



Inner Peace Yoga

Experience physical and mental well-being when practicing Inner Peace Yoga with Min Yi Su. Stretch and strengthen your muscles. Improve your balance and inner awareness. Learn to relax more fully and focus on the present moment through your breathing and meditative movements. Bring a mat and any other yoga prop(s) you'd like (belt, pillow, blanket, etc.).

Min Yi Su is a nationally certified yoga instructor. She has been practicing yoga postures since age seven. In addition to teaching yoga in the Eugene area, she nurtures three healthy children, practices Compassionate Communication (NVC), facilitates Family Constellations, writes for Midwifery Today and studies Reiki.

Classes will be on Monday morning between 11 a.m. and noon and Wednesday evening from 5:30 to 7 p.m. Monday classes are \$6 - \$10 and Wednesday classes are \$7 - \$11, depending on what you can afford.



About the Eugene Zendo - Butsugenji

The Eugene Zendo is a Soto Zen Buddhist temple open to everyone. We are located in a residential neighborhood in West



Eugene, Oregon. Activities center around zazen (seated meditation) and include ceremony, chanting, dharma study, discussion and social events.

If you are new to Zen Buddhism, an introductory class is offered at 8:00 a.m. on Sunday morning before our regular Sunday meeting. For more information, please contact us at:

phone: 541-302-4576
email: butsugenji@eugenezendo.org
website: <http://www.eugenezendo.org>

The deadline for submissions is the 15th of every month. Submissions to the newsletter can be sent to butsugenji@eugenezendo.org

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Eugene Zendo
2190 Garfield
Eugene, OR 97405

EUGENE ZENDO

Butsugenji - Buddha Eye Temple

September 2009 - Vol 9 Issue 9

Announcements

- **Fusatsu** - There will be no Fusatsu in September. Fusatsu will resume after the beginning of Term.
- **Neighborhood Block Party**- There will be a neighborhood block party and potluck at the corner of 22nd and Garfield on Sunday, September 13th. Please bring a dish to share, yourself, friends and family beginning around 3 p.m. The party will go until everyone goes home. There will be face painting available and other children activities. Please come out to support the zendo's presence in the neighborhood.
- **Fall Term** opens on Sunday, September 20th. Schedules, general information and applications are available from our website or at the zendo.
- **Calligraphy Classes** will be resuming at the zendo soon. They will now be on Friday afternoon from 4 - 6 p.m. Please contact Soen (dandt@efn.org) or Ejo if you're interested in participating.
- On Sunday August 17th, Yoe Darcy Strange married Nate Werner at Mt. Pisgah Arboretum. Ejo officiated at the ceremony. **Congratulations to Yoe and Nate!**
- There will be a **3-day sesshin** from Friday September 25 through Sunday September 27th. Sign-up is enclosed.
- **Monday and Wednesday Evening Zazen** - Due to changes in the daily schedule during the Fall Term, evening zazen at 7:30 p.m. on Monday and Wednesday will not be held until further notice.
- **Teaching Zazen Workshop** - On Sunday, October 18th, from 12 - 5 p.m., there will be a workshop for individuals actively instructing others in the practice of zazen. This will be a follow-up to the "Teaching to Teach Zazen Class" currently meeting on Thursday night. Please speak with Ejo if you're interested.

Upcoming Schedule Changes

We will be kicking off the New Zendo Schedule with the opening of Fall Term on September 20th. This new daily temple schedule marks an important shift for our community. We are working to create a practice center with activity throughout the day that will be able to accommodate resident practitioners sometime in the near future. This is the first step in developing the additional energy necessary for a completely functioning temple.

The new schedule was outlined in the late summer mailing that you received a few weeks ago. Here are a few highlights:

Monday through Friday morning program through lunch. The current schedule ends with breakfast on Weekday mornings. The new schedule extends the morning with a work meeting at 8:30 and then work practice through to lunch at 11:15. Everyone is welcome to join in by simply showing up for the meeting at 8:30.

Sanzen (Private meetings with the teacher)

The bulletin board sign-ups for private meetings with Ejo will be replaced by a regular Sanzen schedule. Monday and Wednesday from 4:30 to 6:00, you may simply show up at the Zendo for Sanzen.

