



Great Tree Zen Temple

newsletter / fall-winter / 2014 -15

*waterweed, floating away
despite the butterfly's
weight on it*
-Chiyo-ni

GREAT TREE

Our mission is to create a community, based on teachings of Dogen Zenji in the Soto Zen tradition, which serves all whose journey brings them to Great Tree, and to support a residential practice for women.

We are wholly supported by gifts from our friends, membership, volunteers and sangha.

Abbes

Rev Teijo Munnich

Great Tree Zen Temple

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Great Tree is a 501(c)3 religious organization, registered with the State of North Carolina

Sangha Voices

There is a lot of confusion about the meaning of the word Sangha. For some it refers exclusively to a community of ordained monks. For others the term includes the whole world. However limited or broad your idea of Sangha is, it is all about togetherness and being in harmony with those around you.

This issue of the Great Tree newsletter is all about Sangha. We hope that once you've read these articles, you will know a little bit more about who we are as a community.

Great Tree invites everyone to visit and learn more. We're a small space in the world, but we hope to reach and embrace it all.

With deep bows.

Family Meditation Dad

- Alan Anderson



I can't stop thinking that Ivy might spill half a dozen cups of herb tea into a holy lap, just like she sometimes does at home!

But so far, so good. And the thrilling

part is that she can do more and more without the kid-giggling and speed-crawling in random directions while everyone is deep into their silence and the five minutes is nowhere near finished yet.

Watching other kids grow up, learning their own new skills, is equally thrilling. We get to see each other so rarely (a month is a long time in the life of a fast-growing Jia, for example) that everyone is larger and quicker and more beautiful every third Sunday.



And of course it is always the radiant Teijo and her miraculous manager, Chimyo, who hold it together and practice patience and teach us all in so many ways. We'll forever be grateful for all they have taught us families, and will continue to teach us (we hope) even as they travel their own

challenging and kid-filled paths. What other zendo offers advanced degrees in water slide? Where else could we hear such mellow Minnesota tones leading us in the Heart Sutra? Our heartfelt THANKS to Teijo and everyone for leadership and honesty as we learn and grow together.

From Our Prison Volunteers

Offering the Dharma at Craggy

- Randal Daigu Pride



For the past six years, I have been a volunteer at Craggy Correctional Center just northwest of Asheville near the French Broad River. Twice monthly I host a 90-minute Buddhist meditation and studies class. The prison administration now allows the inmates to convene on their own the alternate weeks that I am not there. Our schedule is two 20-minute periods of zazen with eight minutes of walking meditation in between, followed by chanting the Heart Sutra. Some participants sit in chairs and others sit on zafus donated by Zen Center of Asheville. After the chanting, we read and discuss a variety of Buddhist texts and how they apply to our lives, and to life in prison. There is a lot of turnover in participants, as some inmates come to Craggy to participate in the drug-and-alcohol recovery program and then return to their initial facility near their families, and others reach the end of their sentence and are released. Even the few that are in for extended sentences may be transferred for various reasons. Though there are rarely more than four or five inmates participating at a time, it is a powerful experience for us all. Being encircled by razor wire imposes a certain seriousness on the endeavor of looking within. My hope is that the men will continue to engage with the Buddha's teachings and practice wherever they find themselves.

Randal Daigu Pride has been serving the Craggy Correctional Center community since 2008 and is a leading member of Zen Center of Asheville.

Eye Contact as Yoga - Paige Gilchrist

As a part of Great Tree's prison outreach project, Paige has been teaching weekly yoga classes for incarcerated men at Craggy Correctional Center near Woodfin, NC., since April 2014.



I'm a toucher. I usually communicate and connect by gently resting my hand

on someone's arm or knee as we talk, by cupping a shoulder to offer comfort, or by little (or sometimes great big) hugs, squeezes, and other signs of affection. And I love incorporating gentle, hands-on adjustments to offer encouragement and ease when I teach yoga. I didn't realize how much this was a part of my communication style until I needed to be super-careful about not doing it.

During the weekly yoga classes I teach at Craggy Correctional Center, for all sorts of good and understandable reasons, I can shake the men's hands, but that's it. At first, especially, we all took this to the extreme and seemed to have several layers of careful barriers put up. Without really thinking about it, I slid right into an alternative approach to connecting: using very present eye contact. In greeting inmates as they came in at the beginning of class, I made sure to truly see each one. From across the circle we sit in, I would lean in and look someone straight in the eye as he asked a question. When I spoke, as often as possible, I looked from individual to individual rather than at the group in general.

As I think back, I wonder if I was reacting to the comments I got from several groups of guards on my first night. As I waited at the security checkpoint with my bins of donated yoga mats, some of them muttered about how this was "just what we need—another kinder, gentler way to hold the inmates' hands." Another laughed and said, "Inmates doing yoga; I just can't see it." Their pain and anger was palpable; I can only imagine how stressful their jobs and perhaps their lives are. And it does feel nearly impossible to expect these guards to see beneath the crimes—many of which are indeed awful—to the severe trauma, often from childhood and ongoing, that affects every part of many prisoners' lives. But I guess I decided at that point that I would make it my role to see.

