

ARCATA ZEN GROUP NEWSLETTER
December, 1999

SESSHIN COORDINATORS NEEDED FOR FEBRUARY & APRIL
To Volunteer, Please See Below

WEEKLY SITTING

Sundays the AZG meets at 8:10 AM at the Northcoast Aikido Center, located off the public parking lot at 8th & F Streets, Arcata. Two half-hour periods (second sit at 8:50), with kinhin in-between, are followed by reading and discussion. Maylie Scott, Soto Zen teacher, gives dharma talks on the first and third Sundays of the month. On the second Sunday, the sangha shares poetry and other readings brought in by individuals.

Weekday Sittings are held at Maylie's house (740 Park, Arcata) Monday through Friday at 5:30 AM (second sit at 6:20). Two 40-minute periods, with kinhin, are followed by a short service. Thursday evenings two half-hour periods, with kinhin, begin at 7:30 PM (second sit at 8:10).

Meditation Orientation, at Maylie's on Tuesday evenings from 7:30 to 8:30 PM, offers orientation to Zen meditation through instruction, guided meditation, and a question-and-answer period. This is open to both experienced students and beginners.

The above events are all free; sangha and friends are welcome. If there are any questions, please call Maylie or Suzanne.

Parking is limited at Maylie's; carpooling is helpful. Please remember to use the driveway, the areas in front of the house, or Fickle Hill Road; do not park across the street. Also please do not use anything scented (perfumes, deodorants, soaps, hair and shaving products, moisturizers, etc.) before AZG events.

UPCOMING EVENTS
COORDINATORS NEEDED

To volunteer for the February or April sesshin, please inform the practice committee or Maylie.

DECEMBER 1999 TO JANUARY 2000 SESSHIN

Don't forget the December/New Year's Eve retreat with Maylie from December 29 through January 1 at her home. The retreat will begin at 7 PM Wednesday; daily sitting will be from 6:30 AM to 9 PM. Maylie will give a talk each day at approximately 10:50 AM.

The retreat will follow the usual schedule up to Friday dinner. Then sitting will recommence at 8:30 PM and continue, alternating with kinhin, a break, and service, to 12:05 AM. At the end of sitting there will be a service followed by a New Year's Eve ceremony, champagne, and finger foods. Champagne is provided; please bring your favorite finger foods. All are welcome to attend the New Year's Eve part of the retreat.

Saturday's schedule begins at 10 AM and ends at 1 PM, so that those who wish to participate in the Witness to Peacebuilding (see below) may do so. On Sunday, the group will meet as usual at the Aikido Center at 8:10 AM; Maylie will give a talk at approximately 9 AM.

For more information on the retreat, please call Mark, Suzanne, or Gordy.

WITNESS TO PEACEBUILDING 2000

This free interfaith New Year's Day event, held in conjunction with the United Religious Initiative 72 hours of Peacebuilding, takes place at the Community Center in Arcata from 2 PM to 3:30 PM, and includes blessings, meditation, visioning, and dances of peace. Part Two, weather permitting, moves to the Arcata Plaza starting at 3:30 PM with dances of peace, followed at 3:45 with a 15 minute walk around the Plaza and singing from 4 PM on. Participants may attend either or both parts. For more info, call Maylie or Gael

LLAMA WALK AND LUNCHEON: A fundraiser for the new zendo
Erika Makino

The walk will begin at 10 AM, Saturday, January 15. We'll hike one to two hours, including a ceremony to thank all the animals for their patience with us humans. There will be an opportunity for sharing a memory or thought relevant to animals. In case of heavy rain, the walk will be short. Be prepared for mud. After the walk, a luncheon will be served at a private home.

Suggested donation for the lunch: \$5 to \$20. All proceeds will go to the Arcata Zen Group building fund. For more information and reservations, please call Erika by Monday, January 10.

Directions: To get to the trailhead: From Highway 101, take Highway 299 East. Get off at the Essex Lane exit. At the bottom of the offramp, turn left. Drive under the highway and straight into Essex Lane, which is unmarked. Drive for about one mile. Essex Lane ends at a locked gate where the llamas will be waiting. Please carpool and park somewhere

along Essex Lane before you reach the end.

PRECEPTS CLASS/JUKAI STUDY GROUP

A precepts class will begin on Sunday, January 16, at 11:00 AM at 740 Park Ave. after the regular morning meeting. The class will meet twice a month for approximately six months. It is open to anyone who plans to attend on a regular basis. It will not be open for drop in's. It will also be a study group for people preparing to take Jukai. Anyone who wishes to sew a rakusu and take part in this Bodhisattva lay ordination, needs to speak to Maylie before January 1.

