERIOD October 1 to December 31

Welcome to the Fall Practice Period!

During the monsoon season, Shakyamuni Buddha's sangha would settle in one place to study and train together. In the Japanese Zen tradition, this training period is called Ango, or "Peaceful Dwelling." Since we do not live together, we call our 90-day observance a Practice Period and, in the spirit of peaceful dwelling, refocus our training as individuals and as a Sangha.

This year, the participating Sanghas are:

Zen Center of Los Angeles

San Luis Obispo Zazen Group

The Westchester Zen Circle (*Los Angeles*)

During the Practice Period, Zazen is the primary practice. We also emphasize training yourself in The Three Tenets throughout the day: train yourself to return to not-knowing, train yourself to listen deeply, and train yourself to recognize whenever actions arise that serve the whole.

Please consider the commitment you can make to focus your Zen training. The emphasis is on focusing and not stressing yourself by adding more activities. What is doable and sustainable for you for a week, for a month, for three months? Is there something that you can set aside or do less of, such as less time surfing the web or playing computer games? How will you hone your inborn urge to live awake here and now?

We will hold the following commitments in common:



- **Daily zazen.** What is a realistic daily commitment for you?
- **Face-to-face meetings with a teacher.** How often can you meet?
- **Zazenkai or Sesshin.** Can you do all or part of a zazenkai or sesshin?

Forgiveness is the theme of the ZCLA Practice Period. Roshi Egyoku will offer a class on Forgiveness, which will also be the focus of various Councils and discussions.

Each Sangha may have its own variation on specific practice commitments. Please discuss these commitments with your teacher.

May all beings benefit from your practice!

Practice Period Teachers



Roshi Egyoku
ZCLA



Sensei Ryodo
ZCLA & WZC



**Dharma Holder
Faith-Mind**
ZCLA



**Dharma Holder
Dokai**
ZCLA



Rev. Shogen
SLO



**Senior Student
Senshin**
ZCLA

2017 FALL PRACTICE PERIOD ZCLA SCHEDULE October 1 to December 31

You may participate in any part of the schedule.
For scheduled programs at ZCLA, see the calendar at www.zencenter.org.

WEEKDAY

The practice week officially begins with Wednesday morning zazen and concludes on Sunday after the closing ceremony.

Mornings: Wednesday - Thursday - Friday

5:45-5:55 a.m. Waking up the Body: Chinese-style Walking Zen*

5:55-7:00 Zazen (with 6:30 a.m. stretch bell) (Friday, F2F**)

7:00 Morning Service followed by Hakuryusan Service

Evening: Wednesday

7:15 p.m. Evening Service

7:30-9:00 Zazen/F2F **

8:50 Four Vows

Evening: Thursday

7:15 p.m. Evening Service

7:30-7:50 Zazen

8:00-9:00 Talk, followed by tea & cookies

SATURDAY

6-7:00 a.m. Zazen (Wall-gazing, join any time)
Followed by Saturday Program (see calendar).

SUNDAY

6-7:00 a.m. Zazen (Wall-gazing, join any time)
Followed by Sunday Program (see calendar).

*Chinese-style Walking Zen occurs outside the Zendo; the line begins in the Sangha House driveway and is led by the Jikido. You may join at any time. We walk vigorously, swinging our arms. The left arm swings in a 30-degree arc, the right arm in a 70-degree arc.

**“F2F” is Face-to-Face private meeting with a teacher. It is also offered on Saturday and Sunday (see calendar).

THE SHUSO

Roshi Egyoku has appointed Betsy Enduring-Vow Brown as the Shuso for 2017-2018. During this time, Enduring-Vow will take the designated Shuso seat in the Zendo and focus her Zen training by working consistently with her teacher, serving the Sangha, and cultivating discernment in all facets of her life.

The Shuso year begins with an Installation Ceremony in the Zendo and culminates with the ceremony of Dharma Exchange one year later. This year, the 2016–2017 Shuso Darla Myoho Fjeld will do her leave-taking ceremony and Enduring-Vow will be installed on September 30th in the Zendo.

On Sunday, October 22nd, Myoho will conduct her Dharma Exchange with the Sangha. During the Dharma Exchange ceremony, the Shuso engages in a formal ritualized presentation of a case koan and issues a challenge to the Sangha to test her understanding. Please



Outgoing Shuso Darla Myoho Fjeld (left) and incoming Shuso Betsy Enduring-Vow Brown (right) with Roshi Egyoku.

mark this date on you calendars. We congratulate Shuso Myoho upon the successful completion of her training year and look forward to her Dharma Exchange.

