

# Mt. Equity Zendo Zephyr

Mt. Equity Zendo, Jihoji

Vol. VI, No. 1 Summer 2006

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## Abbess Installation Ceremony Rev. Dai-En Bennage Installed as Mt. Equity's Abbess

by NiOsho

After close to two years of preparation, Mt. Equity Zendo installed its first abbess, Dai-En Bennage, through the request of Soto Zen North American Bishop Gengo Aki-ba. Seido, or leading Officiant, was Aoyama Shundo Roshi, Abbess of the Nisodo Women's Monastery in Nagoya. The lineage teacher of the new abbess, Noda Daito Roshi, Godo or Training Master at Soji-ji Temple in Yokohama, also participated and gave a speech. Thirty-six monks and nuns from four continents arrived for the festivities, held beneath a huge white tent nestled between the monastery and two giant tulip poplar trees. Approximately 150 guests from Japan as well as from throughout the area and out of state as far as Hawaii participated. Rev. Eric Daishin McCabe took on the second step towards being a teacher in Soto Zen by undertaking the Chief Junior Monk Ceremony, held the second day. After a congratulatory meal, prepared in all the eight kitchens in Mt. Equity, guests departed, leaving the tent site once again a place where the new abbess in

far off days had played marbles with her brother.

There is no beginning and no end to express enough appreciation for all that was done on be-

use this magnificent collection! Ritsuen will be making this CD available to students in the very near future. So, too, with the videoing of our ceremonies.

Mark Schall went out of his way to have others help him in recording history by shooting over 20 reels of video tape. The editing work of this vast collection is now in progress.

For all the women who went together to send the purple long-sleeved robe and monogrammed purple Buddha robe, accoutrement for an abbess, I can only hope to be able to live up to them. For all the background support from both the American and Japanese nuns and monks, especially

Rev. Yuko Wakayama, also my deepest of bows. And for the late Evelyn Rakuen Bennage who helped us start our zendo, and all the students who have laid the bricks of their practice to make our solid foundation, my deep gasshos to you in every direction. The real test for the future of Mt. Equity Zendo starts from now.



half of Mt. Equity to have this major ceremony take place. All the work that was done by the North American office of Soto Zen for our sakes brought the goal to reality. Ritsuen Reilly, our official photographer came away with over 1000 photos; the best 360-some he put on a CD. No one at MEZ being hi-tech, it has taken us a very long time to figure out how best to

## Ceremony for Our Deceased: Candles on the Water

**O-Bon** is traditionally held in Japan in either July or August. The Julian calendar brings the holiday to July, while the lunar calendar, usually marked in rural areas, is in August. This is the time to welcome back the memories and spirit of our departed loved ones. There is hardly a student of Mt. Equity Zendo who has not requested prayers or the name of their departed on our list and in our temple. Our prayers at Mt. Equity are matched by those family members who request Mt. Equity's help. On this day, all who have requested the names of family members read or commemorated come to Mt. Equity to offer up their prayers together. The days of the year when all attendees of a Buddhist Temple can be seen gathered together are New Years' Day, Buddha's Birthday Bash, O-Bon, and for people strong in zazen, some part of the Sesshins commemorating the Buddha's Enlightenment on December 8th, and the Buddha's Parinirvana on Feb. 15th.

After thoroughly enjoying our evening in Harrisburg last O-Bon to float lanterns down the Susquehanna with Rev. Tony Stoltz and members of his Sangha, we undertook to do so on our own at home. Thanks to the graciousness of our friend, Ms. Linda Burk, we were able to have private access via her land to the river. After making our own lantern boats, written with the names of our loved ones, from small decorated white paper bags supported by balsam wood, and outfitted with a tea candle, we went to the river in silence. Most people in our area were away attending the Little League games, and the river was primordial dark and quiet. The lanterns ever so slowly crossed first to the other side, then meandered along the opposite shore on their way toward the ocean. We hope that you will be able to join us in this solemn and moving dedication this summer in mid-August.



