



Precepts Weekend

The Lay Precepts Ceremony, *Zaike Tokudo*, will be held on Sunday afternoon, **March 5, at 1:30**. Craig Adamski, Andrea Ashdown, Sheldon Clark, and Bruce Miller are preparing to receive the Sixteen Bodhisattva Precepts. You are warmly invited to attend, to witness and support these ordainees. A potluck reception will follow.

Informal Sitting

In preparation for the precepts ceremony, there will be an **informal sitting** on **Saturday, March 4**, from 9:00–4:00. Everyone is welcome to attend any part of the sitting. If you arrive during a period of *zazen*, enter the zendo quietly and find a place. Tea will be available, but lunch will **not** be served.

Buddha's Birthday Celebration

Buddha's Birthday celebration will be held on Sunday morning, April 23, following regular *zazen*, beginning at 9:00 A.M. At 10:30 there will be a short talk in the zendo directed to the children. The kids will then have a procession to an outdoor altar where they will offer incense and bathe the Baby Buddha. Following the ceremony, there will be a **vegetarian** potluck picnic. Beverages and birthday cake will be provided.

Children, families, and friends are welcome! At 9:00 A.M. the kids will decorate the pagoda or "flower house" outside during *zazen*. Please bring balloons, bubbles, and banners for the procession and flowers for decorating the pagoda for the Baby Buddha.

Work Morning

On Saturday, April 22, there will be a work period from 10:00 A.M. to 12:00 P.M. to clean the grounds and prepare for the outdoor celebration of Buddha's Birthday. **Everyone is encouraged to come to the work period, either for the whole session or for any part of it.** Please bring flowers if you can, either on Saturday, or by 9:00 A.M. on Sunday.

Dharma Talks

On Sundays, **March 5 and 26**, Josho Pat Phelan will give a public Dharma Talk at 10:30.

On Sunday, **April 9**, Choro Carla Antonaccio will give a public Dharma Talk at 10:30.

Spring Sesshin

The Spring sesshin will begin on Friday evening, May 5, and go through Wednesday afternoon, May 10. See pages 6 and 7 for more information and a registration form.

All-day Sitting

There will be an all-day sitting on **March 26**, from 6:00 a.m. until 5:00 p.m. The sitting will begin with orientation on Saturday night at 7:30, and will include instruction on the meal form and one period of *zazen*. The regular Sunday schedule, with *zazen* at 9:00 and 9:50 and Dharma Talk at 10:30, will be open to everyone. The day will include *zazen*, a Dharma talk, *dokusan*, and a work period, as well as breakfast and lunch. The fee is \$10 for members and \$20 for others. It is alright to sit half of the day, but please sign up in advance, and please speak to Josho Sensei if this is your first all-day sitting. For more information on the *oryoki* meal form see: <http://kannondo.org/getting-started/oryoki-manual/>

Aging Gracefully, Befriending Death

This is an informal discussion group that gives us the opportunity to share readings, information, and explore conversations among ourselves on these topics. Sangha members Jeff Sherman, Carol Klein and Kris Garvin-Sherman will organize and facilitate the group to continue these discussions. The group plans meets about every other month on Sunday mornings, around 11:15 after temple cleaning. Please contact Kris Garvin at krisgarvin@gmail.com, or Jeff Sherman at jeffsherman3333@gmail.com, if you have questions, would like more information, or if you would like to be included in email notifications. Old age is not a requirement for joining us!

Study Group

The Study Group meets on Thursday nights from 6:45 until 8:00. We are studying Zen Master Dogen's text, *Gyoji* or *Continuous Practice*, found in Kaz Tanahashi's *Enlightenment Unfolds*, pages 114-136. Copies of the text will also be available. Everyone is welcome and there is no charge.

Practice Discussion

Practice discussion is a discussion with a priest about your practice. Jakuko Mo Ferrell and Choro Carla Antonaccio are available to meet with people for Practice Discussion. The form is to do a standing bow in front of the altar and to bow to and away from your cushion before sitting down, turn clockwise and begin. You may contact them at the zendo or by email. Jakuko can be reached at mositwear@gmail.com and Choro can be reached at subtlegate@gmail.com.

Private Interview

Individual meetings are available to discuss your meditation practice including your posture, practice in daily life, and questions you may have about Buddhist teaching. Interviews are usually given during *zazen* and sometimes by special appointment.

