



Zoketsu Norman Fischer

On Tuesday evening, May 14, at 7:45. Zoketsu Norman Fischer, will visit and give a public talk on his new book, *The World Could Be Otherwise: Imagination and the Bodhisattva Path*. Copies will be available to buy and he will be happy to sign them. The talk will follow one period of zazen at 7:00. The talk will be followed by cookies and tea and a chance to talk with Zoketsu.



Dharma Talks

Sunday morning, **March 3**, Shohaku Okumura Roshi will give a public Dharma Talk.

Sunday morning, **March 10**, Kuden Paul Boyle will give a public Dharma Talk.

Sunday morning, **April 7**, Josho Pat Phelan will give a public Dharma Talk.

Tuesday evening, **April 16**, Zenki Kathleen Batson will give a Way-seeking Mind Talk.

Wednesday Morning Zazen

During the Practice Period, April 14 to July 14, we will offer an additional period of zazen on Wednesday mornings at 8:00. If the attendance is strong, we will consider adding this to our ongoing schedule.

Silent Half Day Sitting

On **Saturday, May 4**, a Silent Half-day Sitting will be held from **8:30am-12:30pm**. This will be similar to an All-day Sitting, but there will be no chanting, no service, no floor bows, and no work period, only zazen and kinhin. There will be no meals, so please eat breakfast before coming. Please sign up in advance by contacting: info@chzc.org. Guidelines will be sent via email. There is no fee.

Edward Espe Brown

On Friday night, May 17, Edward will visit and offer a public Dharma talk on his new book, *The Most Important Point: Zen Teachings of Edward Espe Brown*. Copies will be available to buy and he will be happy to sign them. The talk will be followed by cookies and tea and a chance to visit with Edward. To register for Edward's Teaching Weekend, see page 5.



Study Group

Mountains and waters are the expression of old buddhas.

The Study Group begins on April 18, reading *The Mountains and Waters Sutra*, a text by Master Dogen with Shohaku Okumura's commentary. The Study Group meets on Thursday evenings, from 6:45-8:00. Everyone is welcome and there is no charge.

All-day Sitzings

All-day sittings are scheduled for Sundays, April 7 and June 9, 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 lecture, *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: <https://kannondo.org/getting-started/oryoki/>

Study Hall

During the Practice Period, there will be a quiet Study Hall, Monday mornings, from 7:45 until 8:30 or 9:00, beginning on April 15. This is a time to study Buddhist writings or sew Buddha's Robe.

Everyone is welcome; tea will be provided. You are also welcome to bring tea or coffee with you. There will be no Study Hall on Memorial Day, May 27.

Kessei-ango: 90 Day Practice Period

April 14 — July 14, 2019

I am honored and grateful to be able to announce that for the first time, the Chapel Hill Zen Center will hold a 90-day *Ango* or Practice Period, and I warmly invite you to join this time of more intense practice and practice opportunities.

In 2017, the Zen Center applied to the Soto Zen School in Japan to be registered as a recognized Overseas Temple. In September of that year, the Chapel Hill Zen Center was registered. This allows us to have recognized Practice Periods, a time of more intensive practice opportunities and commitment with the support of others.

The Practice Period will have a *Shuso* or Head Monk, which is the second level of training or initiation for a priest. *Myokyo Zenki* Kathleen Batson will be the Head Monk.

The Practice Period will begin after *zazen* on Sunday morning April 14, with an *Opening Ceremony*. During Practice Period, the *Shuso* will begin giving Dharma Talks and will have teas to meet in small groups to talk about practice. There also will be larger teas on Sundays to discuss our practice and get to know each other better.

There will be a *Dharma Inquiry Ceremony on Sunday morning, June 30, at 11:30*, for participants in the Practice Period to formally ask a question of the *Shuso*. On *Saturday evening at 7:00, June 29*, there will be a formal Tea in which Gengo Akiba Roshi, the Director of North American Soto Zen, will give a teaching on the case or topic that the *Shuso* will present for the next day's Dharma Inquiry Ceremony.

During the Practice Period, there will be four Sunday Teas. The first tea is open to everyone to hear more about other events during this time. All of the activities during this 90-day period are open to everyone, *except the Dharma Inquiry Ceremony and the last three Teas*, which are open to Practice Period participants only.

This is a wonderful opportunity for all of us to re-commit to practice and see what happens when we do more, with the support of others and supporting our fellow sangha members. A schedule of events is listed below, and other activities will be announced as they are scheduled. To be a formal participant, please fill out and return the registration form with a \$40 suggested donation. Our expenses are greater with this Practice Period since we will be hosting visiting priests, American and Japanese, for the Dharma Inquiry Ceremony and other events around that. If you are able to make a larger donation, that would be very helpful.

