



Buddhist Society for
Compassionate Wisdom

*Information & Annual Schedule
March 2009 to March 2010*

Zen Buddhist Temple

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Ven. Samu Sunim, Founder and Spiritual Director

The Buddhist Society for Compassionate Wisdom is a North American Buddhist order founded in 1967 by Venerable Samu Sunim, a Korean Zen master. The Society's Dharma work promotes the non-dual gate of awakening in everyday life.

All welcome. We honour diversity.



*Do not harm.
Do not injure.
Do not kill.
Love all beings
As you love your friends and family.
Know all beings
Are your friends and family.
Love all beings
And you'll find family everywhere.*



Sunday Services Open to All

Meditation Service 9:30–11 am (You may arrive as late as 10 am.)

Dharma Service 4–5:30 pm

The Sunday morning meditation service consists of two 25-minute sittings, chanting and a Dharma talk. You can sit on a mat and cushion or a chair. Please dress comfortably. After the service, tea is served and the bookstore is open. The Sunday afternoon Dharma Service consists of meditation, chanting, contemplation and a question-and-answer session.

Children's Service 10–11 am

We welcome children and their parents for meditation, chanting and Dharma fun. First Sunday of each month except July.

Family Buddhism, Family Service

Buddhist homes in the present are key to Buddhist communities in the future. Family Buddhism cultivates peace, love and happiness in the home. These are essential in daily life but often neglected. Like jewels in the dirt, Buddhist family values must regularly be dusted and polished. We celebrate Family Service to encourage family practice in the home. In the service, we recite the Great Compassion Dharani. We reflect on our thoughts, words and deeds and perform repentance practice. Finally, we contemplate on the Way of the Bodhisattva in order to protect the benefits of family values, share them actively with others and renew our bodhisattva vow to help the dispossessed and persecuted.

The Family Service is held the first Sunday of each month, 10 am.

Lifecycle Ceremonies

The temple offers marriage, funeral and memorial ceremonies. Please inquire.

Work Practice

Monday Evening Chanting & Work Practice, 7–9 pm.

Temple members and friends are encouraged to support the temple by volunteering their services and skills while cultivating mindfulness. If you are unable to participate on Monday evenings, please contact the temple for other opportunities.

Repentance Practice

“You can trust me.” “I will keep my word.” “I will not betray you.” All Buddhists and serious meditators should be able to say these words without qualification or reservation. If we fail to live up to these commitments, if we don't keep our word, if we hurt people, if we commit blunders and transgressions, we must seek forgiveness right away. If we delay or refuse to confront our faults, we lose our integrity and the light of our Buddhmind. But if we diligently confront our faults and study how our defilements cause harm, even our blunders can help us on the Path. By repentance practice, we wake up from our mistakes and defilements. Repentance practice allows us to experience deep humility, peace of mind and gratitude and to nurture a compassionate heart toward others. Please inquire about repentance practice from your local temple priest.

Membership

We encourage you to participate in the Buddhist movement in the West by becoming a temple member. All are welcome to become General or Supporting Members. Those who have completed the Introductory Meditation Course are encouraged to become Practicing Members.

Membership Donations

Members' monthly donations fully support the temple's Dharma work as temple priests and resident seminary students live frugally under the vow of poverty. Suggested donation: 2% of annual income (minimum \$480/year for Practicing Members, \$240/year for General Members and \$100/year for Supporting Members).

Spring & Fall Membership Meetings

Teachers hold membership meetings twice annually in order to gain a better understanding of each member's practice and home/work situation. Small group meetings allow members to seek advice, share experiences and discuss a pertinent topic.

Membership Sittings for Practicing Members

Sunday mornings at 6:30 am and Wednesday evenings at 6:30 pm. Practicing Members can stay overnight at the temple on Saturday for early Sunday morning sittings. The temple also welcomes Practicing Members to daily morning meditation at 5:30 am and the evening chanting service at 7 pm Monday through Friday.

Meditation Instruction

Meditation is the heart of all Buddhist practice. Zen meditation is both a spiritual and physical discipline, based on a clear and simple lifestyle with a strong focus. Simplicity, clarity and spiritual joy are guidelines for attaining peace of mind, developing a compassionate heart and encouraging right livelihood.

