

# MARCH 2023

## HOUSTON ZEN CENTER PRACTICE SCHEDULE

### Full Moon Bodhisattva Ceremony

Sunday, March 5, 2023  
8:15- 8:45 am



The monthly Full Moon ceremony is a simple ceremony of chanting, bowing, and renewing our intention to align our actions of body, speech, and mind with wisdom and compassion. Buddhists all over the world use the timing of the full moon to return to basics, to remind ourselves of the interconnectedness of life and action, and to reaffirm our wish to live in peace and harmony with all life.

### Sangha Day at Auspicious Cloud Retreat Center

Saturday, April 1 2023  
9:00am- 3:00pm

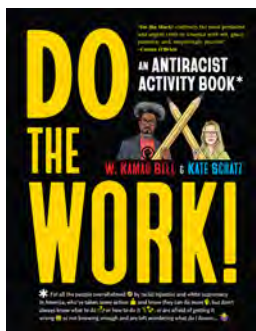


Join in for some sangha activity — Shinji Mary Carol Edwards and Abbot Gaelyn will work together with everyone in all kinds of activity! Sweep and weed, rake the paths, paint, walk to the creek through the trees, and spruce up new rooms and spaces.

### DO THE WORK!

An Online Event  
Wednesday, April 26, 2023  
6:30 - 8:30 pm

Join an online event for everyone beginning or continuing the work of undoing racism, and healing from its pervasive impact in a shame-free environment. Our work for this event is based on the work in *Do the Work!* An Antiracist Activity Book by W. Kamau Bell & Kate Schatz. The authors emphasize that this work is for all of us. In this two-hour online event, we will work together, facilitated by the members of the Antiracism Working Groups from the three Buddhist temples, Houston Zen Center, Dawn Mountain, and Austin Zen Center. Please visit [houstonzen.org](http://houstonzen.org) for further information.



### Practice Period of Every Day Life: Karma

May 14-June 19, 2023

Led by Abbot Gaelyn Godwin and Shuso/Head Student Sanran Maite Leal

Practice Period is an on-going opportunity to deepen practice with individually designed schedules along with one-day sittings, classes, and meetings with the Shuso. Your practice will be enhanced and nourished by staying in creative contact with dharma friends and teachers. For further information and an online application form, please visit [houstonzen.org](http://houstonzen.org)



### Sunday Sangha

8:20 am Morning Service - Chanting  
8:40 am Break  
8:50 am Meditation  
9:20 am Soji - Work Practice  
9:45 am Dharma Talk

### March Dharma Talks

OPEN TO EVERYONE



03/ ABBOT GAELYN GODWIN  
05 Sunday, March 5 at 9:45 am  
Abiding Teacher of HZC.



03/ LYNN SNOW, KEISEN/JOYFUL RIVER  
12 Sunday, March 12 at 9:45 am  
Lay-entrusted dharma teacher and a long-time member of Houston Zen Center



03/ REV. SENGETSU TRICIA MCFARLIN  
19 Sunday, March 19 at 9:45 am  
Zen priest and past president of HZC.



03/ GAYLE JIKA KLAYBOR  
26 Sunday, March 26 at 9:45 am  
Co-Tanto / co-Head of Practice of HZC.



### How to Meditate

Wednesday, March 1, 2023

6:30-7:30 pm

For folks new to meditation, Houston Zen Center offers a monthly, one-hour Introduction to Zen Sitting. This program is in person, is free of charge, and is open to everyone. Led by senior members of Houston Zen Center, first Wednesday of every month.

### The Dharma of All Beings

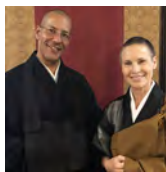


A 3-Day Retreat with  
Dharma Teacher Mary Carol Edwards  
and Sanran Maite Leal  
April 14-16, 2023  
Auspicious Cloud Retreat Center  
Chappell Hill, Texas

In this Zen retreat we will practice grounding ourselves in the here and now,

using the teachings of the Buddha and the natural world around us. We will explore Zen writings about the dharma of all sentient (and so-called insentient) beings. We will experience our actual life while meeting fellow beings of the green world. In the serene rustic surroundings of Auspicious Cloud Retreat Center, we will sit and walk with the moon, stars and beings of the night, the rising dawn, the dew, the grasses and wildflowers of the prairie, the shade of the forest and beings of the day. Further information can be obtained from our Ino by emailing [ino@houstonzen.org](mailto:ino@houstonzen.org), or from our Tanto at [tanto@houstonzen.org](mailto:tanto@houstonzen.org). Costs: \$350; HZC Member price is \$200.