Dokusan

Dokusan is a formal meeting with the Abbess to talk about your practice. You may schedule *Dokusan* by speaking to Josho Sensei or contacting her at info@chzc.org. When it's time for you to have *Dokusan*, someone may come to the zendo and get you, or the bell in the *Dokusan* Room will signal when it is time for you to come back. When it is your turn, go to the *Dokusan* Room, enter and close the door. Do one floor bow toward the altar ending with a standing bow, then sidestep and bow to and away from the cushion. Sit down and turn clockwise to face the teacher, settle and begin talking. When *Dokusan* is over, turn clockwise, fluff your cushion, and do a standing bow. Leave the door slightly open as you leave. During all-day sittings and *sesshins* the private interview will be treated as *Dokusan*.

Children's Program

The Zen Center's Children's program offers children four years and older a place in the Zen Center sangha through a variety of activities, including meditation, story, craft, song, and movement, as well as participation in Zen Center events and celebrations throughout the year. In each meeting, the children have the space and time to practice living mindfully and learn about Buddhist teachings and contexts while giving their parents an opportunity to meditate in the concurrent adult program. The Children's Program meets twice a month, on Sundays, from 8:50 until 11:00. **Meetings will be held March 12 and 26, April 9 and 23, May 21, and on June 4, an end-of-year picnic is planned.** To sign up, or simply for more information, please contact Maura High, the program coordinator, at maurahigh@gmail.com.

Sangha Network

The CHZC has a Sangha Network of volunteers to offer short-term assistance to those in the sangha who need help with simple tasks such as shopping, arranging for meals, or transportation, due to transitions in one's life including illness, disability, or death of a loved one. If you would like to volunteer or if you need assistance, please contact Kris at krisgarvin@gmail.com or Jeff Sherman at jeffsherman3333@gmail.com.

People of Color Sitting Group

Wednesday nights from 6:00-7:30

The POC Sitting Group begins with *zazen* at 6:00, followed by *kinhin* (walking meditation), and then there is the option to stay for group discussion and community building. Both those new to meditation, or experienced, are warmly welcome to join us or drop in as you like. For more information, contact Conal or Kriti at pocsittinggroup@gmail.com. As usual, instruction in *zazen* and an orientation are offered to the public on Sunday morning at 9:00, and on Tuesday night at 7:00.

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Recovery Meeting

The Recovery Meeting meets on Tuesday nights at 7:30. This is a recovery group with a Buddhist perspective on the 12-Step Program which meets at the Chapel Hill Zen Center. The meetings begin with twenty minutes of silent meditation. For more information, contact: 919-265-7600 or ZenandRecovery@gmail.com.

Chinese Calligraphy and Brush Painting

Jinxu Zhao will teach Chinese Calligraphy on Sunday afternoons from **2:15-3:45**, on March 12 and 19, and on April 9 and 23. Chinese Brush Painting is from **2:15-4:15**. Fees are \$20 for calligraphy and \$25 for brush painting. Please contact Jinxu at (919) 484-7524 or Jxzc@aol.com to register or for more information. Jinxu is also available to teach children's classes.

Members Library

Following are the books most recently added to the Member's Library. *Buddhism in Translations* by Henry Clark Warren, *The Northern School and the Formation of Early Chan Buddhism* by John R. McRae, *Soto Zen: An Introduction to the Thought of the Serene Refection Meditation School of Buddhism* by Keido Chisan Koho Zenji, *Aging as a Spiritual Practice* by Richmond Lewis, *Crazy Wisdom* by Chogyam Trungpa, *Big Sky Mind and the Beat Generation*, by Carole Tonkinson, *Untangling Self: A Buddhist Investigation of Who We Really Are* by Andrew Olendzki, *Awake at the Bedside: Contemplative Teachings on Palliative and End-of-life Care* edited by Koshin Paley Ellison and Matt Weingast, *Embracing Mind: the Zen Talks of Kobun Chino Otagawa* by Kobun Chino Otagawa, *Book of Serenity* translated by Thomas Cleary, *Essential Chan Buddhism: the Character and Spirit of Chinese Zen* by Jun Guo, a reference book, *Beginner's Dictionary of Chinese-Japanese Characters* by Arthur Rose-Inns and a new children's book, *The Cat From Hungry Mountain* by Ed Young.

Looking Ahead

Practice Intensive - We are planning to have a four-week Practice Intensive from June 4 to June 30. More information to follow.

