

Chapel Hill Zen Center Newsletter — March & April, 2019

For more information, please visit www.chzc.org/events.htm#brown

Coming Home: A Weekend of Practice Workshop Signup Form

Saturday 9 A.M. — 5 P.M., Sunday 9 A.M. TO 4 PM, May 18-19

Name _____ Contact Phone _____

Address _____

E-mail _____

I enclose my check for \$ _____

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

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

Coming Home: A Weekend of Practice

with *Jusan Kainei* Edward Brown

Saturday 9 AM-5 PM, Sun. 9 AM TO 4 PM , May 18-19

*You are like a dragon swimming in the water or
a tiger reposing in the mountains.*

— Eihei Dogen

While many factors are conducive to feeling at home in this world—among them a stable household, a safe neighborhood, financial well-being, and wholesome relationships, ultimately being at home is a practice.

We will practice making ourselves at home in our bodies, making ourselves at home in our minds, at this place, at this time. With sitting zazen, easy-going *qi gong*, outdoor walking, talks and Q & A, we'll study making ourselves at home with sensations, thoughts, feelings, and emotions.

Looking at some possible tools and resources, some views and teachings—including the utter impossibility of getting the world to be invariably to your liking—let's practice doing this to-

gether—being at home in the here-and-now, at home on the groundless ground. Welcome.

The cost of this weekend program is \$80 for members and \$100 for others, with lunch provided. 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. Scholarships are available.*** If you would like to request a scholarship, please contact Ken at kenneth.wilson@duke.edu. In the past, contributions received for scholarships were very helpful in allowing people to attend sesshin and practice events. **Please sign up by May 3.**

Edward Espe Brown is a Soto Zen Buddhist priest, ordained in 1971 by Shunryu Suzuki Roshi. Edward has been practicing Zen since 1965 and also has done extensive vipassana practice, yoga, and chi gong. Edward helped found Greens Restaurant in San Francisco, and his books include *The Tassajara Bread Book & Tassajara Cooking*. His newest book, *The Most Important Point: Zen Teachings of Edward Espe Brown*, will be released in April.