

ANCHORAGE ZEN CENTER NEWSLETTER

NEW WINTER HOURS

Beginning September 18 and every Sunday we will begin zazen at 8:30a.m. instead of 8:00a.m. Please plan to arrive by 8:25a.m. Our location will continue to be at Yoga, The Inner Dance Studio, 4141 B Street, Suite 208.

DAY OF MINDFULNESS

Days of Mindfulness will begin the second Saturday in October and continue on the second Saturday of each month. The day begins at 10:00a.m. with alternating sitting and walking meditation, a pot luck lunch, listening to a taped lecture and discussion. The day ends at 2p.m. Call Mira at 373-6031 for more information.

DISCUSSION GROUP

Instead of focusing only on the precepts, our weekly discussion group will explore a wide range of Zen Buddhist topics. We will start with a 30 minute meditation period. We will begin meeting late in September on either Tuesday or Wednesday evenings at 6:30p.m. Call Judith if you are interested at 248-1049.

GENERAL MEMBERSHIP MEETING

We held a general meeting on August 17. We looked over our application for nonprofit status and Keith is going to shepherd the application through the rest of the process.

Al initiated a discussion about bringing up teachers in addition to Dokai. Al is going to explore the possibility of inviting Jakusho Kwong-roshi to come to Anchorage. We also agreed to let Jan Bays know that if she comes to Alaska again we would be interested in having her give more dharma talks.

Ron is going to take over the mailing list. Direct any changes of addresses to him.

We also discussed the possibility of renting our own space or finding a simple building (350-400 sq ft) that could be moved into someone's backyard. Al is going to explore this option.

Sesshins: Nov 4 thru 7th and Dec 30 thru Jan 6th.

The nip of fall is in the air, a good time to continue the inner exploration of zazen. Come join us.