Listserv

You are invited to join an e-mail listserv now available via Yahoo for announcements about upcoming activities at the CHZC. If you wish to become a member of this listserv, please type "Subscribe" in the subject line and send an email to CHZCannounce-subscribe@yahoogroups.com. You can also go to: <http://groups.yahoo.com/group/CHZCannounce/> and click the box "Join Now." You may be requested to supply some information or to create a Yahoo "identity." Please note the options for making your e-mail address public or for receiving marketing or other messages not directly from the listserv. It is your choice whether or not to receive other messages. Joining this list will not increase the amount of spam you receive. If you have any questions, please contact the list moderator, Lance at lashdown@yahoo.com.

Board Members

The Board Members for 2017 for the Chapel Hill Zen Center are President, Maura High; Vice President, Ken Wilson; Secretary, John Paredes; Treasurer, Mike McKillip; Members-at-Large, Shawn Johnson and Steve Pickett.

Embracing Mind: the Zen Talks of Kobun Chino Otagawa

I am so grateful that a book has now been published of short talks by Kobun Chino. Kobun, as he was known, was a Japanese priest who came to the United States in 1967 to help Suzuki Roshi establish the practice at Tassajara, the San Francisco Zen Center's monastery. Kobun ended up staying and establishing Zen practice centers in California, New Mexico and Switzerland. I heard him speak several times and got to know him a little. I think he is an unusual person who practiced and knew monastic forms and who received an undergraduate degree and a M.A. in Buddhism, but who was a very free and formless teacher. I thought of him as someone who expressed poetry simply through his being.

I would like to share some passages from *Embracing Mind*, where Kobun talks about repentance and receiving the precepts.

“In human language Buddha revealed the Precepts, which are the revealed nature of the Buddha, our own true nature. This revelation brings forth the act of repentance. Your eyes start to change what you are watching; your mind is sensing something different. The eye which sees the word of wisdom is called the “Wisdom Eye,” and the eye which sees the Truth within and without, is called the “Dharma Eye.” The eye which sees every existence's awakening nature, that is “Buddha's Eye.” We can see with many

kinds of eyes. Seeing, hearing, sensing, intuiting the nature of utter truth are the functions of our eyes, ears, and sense of touch. So we repent.”

Here, in Chapel Hill, we chant the repentance verse during the Bodhisattva Ceremony and when formally receiving the precepts. It is translated as:

All my ancient twisted karma,

From beginningless greed, hate and delusion,

*Born through body,
speech and mind,*

I now fully avow.

Kobun said, “I now fully avow. I admit the many, many sufferings which I, through my own body, speech, and mind, have caused. This repentance doesn't occur just once, or every day. Actually, in the deep center of our life, we are always checking it. If we don't check it, there is no tomorrow, no way to receive tomorrow. In other words, the entire system checks it, even as you rest and sleep. Your consciousness is utterly somewhere else, but your body is checking where to be, with whom to be. Saying it another way, the body is choosing the most level place to sleep. The most level place to sit.”

“Actually, when repentance, self-acknowledgment, is completed, all qualities of Buddha nature, all Precepts, are already accomplished in the existence of our avowal. The Ten Precepts, Three Pure Precepts, Triple Treasure Precepts, and the Sange (repentance) are actually all pointing to the same thing, or coming out from the same thing. What we see



is all appearing in relative forms, and the mind is reflected in those relative forms. Each of those forms is actually how you can be. Our knowledge about what we are doing, what we are experiencing, is very, very small, but what is happening is incredibly complicated. The relation between the Precepts and the words of avowal is like a person who is always thankful, and is being able to say, 'I'm sorry.' It is the bright side of things and the shadowy side of things. The more you care for someone or something, the more you are afraid of them or it. Do you notice this? The more you are concerned deeply about some object, and get to know it, the more you feel, 'This is getting hard for me.'"

"The Triple Treasure is an historical expression, in human language, which says, 'Come back ... come back home.'"

"Continually alert, and sometimes nervous, you think, 'Am I doing alright?' Is it alright to go this way?' When you totally admit you are as you are, and totally trust in being, this is Triple Return to Three Treasures: Buddha, Dharma, Sangha."

"To understand the Triple Treasure is very difficult. For example, we call the second one, 'Dharma Treasure,' 'Essential Truth.' We came from Truth, we are in Truth, and we will go back to Truth. It is almost impossible for each of us to observe the whole Truth."

"To have indestructible confidence in yourself as the Triple Treasure is your final recognition of receiving the Precepts. This self-acknowledgment we usually call repentance."

I hope you, too, will enjoy Kobun's fresh teaching.