### Classes



#### INTRODUCTION TO ZEN MEDITATION

Five Thursdays: In-Person Class Series

April 6-May 4, 2023 7:00-8:30 pm

Taught by Gaelyn Godwin, a Zen Priest in the Soto Zen tradition, the Abbot of Houston Zen Center, and Royce Johnson, Zen priest at HZC, this class provides an introduction to Zen meditation for beginners. It is open to people of all faiths. The classes include a

presentation on basic Zen philosophy and discussions of how to practice Zen in daily life – that is, how to practice mindfully anytime, anywhere. Each class includes meditation, beginning with 10 minutes during the first class, and working up to 30 minutes at the end of the series. Cost: \$100 for the series. Payment may be made at the first class. Scholarships are also available. No one is turned away for lack of funds. Email [joy@houstonzen.org](mailto:joy@houstonzen.org) to request a scholarship.



#### KOAN PRACTICE FOR BEGINNERS

Four Tuesdays, March 14- April 4, 2023 6:30-8:30 pm

Led by Kyōshin Anna Mastantuono Gonzalez

In this course we will briefly review the history of Koan practice. Using Guo Gu's *Passing Through the Gateless Barrier*, we will explore together how to use koan practice. Each class includes 25 minutes of meditation, along with study and discussion. Kyōshin

Anna Mastantuono Gonzalez is a long-time member of Houston Zen Center. She recently co-led the series *Entering the Path of Practice*. She serves on the Board of Directors of HZC. Cost is \$100; \$50 for HZC members.



#### PRACTICE PERIOD CLASS: KARMA:

Five Mondays, May 22-June 19, 2023 6:30-8:30 pm

Led by Shuso/Head Student Sanran Maite Leal

In this series of 5 classes, we will explore the teaching of Karma. Fundamental to all Buddhist teachings, Karma is the life force, action, that shapes our lives and the world we live in. Everyone is welcome to this class. It is particularly shaped for Practice Period participants. In-person attendance is available for fully vaccinated students. Zoom participation will also be available. The link will be provided before the class begins. Sanran Maite Leal is a senior lay ordained member of Houston Zen Center. She is an art conservator at the MFAH. Cost is \$100; \$50 for HZC members.



#### THE LIVING LOTUS RECOVERY GROUP

Meets every Friday 6:30-8:00 pm.

This open meeting is an intersection of 12-Step Recovery and Zen Buddhist Practice. The evening begins with a brief meditation instruction, followed by a period of meditation, and a more traditional 12-step meeting. Open to all forms of recovery. Contact: [livinglotus@houstonzen.org](mailto:livinglotus@houstonzen.org)



#### QUEER DHARMA, AN LGBTQ+ GROUP

Zoom Meeting March 28, 6:30-8:30 pm 4th Tuesday each month.

Led by Yuhō Wade Maggert. The evening will begin with meditation, followed by discussion. Visit the Zoom Zendo page for the Zoom link, or email [QueerDharma@houstonzen.org](mailto:QueerDharma@houstonzen.org)

#### DHARMA EN ESPAÑOL - GRUPO DE MEDITACIÓN Y BUDISMO ZEN

Sábado 11 & 25 de Marzo 9:45-11:15 am

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, 9:45 am-11:15 am. Para mas informacion favor de contactar [espanol@houstonzen.org](mailto: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](http://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 March 1, April 5 and May 3, 2023. Each month, three FULL SCHOLARSHIPS and three PARTIAL SCHOLARSHIPS are available for classes and sittings. Please email [info@houstonzen.org](mailto:info@houstonzen.org) for information about or requests for scholarships.