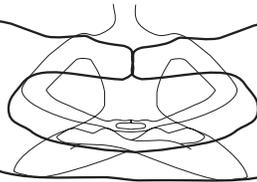


# Sangha Life



**The Missouri Zen Center**

**February-March, 2011**

**The Missouri Zen Center**

220 Spring Avenue  
Webster Groves, MO 63119  
(314) 961-6138



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**Coming Events**

- Feb. 8, 15: zafu sewing
- Feb. 20: one-day sit
- Feb. 22: Brad Warner at Seki's
- Feb. 24: Lost in Woonsocket screens
- Feb. 26: Brad Warner at MZC
- Mar. 6: Socially Engaged Buddhism
- Mar. 13: Annual and sangha meetings
- Mar. 18-20: sesshin
- Apr. 10: Board meeting
- May 15: Vesak Day



Visit Our Web Site:  
[www.missourizencenter.org](http://www.missourizencenter.org)

*Address Correction  
Requested*

**New Lay Ordainees**

On December 5, 2010, four sangha members took lay ordination. Following the ceremony, Rosan wrote:

Congratulations on the ordination of the newly born Bodhisattva-Mahasattvas with our sangha, all buddhas, ancestors and all beings!

Erin 惠林: Grace/Wisdom Forest,  
Erin Davis

Rido 利道: Benefitting (the) Way,  
Richard Burke

Shuri 秀理: Supreme Principle/Truth,  
Sheryll Coulter

Soho 祖峰: Patriarch Peak,  
Steve Collier

Thank you all participants - ordainees, officiants, helpers, attendees for your dedicated cooperative wonderful work!

**Help Sew Zafus, Feb. 8 & 15**

One of the nice services MZC provides to the community is making zafus and zabutons.

We have orders to fill and winter is a great time to sew zafus and zabutons together. We have tasks for all sewing skill levels including beginners.

Please join us 5 p.m. to 6:45 p.m. Tuesdays, February 8 and 15.

## Recipes Wanted for MZC Cookbook

We are collecting recipes for a MZC fundraising cookbook. Anyone who has recipes to contribute can put a copy into Kathleen's mailbox at MZC. If you'd prefer to email your recipe, send it to MZC's email address. Please consider providing recipes for dishes you've brought to sangha potlucks and/or other of your favorite dishes. Submit as many as you like!

## Zen Teacher Brad Warner Comes to St. Louis

Brad Warner, a zen monk, musician, and author, will be in St. Louis to discuss his newest book, *Sex, Sin, and Zen: A Buddhist Exploration of Sex from Celibacy to Polyamory and Everything in Between*. He also wrote *Hardcore Zen*, *Sit Down And Shut Up*, and *Zen Wrapped in Karma Dipped in Chocolate*. His blog is at: <http://hardcorezen.blogspot.com/>.

Though Brad's talks always focus on the Buddhist dharma, the actual topics covered can range from the words of the ancient masters to the finer points of slam dancing, from insights to be found in the depths of marathon meditation sessions to whether Godzilla could beat up Yog the Space Monster. Brad prefers to respond to an audience rather than lecture them. The talks themselves tend to be more like brief introductions to free-wheeling and stimulating Q & A sessions.

On Tuesday, Feb. 22, Brad will be appearing at Seki's Japanese Restaurant, 6335 Delmar Blvd. (Delmar Loop). Seki's will open at 6:30 p.m. Brad's talk with Q & A begins at 7 p.m. with book signing to follow. Refreshments will be available for purchase. The event ends at 9:30 p.m.

On Saturday, Feb. 26, Brad will be at MZC. Zazen will take place from 7-7:20 p.m. followed by Brad's talk and Q & A. For anyone who would like zazen instruction before the talk, such instruction for beginners will be available at the Missouri Zen Center at 6:30 p.m. Space is limited, so please contact the center by 5:00 p.m. on Thursday, February 24, to reserve a spot. Please arrive at least 10 minutes early.

We've included a flier for both events. You are welcome to copy and post anywhere you obtain permission for posting. We're also planning some opportunities to meet with Brad more informally. Please check the e-list or contact MZC for updated info.

## Socially Engaged Buddhism, March 6

A special event on Socially Engaged Buddhism will be held on Sunday, March 6, 2011, at the Ethical Society of St. Louis, 9001 Clayton Rd. This event is sponsored by the Buddhist

Council of Greater St. Louis, of which MZC is a member organization.