The temple offers beginning meditation instruction in two formats throughout the year. The **Introductory Meditation Course** consists of five consecutive Thursday evening classes from 6:30 to 8 pm. The **Overnight Introductory Meditation Course (Beginner's Zen Retreat)** runs from Friday at 7 pm through Saturday at noon, with an optional overnight stay at the temple.

The **Advanced Meditation Course** is for members or others who wish to deepen their meditation practice and train in Korean hwadu Seon (Zen). The course runs for four consecutive Tuesdays, 6:30–8:30 pm.

The **Tibetan Breathing Workshop** runs Saturday 1 to 5 pm. Tibetan breathing is a healing form of breath meditation. It is easily learned and helps you to release tension in body and mind. Taught by Korim Frederick Prack and Kathleen Oginio.

Introductory Meditation Course

\$160. Five Thursdays beginning:

March 12
May 14
July 16
September 10
October 29
January 14, 2010
March 11, 2010

Beginner's Zen Retreat

\$160. Friday to Saturday:

March 27–28
May 29–30
July 31–August 1
September 25–26
November 20–21
January 29–30, 2010
March 26–27, 2010

Advanced Meditation Course

\$160. Four Tuesdays, beginning:

May 19 & September 15

Tibetan Breathing Workshop

\$70. Saturday 1–5 pm:

April 18, Aug. 8, Nov. 7, Feb. 6, 2010

Residential Opportunities

The temple offers the Visitor's Program for people who want to spend some time living at the temple to cultivate their practice. They follow the schedule and participate in temple programs in the mornings and/or evenings. The program is geared to personal needs and wishes. Participants can seriously pursue their spiritual path or simply seek peace and harmony in a wholesome environment while maintaining their job or studies. Prior arrangement with the temple director is necessary. The program is usually available throughout the year. \$50 per day; \$200 per week; \$600 per month.

March 2009

March is the month of Parinirvana Day, the passing away of Shakyamuni Buddha. The historical Buddha taught us how to realize our Buddha-nature within so that we can be enlightened in this lifetime and transmit the tradition of compassionate wisdom to future generations. Therefore, it is an occasion to cultivate penitence, humility and gratitude befitting buddhas in the making.

- 12 **Introductory Meditation Course** \$160 Five Thursdays, 6:30 pm
- 15 **Buddha's Parinirvana Day** Sunday, 10 am
- 21 **Spring Sangha Day & Potluck Dinner** Saturday, 6 pm
Convivial time for fellowship and relaxation. Bring your favorite dish, dessert or fruits and nuts. All welcome.
- 27-28 **Overnight Introductory Meditation Course** \$160 Friday, 7 pm
Ends Saturday at noon.

Spring Membership Meetings

Open to all temple members who will meet in small groups to discuss the topic "How honest and reliable am I? How responsible and accountable have I been?"

Sundays, March 29, April 5 & 12 at 11:30 am; Friday, April 3 at 7 pm

April

- 11 **One-day Retreat** \$60 (\$50 for members) Saturday 10 am–6 pm
- 17 **Master Seolbong Sunim's Memorial Day**
- 18 **Tibetan Breathing Workshop** \$70 Saturday, 1–5 pm
Body/mind healing technique using directed movement of the breath.
Taught by Korim Fred Prack.
- 24 **Master Dongsan Sunim's Memorial Day**
- 25-26 **Spring Rummage Sale & Recycling Day** Sat. & Sun., 11 am–6 pm
The temple collects quality items throughout the year. Tax receipts provided upon request. Call for pick-up service for big items.

May

May is the month of Buddha's Birthday Celebration. Please attend the special services on Sunday, May 3 to renew your commitment to the Way of Buddha and to dedicate lanterns to people whom you care about or who need your encouragement and love.

Buddha's Birthday Celebration

—Saturday, May 2—

6 pm Vegetarian Feast—Buddha's Gastronomic Delight

A celebration of Earth's beautiful vegetables and an evening of music and performance. Reservation required. \$20.

—Sunday, May 3—

9 am Meditation

9:30 am Religious Service & Contemplation on Human Life

11 am Blessing of Children \$10 donation. Advance registration required.

4 pm Introduction to Meditation: Talk and demonstration. All welcome.