*Rakuen at the Abbess Ceremony in May 2005, with NiOsho, Aoyama Roshi and Rev. Seizen Shiyoya.*

## The Passing of Evelyn Un'yu Rakuen Bennage

Only minutes after the Closing Ceremony of the Novice Seminar on October 9 came word that Evelyn Bennage, NiOsho's mother, who had received the five precepts and the name Rakuen, had peacefully passed away at the age of 89. The funeral ceremonies were performed by NiOsho, starting with sutra recitation at the crematorium, and ending with two ceremonies after Sesshin the weekend afterward, one for Sangha members and the other for local friends. This was NiOsho's first complete Buddhist funeral to be Officiant.

Rakuen was nothing less than ebullient about her daughter's path, and helped in all the ways that she could in the beginning years, by going for Sesshin groceries, doing laundry,

helping to clean, sewing bowl cloths, hugging students, etc. The measure of how to take care of students was gauged by NiOsho on Rakuen. Flowers came from MEZ students, as well as her doctor and friends in the U.S. and Japan. A long box of exotic blooms from Hawaii arrived from Rev. Jiko Nakade, further transforming the altar into a paradise.

On several occasions Rakuen had requested that her head be shaved. Her teacher, her daughter, foreseeing Rakuen's care eventually out of her hands, regretfully refused. Cloud Cavort-er, Completely Pleasant, Un'yu Evelyn Rakuen Bennage would have made a joyous nun.

## SZBA Novice Seminar Held at Mt. Equity

After over a decade of maturation, the SZBA, Soto Zen Buddhist Association, is now holding its own in formulating how Soto Zen for North Americans will work to best effect. Mt. Equity Zendo had the great privilege of being asked to start a training program for 15 American Soto novice monks and nuns, working in tandem with the SZBA Board Representative, Rev. Kyoki Roberts of Zen Center of Pittsburgh.

Again, with the great help of Rev. Yuko Wakayama, sent to Mt. Equity by Aoyama Roshi, we were able to offer a very in-depth seminar on all facets of the services, particularly the morning services. With only the four of us, including Rev. Daishin McCabe, to guide the novices, all of us experienced a very busy, very intense and very fruitful Seminar.



*Novice monks and nuns and their teachers at the end of the October 2005 SZBA Novice Seminar*

## Buddha's Birthday Bash

Although April 7th is the traditional date—at least in Japan—of Buddha's birthday, we hold it later, waiting for there to be flowers for children to pick from their own back yards, rather than bringing from a flower shop. This

is always a time of surprise, of robust energy and children's laughter. We had more children than ever at the event this year, attendees of the monthly held "Dharma School", held on either a Saturday or Sunday near noon so that they

have the opportunity to eat with the oriyoki bowls. It is a time of all kinds of food from all over the world, and of camaraderie. Several members of the Nichiren group of Buddhism that meets in Williamsport also participated. This

holiday is a seminal one in Buddhism and all attendees and students of Mt. Equity are urged to take advantage of the opportunity to meet and enjoy other attendees, whom otherwise they would have little chance of meeting.



*Kate, Kyla and Gita from MEZ's Dharma School enjoy the potluck meal together at Buddha's Birthday Bash (above). Will Bryan Smith and Auden Reilly Smith pay their respects to the Buddha (right).*





*On the last day of the year, ending the week-long Enlightenment Sesshin, four MEZ students received the five precepts. They are (from left to right): Charles Daijobu Moore, Lois Roko Passi, NiOsho, Nancy Nanshin White, and Tom Tomei Knapp. All live within a half hour of Mt. Equity. We warmly welcome them to the Sangha family. Horst Hoyu de Lorenzi also received the Five Precepts after Summer Sesshin, August 8, 2005 (not pictured).*

## Daishin off to Tassajara for Winter Ango

Almost immediately after the long Sesshin, Eric Daishin McCabe, took off for a three-month practice period at Tassajara Zen Mountain Center, located between San Francisco and Los Angeles. A group of over 50 like-minded, mostly lay practitioners gathered for 90 days of lamp-lit isolation and solid, ongoing practice, concentrating on Shantideva's Bodhisattva Vows. Daishin's practice period was enhanced by occasional

encounters with Judith Daiyu Doko Randall, who had been instrumental in helping Mt. Equity get started when she worked at Pendle Hill Quaker Study Center. After receiving 16 precepts at Mt. Equity, her journey took her to California where most of her family is, and where she took priest's precepts at SFZC September a year ago. Seen below are Daishin and Daiyu together at Tassajara.



