



Southern Palm Zen News

September 2012

Volume 6, Number 9

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Our Website

www.floridazen.com

look here for recommended resources and readings for students of zen

Our Schedule

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 – 6:30 p.m.

Service & Zazen

6:40 – 8:00 p.m.

Congratulations Koshin!



Claudia Koshin Banta celebrated her Shukke Tokudo ceremony with the sangha on August 18 and began her new career as a hospice chaplain on August 20.



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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Find us on Facebook:
Southern Palm Zen Group



Regional Practice Opportunities

Zazenkai **with Roger Shikan Hawkins, Sensei** **and Wilbur Mushin May, Sensei** **September 29, 2012**



Southern Palm Zen Group will hold an all-day zazenkai on Saturday September 29, at the Unitarian Universalist Fellowship church in Boca Raton. We will begin at 7:00 a.m. and finish by 4:00 p.m. Two vegetarian meals are included. Suggested donation is \$15. Dana for the teachers is extra. Roger will be available for dokusan and offer a dharma talk in the afternoon. To assist with planning, please let us know if you will attend all or part of the day. Email Zochi@smiling-buddha.com to register.

Boca Raton Sangha Study Groups

SPZG has a Wednesday book study at 6 p.m. We are currently sitting with A Still Forest Pool by Achaan Chah. Our Saturday study group meets after service and zazen. We are looking at Zen Letters, the Teachings of Yuanwu. Both books are available at the zendo.

Broward Zen Group

Broward Zen Group meets Thursday evenings at the Herb Skolnick Community Center in Pompano. On the third Saturday of each month, they have a mini-zazenkai. For more information, please contact Carole Walsh carolewalshgraphics@gmail.com or visit www.browardzen.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

Or online

Donate



Kannon An Soto Zen Center

Kaikyo Sara Roby hosts meditation on Sundays at her zendo in Delray Beach. She also has a monthly zazenkai. For September, she will offer zazen on the 9th and 30th, and zazenkai on the 16th. Please email her for more information. Sararoby1@yahoo.com

Daishin Zen Center

Shotai de la Rosa Sensei will offer an all-day zazenkai on Saturday, September 15, at her zendo in Hialeah from 6:45 a.m. until 3:45 p.m. This may be your last opportunity to sit with Shotai before she leaves the area. For more information please contact her, shotaidelarosa@gmail.com.

A word about mindfulness practices.....

In our area, we are very lucky to have a lot of opportunity to practice Zen meditation with recognized Zen teachers. And we are also very lucky to have several people trained in teaching mindfulness practices based on the program developed by Jon Kabat-Zinn, a long-time Buddhist who works closely with the Dalai Lama and others studying the effects of meditation on the brain and general body health.

Sangha member Kathy Shokai Bishop is developing mindful education strategies for teachers and students, and she is writing a book on the subject. She has a website that offers more insight into the application of mindfulness practices in education: unlockthedoortolearning.com

Ivona Jancickova, also a sangha member, will be offering an eight-week program in Boca Raton called Mindfulness Based Cognitive Therapy for depression, anxiety, and stress. This program will begin September 21. Ivona also facilitates a monthly session of mindful practices in Boca Raton. The next one is Saturday, September 8. For more information, please contact her. askivona@aol.com

Around Palm Beach County, there are other opportunities to learn about Mindfulness Based Stress Reduction. At least three training programs are beginning in September in the West Palm Beach area. If you would like to know more, please contact Gus Castellanos gus@18mind.com

The mindful practice program we initiated at one of the local correction facilities has been very successful. We are beginning a new round of monthly classes and expanded enrollment.

Norman Fischer recently wrote that Buddhism has two strong expressions in American culture: the traditional religious forms found in monasteries and practice centers and a more secular version that has emerged thanks to the pioneering work of Kabat-Zinn and others who have learned how to present the dharma in language that is religiously-neutral. Both forms have proven beneficial paths for countless beings.

SPZG Prison Outreach Program



Make a personal connection: become a prisoner pen pal. The cost is minimal (\$.45) and the benefits are priceless! Contact Jishin@smiling-buddha.com

Sew a Rakasu: More of our prison sangha are asking to receive jukai. They cannot sew their own rakasus and need our assistance. Contact Jishin@smiling-buddha.com if you can help with this work.

Volunteer to visit: If you are interested, please contact Mitch Doshin Cantor (doshin@bellsouth.net) for more information.



SPZG 2012 Calendar of Events

September 9, 2012
Potluck Dinner and Movie
6:00 p.m. until 9:00 p.m.

September 29, 2012
All day zazenkai
with Mushin Sensei and Shikan Sensei
7:00 a.m. until 4:00 p.m.

December 8, 2012
Shuso Hossen Ceremony for Jeff Konrei Minde
With Doshin Sensei and Mushin Sensei
7:15 a.m. until noon

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



Local Bulletin Board

MBSR monthly practice session

When: Saturday September 8, 2012

Time: 2pm-4:30 pm

Where: 6007 Le Lac Road, Boca Raton, FL

RVSP: Contact: Ivona Jancickova: 561-287-0942 (ivonecka@yahoo.com)

What to bring: an open mind; yoga mat/zafu optional

Second Annual Interfaith Family Picnic

When: Sunday September 23, 2012, 1:00 p.m. until 4:00 p.m.

Where: Patch Reef park, Yamato Road, Boca Raton

Purpose: a time of fun & games for members of various faith traditions

What to bring: a picnic side dish or dessert to share. Vegetarian burgers, hot dogs and beverages provided.

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



Doshin Sensei and Koshin share a quiet moment before the ordination ceremony.