



### Aging Gracefully, Befriending Death

Sunday, March 4, at 11:15

This is an informal discussion group that provides the opportunity to share readings, information, and explore conversations among ourselves on these topics. Please contact Kris Garvin at krisgarvin@gmail.com, or Jeff Sherman at jeffsherman3333@gmail.com, if you have questions or would like more information. Everyone is welcome, regardless of age.

### All-day Sitting

There will be an all-day sitting on **March 18**, 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/>

### Buddha's Birthday Celebration

Buddha's Birthday celebration will be held on Sunday morning, **April 8**, 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 7, 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 Sunday, March 18, Josho Pat Phelan will give a public Dharma Talk at 10:30.

On Sunday, April 22, Kuden Paul Boyle will give a public Dharma Talk at 10:30.

On Sunday, May 6, Daitsu Tom Wright will give a public Dharma Talk at 10:30.

### Sangha News

I am happy to announce that Jeff Sherman has begun sewing Buddha's Robe, or *Okesa*, in preparation to be ordained as a priest. If you have sewn a *rakusu*, you are welcome to support him by sewing some stitches. There will be a sewing session during the work period at all-day sittings and sesshin. With palms together,

--- Josho

### Spring Sesshin

The Spring sesshin will begin on Friday evening, May 4, and go through Friday afternoon, May 11. **See pages 4 & 5 for more information and the registration form.**

### Study Group

A Study Group meets on Thursday nights from 6:45 until 8:00. For the Study Group, we read a text together and discuss it as we go along. We are reading *Deepest Practice, Deepest Wisdom*, which are commentaries by Kosho Uchiyama Roshi on three texts from Eihei Dogen's *Shobogenzo*. Copies of this book are available. Everyone is welcome and there is no charge.

## Eco-Dharma Discussion Group

*Mountains and waters right now are the actualization of the ancient Buddha way.*

— Zen Master Dogen

In this group we will informally explore together Buddhist teachings on the natural world, caring for the natural world as an expression of bodhisattva vow, and our own responses to current environmental issues. The intention of this group is to support and inspire one another in our efforts to make appropriate Buddhist responses to environmental concerns at a personal, local and global level. If you are interested, please contact Zenki Kathleen Batson at [lulu@rubblebuss.com](mailto:lulu@rubblebuss.com). We will determine meeting dates based on people's availability.

## 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 to 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 Sunday mornings, from 8:50 until 11:00; the program will be held on March 11 and 25, April 8 and 29, May 20, with a picnic on June 3. For more information, please contact Maura High, the program coordinator, at [maurahigh@gmail.com](mailto: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](mailto:krisgarvin@gmail.com) or Jeff Sherman at [jeffsherman3333@gmail.com](mailto:jeffsherman3333@gmail.com).

## People of Color Sitting Group

### Wednesday nights from 6:00-7:30

The POC Sitting Group begins with zazen from 6:00-6:40, with an 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](mailto: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.

### 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](mailto:ZenandRecovery@gmail.com).

### Chinese Calligraphy and Brush Painting

Jinxu Zhao will teach Chinese Brush Painting/Calligraphy on Sunday afternoons from 2:15-4:10. Classes are small with individual attention, and they will be held on March 4 and 25, and on April 8 and 29. The fee is \$30 per class, or \$110 for 4 classes. Please contact Jinxu at (919) 484-7524 or [Jxznc@aol.com](mailto:Jxznc@aol.com) to register or for more information. Jinxu is also available to teach children's classes.

### 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** 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](mailto:info@chzc.org).

**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. You may contact them at the zendo or by email. Jakuko can be reached at [mositwear@gmail.com](mailto:mositwear@gmail.com) and Choro can be reached at [subtlegate@gmail.com](mailto:subtlegate@gmail.com).

## 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](mailto: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](mailto:lashdown@yahoo.com).

