



Southern Palm Zen News

December 2011

Volume 5, Number 12

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Our Website

www.floridazen.com

look here for recommended resources and readings for students of zen

Our Schedule

Tuesday & Thursday Morning

Zazen

7:00 a.m. – 8:00 a.m.

Wednesday Evening

Orientation to Zen & Meditation:

5:30 – 6:00 p.m.

Study Group

6:00 – 7:00 p.m.

Service & Zazen

7:00 – 8:00 p.m.



Shuso Hossen for

Gary Zochi Faysash

Saturday, December 17, 2011

Shuso Hossen or Dharma Combat is a ceremonial rite-of-passage marking a student's promotion to the rank of senior student. At Hossen, the Shuso gives his first dharma talk and takes questions from the community in a ceremonial conversation. Zochi's dharma talk will arise from insights obtained while studying the koan "Mind is Buddha".

Please read the koan below and consider what questions you might ask him on that day. Also, you are invited to present a poem or short piece of prose or some other original work to honor the Shuso.

Schedule for Saturday, December 17, 2011

7:15–7:30 a.m. SERVICE

7:30–8:00 ZAZEN

HOSSEN

8:00–8:10 KINHIN-INTERVIEWS
CEREMONY

8:10–8:40 ZAZEN-FOUR VOWS

Short Break

8:40 – 9:00 SET UP FOR SHUSO

9:00 – 10:00 SHUSO HOSSEN

10:00 - 11:00 BREAKFAST

To help us plan seating and food, please RSVP to Jishin@smiling-buddha.com.

Saturday Morning

Service & Zazen

7:15 – 9:10 a.m.

Study Group

9:15 – 10:00 a.m..

Contact Us

OUR MEETING PLACE

Unitarian Universalist
Fellowship
2601 St. Andrews Blvd.
Boca Raton, FL

MAILING ADDRESS

Southern Palm Zen Group
P.O. Box 880551
Boca Raton, FL 33488-0551

PHONE & EMAIL

Doshin Cantor Sensei
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561-350-5535

Mushin May Sensei
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Jishin Faysash Osho
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Find us on Facebook:
Southern Palm Zen Group

KOAN# 30 FROM THE GATELESS BARRIER: MIND IS BUDDHA THE CASE

Taibai once asked Baso, "What is Buddha?" Baso answered, "Mind is Buddha."

MUMON'S COMMENTARY

If you can at once grasp "it," you are wearing Buddha clothes, eating Buddha food, speaking Buddha words, and living Buddha life; you are a Buddha yourself. Though this may be so, Taibai has misled a number of people and let them trust a scale with a stuck pointer. Don't you know that one has to rinse out his mouth for three days if he has uttered the word "Buddha"? If he is a real Zen man, he will stop his ears and rush away when he hears "Mind is Buddha."

MUMON'S POEM

A fine day under the blue sky!
Don't foolishly look here and there.
If you still ask "What is Buddha?"
It is like pleading your innocence while clutching
stolen goods.

Winter Special Events

AN INTIMATE EVENING WITH BO LOZOFF

"One of America's 100 spiritual visionaries."

Utne Reader

SONG ~ DISCUSSION ~ STORY
(free of charge – open to the public)

DATE: Thursday, December 22, 7pm - 9pm
Boca West Bridgewood Center - Boca Raton
Gated Community – RSVP Required

561-809.8255 sterlingspin@gmail.com

For more news & insight
from the wider White Plum
Asanga, follow these links:

<http://www.zenpeacemakers.org>
(click on Multi-Media Newsletters)

www.zmc.org/talk

www.upaya.org/newsletter

www.whiteplum.org

Support the Sangha

Earn money for our Zendo by
doing your searches on
GoodSearch.com

Simply go to Goodsearch.com
and enter us as your charity.

Type: **Southern Palm Zen
Group**

Then perform all of your
search engine searches there
and earn the
Zendo about 1 cent per search
(you can imagine how that can
add up).



Donations can also be
made by mail to

Southern Palm Zen Group
P.O. Box 880551
Boca Raton, FL 33488-0551



Bo Lozoff is a street-wise sage whose fans include Mister Rogers and the Dalai Lama. His award-winning original music runs from acoustic ballads to classic rock, with an occasional country song added the mix. What brings his range together is a piercing awareness of the human condition and masterful storytelling. Join us in this Intimate Evening with Bo as he shares his insights through story, song and discussion.

Bo's books include the classic, We're All Doing Time, hailed by The Village Voice as "one of the ten books everyone in the world should read."

Reserve Your Seat EARLY: Limited Seating

Reservations are Mandatory. sterlingspin@gmail.com

January Sesshin in Sebastian, Florida

Once again SPZG will sponsor the **South Florida White Plum Winter Sesshin** at Kashi Ashram in Sebastian, Florida. This event will take place January 20-22, 2012. The sesshin begins with dinner on Friday evening and concludes with lunch on Sunday afternoon. Doshin Sensei and Mushin Sensei will offer dharma talks and dokusan. Cost will be \$200 for room and board, dormitory style, or \$100 for commuters, which includes all meals. Participation is limited to 35 people. Only paid reservations will be accepted. If you wish to attend, please contact Jishin@smiling-buddha.com. **Reservations must be made and paid by December 20.**

March Zazenkai with Robert Kennedy, S.J., Roshi

Zen master, Catholic priest, calligrapher and teacher, Roshi Kennedy will join us for an all-day zazenkai on Saturday, March 10, 2012, at the Unitarian Universalist Church in Boca Raton.