2017 PRACTICE PERIOD COMMITMENT FORM

SERVICE
"Taking action!"

BUDDHA "Doing Zazen"



I will do zazen _____ (indicate frequency; see page 4).

I will go to Face-to-Face _____ (indicate frequency).

I will undertake the training of Forgiveness. (Materials available in the class. See page 4.)

Optional Practices:

I will participate in the Practice Period's 90 Hours* of Zazen in 90 Days program. (*Or the amount of time that is doable for you, for example 25 minutes daily.)

I will train with The Three Tenets Mala. (Copies in the Sangha House.)

RELATIONSHIPS
"Being Intimate!"

STUDY
"Seeing Clearly!"

RESOURCES
"Taking Care!"

Print your name legibly: _____

E-mail: _____ Date: _____

Keep a copy for yourself and send a copy to the Program Steward by September 30, 2017.
You may send by e-mail to programsteward@zcla.org.

Your name will be included in the Combined Sangha Participant Listing.
At ZCLA, the list is posted in the Zendo Sangha Entrance.

Guide for ZCLA Zazen and Program Participation

Zazen Commitment I will sit at home ___ days per week for ___ minutes per day.

I will sit at ZCLA:

- mornings 5:55-7:00 a.m. W Th F
- evenings 7:30-9:00 p.m. W Th
- weekend early mornings 6:00-7:00 a.m.
- weekend mornings 9:00-10:30/11:00 a.m.

Sesshin/Zazenkai (*You must register separately in addition to submitting this form. NOTE: See also the list of combined sesshins/zazenkais for all participating Sanghas.*)

- I will attend (all or part) of the Autumn Wind Sesshin, October 15 (evening) through October 22.
- I will attend Zazenkai Friday, November 10 (evening) - Saturday, November 11.
- I will attend (all or part) of the Rohatsu Sesshin, December 1 (evening) through December 9.
- I will attend (all or part) of the End-of-Year Reflection Retreat, December 27 (evening) through December 30.

Tenzo Training

- I will prepare/assist a Sunday Sangha meal. I will contact Jane Radiant-Joy Chen (thejanechen@gmail.com).
- I will help clean up after Sunday meals.

Service and Service Position Training

- I will attend: Morning Service W Th Fri Sat Sun Evening Service W Th (*Circle days*)
- I want to learn a Zendo service position. I will contact Zendo Steward Mukei (mukei@mac.com) for training.
- I want to learn a Buddha Hall service position. I will contact Co-Ceremonial Steward Tina Jitsujo Gauthier (jitsujo8@gmail.com) for training.

I Will Attend

- Practice Period Entering and the Shuso Leave Taking and Entering Ceremony, September 30.
- I will attend Fushinzamu Kitchen Cleaning on Saturday, October 1 from 1:00 p.m. to 3:30 p.m.
- Class on Forgiveness with Roshi Egyoku, Thursdays, Oct. 5, Nov. 2, 7:30 p.m. to 9:30 p.m. (*RSVP/Fee*)
- Special class with Red Pine Porter, Tuesday, October 10, 7:30 p.m. to 9:30 p.m. (*RSVP/Fee*)
- Bearing Witness Council Thursdays, Oct. 12, Nov. 30, Dec. 21 7:30 p.m. to 9:00 p.m.
- Dharma Exchange Ceremony with Shuso Darla Myoho Fjeld, Sunday, October 22, 11:00 a.m.
- ZCLA Altars and Flowers Workshop, Sunday, October 29, 12:15 p.m. to 2:45 p.m.
- Day of Dead, November 5.
- Day of Reflection on Saturdays, October 14, November 18, December 16. (*Circle days*)
- Atonement Ceremony on Thursday, November 9, Sunday, New Year's Eve, December 31.

Donation

- I will make a donation to ZCLA's Annual Fund Appeal. (You will receive the official mailing in November and can donate anytime before the end of the year.) Our goal is 100% Sangha participation.

Social Action

- Day of Dana: Sanctuary of Hope for Homeless Teens. Details to come.

*No sincere practitioner is turned away for lack of funds.
Please inquire in the office about receiving support through the Dharma Training Fund.*