## Daitso Tom Wright: On Practice (1982)

From the Introduction to *Refining Your Life*, now published as *How to Cook Your Life*

"Is it possible to gain greater happiness, or peace of mind, or courage, or sexual power, or greater charisma by doing zazen? There are many advocates of zazen in America and Europe today (and in Japan as well) who hold out these carrots for people to bite into. But as long as there is a hope or expectation of some result to be derived from zazen, then zazen is tainted. In the same way, when any action in our day-to-day life is motivated by some expectant result, or by what only appears to be a real condition or circumstance in our life, that expectant result is very likely to be dashed to pieces."

"....Sawaki Roshi ... used to say frequently, 'Just sit – that's all there is,' and 'No matter how many years you sit doing zazen, you will never become anything special.'"

"The first time I heard these two expressions I thought to myself, well, finally I can just sit without having to do anything – no more reading, no more having to answer to anyone, no more anything. Needless to say, the conclusion that I had drawn upon hearing Sawaki Roshi's remarks was completely off the mark. Zazen is not an escape from the world. Behind Sawaki Roshi's statements were many, many years of hard study and practice."

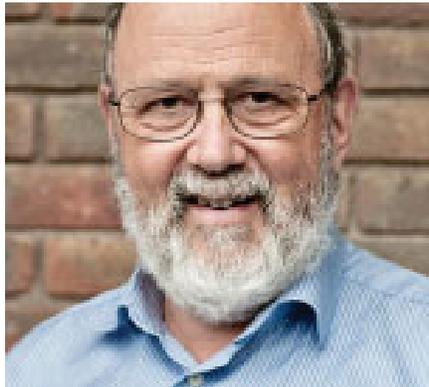
"But of practicing what? studying what? I was only interested in sticking to the letter of Sawaki Roshi's pronouncements, not realizing that the significance and ramifications of 'just sit' went far beyond the physical act of folding one's legs and facing the wall."

"Uchiyama Roshi helped me a great deal in not allowing me to use zazen as an escape. He said, 'You must know that behind zazen are the teachings of Buddhism, and behind them, your own life experience.' These words went a long way in clarifying for me a passage in the *Shobo-genzo: Genjo Koan* (Actualizing the Koan), 'To study Buddhism is to study the Self.' Of course, to study the Buddha's Way includes practicing zazen. In fact, whenever the word 'study' appears in Dogen Zenji's writings, it is inclusive of or based upon practice. Dogen says here that to study Buddhism means to study one's Self; to learn Buddhism is to learn one's Self. Until I read that passage, I thought that studying meant learning about a lot of things that I didn't not yet know, and actually, did not really care about. Here, however, Dogen equates the study and practice of the Buddha's Way with the study and practice of one's Self. Looking deeply into the writings and sutras of past teachers does not mean to learn something that is unrelated to us. Studying ancient writings means to study our lives. To study the *Tenzo Kyokun* (Dogen's Instructions for the Zen Cook) came to mean for me that I would be studying my own life. In reading the text over and over I have found the truth in a remark made to me by the senior monk of Antaiji at that time, 'It's not reading the *Tenzo Kyokun* that is difficult, it is doing the *Tenzo Kyokun* that take all you've got.'"

## Genzo-e Sesshin

May 4-11

We are fortunate to have Daitsu Tom Wright lead a 7-day *Genzo-e* or teaching sesshin, **beginning at 7:00 on Friday night**, May 4, and going through Friday afternoon, May 11. In the *Genzo-e* sesshin, Daitsu Roshi will give an hour and a half talk each morning and afternoon on Dogen's last fascicle, *Hachi Dainin Gaku* or *The Eight Virtues of a Truly Great Person*. Daitsu Roshi will be using his own translation which will be available before sesshin begins. Other translations are included in Kaz Tanahashi's *Enlightenment Unfolds*, Thomas Clearly's *Shobogenzo: Zen Essays by Dogen*, and in Nishijima and Cross's *Master Dogen's Shobogenzo*.