With palms together, **Joshō**



Spring Sesshin

Josho Sensei will lead the Spring sesshin from Friday night, May 5, through Wednesday afternoon, May 10. Sesshin is an intimate way to practice with ourselves and others. We begin sesshin together, we sit together, walk together, eat together, and work together. In order to help all of us settle into the schedule and our zazen practice, please arrive on time. It is possible to sit part of the sesshin, but **please come to orientation on Friday night**, and plan to sit for at least two days, and, when registering, clearly explain what part of sesshin you would like to attend.

Sesshin will begin at 7:00 on Friday evening with orientation and job assignments. Following orientation, silence will be observed. The zendo will be open by 4:00 P.M. on Friday; please plan to arrive in time to settle in before 7:00 P.M. The sesshin day will include zazen, beginning at 6:00 A.M., kinhin, lecture, work period, formal meals served in the zendo. *Dokusan*, an individual meeting with Josho Sensei, will be available. The day will end around 9:30 p.m. The fees are \$40 per day for Participating Members and \$50 per day for others. Fees for the whole sesshin are \$200 for Participating Members and \$250 for others. There will also be an opportunity to make a donation to the teacher. ***It is our intention that no one be turned away for financial reasons. Partial scholarships are available.*** If you would like to request a scholarship, please contact Maura High at maurahigh@gmail.com. **Applications are due by April 28, and should include a \$30 deposit.**

You are welcome to sleep in the zendo or camp outdoors. Please bring a pad for the floor, a sleeping bag, a towel and wash cloth, slip-on shoes, **work clothes**, and layered clothing for the zendo. Bathing is limited during sesshin. For more information, please contact Josho Sensei at (919) 967-0861, or info@chzc.org.

Zendo emergency number: (919) 933-0776.

Sesshin Guidelines

Follow the schedule completely. If you are unable to do so, please speak to Josho before signing up. If you become sick, or if a difficulty arises during sesshin, please speak with Sensei or the Ino at that time.

No reading or writing, including Buddhist studies. Of course, you may read the sesshin schedule, but any reading that is not essential to the sesshin should not be done.

No talking. Please maintain silence and a focused atmosphere during breaks and work time.

Meal Practice. Please take some of each food being served unless you have a bad allergy to a particular food. Our meal practice is to accept what is offered. Tea, coffee and water will be available during breaks and before zazen in the morning. **If you have a problem with, or allergy to, any food, please indicate that on the registration form.**

Please do not use deodorants, aftershave lotion, or other cosmetics that are perfumed.

No smoking in the building or on the decks.

Zendo emergency number: (919) 933-0776.

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Sesshin Registration Form May 5 thru 10—Applications Due April 28

Name _____ Phone _____

Address _____ E-mail _____

Emergency contact person: Name _____ Phone _____

Liability waiver: *prior to sesshin, you will be required to be sign a waiver whereby you release the Zen Center from any liability for accident or injury, and agree not to sue. You may request a copy of the form in advance.* Do you have a **medical condition** (e.g., diabetes, heart condition, pregnancy), allergies or **dietary restrictions**? If so, please attach an explanation.

I have an oryoki I can bring Yes No

I plan to arrive at _____ on _____ I plan to leave at _____ on _____

I can help set up (4:00 P.M.—6:00 P.M.) I can help clean up

I have enclosed my deposit/sitting fees \$ _____

Checks payable to
Chapel Hill Zen Center
P.O. Box 16302
Chapel Hill, NC 27516

I would like to donate toward a scholarship fund \$ _____

If this is your first sesshin with the Chapel Hill Zen Center, please attach a short statement about your zazen practice and history: How long have you been sitting zazen? How often are your currently sitting? Have you sat a one-day sitting or longer sesshin before? If so, when and with whom?

Where do you plan to sleep?

The zendo emergency number is (919) 933-0776. Please read sesshin guidelines on the facing page.

Chapel Hill Zen Center



P.O. Box 16302
Chapel Hill, NC 27516
(919) 967-0861

Schedule

Sunday Morning *Tuesday Evening*

9:00 zazen	7:00 zazen
9:40 kinhin	7:40 kinhin
9:50 zazen	7:50 zazen
10:30 service	8:20 service

Monday to Friday

<i>Thursday Evening</i>	6:00 A.M. zazen
6:00 P.M. zazen	6:50 A.M. zazen

Meetings at 5322 NC Highway 86
2.5 miles North of I-40 exit 266

Joshō Pat Phelan, Abbess

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*Continuous practice, day after day, is the most appropriate way
of expressing gratitude*

Zen Master Dogen from Gyoji or "Continuous Practice"

Embracing diversity, the Chapel Hill Zen Center
expresses the fundamental connection of all beings
by welcoming everyone to the practice of zazen.
May all beings realize their true nature.