## News Shorts

### Cedar Crest College Retreat

Every year, it is our great pleasure to welcome Dr. Alan Richardson and his class of that semester from Cedar Crest College for a day of practice together. This year the day of practice took place on February 25. It is very heart-warming to have a university teacher be steadfast in having his class participate annually.

### NiOsho Visits State College Quaker School

NiOsho and Daishin spent the afternoon of Wednesday, April 12th at the State College Quaker School, where Keien Boutselis' son Will Jackson is a student. The event centered around the study of Japan, and the students eagerly showed what they had learned. Other classes as well were visited throughout the day. Afterward, the MEZ satellite, Six Rings Sangha, met at Token Gray's home for a mindfulness pizza eaten in silence, after sitting zazen

### Women's Stayovers Success

The Women's Stayovers have enjoyed success in both April and just recently in June. NiOsho, trained in an all-women's setting for eight years before going on to "co-ed" Senior

practice, feels there is an enrichment of practice when certain times can be experienced in one's own gender.

### Michael Veltri's Aikido Group Visits Mt. Equity

On April 29th and 30th, a group of 17 students from Michael Veltri's Aikido group in Washington D. C. came for a Full Introduction to Soto Zen. This high "ki energy" group alternated 15 minute sittings with a tremendous amount of energy expended on work projects in the garden and in the meadow interspersed in between.

### Practicing Guest from Tassajara

Daishin's friend from Tassajara, Maria Linsao, came to practice with us for ten days, from April 2nd to the 13th before returning to her parents' home in Toronto. Before going back to San Francisco to begin a year of Buddhist Chaplaincy work, she is hoping to join us for the Long Summer Sesshin.

### Kyoto Conference on Buddhism and Psychotherapy

NiOsho attended the Kyoto Conference on Buddhism and Psychotherapy in Kyoto, Japan, from May 16th through 19th. The second such conference held in six years, it is only just now that both sides are beginning to develop the mutual vocabulary and inter-relating to make a dialogue truly meaningful. Such practitioner/psychotherapists as Joko Beck's transmitted disciple, Barry Magid, as well as others from all over the world, offered insightful looks at both perspectives of wellness. NiOsho will be sharing much of the material from the conference in subsequent Sesshins.

### Hiroshima and Nagasaki Remembered

NiOsho offered a talk at the Yasui Memorial in Williamsport on August 9th, 2005, the 60th anniversary of the bombing of Nagasaki, explaining that the Buddha statue at Mt. Equity was donated by a scientist who left both science and society when he learned that his part in a U.S. government project had been directly connected to the making of the atomic bomb.

## Leavetaking



On February 26th, both Rev. Yuko Wakayama and Rev. Shotai de la Rosa departed for Japan and Sanshin Zen Community, respectively. Shotai came to Mt. Equity for a one-week intensive course on how to best prepare for practice at the Nisodo, which she would be entering for one year in April. Yuko was a tremendous help once more, in updating her in the changes at the Nisodo. Yuko returned to Japan for a one-month leave of absence, after which she continued on to Germany, at the behest of Rev. Nakagawa Roshi for help with his own installation ceremonies. May Fumonji temple experience the same joy that we did!

## Roan Reilly's Welcoming Ceremony



*Mt. Equity's 16th Anniversary was happily shared with the Welcoming Ceremony for Roan, the 7-month son of Ten and Ritsuen Reilly. Roan's Buddhist education got its start from his conception, and every time he hears the meditation bell, his head turns in intimate recognition to it. And by now, he is pretty good at sounding the bell himself! May he grow up to be a happy and healthy sharing person!*

## Daishin practices at Plum Village

Daishin attended the June 1st through June 21st Special three-week of lectures given by the Venerable Thich Nhat Hanh, at Plum Village in France. Among the 800 to 1,000 people who attended, he would

have seen our own Board President Shin'en Turaki, and had a chance to speak with Sr. Jina, formerly a colleague of NiOscho's in Soto Zen, who is now abbess of the nuns' Hamlet at Plum Village.