Please take a seat in the Zendo and wait for your turn. The teacher's attendant will be facilitating. There will also be Sanzen available during the second sit (6:00 - 6:40 a.m.) on Tuesdays and Thursdays. There are only three slots available each day so please sign up on the bulletin board. For private meetings outside of these times please talk with the teacher directly.

Introduction to Zazen and Introduction to Practice Workshops

There will be some special programs for newcomers to the Zendo. First there will be a full day (8 a.m. - 4 p.m.) Zazen Workshop on Sunday, October 11th. The workshop is designed to help newer students refine the practice of Zazen. Particular attention will be paid to posture, breath and mind. There will also be a six week Introduction to Practice workshop on Wednesday evenings (7-9) from October 14th - November 18th. These workshops will focus on fundamental issues of a life of Buddhist practice like ethics, significance of teachings in everyday life, forms, emotional and mental states during zazen etc. The workshops will include some zazen, readings and facilitated discussions. Sign-up at the zendo or download the form from our website.



Dana, the first of the Buddhist Paramitas, is the voluntary giving of material, energy or wisdom to others. There are no dues or fees for attendance at the Eugene Zendo's scheduled events. However, we do have expenses and rely on the support of visitors and Sangha Members to help us transmit the Dharma to all beings. **We appreciate your continued generosity.**



Zendo Practice Positions

As part of the upcoming Term opening, all term trainees will be required to take an active role in one of the many practice positions at the zendo. Each position has a lead responsible for oversight of that particular area of work. The lead for each position teaches others how to perform the various tasks associated with that position, gives them feedback as they gain mastery over the tasks, and otherwise coordinates and schedules the work of the position. If you're interested in helping facilitate the functioning of the Zendo, please talk with the lead person for the kind of work in which you are interested. People who are not planning to be term trainees are also welcome and encouraged to volunteer. Please consider training for one or more of these positions.

Following is a brief summary of each position:

Chiden: The Chiden is responsible for maintaining all the altars at the zendo. Primarily this involves a weekly cleaning of the incense braziers and general altar cleaning and dusting. The Chiden also inventories ceremonial supplies such as candles and incense. Additionally, on Sunday morning, Tuesday evening, during retreats and special gatherings, the Chiden oversees preparing incense, charcoal, candles, altars and other ceremonial equipment. Currently, the Lead Chiden is Anyu.

Flowers: Usually, flower arrangements would be part of the Chiden's role. However, our altar flower arrangements are made weekly by either Carmelita or Emyo. Please speak with either of them if you are interested in helping with the flowers.

Doan-Ino: The Doan-Ino, also called the Presenter, plays the instruments associated with chanting and announces the sutras in the zendo. The Doan-Ino is responsible for Sunday mornings, Tuesday evenings and other special events. Currently, there is no Lead Doan-Ino. Please speak with Ejo if you are interested in training to be a doan-ino.

Jikido: The Jikido, also called the timekeeper, sounds the wood block and the larger hanging bell in the zendo to signal the beginning and ending of ceremonies, zazen periods and other activities. The Jikido faces away from the wall during zazen



periods and is there to take care of the assembly, should need arise. Currently, the Lead Jikido is Yoetsu.

Jisha: The Jisha is the ceremonial assistant of the teacher. This is the person who carries incense in at the beginning of chanting services and otherwise assists the teacher during various assemblies. The Jisha is also responsible for directing sanzen. Currently, the Lead Jisha is Yoe.

Shika: The Shika, also called the greeter, is responsible for welcoming and orienting newcomers to the zendo. This includes teaching zazen basics, zendo etiquette and a general overview of how the zendo operates. Primarily this means facilitating the Sunday morning orientation at 8 a.m. but could also mean making arrangements to meet privately with individuals outside of a scheduled zendo activity. The Shika is also the contact person for anyone interested in becoming a member of the zendo. Currently, the Lead Shika is Carmelita.

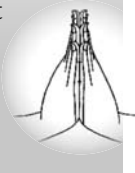
Tenzo: The Tenzo oversees the kitchen at the zendo. Aside from the Lead Position who oversees the general functioning of the kitchen, there are two important roles to be filled. The first is cooking for meditation retreats. The second is taking care of Sunday morning snacks and the tea table. Currently, the Lead Tenzo is Gensei.