I hope you will consider participating in this practice period and supporting the *Shuso*, or Head Monk, by participating and stretching your commitment to zendo activities during this time.

With palms together,

Taitaku Josho

Sunday, April 14 - Opening Ceremony followed by a group **Tea** where we introduce ourselves and hear more about Practice Period events and opportunities

Monday, April 15 - Study Hall, 7:45 AM -8:30 or 9:00 AM, and for each Monday, except Memorial Day

Tuesday night, April 16 - Zenki Batson's Way-seeking Mind Talk, at 7:45, after one period of *zazen*. Other's will give Way-seeking Mind talks on other Tuesday evenings, TBA

Thursday night, April 18, 6:45-8:00 PM, **Study Group** which will continue through July 11

Sunday morning, April 28 - Buddha's Birthday Celebration and Pot-luck Lunch

Saturday, May 4, Silent Half-day Sitting, in the morning

Sunday, May 5, 10:30 - Public Dharma Talk by Zenki

Tuesday, May 14, at 7:45 PM - Public Dharma Talk by Zoketsu Norman Fischer and Book Signing

Friday night, May 17 - Public Dharma Talk by Edward Brown and Book Signing

Chapel Hill Zen Center Newsletter — March & April, 2019

<http://www.chze.org>

PAGE 3

Kessei-ango: 90 Day Practice Period

April 14 — July 14, 2019

Name _____ Contact Phone _____

Address _____

E-mail _____

I am enclosing a Practice Period donation of \$ _____

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

Do you plan to attend the last three practice period teas? Yes

Do you plan to attend the Shuso Ceremony, Saturday evening, June 29? Yes

Please list other events you plan to attend:

Chapel Hill Zen Center Newsletter — March & April, 2019

<http://www.chzc.org>

PAGE 4

(Continued from Page 2)

Saturday and Sunday, May 18-19 - Teaching Weekend with Edward Brown & **Public Dharma Talk** on Sunday

Monday, May 27 - Zendo Closed for Memorial Day

Sunday, June 2 - after Temple Cleaning - Tea for Practice Period Participants

Monday, June 3 - 6:00-6:40 PM Zazen, continuing each Monday evening through July 8

Wednesday, June 5 - 6:00-6:40 PM Zazen, continuing each Wednesday evening through July 10

Sunday, June 9 - All-day Sitting, with **Public Dharma Talk** by Zenki

Sunday, June 16 - Tea for Practice Period Participants

Sunday, June 23, at 10:30 - Dharma Talk by Zenki

Friday or Saturday, June 28 or 29, Japanese priests and priests from other lineages arrive

Saturday, June 29, Japanese priests and priests from other lineages arrive

Saturday evening, June 29, 7:00 - Formal Tea and Presentation of the Case or Topic of the Shuso Ceremony, by Akiba Roshi

Sunday morning, June 30, at 9:50 - **Public Dharma Talk** by Akiba Roshi, followed by the **Dharma Inquiry Ceremony** (*Shuso* Ceremony) where Practice Period Participants each ask the *Shuso* (Zenki) a question, at 11:30. Lunch and dessert will follow.

Thursday, July 4 - No evening programs, morning zazen only

Friday, July 5 - Zendo Closed

Tuesday night, July 9 - Public Dharma Talk by Zenki, at 7:45, after one period of zazen

Sunday morning, July 14 — a short **Practice Period Closing Ceremony** & final Tea for Practice Period Participants after Temple Cleaning

Chinese Calligraphy and Brush Painting

Jinxiu Zhao will teach Chinese Calligraphy on Sunday afternoons from 2:15-3:45, on March 10 and 24, and April 14 and 28, and Brush Painting from 2:15-4:15. Fees are \$30 per class, or \$110 for 4 classes. Please contact Jinxiu at (919) 484-7524 or Jxznc@aol.com to register or for more information. Jinxiu is also available to teach children's classes.

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.

CHZC Listserv

You are invited to join an email 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: www.groups.yahoo.com/group/CHZCannounce and click the "Join Now" box. You may be requested to supply some information or to create a Yahoo "identity." Please note the options for making your email 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.

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 Carol Klein at wmichael@nc.rr.com, Kris at krisgarvin@gmail.com, or Jeff Sherman at jeffsherman3333@gmail.com.

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.

Chapel Hill Zen Center Newsletter — March & April, 2019

<http://www.chzc.org>

PAGE 6

Sangha News

I am pleased to announce several position changes. Recently, Senmyo Jeff Sherman accepted the position of Work Leader. If you are interested in helping out with maintenance and any of the small tasks that keep the Zen Center running smoothly, please let Senmyo know at: jeffsherman3333@gmail.com.