## Summertime Reading

Here are some suggestions for your summertime reading:

***Keeping the Peace: Mindfulness and Public Service*** by Ven. Thich Nhat Hanh (Parallax Press, 2005). Public Defender Sean McGraw said of *Keeping the Peace*: "I'm quickly beginning to conceive it as the ultimate employee handbook!"

***The Energy of Prayer: How to Deepen Your Spiritual Practice***, by Ven. Thich Nhat Hanh (Parallax Press, 2006)

***For All My Walking***, by haiku poet-monk Santoka Taneda; translated by Burton Watson (Columbia University Press, 2003)

***In Praise of Mortality: Selections from Rainer Maria Rilke's Duino Elegies and Sonnets to Orpheus***, translated and edited by Anita Barrows and Joanna Macy (Riverhead Books, 2005).

***Women of the Way: Discovering 2,500 Years of Buddhist Wisdom***, by Rev. Sally Jiko Tisdale (HarperSanFrancisco, 2006). This book focuses on female adepts.

***Buddhist Practice on Western Ground: Reconciling Eastern Ideals and Western Psychology***, by Harvey B. Aronson (Shambhala Press, 2004).

***The Resilient Spirit: Transforming Suffering into Insight and Renewal***, by Polly Young-Eisendrath (Addison Wesley, 1997). (Polly Young-Eisendrath was one of the directors of the Kyoto Conference on Buddhism and Psychotherapy, May 2006, mentioned on page 4.)

When you borrow books at MEZ, please leave a slip of paper in its place with your name, name of the book, and date you borrowed it. This way it's easy to send out reminders, and easy to replace the books. Please bring books back after one month.

## Coming Events

### Long Summer Sesshin with Shunko Sakai Sensei

Shunko Sakai Sensei, from Hawaii, will be joining us for the Long Summer Sesshin, being held from July 23rd to July 30th, to instruct us in both Goeika, a musical form in Soto Zen, as well as rakusu and other sewing. Side by side with her will be Esho from Baltimore Buddhist Group, offering her expertise in how to hand-sew a hippari jacket for zazen. Please see what kind of small hand bell you might have at home to bring with you for the Goeika practice. This beautiful practice has not yet caught on outside of ethnic Soto Buddhism, but here is an opening for it to do so in the highest style. Let's give our best energy to Shunko Sensei's efforts to get us started.

The weekend before Sesshin starts, from Friday, July 21st through Sunday noon of July 23rd, there is

our annual, once-a-year-only instrument workshop and intensive practice opportunity for those who really wish to master the bells and forms. Duties for Sesshin from the second half of this year will be granted to students who participate in this weekend, to move it one step further, as with memorized sutras, from the head to the heart.

At the end of Sesshin, Saturday morning, July 29th from 10:15am, we will be holding the Precepts Ceremony. Steve Rodgers and Charles Daijobu Moore will be receiving the 16 Precepts along with the blue rakus they will have sewn. Taking on the Five Precepts with wagesas donated by Ms. Mihoko Morita will be: Audrey Indelicarto, Sean McGraw, and Joey Chase.

## More Coming Events

### August 4th, 9th and 16th: “The Reel Dharma” film series at Mt. Equity

For our summer series of Buddhist-theme films and a following discussion that we call “The Reel Dharma”, come to see a young Richard Gere portraying a Japanese-American in the Kurosawa film “Rhapsody in August” on Friday, Aug. 4th at 7:15pm. The animation film “The Grave of the Fireflies” about a touching teen-

age brother and his little sister in the end days of the war in Japan, will be shown on Wednesday, August 9th. The prize-winning “Harp of Burma” will be offered Wednesday, August 16th. Seating is limited. If you are interested, please reserve your seat by calling 546-2784.

