



# Dharma Rain Zen Center

www.dharma-rain.org  
503-239-4846

## August 2010

| Sunday  | Mon  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|---|--|--|--|---|---|---|
| Z 8:30 Zazen, Sanzen<br>9:40 Service<br>10:15 Tea, Announcements<br>10:30 Dharma Talk<br><b>1</b>   | <b>2</b><br><i>Closed Sunday afternoons through Tuesday afternoons</i> | <b>3</b><br>Z 7pm <b>Strategic Plan</b><br>Residents Cohort<br>7-8:30pm Journaling | Z 6:30-7:30am Zazen<br>7:30-7:50 Service<br><b>4</b><br>Z 7pm Evening Service,<br>Zazen, Discussion  | Z 6:30-7:30am Zazen<br>7:30-7:50 Service<br><b>5</b>  | Z 6:30-7:30am Zazen<br>7:30-7:50 Service<br><b>6</b>                        | Z 6:30-7:30am Zazen<br>7:30-7:50 Dharani Chants<br><b>7</b>   |
| Z 8:30 Zazen, Sanzen<br>9:40 Service<br>10:15 Tea, Announcements<br>10:30 Dharma Talk<br><b>8</b>   | <b>9</b>   | <b>10</b>  | Z 6:30-7:30am Zazen<br>7:30-7:50 Service<br><b>11</b><br>Z 7pm Evening Service,<br>Zazen, Discussion<br>Z 7:50pm <b>Strategic Plan</b><br>New Members Cohort | Z 6:30-7:30am Zazen<br>7:30-7:50 Service<br><b>12</b><br>DH 7-9pm Workshop<br>Starting a Buddhist Practice    | Z 6:30-7:30am Zazen<br>7:30-7:50 Service<br><b>13</b><br>SH 7pm Men's Group | Z 6:30-7:30am Zazen<br>7:30-7:50 Dharani Chants<br><b>14</b><br>Softball game<br>Location and Time TBA              |
| Z 8:30 Zazen, Sanzen<br>9:40 Service<br>10:15 Tea, Announcements<br>10:30 Dharma Talk<br><b>15</b><br>Z 10:30 <b>Strategic Plan</b><br>Members with Children Cohort<br>Childcare 8-11:45am<br>Z 12:30 Gay Tea | <b>16</b>  | <b>17</b>  | Z 6:30-7:30am Zazen<br>7:30-7:50 Service<br><b>18</b><br>Z 7pm Evening Service,<br>Zazen, Discussion   | Z 6:30-7:30am Zazen<br>7:30-7:50 Service<br><b>19</b><br>5:30pm Oaks Park Outing<br>Lay & Monk Disciples only | Z 6:30-7:30am Zazen<br>7:30-7:50 Service<br><b>20</b>                       | Z 6:30-7:30am Zazen<br>7:30-7:50 Dharani Chants<br><b>21</b><br>DH 1-3pm Workshop<br>Introduction to Zen Meditation |
| Z 8:30 Zazen, Sanzen<br>9:40 Service<br>10:15 Tea, Announcements<br>10:30 Dharma Talk<br><b>22</b>  | <b>23</b>  | <b>24</b>  | <b>25</b>  | <b>26</b>   | <b>27</b>   | <b>28</b>   |
| <b>Summer Break Schedule</b>  |  |  |  |   |   |   |
|   |  |  | <b>Zen on the Farm Retreat, Empty Field Zendo</b>  |   |   |   |
| Z 8:30 Zazen, Sanzen<br>9:40 Service<br>10:15 Tea, Announcements<br>10:30 Dharma Talk<br><b>29</b><br>Farm Retreat  | <b>30</b>  | <b>31</b>  | Z 6:30-7:30am Zazen<br>7:30-7:50 Service<br><b>1</b><br>September<br>Z 7pm Evening Service,<br>Zazen, Discussion   | Z 6:30-7:30am Zazen<br>7:30-7:50 Service<br><b>2</b>  | Z 6:30-7:30am Zazen<br>7:30-7:50 Service<br><b>3</b>                        | <b>4</b><br>Z 5am-5pm <b>Zazenkai</b><br>Preregistration Required<br>DH 6pm Disciple Potluck                        |

Z Events marked like this are held in the Zendo, 2514 SE Madison  
DH Held in the Dharma House, 2539 SE Madison  
SH Held in the Sangha House, 2605 SE Taylor (3 blocks N of DH)



**Key to terms:** Zazen = seated meditation, 25-35 minute block separated by a posture adjustment bell or Kinhin (slow walking meditation for 10 minutes). Sanzen = formal private interview with a teacher. Vespers = a 10-minute evening singing service.