



2018 FALL PRACTICE PERIOD October 3 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 (ZCLA)

San Luis Obispo Sangha (SLO)

The Westchester Zen Circle (WZC) (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, to listen deeply, and to recognize actions that arise spontaneously which serve the whole.

We are happy to announce the theme of the Practice Period is "The Art of Positive Emotions." Roshi Egyoku will offer classes on this topic. Individual Sangha themes may vary.

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



The Zen Center's Bodhi tree.

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?

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

May all beings benefit from our practice!

Practice Period Teachers



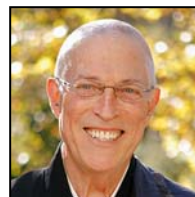
Roshi Egyoku
ZCLA



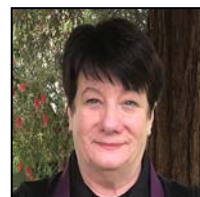
Sensei Ryodo
ZCLA & WZC



Sensei Faith-Mind
ZCLA



Rev. Shogen
SLO



Dharma Holder
Senshin
ZCLA

2018 FALL PRACTICE PERIOD ZCLA SCHEDULE October 3 to December 31

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

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: Beginner's Wednesday (Open to all)

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 or Bearing Witness Council (see calendar) 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 Jonathan Kaigen Levy as the Shuso (Head Monk) for 2018-2019. During this year, Kaigen will take the designated Shuso seat in the Zendo and focus his Zen training by working consistently with Roshi Egyoku, serving the Sangha, and cultivating discernment in all facets of his 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 2017-2018 Shuso Betsy Enduring-Vow Brown will do her leave-taking ceremony and Kaigen will be installed on Saturday, September 29th in the Zendo.

On Sunday, October 21st, Enduring-Vow will conduct her Dharma Exchange with the Sangha. During the Dharma Exchange ceremony, she will engage in a formal ritualized presentation of a case koan and issue a challenge to the Sangha to test her understanding.



Outgoing Shuso Betsy Enduring-Vow Brown (left) and incoming Shuso Jonathan Kaigen Levy (right) with Roshi Egyoku.

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

2018 PRACTICE PERIOD COMMITMENT FORM

My commitments for the
Fall Practice Period are:

- I will do zazen _____ (indicate frequency; see page 4).
- I will go to Face-to-Face _____ (indicate frequency).
- I will undertake the training of The Art of Positive Emotions.

Optional Practice

- 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.)

Print your name legibly: _____

E-mail: _____ Date: _____

Keep a copy for yourself and send a copy to the Program Steward by September 27, 2018.
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 14 (evening) through October 21.
- I will attend Zazenkai Friday, November 9 (evening) - Saturday, November 10.
- I will attend (all or part) of the Rohatsu Sesshin, November 30 (evening) through December 8.
- 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 Diane True-Joy Fazio (difaz@sonic.net).
- 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 29.
- I will attend Fushinzamu Kitchen Cleaning on October 7 from 1:30 p.m. to 3:30 p.m.
- Class on The Art of Positive Emotions with Roshi Egyoku, Thursdays, Oct. 11, Nov. 15, Dec. 13 from 7:30 p.m. to 9:30 p.m. (*RSVP/Fee*)
- Bearing Witness Council Thursdays, Oct. 25, Nov. 29, Dec. 20 from 7:30 p.m. to 9:00 p.m. (*Circle days*)
- Dharma Exchange Ceremony with Shuso Betsy Enduring-Vow Brown, Sunday, October 21, 11:00 a.m.
- Day of Dead, November 4.
- Day of Reflection on Saturdays, October 13, November 17, December 15. (*Circle days*)
- Atonement Ceremony on Thursday, November 1 and Sunday, New Year's Eve, December 31. (*Circle days*)

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

- An action with Shelter for all Koreatown. (More information 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.*