### August 18th ~ 20th: O-Bon: Honoring our Deceased and Candles on the River

Saturday evening of Sesshin, we plan to go down once again to the river’s edge to send out our boats, hand-decorated for those who have already “crossed to the other shore”. Sesshin attendees, please inform us early on of your desire to participate so that we may be fully prepared with all materials needed for this event.

All MEZ members who have asked over the years for resident

priests to include the names of deceased and ill family members in the morning or evening service, are warmly urged to be present at the O-bon “Honoring our Deceased” ceremony held Sunday morning at 10am. It is the annual culmination of spiritual energy circulating between the loved one, the loved one’s family member or friend, and the resident priests at MEZ.

### Sept. 29th ~ Oct. 2: Sesshin and Taiko Workshop with Rev. Tom Shuichi Kurai, Director of the Satori Taiko Group of LA

Go into your garage, or ask around for an old tire from a car, no spikes or studs, which can be transformed into a very good drum with the help of clear duct tape. Rev. Kurai wishes that we have at least six by the time he arrives here. The beautiful taiko drum we have here at MEZ is from

his professional group. Members of the public have already expressed interest in joining in; therefore, I ask MEZ students to register with a donation by the end of July, so that any openings may be offered to others within plenty of time.

\* \* \* \* \*

It’s a small world: Ilona Szemzo joined us for June Sesshin, and we found that she had sat in Ecuador with Hirano Katsujo Roshi, the Ei-heiji teacher who helped NiOsho when she had malnutrition! We are hoping that in the near future, we might be having him come to lead

us in Sesshin. And if Noda Daito Roshi truly is stepping down from the Godo, Training Master position at Sojiji after the fifth year, may he also come and lead us in Sesshin, and also sight-see a little around our area this time!

## Dharma Talk

### Everyone’s Heart at Ease

by NiOsho

Entering July reminds me of the senior training I had in Japan, my first training period about to come to an end, and finding myself with a dental problem. I was practicing, not in the city of Nagoya at the women’s monastery, but on a mountain at Hokyoji, the temple of Dogen Zenji’s Chinese Dharma brother Jakuen, along with 28 senior monks. I could not walk to the dentist, nor was I permitted to borrow the car and go alone. Nor could I go with even just one monk. There would be two. One would drive and the other would sit beside the driver while I would be chauffeured in the back. It felt like a big deal. In the car going down the mountain, I remarked, “I could have just driven myself and saved some personal time for the two of you. I’m sorry.” The driver replied, “It would not be right for us to send you down the mountain alone when you aren’t feeling well. Everyone in the village knows that you’re in practice here, and they would be concerned.” I persisted, “Well, I still wouldn’t have needed to take the time of both of you.” “No,” the attendant said, “That would have concerned them, too. One monk and one nun in one car: it’s not the way of our practice. Our practice is to have the heart of everyone at ease, from the most advanced practitioner to the weakest one. Besides, while you are at the dentist, we will run a few temple errands before we come back for you. When we go together, we protect each other’s practice.”

Daishin, coming back from three weeks at Plum Village for the Intensive Retreat with Thich Nhat Hanh, told me, “When we left the monks’ hamlet to attend Thay’s talks with everyone, we monks always stayed two together, even if engaging in talk with nuns or other women practitioners. In that way, our practice was never compromised. It eased our minds.”

Recently Daishin and I returned from having offered a service at the home of Will and Stacy Smith. They cooked a wonderful lunch for us and sent us back with a book they had borrowed, and others from their own library. A week later they