Daitsu Tom Wright practiced in Japan with Kosho Uchiyama Roshi for almost 40 years. He translated Uchiyama Roshi's commentary on the Dogen's *Instructions for the Zen Cook* published as *From the Zen Kitchen to Enlightenment* or *How to Cook your Life*; he was one of the translators of Uchiyama Roshi's book *Opening the Hand of Thought* and the recently published *Deepest Practice, Deepest Wisdom, Three Fascicles from Shobogenzo with Commentaries*. Arthur Braverman describing this book said, "Kosho Uchiyama, the late abbot of Antaiji Monastery, had a special talent for making difficult passages by the ancient Zen master Dogen readable and understandable to the modern student of Buddhism. And no one is more qualified to translate Uchiyama's words into English than Reverends Thomas Daitsu Wright and Shohaku Okumura, two seasoned translators who studied under Uchiyama Roshi for years."

In order to help all of us settle into the schedule and our zazen practice, please arrive on time. It may be possible to sit part of the sesshin, but **priority will be given to those attending the full sesshin**. If you can only sit part of the sesshin,

please explain clearly what part of sesshin you would like to attend when you register, and please come to orientation on Friday night. It is advisable to sign up for sesshin sooner than you might normally, since this is such an unusual opportunity and there will be more people attending from out of state than usual. **Please return your registration no later than Friday, April 27, with a \$40 deposit.**

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; so please try 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, Dharma talks, a work period, and formal meals served in the zendo. The day will end at 9:00 P.M. Because expenses will be higher for this sesshin than in the past, the fees will also be higher and are on a sliding scale for those who may want to offer more. **For members, the fees are \$280-\$320, and for others \$340-\$390.** 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*, and partial scholarships are available. If you would like to request a scholarship, please contact Maura at [maurahigh@gmail.com](mailto:maurahigh@gmail.com) and let her know what your participation at the CHZC has been. ***In the past, contributions received for scholarships were very helpful in allowing people to attend sesshin here and at the San Francisco Zen Center.***

You are welcome to sleep in the zendo, and there may be some space available in members' homes nearby. Please bring a pad for the floor, a sleeping bag, a towel and wash cloth, slip-on shoes, and layered clothes. Opportunities for bathing are limited. ***Please bring work clothes.*** For more information, contact us at: [info@chzc.org](mailto:info@chzc.org), or 919-967-0861.

The zendo emergency number: (919) 933-0776.

# Chapel Hill Zen Center Newsletter — March & April, 2018

<http://www.chze.org>

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## Genzo-e Sesshin Registration Form May 4 to 11, 2018 — Applications Due April 27

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) or **dietary restrictions**? If so, please attach a short statement of 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 \$ \_\_\_\_\_

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?

Do you have room in your home for someone from out of town to stay? Yes  No

Where do you plan to sleep?

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

### Board of Directors for 2018

President - Maura High, Vice President - Ken Wilson, Secretary - John Paredes, Treasurer - Mike McKillip Members at Large - Andrea Jost and Colin Maxwell, Abbess - Josho Pat Phelan.

### Members Library

The Zen Center Library is available to Participating Members to check out books for three weeks at a time, with a two week renewal. New entries to the library are: *The Book of Joy* co-authored by the Dalai Lama and Desmond Tutu, *Light That Shines Through Infinity* by Dainin Katagiri,

