



Photo by Claire Beaugrand-Champagne

## December-January News

### Important Schedule Changes

>Please note that the regular zazen schedule will be pre-empted by the Winter 5-day Zazenkai.

>The Zen Centre is observing its usual December closure from after Thursday morning zazen, December 13 through Friday, December 28.

### Great Cleaning

The three days preceding the New Year are set aside for “Great Cleaning”, in Zen monasteries in Japan. The Zen Centre has adopted this custom, and invites you to help during those days, Saturday, December 29 – Monday, December 31, as your schedule allows. Please let Myokyo know when you could join her for putting the Zen Centre in order for 2009. There will be the regular Saturday morning and Monday morning zazen schedule, and the New Year’s Eve sitting instead of the 6pm zazen.

### Winter Zazenkai

The **Winter 5-day Zazenkai** will take place from Wednesday, January 02 – Sunday, January 06. There will be limited space for full-time participants who want to sleep at the Zen Centre. Part-time attendance is possible for full-day blocks. Please let the Zen Centre know, as soon as possible, of your intention to attend. The cost will be \$200 for the full session, and \$50 for one day.

### New Year’s Eve

On Monday, December 31, from 9pm to midnight, there will be a special **New Year’s**

**Eve Zazen** followed by a saké toast to the New Year.

## **New Year's Day Ceremony and Open House**

The Zen Centre will bring in the New Year with zazen on Tuesday, January 01, from noon until 1pm, and then an **Open House** from 1pm to 4pm – an opportunity to visit with other members and friends of the Zen Centre.

## **“Zen Practice Fundamentals”**

For the first time, the Zen Centre will offer a course of four evenings to discuss and practice the basic core elements of Zen practice. The English course will be held on Tuesday evenings from 7:45 to 9pm from January 22 to February 12. The French course will be held on Wednesday evenings from 7:45 to 9pm from January 23 to February 13. Basic posture and etiquette, chanting, walking meditation (kinhin) and bowing, and formal meal service will be covered and some short readings will be suggested. One should be prepared to attend all four sessions. The cost for the series will be \$40 for those who are not regular monthly contributors. Experienced practitioners at the Zen Centre are encouraged to attend as well as newcomers.

## **Zen Lecture series**

The Zen Centre is planning a four-evening series of lectures on Zen to begin in the second half of February. We will be inviting guest lecturers to the Zen Centre for a more in-depth look at the Rinzai Zen tradition. Please look for more information in the coming weeks.

### **Important Dates**

December 14-28 – **Zendo closure**

December 29-31 – **Great Cleaning days**

December 31 – **New Year's Eve Zazen**

January 01 – **Zazen, Open House**

January 02-06 – **Winter 5-day Zazenkai**

January 22-February 12 – **English “Zen Practice Fundamentals”**

January 23-February 13 – **French “Zen Practice Fundamentals”**

### **Upcoming Events**

February 17, Sunday – **Zazenkai**

March 16, Sunday – **Zazenkai**