



## BUFFALO ZEN DHARMA COMMUNITY

PRESENTS

**Geoffrey Shugen Arnold, Roshi**

Abbot of Zen Mountain Monastery

**May 17 (Friday) & 18 (Saturday), 2019**

Episcopal Diocese of WNY Ministry Center

1064 Brighton Road • Tonawanda, NY 14150

### Sangha Events

While others may be welcomed to attend these events, they are primarily for the Buffalo Zen Dharma Community sangha (those who practice with the group) and other MRO practitioners. If you would like to attend, please contact Ray Eigen Ball prior to the events.

### Sangha Dinner & Mondo

**Friday** May 17<sup>th</sup>, 2019 5:00pm – 9:00pm - Doors open at 4:00pm. (Donation \$10-15\*)

Please arrive between 5:00-5:30 for dinner preparations (ovens available to heat food)

*Please let Eigen know what you're bringing. Dinner will start promptly at 6:00pm*

Shugen Roshi's primary reason for visiting Buffalo is to engage those Zen Buddhist practitioners with ties to the Buffalo Zen Dharma Community—both locally and at a distance. To support this goal, on Friday evening there will be a potluck dinner at 5:00pm. We invite you to bring a dish to pass. This event is open to the Buffalo Zen Dharma Community, Toronto Sangha and MRO practitioners. After dinner, Roshi will lead a mondo—a short talk to introduce a topic, followed by Q&A. Employing two of the five teaching methods used by Zen teachers, casual encounters and mondo, the evening provides a great opportunity and intimate setting for us practitioners to receive teachings that are relevant to the everyday practice of our lives. By design, Shugen Roshi has not designated a topic in advance. This flexibility allows him to bring forth a topical subject that's applicable to our particular group, our community, and our lives. Whatever the subject, we're all encouraged to enrich the exchange by openly sharing our questions and concerns with Roshi.

### Half-Day Zazen Intensive & Lunch

**Saturday** May 18<sup>th</sup>, 2019 8:30am – 12:00pm Doors open at 8:00am (Donation \$30\*)

This event is open to Zen practitioners and requires pre-registration. Participants are expected to remain for the entire Intensive retreat, and if at all possible dine with Roshi and the sangha afterwards.

Zazen is the heart of Zen practice. Combining our individual practice with other practitioners is an act of giving and receiving. Doing it in an intensive manner helps prepare the ground for the possibility of experiencing something not generally accessible with a less prolonged session of sitting and walking meditation.

\*Discounts available. Financial hardship will never be a barrier to participation.

#### BUFFALO ZEN DHARMA COMMUNITY

Mountains and Rivers Order Affiliate

[www.BuffaloZen.org](http://www.BuffaloZen.org)

Ray Eigen Ball, MRO

[contact@buffalozen.org](mailto:contact@buffalozen.org) • 716-393-2936

Newcomer Orientation and Introduction

1st Tuesday of every month:

6:40 PM – please call in advance

Westminster Presbyterian Church

724 Delaware Avenue • Buffalo, NY 14209