



Mountain Rain Zen Community

2014 Practice Period Guide

This form is to help you plan your practice period and clarify your intentions in advance. There are no specific requirements. Please take into consideration your family and work commitments and decide what will best nourish your practice. Practice period is a wonderful way to strengthen and intensify your practice, supported by the sangha. We hope you'll be able to participate in whatever way is best for you.

We encourage you to bring your Practice Period Guide to the zendo and discuss your intentions with Kate and/or Michael in dokusan, and also to use the guide to help focus your discussions with your practice mentor, if you choose to have one, and when you meet with the shuso for tea.

To help us anticipate how many participants we will have, and support your practice well, we'd appreciate it if you could send a copy of your filled-out Practice Period Guide to info@mountainrainzen.org. This would be shared only with the resident teachers, shuso, and your practice mentor, if you choose to have one.

2014 Fall Practice Period Intentions

Friday, September 26, 2014 – Sunday, November 16, 2014

Name:

email:

phone:

Place of residence:

Previous practice experience:

Home sitting practice:

Practice at the zendo:

Meetings with resident teachers and practice mentors:

Tea with the *shuso* (head monk):

Participation in practice period events (see p. 3):

“Zen Arts” practice:

Family and/or work as practice:

Engaged Buddhist practice (service/activism):

Commitment to simplify or restrict personal lifestyle:

Specific personal mindfulness practice:

2014 Fall Practice Period Events

Fall Practice Period Opening and Shuso Entering Ceremony

Friday, September 26, 2014

Two zazen periods followed by shuso entering ceremony.

An Undivided Life: A Weekend Retreat

Friday, September 26 – Sunday, September 28, 2014

Practice period opening retreat led by Myoshin Kate McCandless.

Zen Poetry through the Ages

Wednesdays, October 1 – November 5, 2014

A dharma study series with Myoshin Kate McCandless.

Practice/Realization/Expression - Dogen's Path of Creative Enlightenment: a dharma study class with Shuso Kanshin Ruth Ozeki

Sundays, October 5 – November 2, 2014

A dharma study series with shuso Kanshin Ruth Ozeki.

Sunday Half-day Retreat with dharma talk by Kanshin Ruth Ozeki

Sunday, October 12 9:00-1:30

Buddhist Perspectives on Death, Dying and Loss: The Practice of Forgiveness

Saturday, October 18, 2014

A day retreat with Myoshin Kate McCandless.

Loon Lake Residential Retreat

Saturday, November 8 – Friday, November 14, 2014

Residential Zen retreat at Loon Lake Camp, Maple Ridge, BC, concluding with shuso's Dharma Inquiry Ceremony.

Practice Period Closing Ceremony

Sunday, November 16, 2014

Two periods of zazen and closing ceremony, after which we will take the shuso to lunch.