

Brooklyn Zen Center Practice Period Commitment Form
Fall 2014

The following three-page form is to support you in clarifying your intentions for the practice period. We have listed all practice period events of which we are currently aware so that you have ample time to schedule in the events you wish to attend. **Please submit your practice period commitment form by Friday, August 29th, 2014** to the jisha (teacher's assistant), either in person or via jisha@brooklynzen.org. Our mostly volunteer staff needs ample time to plan for the many roles and events that make up a practice period. Thank you!

Please check the events you are committing to attend:

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| _____ | Sat, 9/6 | One-day welcome sit w/ Teah Strozer |
| _____ | Sat, 9/27 | Workday afternoon, 2-5pm |
| _____ | Fri–Sun, 10/3–5 | Three-day retreat w/ Teah Strozer |
| _____ | Wed, 10/8 | Practice period opening ceremony |
| _____ | Sat, 10/11 | Dharma talk by Teah & shuso entry ceremony |
| _____ | Wed, 10/15 | Way-seeking mind talk by shuso (head student) |
| _____ | Sat, 10/18 | Dharma talk by shuso |
| _____ | Sat, 10/25 | Dharma talk by Teah |
| _____ | Sat, 11/1 | Dharma talk by shuso |
| _____ | Sat, 11/8 | Dharma talk by Teah |
| _____ | Sat, 11/15 | One-day sit, Dharma talk by shuso |
| _____ | Sat, 11/22 | Dharma talk by Teah |
| _____ | Thurs, 11/27 | Sangha Thanksgiving |
| _____ | Sat, 12/6 | Dharma talk by Shuso |
| _____ | Wed–Sun, 12/10–14 Rohatsu sesshin – <i>full participation only</i>
<i>On the final day of rohatsu will be a head student ceremony for those participating in sesshin. Please prioritize rohatsu and this ceremony if at all possible.</i> | |
| _____ | Wed, 12/17 | Practice period closing ceremony |

- _____ I am committing to regular dokusan (practice discussion) with the teacher.
_____ I would like to have tea with the shuso.

I am have been invited to join and will be serving on the following ryo(s) (practice groups):

- doanryo (service practice led by the ino) _____
- tenzoryo (kitchen practice led by the tenzo) _____
- shikaryo (guest care practice led by the shika) _____
- work ryo (facility care practice led by the work leader) _____
- library ryo (library care practice led by head librarian) _____

For the practice period, I am committing to the following weekly zazen times:

- Wednesday* 7:30am sit _____ 9am sit _____
Kitchen Prep, 6–6:30pm _____
Members' Night, 6:45–9pm _____
- Thursday* 7pm sit _____ Thursday Public Talk, 8–9pm (when scheduled) _____
- Friday* 9am _____
- Saturday* 10:20am sit _____ 11am talk _____ Community Lunch _____

I am committing to the following class and/or study groups:

- _____ *Introduction to Zen Buddhism*, led by Teah Strozer
6 classes, September 8th–October 13th, Mondays, 7–8:15pm
- _____ *Hidden Wisdom*, led by Laura O'Loughlin
10 classes between September 19th and December 5th, Fridays, 7–8:15pm
- _____ *The Heart Sutra*, led by Greg Snyder
10 classes, September 9th–November 11th, Tuesdays, 6:45–8pm
- _____ *The Four Foundations of Mindfulness, Part I*, led by Larry Lane
10 classes, September 16th–November 18th, Tuesdays, 8–9:15pm

I am taking up the practice of having a practice buddy with whom I check in about my commitments. My practice buddy is:

I will emphasize the following precept or teaching during this practice period:

The following are my specific, personal intentions for this practice period:

Please let us know about any special considerations:

In support of my practice and the practice of the sangha, I wholeheartedly commit to the above. If for some reason I cannot follow through with my commitments as I've outlined them here, I will let the teacher know before making any necessary adjustments.

Name

Signature