

MZG Calendar & Contacts

About the Melbourne Zen Group

MZG was established in 1985 and is affiliated with the Diamond Sangha, a group founded in 1959 by Robert Aitken Roshi in Hawaii. The lineage has roots in both the Rinzai and Soto schools of Zen Buddhism. Our teachers are Subhana Barzaghi Roshi and Susan Murphy Roshi; both live in Sydney and visit Melbourne twice a year. Our activities include: weekly zazen (group sitting meditation), monthly zazenkai (longer group meditation), full moon sits, twice a year sesshin (week-long retreats with our teachers), weekend workshops and talks.

Group Sitting Schedule

- Tuesday evening 6.30pm - 8.30pm
- Saturday morning 10.00am - 12noon
- Last Saturday of the month 9am - 1pm
- Full moon sits - see page 3 for details.

For all sessions, we recommend a \$5 contribution (\$3 concession) to help us cover rental costs.

On the first Tuesday of each month, zazen finishes half an hour earlier to allow time for Dharma Sharing: reflecting on personal experience in relation to an aspect of Zen practice. On the last Saturday of each month, there is a talk and Dharma Sharing in the last hour of zazenkai.

Orientation

Orientation for newcomers is available by arrangement. Contact Jill Baird (details below).

Practice Facilitators

For guidance or support in matters relating to Zen practice, contact our Practice Facilitators via Jill Baird on 9328 2207 or email: jillebaird@yahoo.com

Venue (Melway Map 30 B7)

Enter CERES Community Environment Park in East Brunswick from Lee Street and go to the Education Centre - second building on the right after the gate.

Committee Members

- Peter Wong (Chair) 9481 5986
- Clive Williams (Secretary) 9489 5214
- Nola Firth (Treasurer) 5428 9363
- Colin Briton 9481 5986
- Tineke Lagerwey 9489 5880
- Michael McInerney 9023 0787

Membership & Newsletter Subscription

Enquiries about subscribing to the newsletter may be directed to Clive Williams: 9489 5214 or cliwil@hotmail.com We suggest that applications for financial membership be made only after having spent some time participating in the group's activities.

Newsletter Contributions

Contributions from members, however brief, of any facet of their experience with Zen, are very welcome. Send contributions to Colin Briton at 8 Edward Street Northcote 3070 or cbriton@alphalink.com.au

Brief extracts from publications appearing in this newsletter are for the purpose of private study.

Contacting Melbourne Zen Group

For introductory information about MZG write to PO Box 324, Carlton North 3054, or contact Jill Baird on 9328 2207 or at jillebaird@yahoo.com For other matters, please contact a committee member. You can also contact us by visiting our website.

Our website: www.mzg.org.au

Visit our website and subscribe to our latest news updates by email. The website features information and resources regarding Zen practice.

Upcoming Sesshin:

- 25 Sept - 2 Oct 2009 with Subhana Barzaghi at Adekate Forest Lodge,
- 2 - 9 April 2010 with Susan Murphy at Casa Pallotti.

MZG Calendar SEPTEMBER 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Zazen, 6.30 pm-8 pm, followed by Dharma Sharing	2	3	4 Full moon sit 7-10 pm. See page 3.	5 Zazen, 10 am-12 noon, followed by our AGM, page 3
6	7	8 Zazen, 6.30 pm-8.30 pm	9	10	11	12 Zazen, 10 am-12 noon
13	14	15 Zazen, 6.30 pm-8.30 pm	16	17	18	19 Zazen, 10 am-12 noon
20	21	22 Zazen, 6.30 pm-8.30 pm	23	24	25 Start of sesshin See page 3	26 Zazenkai, 9 am - 1pm
27	28	29 Zazen, 6.30 pm-8.30 pm	30			

MZG NEWS & NOTICES

Sesshin with Subhana Barzaghi

25th Sept – 2nd Oct, Adekate Forest Lodge at Dean

It is a joy to support one another along the ancient and noble path of awakening. Zazen is the practice of peacefully abiding in the vast valley of your true nature that swallows up all names and forms. "On a withered tree flowers bloom", is a Zen metaphor to describe the perennial wisdom that comes forth from dissolution of the old ways of seeing and knowing. Wisdom teaches us that we are nothing, love teaches us that we are everything - which is to realise our oneness with the universe of flowers, frogs, forest and all beings.

Sesshin flyer and application form are on our website. Contact Gayle McPherson on 9312 7512 or email: gaylemcpherson@optusnet.com.au

August Zen weekend workshop

Many thanks to the many hands and hearts who contributed to the success of our August weekend zazenkai and yatra with Subhana Barzaghi. More reports inside.

Telephone dokusan

Susan Murphy offers telephone dokusan to MZG; if interested please contact Kirk Fisher on 0425 754 057 or email kirkfisher@aapt.net.au

Full moon sits

Full moon sits are on 4th Sept (and 2 Oct, 30 Oct, 4 Dec, 1 Jan), 7-10 pm. For further details contact Meg on 9489 5880.

Committee meeting

The MZG Committee meets each month. If you would like to attend, or would like some matter raised, please contact a committee member.

Annual General Meeting Saturday 5th September

Our AGM will be held on Saturday 5th September at CERES after the Saturday sit, and shared lunch, from 1 -3pm. All members are welcome and encouraged to participate. Please bring a contribution for the shared lunch and join us at noon.

MZG now at CERES

We have now moved to our new home at CERES Community Environment Park, Education Centre, East Brunswick, which we share with the Fitzroy Uniting Church and CERES Education Programs. For information about CERES, including a helpful map, visit their new website: www.ceres.org.au

Directions:

By tram: Take the Number 96 tram to East Brunswick from the city (from Bourke St, travelling up Nicholson St) all the way to the end of the line (the intersection of Blyth and Nicholson Streets). CERES is about a 5 minute walk from the tram stop. Turn right down Blyth St (which becomes Arthurton Rd) and take the second street on the left (Roberts St) – CERES is about 100m up Roberts St on the right – you can't miss it. Turn right at Lee St and walk in. The Education Centre is the second building on the right after the gate.

By bus: Take the 503 Essendon to East Brunswick bus. Departs from Essendon Station and runs via Russell St, Napier St, Brewster St, Pascoe Vale Rd, Albion Street, Nicholson St, Stewart St, Roberts St and Arthurton Rd to the terminus at the corner of Blyth and Ryan St. Get off at the Lee St stop and you're right out the front. The Education Centre is the second building on the right after the gate.

By Car: See Melway Map 30 B7. Enter CERES by Lee St, pass through the entrance gate and the Education Centre is the second building on the right. On Tuesday night it is likely that parking is available in Lee St. On Saturday morning we suggest the CERES car park off Stewart St (follow sign).

CERES Community Environment Park wins major award - June 2009

CERES has won the award for 'Best Community Based Environment Project' in the United Nations of Australia's World Environment Day Awards. The award was given to CERES in its role as a real life example of a multi-dimensional sustainable society, incorporating environmental, social, cultural, education, training and arts initiatives.