Schedule and further details will be available next month.



Boca Raton Sangha Study Groups

SPZG has a Wednesday book study at 6 p.m. We are currently studying How to Cook Your Life by Uchiyama Roshi. Our Saturday study group meets after service and zazen and is working through Realizing Genjokoan by Shohaku Okumura.

For a more specific schedule of chapters and speakers, please contact Jishin@smiling-buddha.com.

Announcing! Rohatsu Sitting, Wednesday Dec. 7, 2011

In place of our regular Wednesday program, we will celebrate Rohatsu, beginning at 6 p.m. on December 7 and concluding just past midnight. The program includes several periods of sitting, kinhin, and a rest & refreshment break for 30 minutes midway through the evening. We do invite you to make the effort to join us for this commemoration of Buddha's enlightenment.

Dogen Conference Update

If you were unable to attend this very excellent conference, you may click here to listen to the podcast.

http://www.ancientdragon.org/dharma/dharma_talks_audio

SPZG Prison Outreach Program



As of this writing, SPZG mails a monthly newsletter on Buddhist practice to nearly 300 inmates across Florida. Thirteen prisons have active Buddhist meditation groups, many of them visited regularly by members of our extended sangha. Many more members correspond regularly with inmates to offer encouragement and support. Your participation is welcome and encouraged. If you would like to be involved in any way, please contact Jishin@smiling-buddha.com.

This month, our pilot program of mindfulness at South Bay C.F. in Palm Beach County concludes. Twenty-five men from various religious backgrounds have been participating and finding nourishment and insight through using the basic practices of mindfulness.



SPZG 2011-12 Calendar of Events

December 7, 2011

Rohatsu Celebration

With Doshin Sensei and Mushin Sensei

6:00 p.m. until midnight

December 17, 2011

Shuso Hossen for Gary Zochi Faysash

With Doshin Sensei and Mushin Sensei

7:15 a.m. until noon

January 20-22, 2012

Three day sesshin at Kashi Ashram

Sebastian, Florida

February 11, 2012

All Day Zazenkai

With Doshin Sensei and Mushin Sensei

7:00 a.m. until 5:00 p.m.

March 7, 2012

Jukai Ceremony & Celebration

6:00 p.m. until 9:00 p.m.

March 10, 2012

All Day Zazenkai

With Robert Kennedy Roshi

7:00 a.m. until 5:00 p.m.

(for further information on these events, contact Jishin@smiling-buddha.com)



Local Bulletin Board

Help Feed the Hungry: Sangha members Joy Levy and Kathy Bishop are collecting non-perishable food items for C.R.O.S. Ministries, in conjunction with the Delray Interfaith Association. You may bring your donations to the zendo on a Wednesday night or Saturday morning.

Help Homeless Families: The UUFBR is part of an interfaith program to provide overnight shelter to homeless families with children. They need volunteers for occasional help preparing meals. If you would like to participate, please contact uufbr@bellsouth.net

Mindfulness Based Cognitive Therapy, a group program designed to help people dealing with anxiety and depression, will be offered beginning January 9, 2012 by Sangha member Dorie Porcelli. Dorie writes:

“We all experience periods when we feel that stress has become overwhelming, when we have lost our direction and meaning in life or experienced the loss of a beloved person or relationship. Psychotherapy or counseling can offer a life line to discovering a new purpose and deeper connection to what is true for ourselves and what is longing for expression. I work in traditional methods of western psychotherapy and mindfulness based approaches. My focus is to support your developing awareness into what is most skillful for your living your highest potential for happiness and well-being. It is a primary concern of mine that we establish a space of trust and emotional comfort, so that the work of counseling and psychotherapy, supported by mindfulness practice, can blossom in your life. Whatever experience or stage of life you are experiencing at the moment is workable and holds knowledge for you as you continue your journey through life.”

Please contact her for class details.

Dorie Porcelli, LMHC
2200 NW Corporate Blvd., Suite 300
Boca Raton, Florida 33496
561.866.2223
dorieporcelli@gmail.com



Regional Bulletin Board

Kuge-In Temple... Brevard Zen Center, Cocoa, Fl announces:

Our next sesshin will begin Tuesday, January 10th @ 7:00 PM and will end Sunday, January 15th, roughly around 10:00 am.

A Sesshin is a multiple day retreat in which we take time out of our busy lives to focus on our spiritual practice. We do multiple periods of zazen (seated meditation) with periods of Kinhin (walking meditation) between. We also do samu (work practice) and chanting services. The teacher (Roshi Lou Mitsunen Nordstrom) will give Dharma talks daily. All participants will receive Dokusan (private interview) with Roshi.

Sleeping arrangements are dormitory style and all meals are included.. You may arrange a hotel room for approximately \$60 per night if that is preferable (approx. 10 minutes away). For those who wish to stay at a nearby hotel, I have a list to choose from. Please let me know if you need the hotel list. We have a limited number of cots and sleeping bags available on a first come basis. Please bring your own linens/pillows, towels, toiletries etc. Our shower facilities are outdoors with hot and cold running water.

Cost: \$175.00 per person. Dana for Roshi is not included in the cost to attend sesshin. Please bring cash for dana.

You may join us anytime your schedule allows, but it is *highly* recommended that you attend the entire sesshin to take advantage of this wonderful opportunity to deepen your practice in the warmth of the temple and the sangha. An early reservation is recommended.

Please RSVP if you plan to attend: nyushin@hotmail.com to make reservations