7:30 pm Lotus Lantern Lighting & Chanting Service

The lighting of beautiful flower lanterns, a unique Korean tradition, ends the Buddha's Birthday observance in a serene and lovely way. All welcome.

Saturday afternoon & Sunday all day: Bake & Book Sale

14 Introductory Meditation Course \$160 Five Thursdays, 6:30 pm

19 Advanced Meditation Course \$160 Four Tuesdays, 6:30 pm

29-30 Overnight Introductory Meditation Course \$160 Friday, 7 pm Ends Saturday at noon.

Information & Orientation for Precept-Taking & Renewing

Open to all who are interested in learning about precept-taking or renewing. The Buddhist journey always begins by taking refuge in the Three Jewels and accepting the Precepts. The Three Jewels (Buddha, Dharma and Sangha) provide a spiritual focus while the Precepts furnish us with moral guidelines. Please remember that taking precepts is not only for your sake but also for the sake of your family and friends, the peace of the world and the happiness of all beings.

There are three good reasons for renewing your precepts. First, your precepts can gather dust and may lose their moral and spiritual power if not renewed on a regular basis. Second, you must renew your precepts to restore your integrity in case you make mistakes and violate your precepts. Third, by renewing your precepts, you are renewing yourself as a Buddhist and bodhisattva, so that your awareness can grow. Buddhists are happy, energetic and helpful people who can make a difference in society. Therefore, if you are unhappy, lethargic or unhelpful, it is time to renew your precepts. You may renew one or more of your precepts.

Please inquire for dates.

June

20 Summer Sangha Day & Potluck Dinner Saturday, 6 pm

Convivial time for fellowship and relaxation. Bring your favorite dish, dessert or fruits and nuts. All welcome.

28-7/3 Summer Yongmaeng Jeongjin Sunday, 7 pm

Five-day intensive retreat. Ends Friday at 10 am. \$300 (\$250 for members). Advance registration required. Minimum attendance two days.

Yongmaeng Jeongjin Retreat

Yongmaeng Jeongjin, which means "Fearless Practice," is a three-day or five-day intensive meditation retreat. It is a period to free oneself from all worldly ties and absorb oneself completely in concentration. Yongmaeng Jeongjin provides a wonderful opportunity for discovering wisdom mind and developing a compassionate heart. It is usually reserved for practicing members or for non-members with serious meditation experience. Minimum attendance is two days. For others, one- or two-day retreats are available. Please inquire.

July

- 4 **International Precept-Taking & Renewing Ceremony** Sat., 11 am
- 5-9 **BSCW Annual Sangha Council Meeting & Joint Dharma Student Conference**
- 16 **Introductory Meditation Course** \$160 Five Thursdays, 6:30 pm
- 31-8/1 **Overnight Introductory Meditation Course** \$160 Friday, 7 pm
Ends Saturday at noon.
- 31-8/5 **23rd Annual Buddhist Peace Camp**
At Friends Lake in Chelsea, Michigan. Peace, cooperation, mindfulness and fun for children, their parents and other adults. Vegetarian food. Contact the Ann Arbor temple for information.

August

- 8 **Tibetan Breathing Workshop** \$70 Saturday, 1–5 pm
Body/mind healing technique using directed movement of the breath.
Taught by Korim Fred Prack.
- 21-23 **Two-Day Retreat** Friday, 7 pm
Ends Sunday at 8 am. One can attend half day, one day or two full days.
\$60 per day (\$50 for members).

September

September is the month to remember the dead and those missing from our lives and to offer a service for reconciliation, peace and liberation.

- 5-6 **Fall Rummage Sale & Recycling Day** Sat. & Sun., 11 am–6 pm
The temple collects quality items throughout the year. Tax receipts provided upon request. Call for pick-up service for big items.

- 6 **Ullambana Day Service** \$30 Sunday, 11:30 am
Rite and service for the dead and those missing from our lives to wish them a rightful place among the living and release from suffering in their next rebirth. Prior consultation and appointment necessary.
- 10 **Introductory Meditation Course** \$160 Five Thursdays, 6:30 pm
- 15 **Advanced Meditation Course** \$160 Four Tuesdays, 6:30 pm
- 25-26 **Overnight Introductory Meditation Course** \$160 Friday, 7 pm
Ends Saturday at noon.
- 26 **Fall Sangha Day & Potluck Dinner** Saturday, 6 pm
Convivial time for fellowship and relaxation. Bring your favorite dish, dessert or fruits and nuts. All welcome.