came to participate in our Half Day of Mindfulness. Standing in the library with the “Zen and the Brain” he checked out, Will asked, “Did you look at our hologram book yet? Or the one on Zen Physics? Or . . .” and another book was named that I did not recognize. “Hologram book?” I asked. “Yes, you know, the four books we sent you off with,” Will said. I thought of the expense. Where could the books be? “Your Jizo Sama book you lent us . . .,” Stacy started. “Yes, I have the Jizo Sama book back, and the ‘Zen of Physics’ was with it . . .” I pondered. “There were the other three,” Will said quietly. Where has my mind gone! I worried. “It’s okay. Don’t worry about them. Maybe they’re still in your car,” Will said hopefully. I knew they weren’t. “Well, if you could tell me how much they cost,” I offered. “Oh, no. Don’t worry about them. We were going to give them to you anyway,” Will said lightly. Then Daishin entered the library. “Daishin, have you seen the four books that Will and Stacy lent us?” I asked. “Yes, I have them in my room,” he responded. “Why are they in your room?” I asked. “Because I knew you would be too busy to get into them right away.” “Even if that’s the case, I should have been shown what books had been lent by the Smith’s to Mt. Equity. Sometimes we have books donated here anonymously. There could be confusion. You are leaving in an hour to be away for one week. If we hadn’t found out about the books before you left, both sides would have been wondering all that time what was happening.” Showing the teacher the books was not a requirement of hierarchy. It was the Dharma way to have everyone’s heart at ease.

Both of these examples might have what appear to be bothersome elements to them. But that is only if we are thinking of ourselves. Being a “home leaver” is not about taking vows and having one’s head shaved. “Leaving home” is getting outside the house of the small self as much as we can, and considering how to have everyone’s heart at ease, not just our own.

# Improvements at Mt. Equity

## The Gift of a Bell

On June 28th, the maker and donor of a bell hewn from a gas cylinder, arrived with his wife, and with the additional help of Daishin, Sonnie and NiOsho, it was decided to set it up in the south lawn just outside the Zendo windows. Everyone pitched in to dig a four-foot hole for the section of a utility pole to hold the bell base soundly. The bell itself weighs 100 lbs, the support ring, made of an iron rim from a possible Conestoga wagon wheel, 60 lbs, the clapper, of polished and stained black locust wood, 25 lbs, and the mounting utility post 100+ lbs. The post was buried about 3 ft in the ground, below the frost line. The wagon wheel rim is 53" in diameter so with the mounting post protruding about 6", that makes the top of the installation five feet off the ground. At the end, the donor who wishes to be anonymous attached a name plate he had engraved himself and which reads: "With lovingkindness to Mt. Equity Zendo from a friend." Photos taken of the bell have not yet been developed, so please come and see this bell/sculpture for yourself. Students are cordially invited to ring the bell. The procedure is to:

- gassho to the bell
- hold the clapper cords with both hands
- ring once
- steady the cords so that the clapper does not bounce off the bell again
- close with gassho until the sound of the bell dissipates

The story does not end here. True to the spirit of Zen, of wasting nothing, our donor fashioned yet another bell out of the bottom part of the gas cylinder that would not have fit within the iron rim. Weighing close to 40 lbs, and colored black with a chrome-colored rim, this bell is rung with a black tapper made from beautiful "partridge tail" design wood from Africa.

All of us at Mt. Equity Zendo are deeply grateful for the warm generosity of our donor friend in presenting us with his handiwork, further adding to the spirituality of our sacred space.

## NiOsho's New Vehicle

On May 28th, NiOsho's friend Patricia Deridder arrived, having driven her 2003 Kia Spectra 37 hours from Tucson, AZ to replace NiOsho's 18 year-old Toyota Tercel. NiOsho had admired the "pared down" vehicle when she rode in it during her February visit to Tucson. Finding the Kia built too low for rut-filled desert roads, Patricia offered to sell it to NiOsho. It's a pleasure to have such a connection with a friend!

## A Beautiful New Room

On June 30th, at long last, weather conditions were at their best for the varnishing of the re-sanded pine floors in the third floor west wing residence. Our first job of staining the wood darker and then varnishing over it nearly two years ago was not pleasing. The stain odor never left and the room looked gloomy. After having it sanded all off, the temperature for several months teased us for the right timing. We saw our chance, so Daishin and NiOsho scrubbed down the sanded pine boards four times to remove as much of the sawdust powder as possible, then varnished later in the morning, adding the second coat late in the afternoon. The back room has become transfixed, bright and smelling fresh. When you come, be sure to take a look.

