

# Chapel Hill Zen Center Newsletter — May & June, 2018

[www.chzc.org/events.htm](http://www.chzc.org/events.htm)

Return by Friday, June 1 with a \$10 registration fee.

## June Practice Intensive: June 3-29

You are invited to join the four-week Practice Intensive beginning on Sunday, June 3, and going through Friday, June 29. This is an opportunity to rededicate ourselves to daily zazen during a focused period of time, much as one would do at a residential practice center. You may want to experiment with the limits of your time and energy, throwing yourself into the zazen schedule, joining the efforts of others. In so doing, we mutually benefit by enjoying sitting together, while supporting each other.

During the month of June, we will have our usual early morning zazen, Monday through Friday at 6:00 and 6:50, followed by service, and our regular Tuesday night zazen at 7:00. There will also be one period of zazen on Monday, Wednesday, and Thursday evenings at 6:00, with a Study Group meeting after zazen on Thursday evenings from 6:45 to 8:00 P.M. There will be an all-day sitting on Sunday, June 10. **Please sign up at the zendo for the all-day sitting.**

Practice Intensive Teas are held after the usual Sunday morning program, on Sundays, June 3, and 24. On Sunday, June 17, there will be a discussion and demonstration of the forms we use in the zendo; so, please bring your questions! ***Those participating in the Practice Intensive are asked to attend the Sunday morning Teas.*** For the first tea, participants will be asked to speak for about 5 minutes about how they came to practice and why they want to participate in the Practice Intensive. Participating in the annual intensive is also a good way to get to know other sangha members. Because of our individual circumstances, ***there is no minimum participation other than the two Practice Period Tea on Sunday mornings.***

Please draw up a realistic schedule, perhaps one that will stretch you a little, and then try to commit yourself to your schedule. Joining others for zazen gives us a clear taste of our mutual interdependence. Our practice supports the practice of others and the practice of others benefits us all.

—*Joshō*

**Please return the form on page 2 with a \$10 registration fee by Friday, June 1.**



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June 2018 Practice Intensive Registration Form

Return by Friday, June 1 with a \$10 registration fee.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>June 3</b>	<b>June 4</b>	<b>June 5</b>	<b>June 6</b>	<b>June 7</b>	<b>June 8</b>	<b>June 9</b>
<b>Morning</b>						
9:00 zazen	6:00 zazen	6:00 zazen	6:00 zazen	6:00 zazen	6:00 zazen	
Tea	6:50 zazen	6:50 zazen	6:50 zazen	6:50 zazen	6:50 zazen	
<b>Evening</b>						
	6:00 zazen	7:00 zazen	6:00 zazen	6:00 zazen		7:30
		7:45 talk		6:40 study grp		Orientation
<b>June 10</b>	<b>June 11</b>	<b>June 12</b>	<b>June 13</b>	<b>June 14</b>	<b>June 15</b>	<b>June 16</b>
<b>Morning</b>						
All-day	6:00 zazen	6:00 zazen	6:00 zazen	6:00 zazen	6:00 zazen	
Sitting	6:50 zazen	6:50 zazen	6:50 zazen	6:50 zazen	6:50 zazen	
<b>Evening</b>						
	6:00 zazen	7:00 zazen	6:00 zazen	6:00 zazen		
		7:45 zazen		6:40 study grp		
<b>June 17</b>	<b>June 18</b>	<b>June 19</b>	<b>June 20</b>	<b>June 21</b>	<b>June 22</b>	<b>June 23</b>
<b>Morning</b>						
9:00 zazen	6:00 zazen	6:00 zazen	6:00 zazen	6:00 zazen	6:00 zazen	
Forms	6:50 zazen	6:50 zazen	6:50 zazen	6:50 zazen	6:50 zazen	
<b>Evening</b>						
	6:00 zazen	7:00 zazen	6:00 zazen	6:00 zazen		
		7:45 talk		6:40 study grp		
<b>June 24</b>	<b>June 25</b>	<b>June 26</b>	<b>June 27</b>	<b>June 28</b>	<b>June 29</b>	
<b>Morning</b>						
9:00 zazen	6:00 zazen	6:00 zazen	6:00 zazen	6:00 zazen	6:00 zazen	
Tea	6:50 zazen	6:50 zazen	6:50 zazen	6:50 zazen	6:50 zazen	
<b>Evening</b>						
	6:00 zazen	7:00 zazen	6:00 zazen	6:00 zazen		
		7:50 zazen		6:40 study grp		

Name \_\_\_\_\_ E-mail \_\_\_\_\_