Yard Maintenance: The lead for yard maintenance keeps an eye on the upkeep and development of the gardens. This means coordinating seasonal work such as weeding, watering, pruning, picking up, mulching etc. The lead also coordinates the garden committee which meets periodically to make decisions about the development of the gardens. Currently, Thelma is the lead for Yard Maintenance.

Building Maintenance: The lead for building maintenance manages the upkeep of our facilities and pursues upgrades and future construction projects. Currently, Kogen is the lead for Building Maintenance.

9 Bows of Gratitude

- Kogen for paint, tea and figs.
- Elaine for homemade yogurt.
- Kogen, Elaine and Sogaku for painting the zendo.
- Everyone who came out for the work party.



- Hand Garden Sprayer
- Herbal, non-caffeinated, tea
- Newsletter Submissions

Begging Bowl

September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Please note: the extended morning schedule doesn't begin until the 21st. Until then, we conclude with breakfast at 7:30 a.m.</i></p>		<p>1 Morning Schedule 7:00 p.m.- Service/Zazen/ Double Sit with Sanzen</p>	<p>2 Morning Schedule 7:30 p.m.- Evening Zazen</p>	<p>3 Morning Schedule 7:00 p.m.- Teaching to Teach Zazen Workshop</p>	<p>4 Morning Schedule</p>	<p>5</p>
<p>6 8:00 a.m.- Intro to Zendo 9:00 a.m.- Service/Zazen/ Dharma Talk</p>	<p>7 Morning Schedule 7:30 p.m.- Evening Zazen</p>	<p>8 Morning Schedule 7:00 p.m.- Service/Zazen/ Dharma Talk</p>	<p>9 Morning Schedule 7:30 p.m.- Evening Zazen</p>	<p>10 Morning Schedule 7:00 p.m.- Teaching to Teach Zazen Workshop</p>	<p>11 Morning Schedule</p>	<p>12</p>
<p>13 8:00 a.m.- Intro to Zendo 9:00 a.m.- Service/Zazen/ Dharma Talk</p>	<p>14 Morning Schedule 7:30 p.m.- Evening Zazen</p>	<p>15 Morning Schedule 7:00 p.m.- Service/Zazen/ Double Sit with Sanzen</p>	<p>16 Morning Schedule 7:30 p.m.- Evening Zazen</p>	<p>17 Morning Schedule 7:00 p.m.- Teaching to Teach Zazen Workshop</p>	<p>18 Morning Schedule</p>	<p>19</p>
<p>20 8:00 a.m.- Intro to Zendo 9:00 a.m.- Service/Zazen/ Term Opening</p>	<p>21 Morning Schedule 4:30 - 6 p.m.- Sanzen with Ejo</p>	<p>22 Morning Schedule 7:00 p.m.- Service/Zazen/ Precious Mirror Samadhi Class</p>	<p>23 Morning Schedule 4:30 - 6 p.m.- Sanzen with Ejo</p>	<p>24 Morning Schedule 7:00 p.m.- Joint Meeting for Term Student and Trainees</p>	<p>25 Morning Schedule --Sesshin Begins--</p>	<p>26 --Sesshin--</p>
<p>27 --Sesshin Ends-- 8:00 a.m.- Intro to Zendo 9:00 a.m.- Service/Zazen/ Dharma Talk</p>	<p>28 Morning Schedule 4:30 - 6 p.m.- Sanzen with Ejo</p>	<p>29 Morning Schedule 7:00 p.m.- Service/Zazen/ Precious Mirror Samadhi Class</p>	<p>30 Morning Schedule 4:30 - 6 p.m.- Sanzen with Ejo</p>	<p>Morning Schedule 5:10 - Zazen 5:50 - Kinhin 6:00 - Zazen* 6:40 - Service 7:15 - Cleaning *Sanzen on Tuesday and Thursday</p>	<p>7:30 - Breakfast 8:30 - Meeting 9:00 - Work or Class 11:15 - Lunch</p>	