With much appreciation for serving as the ZC Work Leader for three years, Choro Carla Antonaccio is stepping down and stepping into the position of *Ino*, director of zendo activities.

Many thanks and much gratitude to Zenki Kathleen Batson, who is stepping down from serving as *Ino* and training doans these past three years.

Buddha's Birthday Celebration

Buddha's Birthday celebration will be held on Sunday morning, **April 28**, 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 27, 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.

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 10 and 24, and April 7 and 28**. For more information, please contact Maura High, the program coordinator, at maurahigh@gmail.com.

Eco-Dharma Discussion Group

March 31, 11:15

In this group we informally explore 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. If you are interested, please contact Zenki Kathleen Batson at lulu@rumbledbuss.com.

Aging Gracefully, Befriending Death

March 24, 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 Carol Klein at wmichael@nc.rr.com, 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.

Way Seeking Mind Talks

Way-seeking Mind Talks will be given by Chris Censullo and Mike McKillip on Tuesday nights, at 7:45, after one period of zazen. Dates to follow.

Katagiri Roshi Speaking About the Buddhist Lay Ordination Ceremony

Ceremony is the place, the opportunity and the place where we can manifest ourselves as real self. Not the scientific, generalized self. We can express ourselves. The ceremony is a place where we can manifest, we can reveal ourselves as what we really are. This feeling of taking a vow must be revealed, manifested where there is a ceremony. It's not by ceremony that we try to reach some place. That is not the meaning of ceremony. Ceremony is a place, an opportunity to manifest yourself, what you really are. This is the ceremony itself.

...The characteristic of ego is to stop the stream of time, generalize, and fix it, grasp it, to touch it. But that ego doesn't work. Generally we understand the ego pretty much through the teachings, but it's just understanding with your head. That ego is really generalized. So, it doesn't penetrate your skin and muscle and bone. If you understand exactly through body, skin, muscle and bone, you can handle it. You can confine trouble to the minimum.

For instance, Buddha's teaching, or zazen. We explain Buddha's teachings, and then you say, "I understand zazen and Buddha's teaching," but it's not the real teachings. It's already generalized. Don't you think so? Generalized understanding of some teachings doesn't completely penetrate skin, muscle, bone and marrow. Just the surface. With your head you understand it, but it's not good enough, because every day is changing constantly, so you don't know how to make it fit into daily living. That's why we need to practice. Even though you take a Ph.D. at school, still you have to practice because understanding medicine, understanding psychology is still generalized. So you have to be free from the generalized psychological human mind. How? Share your life with people in real reality and then you know how to make psychology fit into real reality, not the natural scientific world.

2019 CROP Hunger Walk

Sunday, March 24

"Keep a thought for those less fortunate... Walk for all of them and walk for all of us across the world. We walk together."

— Bonita, CROP Hunger Walk volunteer, NC

Please join fellow sangha members for the 32nd Annual Chapel Hill/Carrboro CROP Hunger Walk. This is an opportunity to join with other religious congregations in our area to help hungry and impoverished people locally, and around the world.

The 2019 CROP Hunger Walk is scheduled for Sunday, March 24 at 2:30 P.M., beginning and ending at the Carrboro Town Commons, 301 W. Main Street in Carrboro.

You can simply make a donation, walk with us, or both! You can also request donations from friends and family. And your offering can be handled easily online by going to the Chapel Hill Zen Center team's CROP Walk page.

<https://www.crophungerwalk.org/chapelhillnc/Team/View/92003/Chapel-Hill-Zen-Center>

Bhavana Community of Coastal Carolina (Wilmington, NC)

Sunday evening, March 10, 6 to 8 P.M.

On Sunday, March 10, Josho Pat Phelan will give a Dharma Talk. Silent meditation will begin at 6:15 PM and the Dharma Talk begins at 7 PM. There is no fee, but there is a dana box near the door if you wish to make a donation to support The Chapel Hill Zen Center or the Bhavana Community programming. The Bhavana Community meets at the Porter's Neck Yoga Co-op, 106 Marshall Court, Unit 120, Wilmington, NC.

If you have any questions, please contact the list moderator, Lance at lashdown@yahoo.com.

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
Josho Pat Phelan, Abbess

Nonprofit Organization
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Chapel Hill, NC

RETURN SERVICE REQUESTED

*Your beliefs become your thoughts
Your thoughts become your words
Your words become your actions
Your actions become your habits
Your habits become your character
Your character becomes your destiny*

— found in Nyugen's Buddhist belongings

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.