Schedule:

- 2:00: Introduction: Leonora Kham
- 2:05: 38 Highest Blessings / Mangala Sutra chanting
- 2:10: Prof. Don Sloane: Being Socially Engaged Now
- 2:40: Prof. Dr. Kongsak Tanphaichitr: Buddhism and Healthcare & Related Issues
- 3:10: Former inmates associated with Inside Dharma: How Buddhist Teachings Helped Us In and Out of Prison
- 3:40-4:05: Group discussion 1
- 4:05-4:30: Group discussion 2
- 4:30-5:00: Group discussion summaries, conclusion

For more information, contact Dr. Tanphaichitr: (314) 839-4339

You can look up and print for distribution the "Socially-engaged Buddhism" flier posted on the Buddhist Council website:

[http://www.buddhistcouncilstl.net/pdf/Socially\\_Engaged\\_Buddhism\\_3\\_6\\_11\\_flier.pdf](http://www.buddhistcouncilstl.net/pdf/Socially_Engaged_Buddhism_3_6_11_flier.pdf)

## MZC Annual Meeting, Mar. 13

The Annual Meeting of the Missouri Zen Center will be held at MZC on Sunday, March 13 following family sitting. The meeting will begin with election of new Board members, followed by a sangha meeting. We will meet during and following a potluck lunch. Please bring a vegetarian dish to share.

The Annual Meeting is the one meeting each year that our Zen Center must conduct, according to our by-laws. The primary purpose of this meeting is to elect new members to our Board of Directors. Anyone who has paid membership dues or has taken lay ordination at the Zen Center may vote at this meeting. If you don't fall into either category but you've been coming to the Zen Center more or less regularly for some time (meaning we recognize you as part of the sangha), you may also vote at this meeting. The same voting procedures will be followed during the sangha meeting.

After the sangha meeting ends, the new Board will meet very briefly for the purpose of naming the officers for 2011. This is the one Board meeting that is required by our by-laws. Please see the article on nominations to the Board for more info on MZC's Board and its duties.

## Nominations for MZC Board

by Kuryo

MZC's by-laws require us to hold an election once a year to seat new members on the Board. Board members serve for three years and can be re-elected. Rosan is automatically on the Board as our abbot and Executive Director. Of the current Board members, Kuryo's term ends after the Board election. Suzanne and Brittany will serve the final year of their terms

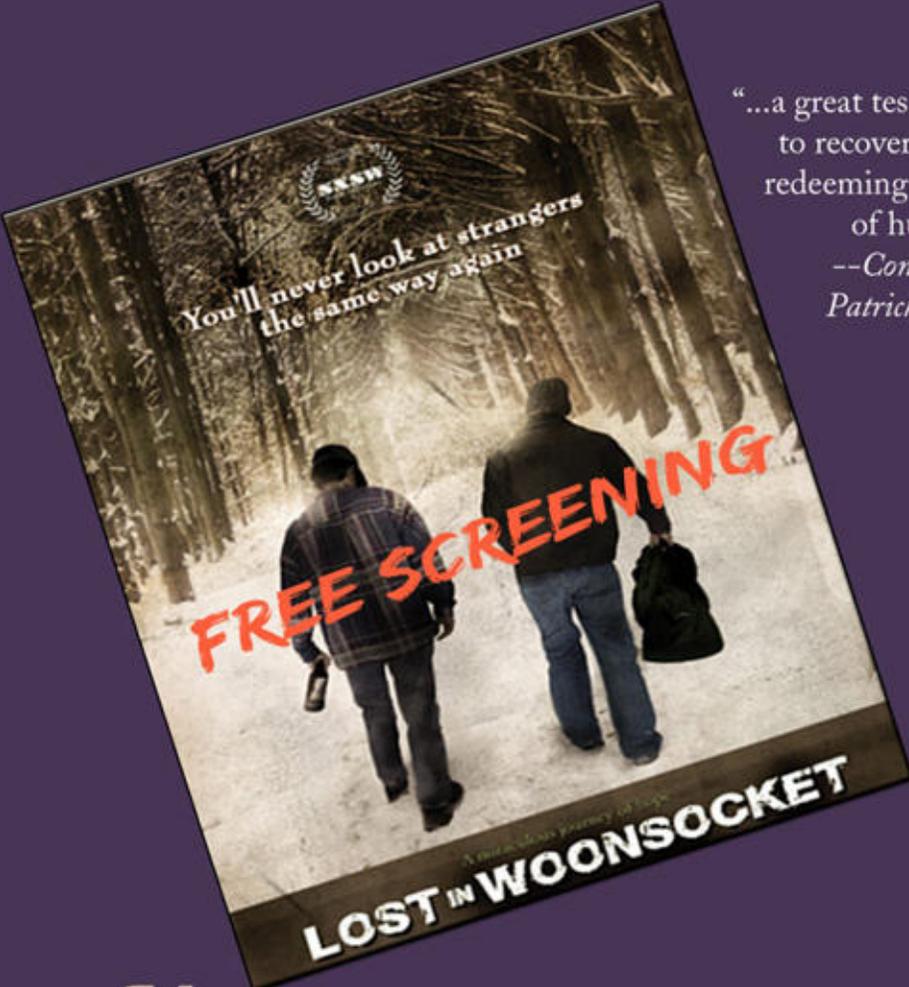
in 2011, and Maku and Erin will serve the second year of their terms in 2011.