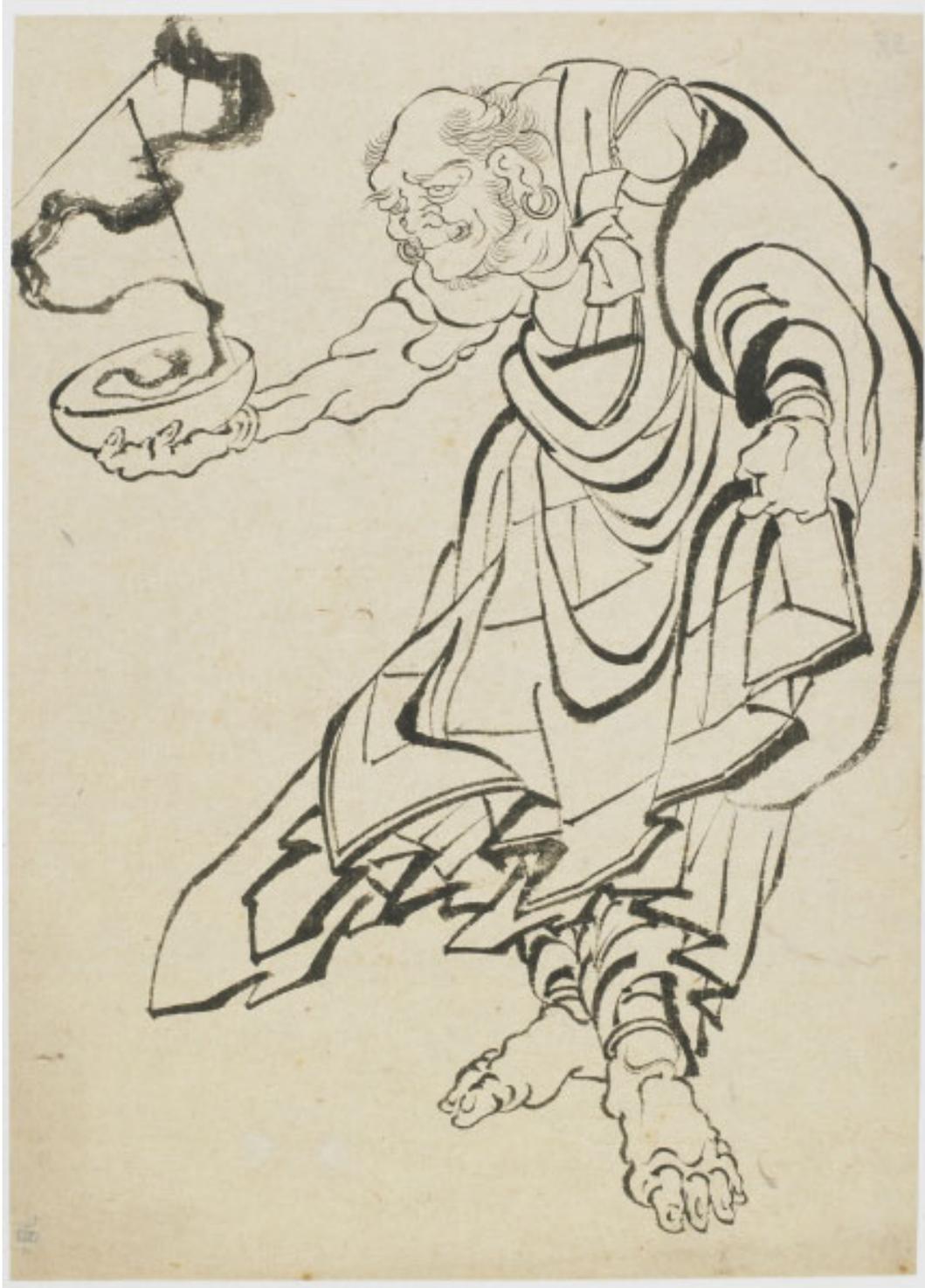
*Deepest Practice, Deepest Wisdom* by Kosho Uchiyama, translated by Thomas Wright and Shohaku Okumura, *Most Intimate*, written by Pat Enkyo O'Hara, and *Why Buddhism Is True* written by Robert Wright.

### Looking Ahead

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



*Sixth Ancestor Tearing Up Sutra Scrolls*



Hokusai (1760-1849) *Monk with Incense* -- Freer Collection, Washington DC

# 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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Chapel Hill, NC

RETURN SERVICE REQUESTED

“A bodhisattva who wants to practice and study the gateway to the Dharma of innumerable meanings should observe that all things were originally, will be, and are in themselves empty and tranquil in nature and character; not large or small, not subject to arising or extinction, not fixed or moveable, and neither advancing nor retreating. Like empty space, they are non-dualistic.”

— *from The Sutra of Innumerable Meanings*, transl. By Gene Reeves

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.