October

- 9-12 **Fall Yongmaeng Jeongjin** Friday, 7 pm
Three-day intensive retreat. Ends Monday at 10 am.
\$180 (\$150 for members). Minimum attendance two days.
- 29 **Introductory Meditation Course** \$160 Five Thursdays, 6:30 pm

Fall Lecture Series: The Life of the Buddha

Five Fridays, 7–9 pm. \$45 (\$10 per lecture).
Presented by Bopkyong Lisa Galicia.

- 10/16 **Privilege & Pleasure: Siddhartha's Birth & Youth**
- 10/23 **Gautama's Going Forth & the Great Way**
- 10/30 **For the Benefit of Many:**
Buddha's Decision to Teach & First Followers
- 11/6 **Converts & Conflict: Merchants & Monks, Women & Kings**
- 11/13 **Be Ye a Light:**
The Buddha's Final Days, Parinirvana & the First Council

November

- 7 **Tibetan Breathing Workshop** \$70 Saturday, 1–5 pm
Body/mind healing technique using directed movement of the breath.
Taught by Korim Fred Prack.
- 20-21 **Overnight Introductory Meditation Course** \$160 Friday, 7 pm
Ends Saturday at noon.

December

- 12 **Winter Sangha Day & Potluck Dinner** Saturday, 6 pm
Convivial time for fellowship and relaxation. Bring your favorite dish, dessert or fruits and nuts. All welcome.
- 12 **Creative Hands Holiday Auction** Saturday, 7:30 pm
Festive evening of holiday shopping featuring artwork and handicrafts to benefit Zen Buddhist Temple.
- 26-31 **Winter Yongmaeng Jeongjin** Saturday, 7 pm
Five-day intensive retreat. Ends Thursday at 10 am. \$300 (\$250 for members).
Advance registration required. Minimum attendance two days.
- 31 **Year-End Service: Kindling Light of Wisdom Mind** Thursday, 8 pm
An occasion to take stock of one's life and to greet the New Year in
contemplation and reflection. All welcome. \$10 donation.

January 2010

January is the month to pay a visit to the temple to purify your heart and offer prayers for the peace of the world and happiness of all beings. If you miss the New Year's Day service, please attend the first Sunday Service of the year on January 10.

- 1 **New Year's Day Service** Friday, 11:30 am
Greet the New Year in contemplation and renew your commitment to the Way of Buddha. All welcome.
- 2-9 **Temple Recess**
No Sunday Services on January 3.

- 14 **Introductory Meditation Course** \$160 Five Thursdays, 6:30 pm
- 22 **Buddha's Enlightenment Day All-Night Sitting** Friday, 8 pm
Come and meditate to awaken to your true nature in imitation of Shakyamuni Buddha, who sat under the Bodhi tree in ancient India and came to freedom.
Ends Saturday at 4 am. Special service at 10 pm. Open to all. Donation.
- 29-30 **Overnight Introductory Meditation Course** \$160 Friday, 7 pm
Ends Saturday at noon.

February

- 6 **Tibetan Breathing Workshop** \$70 Saturday, 1–5 pm
Body/mind healing technique using directed movement of the breath.
Taught by Korim Fred Prack.
- 13 **Annual General Sangha Day & Lunar New Year Celebration**
Saturday, 6 pm. All invited for joy and fun.
- 15-20 **World Peace Prayer Service** Monday–Saturday, 7 pm
A week-long kido chanting and purification service for repentance, peace of the world and happiness for all beings. Open to all.
- 20 **One-Day Retreat** \$60 (\$50 for members) Saturday, 10 am–6 pm

March

- 11 **Introductory Meditation Course** \$160 Five Thursdays, 6:30 pm
- 20 **Spring Sangha Day & Potluck Dinner** Saturday, 6 pm
Convivial time for fellowship and relaxation. Bring your favorite dish, dessert or fruits and nuts. All welcome.
- 26-27 **Overnight Introductory Meditation Course** \$160 Friday, 7 pm

*To register please call 416-658-0137 or
visit www.ZenBuddhistTemple.org.*