## New Flowers and Trees

We won't see them before next May, but Nanshin and Tomei donated some deep purple Japanese irises for Mt. Equity's beautification next spring. Last autumn, Tokuen donated--and planted herself!--a Kieffer pear tree, now a friend with the other two old pear trees on either side of the sheep shed. She is also donating some iris to add more color and variety to what we have now. We are grateful for MEZ students' loving additions to our temple grounds.



### **Mt. Equity Zendo, Jihoji**

280 Mt. Equity Road  
Pennsdale, PA 17756-6565

Mt. Equity Zendo, Jihoji, is incorporated under the Nonprofit Corporation Law of 1988 of the Commonwealth of Pennsylvania. Our mission is "to provide training in the spiritual practice of Soto Zen Buddhism in the shikantaza (serene contemplation) tradition, and to serve the community in a spirit of compassion."

Members of the Board of Directors are:

Head Teacher	Rev. Patricia Dai-En Bennage
President	Natasha Shin'en Turaki
Vice-President	Marcy Daijun Brenner
Secretary	Barbara Tokuen Gray
Treasurer	Eric Daishin McCabe

MEZJ now has a presence on the World Wide Web. All are welcome to visit us on the Web at <http://www.mtequity.org>.

## Event Schedule for Mt. Equity Zendo Second Half of 2006

July 21-23	Instrument Workshop	7:00 p.m. Fri.-3:00 p.m. Sun.
July 23-29	Long Summer Sesshin	
July 30	Dharma School	10:30 a.m.-1:00 p.m.
August 5	Half Day of Mindfulness	1:30-4:30 p.m.
August 6	Full Day of Mindfulness	10:00 a.m.-4:00 p.m.
August 12-13	Full Intro to Soto Zen	1:00 p.m. Sat.-3:00 p.m. Sun.
August 18-20	Obon Sesshin	
August 27	Dharma School	10:30 a.m.-1:00 p.m.
August 29	Beginner's Zen	7:00 p.m.
August 31	Beginner's Zen	7:00 p.m.
September 2	Half Day of Mindfulness	1:30-4:30 p.m.
September 3	Full Day of Mindfulness	10:00 a.m.-4:00 p.m.
September 16-17	Women's Stayover	
September 24	Dharma School	10:30 a.m.-1:00 p.m.
Sept. 29-Oct. 1	Taiko Sesshin	
October 7	Half Day of Mindfulness	1:30-4:30 p.m.
October 8	Full Day of Mindfulness	10:00 a.m.-4:00 p.m.
October 20-22	Silent Sesshin	
October 28	At Baltimore Dharma Group	
October 29	Dharma School	3:00 p.m.-5:30 p.m.
October 31	Beginner's Zen	7:00 p.m.

November 4	Half Day of Mindfulness	1:30-4:30 p.m.
November 5	Full Day of Mindfulness	10:00 a.m.-4:00 p.m.
November 11-12	Full Intro to Soto Zen	1:00 p.m. Sat.-3:00 p.m. Sun.
November 17-19	Gratitude Workshop Sesshin	
November 29	Dharma School	10:30 a.m.-1:00 p.m.
November 30	Beginner's Zen	7:00 p.m.
December 2	Half Day of Mindfulness	1:30-4:30 p.m.
December 3	Full Day of Mindfulness	10:00 a.m.-4:00 p.m.
December 8-10	Perseverance Sesshin	
December 27-31	Year End Sesshin	
December 31	New Year's Eve Zazen	from 8:00 p.m.

For further information call 570-546-2784, send email to [info@mtequity.org](mailto:info@mtequity.org), or visit <http://www.mtequity.org> re schedule changes.

### Weekly Schedule:

Lay practice (Thu.)	6:25 a.m.-9:00 a.m.
Monastic practice (other days)	6:00 a.m.-9:00 a.m.
Tuesday Evening Zazen	7:15 p.m.-9:30 p.m.
(two 30 min. periods/service/reading/discussion)	
Thursday Evening Zazen	7:00 p.m.-8:30 p.m.
(two 15 min. periods/reading/discussion)	

*MEZJ is a member of the American Zen Teachers' Association (AZTA), the Association of Soto Zen Buddhism (ASZB), and the Soto Zen Buddhists Association (SZBA)*

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