We welcome new members to the Board so that knowledge of how to keep the Zen Center operational is spread as widely as possible among the sangha. Nominations are now open for new members to the Board and will remain open through Sunday, Mar. 6. We encourage sangha members to consider nominating themselves or another member to the Board. A good nominee is someone who has a strong commitment

to our practice and to the Zen Center as our place to practice together. Nominations can be submitted to the Zen Center by phone or email. You can also make a nomination by contacting a current Board member. If you nominate someone else, please be sure you have his or her permission to do so. We don't want anyone to be put in the awkward position of being nominated but not being able to serve on the Board.

*All that's visible springs from causes intimate to you. While walking, sitting, lying down, the body itself is complete truth. If someone asks the inner meaning of this: "Inside the treasury of dharma eye a single grain of dust."*

—Dogen



“...a great testament to recovery and the redeeming qualities of humanity.”  
—Congressman Patrick Kennedy

**FREE SCREENING**

**LOST IN WOONSOCKET**

*Missing for two years, two alcoholics are discovered living in the back woods of Woonsocket, Rhode Island. The film crew from an award-winning A&E tv series found the men and offered a chance for treatment, rehabilitation, and a fresh start with their families.*

**Thursday, February 24, 2011 7:30pm**  
**Webster University Film Series**

Winifred Moore Auditorium 470 East Lockwood Webster Groves  
Presented by **Inside Dharma, a Buddhist prison outreach program.**  
[www.INSIDEdharma.net](http://www.INSIDEdharma.net) 314.726.2092

## Why One Should Know the True Self

by Rosan Daido

*It is the determined minds of the living beings to know their selves.  
Rare, however, are those who see the true self. Only buddhas know it.  
—Dogen*

**Problems:** We have all kinds of individual, social and ecological problems and sufferings: birth, sickness, aging, death, dissatisfaction, loss, parting, passion, pollution, distortion, discrimination, disintegration, depletion, deterioration, exploitation, extinction, etc. We disagree, dispute, disregard, degrade and delay them to decay, demise, destruction and doom. We may sum them up in the five calamities of delusion (of self-identity), bondage, discrimination, exploitation and extermination in their causal relations.

**Causes:** All the problems come from our nescience of our true selves. All people are karma (action/habit) machines that run in rat races, biting baits, trapped in tragedies into tombs. We are short-sighted and short-circuited like mice running in the tread-wheel or eating peanut-butter near at hand, trapped, dead. We think we drive our cars for fame and fortune, but actually we are driven by the karma of small self (like a bubble), missing holy (wholly wholesome: all related/relative: selfless) truth, goodness, beauty and happiness (like the ocean).

**Solutions:** Because karma (past, present, physical, verbal and mental) creates self-delusion, thus accruing attachment and aversion (three poisons) and ensuing the five calamities as stated above, solutions lie in stopping karma, seeing holy truth, goodness, beauty, peace, etc., solving the self-problem and samsara (transmigration through birth/death, up/down) suffering. Karm is the source of evolution or devolution, development or deterioration. So we must first stop it and clearly see and select the way.

**Methods:** The universal, essential, simple, direct method of stopping karma is still sitting, stopping physical, verbal and mental karma (actions/habits), which frees anyone from karma and facilitates holy (wholly wholesome) and full function. Constant sitting enables one to witness and work in greater perspective and higher priority into truth and peace, eventually attaining the unsurpassed right complete awakening (anuttara-samyak sambodhi) and unconditioned peace (nirvana) (opposite process of the five calamities).

### E-mail List

Subscribe to our e-mail list at:

<http://groups.google.com/group/mzclist>

Once you are signed up, you can send messages to the list using this address:

[mzclist@googlegroups.com](mailto:mzclist@googlegroups.com)

### Regular Zendo Schedule

#### Sunday

6:20 am Zazen  
7:00 am Service (sutras)  
7:20 am Zazen  
8:00 am Kinhin  
8:10 am Short Zazen  
8:30 am Lecture (Teisho)  
9:30 am Work period (Samu) & tea  
*You are welcome to come throughout the morning, but please do not enter the zendo during zazen. Enter quietly at other times.*  
10:00-10:20 am Family Sitting  
10:20-11:00 am Children's activities

#### Monday

6:00-6:50 am Zazen & Heart Sutra  
Beginner's Night Registration required (at least 24 hours in advance)  
6:30-7:00 pm Instruction  
7:00-7:20 pm Zazen  
7:20-8:00 pm Discussion/Q&A

#### Tuesday

6:00-6:50 am Zazen & Heart Sutra  
7:00-7:40 pm Zazen  
7:40-9:00 pm Tea/discussion

#### Wednesday

6:00-6:40 am Zazen  
6:40-6:50 am Kinhin  
6:50-7:40 am Zazen & Heart Sutra  
7:00-7:40 pm Zazen

#### Thursday

6:00-6:50 am Zazen & Heart Sutra  
7:00-7:40 pm Zazen  
7:50-9:00 pm Dharma Study Group (call for details)

#### Friday

6:00-6:50 am Zazen & Heart Sutra  
7:00-7:40 pm Zazen

#### Saturday

8:00-8:50 am Zazen & Heart Sutra

