Entering the Path of Practice
Module 1: BUDDHA
Facilitated by Seirin Tim Shorrie and Gyōzan Royce Johnson
For meditators who want to enter Zen deeply, to investigate the mind of daily life, Houston Zen Center offers Entering the Path of Practice (EPP), an advanced program of guided exploration, study and training focused on the Three Treasures: Buddha, Dharma and Sangha. Incorporating meditation, lectures, readings, and discussions as well as group and individual practices, EPP is designed to help its members integrate Zen practice into their daily activities both on and off the cushion. The first of three eight-week modules of the program begins on February 14. The focus of this series will be the Four Establishments of Mindfulness, taught by Shakyamuni Buddha in the ancient scripture Sutpadajñanāhā Śutta. Subsequent modules are scheduled for Fall 2021 and Spring 2022. For an application and further information, please visit www.houstonzen.org

March 20 One Day Sesshin
Led by Rev. Seirin Tim Schorre and Rev. Gyōzan Royce Johnson
Saturday, March 20  6:00 am-Noon
Practicing together in a day of sesshin allows us to continue to develop and deepen practice.

The day will be focused on zazen and the practice of opening the mind and heart. Zazen can ground and support us, everyone around us, and the whole world, allowing us to open to the teachings of wisdom and compassion. The day includes zazen (sitting meditation), kinhin (walking meditation), a dharma talk with discussion, and breaks for meals. Beginners are encouraged to contact the co-Tantos before signing up. Please sign up before 11 am on Friday morning, March 19; otherwise, it is not possible to guarantee sending the Zoom link to late sign ups. Cost is $60, $30 for HZC members. Scholarships are available.

February Dharma Talks

02/07  ABBOT GAELYN GODWIN
Sunday, February 7 at 9:45 am
Abiding Teacher of HZC

02/14  JIKA GAYLE KLAYBOR
Sunday, February 14 at 9:45 am
Co-Head of Practice of Zen Center, and a member of the Board of Directors.

02/21  JITSUDO TOM BIDDLE
Sunday, February 21 at 9:45 am
Former member of the Board of Directors of HZC. Retired attorney and Naval officer.

02/28  LAURA O’LOUGHLIN
Sunday, February 28, 2021 at 9:45 am
Zen Teacher at Brooklyn Zen Center and psychotherapist

Cloud Zendo

Zen Center’s Cloud Zendo is open and well-attended. You can join Aftemoon Zazen, led by Rev. Royce Johnson, attend Saturday Morning Zazen, and attend the full program on Sundays including the Dharma Talk. All the links are on the Cloud Zendo page on the website. Stay safe and keep in touch!

HOW TO MEDITATE
Wednesday, February 3; 6:30 - 7:30 pm
Meditation guidance from Houston Zen Center teachers is available to you right in your home. This is a stressful time for everyone, and a little meditation can go a long way toward easing the strain. You can attend the one-hour introduction by joining this Cloud Offering. First Wednesday Introduction to Zen Meditation. Led by senior members of Houston Zen Center. Free of Charge.

Classes

POEM FOR PRACTICE:  SONG OF THE GRASS ROOF HERMITAGE
Taught by Hödō Zack Becker
6 Tuesdays via Zoom link, February 2-March 9
6:30-8:30 PM
Living in simplicity is possible, for everyone. This poem is just one of thirty-two lines, Song of the Grass Roof Hermitage, compassionately invites us to explore the dharma from a place of simplicity and faith in our own abilities. The author of the poem, 8th Century Zen Master Sekto Kisen, is widely recognized and celebrated for his eminent understanding. Over the course of six weeks, we will read, sit with, and discuss this poem and our practice, accompanied by the book Inside the Grass Hut: Living Shitou’s Classic Zen Poem by Ben Connelly. Suitable for all Zen students, this class will invite us to slow down and return to our practice using these readings for support and contemplation. Hödō Zack Becker is a senior member of HZC and serves on the Board of Directors. He has been practicing Zen for more than 20 years. He is also a Lieutenant in the Houston Police Department. Cost is $75; $40 for HZC members.

Facilitated by Keisen Lynn Snow
8 Sundays via Zoom link, January 3-February 21
6:30-8:15 PM
We will explore whiteness and the structures of racism through a Zen Buddhist lens so that practitioners learn to skillfully engage with and transform white racial conditioning and white supremacist systems. Unpacking Whiteness focuses on racial justice, interconnection, and liberation, with the intention that sangha members build brave and inclusive spaces in their homes, workplaces, communities, and at the Houston Zen Center. Newcomers and seasoned practitioners alike are wholeheartedly welcome. We request that each participant identifies as a white person and is open to courageous, exploration with the sangha. Keisen Lynn Snow, PhD is a Lay Entrusted Dharma teacher, and is a senior member of Houston Zen Center. She leads a group of meditators in Tuscaloosa, Alabama, where she is also a professor of psychology on the faculty of the University of Alabama. Donations for the gatherings are welcome. Registration for this series is limited to 30 participants.

QUEER DHARMA, AN LGBTQ+ GROUP
Zoom Meeting February 9, 6:30-8:30 pm  2nd Tuesday each month.
Led by Yuho Wade Maggart and Dhsin John Chaney. The evening will begin with meditation, followed by discussion. Visit the Cloud Zendo page for the Zoom link, or email QueerDharma@houstonzen.org

DHARMA EN ESPAÑOL - GRUPO DE MEDITACIÓN Y BUDISMO ZEN
Sábado 13 & 27 de Febrero   9:30-11:30 am; 7:00-9:00 pm
Los invitamos a que nos acompañen cada mes para expandir la conversación, sumergirnos en la práctica de meditación, las formaciones Zen, y como el Dharma es pertinente en nuestras vidas el segundo sábado del mes y el cuarto sábado del mes, 9:30 am-11:30 am, y 7 pm-9pm. Para mas informacion favor de contactar espanol@houstonzen.org. Los esperamos!

DAILY PRACTICE
In addition to our Sunday morning gathering, Houston Zen Center offers regularly scheduled daily morning and evening meditation Monday through Thursday, and Saturday of each week. For further information please visit www.houstonzen.org or refer to the daily practice schedules posted at HZC.

NEW TO ZEN MEDITATION? Please come to our INTRODUCTION TO ZEN SITTING, offered free of charge at 6:30 pm on February 3, March 3 and April 7. Each month, three FULL SCHOLARSHIPS and three PARTIAL SCHOLARSHIPS are available for classes and sitting. Please email info@houstonzen.org for information about or requests for scholarships.