ONE DAY RETREAT

On January 22, a daylong retreat will be held at Maylie's home from 6:30 AM to 5 PM. Bring an oryoki set (three nesting bowls, chopsticks, spoon, towel, and napkin) for meals. Please call Maylie or Pete for information and if you plan to attend breakfast and/or lunch to facilitate meal planning.

FEBRUARY SESSHIN

There will be a retreat with Maylie Scott from February 9 through February 12 at her home. The retreat will begin at 7 PM Wednesday; daily sitting will be from 6:30 AM to 9 PM. Maylie will give a talk each day at approximately 10:50 AM. The retreat and meals will be in silence. Sesshin meals will be oryoki style; bring three nesting bowls, chopsticks, spoon, towel, and napkin. Both oryoki and sitting instruction will be available. There will be sign-up sheets for the jobs at sesshin as well as for dokusan. On Saturday, the retreat will end at 5 PM, followed by clean-up. On Sunday, the group will meet as usual at the Aikido Center at 8:10 AM; Maylie will give a talk at approximately 9 AM.

The cost is \$20 per day; scholarships are available. Mail checks to: AZG, 740 Park Ave., Arcata 95521. For more info, and to help us estimate the quantity of food needed for each meal, please call Maylie.

ANGO will begin the first day of sesshin, February 9. If you have questions, please call Maylie or Gael.

CURRENT AZG DISCUSSIONS

PRACTICE COMMITTEE

During this meeting, the PC established a 6-month retreat schedule (see end of newsletter) including a period of intensified practice (ango) to begin February 9 with the start of that month's retreat. Ross Connor Keith has proposed an interfaith group that will meet the second Saturday of each month at 1 P.M. at Arcata. Gael volunteered to participate; Erika and Lynda will fill if Gael cannot make it. Discussion also included the process used by the practice committee to choose the book we are currently reading. Items on next month's agenda include terms of PC membership; what commitment is possible; the phone tree; and creating a description of what membership in the PC entails for the next newsletter. The next meeting is January 2.

BOARD OF DIRECTORS: DECEMBER 5 ELECTION RESULTS IN A NUTSHELL

At the annual meeting, Monique reported that twenty-seven ballots had been cast; Maylie, Lynda, Gordy, Dennis, and Pete were elected. Gael and Mark expressed appreciation for the 1998-99 board members.
ed's note: complete minutes for these meetings are available Sundays at the Aikido Center; practice committee meetings are held at 11 AM the first Sunday of the month at Maylie's, board meetings the fourth Wednesday at 7:30 PM - all are welcome to attend.

NEXT NEWSLETTER

The next newsletter deadline is February 15. Mail your practice announcements, articles, reflections &/or poetry to Suzanne

SIX MONTH RETREAT SCHEDULE: 2000

January	15	Llama Walk with Erika; donations requested to benefit Zendo.
	22	One Day Retreat
February	9-12	Three Day Retreat (no coordinator yet); Wednesday is the beginning of Ango.
March	11	One Day Retreat (Erika to coordinate)
April	5-6	Three Day Retreat (no coordinator yet)
	8	Buddha's Birthday Activity
May	13	One Day Retreat
June	1-5	Big Flat Retreat (Mark and Gordy, coordinators)

Dear Friends of the AZG,

The garage-to-zendo conversion has moved out of the planning phase and, for the last six weeks, into the construction phase. A new roof, entrance porch, and the framing have been finished. It is so exciting to watch the plans of the AZG come into being. However, we need more of a commitment from our friends and members to sustain this reality of a new zendo.

Much of the financing of this project is through loans from members. The AZG has a projected budget of \$400 a month to deal with ongoing expenses and to fulfill the obligation to the loans. At this time we have only \$200 per month accounted for by pledges.

Now is the time for all our members and friends to really express their commitment and gratitude to the sangha. Please sign up for a monthly pledge (card enclosed) and/or a generous one-time donation. The AZG has received its 501c3 status and all gifts are tax-deductible with receipts available.

Thank you in advance
for your generosity.

Wishing you peace
in the new year,

Lynda McDevitt
Board of Directors

DATES TO REMEMBER

DECEMBER:	29	- December Sesshin Begins
	31	- New Year's Eve Observation
JANUARY:	1	- Witness for Peacebuilding 2000
	2	- Practice Committee Meeting
	15	- Llama Walk and Luncheon
	22	- One Day Retreat
	26	- Board of Directors Meeting
FEBRUARY:	6	- Practice Committee Meeting
	9-12	- February Sesshin
	9	- Ango Begins
	15	- Next Newsletter Deadline
	23	- Board of Directors Meeting

INSIDE: SIX-MONTH RETREAT SCHEDULE - GARAGE REMODEL PICTURE
LLAMA WALK INFO - AND MUCH MUCH MORE!