

# BUFFALO ZEN DHARMA COMMUNITY

PRESENTS

## Geoffrey Shugen Arnold, Roshi

Abbot of Zen Mountain Monastery

May 17 & 18, 2018

Episcopal Diocese of WNY Ministry Center

1064 Brighton Road • Tonawanda, NY 14150



Shugen Roshi is the head of the Mountains and Rivers Order, abbot and resident teacher of Zen Mountain Monastery, and abbot of the Zen Center of NYC. Shugen Roshi has been in full-time residential training since 1986; he received dharma transmission from Daido Roshi in 1997. His teachings have appeared in various Buddhist journals and in *The Best Buddhist Writing 2009*. His first book, a collection of memorial poems titled *O, Beautiful End*, was published in 2012.

Roshi's talk on the Metta Sutta and the discussion on Karma are based on the fundamental teachings of the historical Buddha. We are fortunate to have a teacher with a depth and breadth of decades-long monastic training and practice come here to make these teachings available to us. We invite you to take advantage of Shugen Roshi's steadfast commitment to help share the Dharma with practitioners in Western NY by participating in the following two events.

### ***Loving Kindness: A Talk on the Metta Sutta***

Thursday Public Talk May 17<sup>th</sup>, 2018 7:00pm – 9:00pm (Donation \$15\*)

Loving Kindness is both a natural and cultivated aspect of selfless compassion, which together with wisdom into the real nature of all things, form the heart of Buddhist teaching and practice. Taught by the Buddha, this simple and profound teaching offers practical guidance and deep insight into the path of the enlightened life.

In this talk, Shugen Roshi will teach on the Metta Sutta and then invite questions to help further examine and clarify its meaning. Copies of the Metta Sutta will be available.

*Before the lecture, 6:30-6:55pm, Shugen Roshi will offer Zen meditation instructions to those who are interested.*

### ***The Unexpected Gift of Karma***

Friday Discussion May 18<sup>th</sup>, 2018 7:00pm – 9:00pm (Donation \$15\*)

This discussion is open to everyone, regardless of prior experience with Buddhist practice. The discussion will be on Karma, the profound teaching on cause and effect, and its importance in everyday practice.

\*Doors open at 6:00 PM. • Discounts available. Financial hardship will never be a barrier to participation.

**BUFFALO ZEN DHARMA COMMUNITY**  
Mountains and Rivers Order Affiliate  
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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