

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.

Please arrive early. Help in setting-up is welcome. To help cover costs, we recommend a \$5 contribution, or \$3 concession, per session, or a weekly amount (if sitting more than one session) of \$6, or \$4 concession.

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, guidance and support

Orientation for newcomers is advised. For orientation, 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. Go to the Education Centre, second building on the right after the CERES entrance 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 0413 550 332
- Gayle McPherson 0415 352 575

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, Vic 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 us C/- CERES, Cnr Roberts & Stewart Streets, Brunswick East, Vic 3057, or contact Jill Baird on 9328 2207 or at jillebaird@yahoo.com For other matters, please contact a committee member. You can also visit 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

2 – 9 April 2010 with Susan Murphy at Casa Pallotti, Mill Grove

MZG Calendar MARCH 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Zazen, 6.30 pm–8 pm, followed by Dharma Sharing	3	4	5	6 Zazen, 10 am–12 noon
7	8	9 Zazen, 6.30 pm–8.30 pm	10	11	12	13 Zazen, 10 am–12 noon
14	15	16 Zazen, 6.30 pm–8.30 pm	17	18	19	20 Zazen, 10 am–12 noon
21	22	23 Zazen, 6.30 pm–8.30 pm	24	25	26	27 Zazenkai, 9 am - 1pm
28	29	30 Zazen, 6.30 pm–8.30 pm	31	1 April	2 April Start of Sesshin	3 April

Melbourne Zen Group

Melbourne Zen Group Inc. (A0026699B)

Newsletter-March, 2010

MZG NEWS & NOTICES

Easter Sesshin with Susan Murphy

2 - 9 April at Casa Pallotti, Mill Grove

'Sesshin' means 'to touch, to settle, and to convey and actualise the heart-mind' ~ Mind that is reality itself, radiant and full, with no loss and no gain. The Melbourne Zen Group Easter Sesshin is a rare opportunity to participate in a seven day traditional, silent, residential Zen retreat in the company of dedicated and supportive fellow practitioners. We are delighted to have Susan Murphy Roshi offering her teaching for this wonderful occasion.

MZG members have preference before 12th March. Rates are reduced before the 12th March. Contact Tineke Lagerwey (03) 94895880 or email Michael McInerney: mickiemac@iinet.net.au The Sesshin registration form is available on the MZG website.

Welcome Ceremony for baby Clare

On Saturday 10 April, following our Easter Sesshin, we will be holding a Welcome Ceremony for Clare, daughter of sangha member Shannon McCarthy.

See page 7 for photo and details.

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.

Due to the February meeting being held late in the month, the minutes will be sent to members with the April newsletter.

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 30th April (28th May, 25th June, 23rd July, 27th Aug, 24th Sept, 22nd Oct, 19th Nov, 17th Dec), 7-10 pm. For further details contact Meg on 9489 5880.

Note that due to the Easter Sesshin there will be no full moon sit on 2nd April.

Zazen talk by Chi Kwang Sunim, 27 March

At 12 noon, Chi Kwang Sunim, Korean Soen (Zen) Buddhist nun living at King Lake, will give a talk titled *Realising emptiness in a cup of tea, cools the embers of bushfire renewal*. Please join us.

Membership renewal time!

A membership / subscription form was sent with the February newsletter, and members / subscribers are reminded to please renew, this being one important way to support the activities of MZG.

Lesley Williams

Lesley Williams' son recently informed MZG that she had died. Lesley was an active sangha member years ago, and is remembered as a sincere and enthusiastic Zen student with interesting links to Chinese Buddhist groups. She moved to the country some years ago and often commented on how important it was for her to receive our newsletter. It provided her with a feeling of connection, and she was inspired on occasion to share some of her poems with us. Images of Guan Yin (Kanon or Avalokiteshvara) held special significance for her. May she rest in deepest Samadhi.

- Colin Briton (with help from Lesley Hanks)

OTHER GROUPS:

Uniting Church Group study series

From 21 February to 21 March, 10am each Sunday morning, the "Fitzroy" congregation, with whom we share our CERES home, will be holding a study series and discussion on "Overcoming Violence Against Women". It is based on materials developed by the World Council of Churches, the TYCA and the World Student Christian Federation, but will draw on wider resources, experiences and speakers within and outside the congregation. MZG members are very welcome to participate.

Insight Mindfulness Inquiry Meditation Retreat

30 April - 7 May with Subhana Barzaghi and Carol Perry, Daylesford. Contact Karina de Wolf on 5472 2956 or visit www.dharma.org.au