Almost immediately, the inmates started reciprocating. Some made eye contact in a more tentative or reserved way, certainly, and I did my best to respect that and meet them where they were. But regardless, over time, I felt those extra barriers start to dissolve and trust began to build. It was as if we were all agreeing, through the simple, vulnerable act of looking each other in the eye, to show up for each other for one hour a week—and to allow ourselves to be seen.

Dear Friends of Great Tree — A Letter

- Priscilla Yokote, Secretary of
Great Tree Board of Directors

Thanks for being around over the past year!

I feel that the people of Great Tree offer who they are. It is the un-pretense, the willingness to be kind of raw and exposed, that I treasure at Great Tree. And it feels like we are resting on something that wants to support that quality of being genuine.—What is that?

What is it that draws us and holds us at Great Tree? Is it a sense of freedom? Of ease and acceptance? Is it a truth we discover more and more?—Is it a quiet...?

I have a little book that was mine when I was a child. It was printed in 1958, the year before I was born. It is called *A Friend is Someone Who Likes You*, by Joan Walsh Anglund. This book has a cloth cover, my name written inside by my mother, and some scribble marks I made in the book before I could write. It talks about all the different things that can be our friends

It says: "Sometimes you don't know who are your friends. Sometimes they are there all along, but you walk right past them and don't notice that they like you in a special way. And then you think you don't have any friends. Then you must stop hurrying and rushing so fast and move very slowly, and look around very carefully, to see someone who smiles at you in a special way, or a dog that wags its tail extra hard whenever you are near...or a tree that lets you climb it easily...or a brook that lets you be quiet when you want to be quiet..."

This is Great Tree—a friend. It lets me be quiet, and creative. It lets me move very slowly. It reminds me and my family to care for and treasure our lives and the lives of other beings too.

It shows me my insanity at times and offers a release toward sanity. Sometimes it is a shared journey from insanity to sanity, and then back again!

But I am grateful for this Friend. Thankful for the teachers and practitioners at Great Tree and for the lineage that is forgiving and bends for each of us to help us discover our true nature and lighten the loads we carry.

News from the Board of Directors

2015 promises to bring great changes for Great Tree. In September two new members were elected to the board.

We welcome the **Rev. Dr. Elizabeth Strand**, LCSW, who previously served on the Great Tree Board in 2005. Dr. Strand has a Ph.D. in social work and is a licensed clinical social worker. She has been teaching Mindfulness Based Stress Reduction for 10 years and has had a lifelong meditation practice. She was ordained as an interfaith minister in 2011. She serves the board as a member- at- large.



We also welcome **Art Shindo Mandler** as our new treasurer. He is a long-time member and practice leader at Zen Center of Asheville.

Continuing to serve on the board are **Jayne Harnett-Hargrove**, chairperson, and **Priscilla Myoshu Yokote**, secretary. Both joined the board in 2013.

Stephanie Jones-Byrne stepped down from the board in September after five years of service. Her exemplary organizational skills, dedication, and willingness to help will be sorely missed. The board would like to express our heartfelt thanks to Stephanie for all her efforts on Great Tree's behalf.



2015 Ongoing Practice Opportunities

GREAT TREE SESHINS 2015

Sesshin means to gather the heart-mind. Traditionally, Soto Zen temples offer these monthly retreats during which both monks and laypersons are invited to renew and strengthen their practice together.

Sesshins at Great Tree offer several periods of zazen each day, formal meals with oryoki, work practice, student-teacher interviews (dokusan), and nightly dharma discussions. We follow a semi-monastic schedule, eat simple vegetarian meals, and maintain silence as much as possible.

Great Tree sesshins range from 2 to 5 days (see schedule below). Unless otherwise noted, sesshins begin with orientation at 5 pm on Friday and end at noon on the last day. Depending on their level of experience, participants may join for all or part of a sesshin, with permission from the abess.

To register for sesshin see page 6 or go to www.greattreetemple.org.

FEES: 2-nights: \$175 / 3-nights: \$225 / 5-nights: \$300

- February 6-8 (Nehan) • March 6-8 • April 3-5 • May 1-6 • June 5-10 • July 3-5
- No sesshin in August or September • October 9-11 • November 6-11
- December 4-9 (Rohatsu/Buddha's Enlightenment)
- December 28-31 (New Year's Sesshin)

PRACTICE PERIODS: ZAZEN, STUDY, AND WORK

SPRING: March 24 - June 11 **FALL:** October 7 - December 12

Three-month practice periods are designed to encourage Zen students to renew their efforts to bring the three components of Zen practice into their daily lives. Students can commit to residential or nonresidential participation. Residential participants must follow the full temple schedule; nonresidential participants are asked to commit to the following: taking part in Tuesday and Thursday zazen and the Saturday morning program of zazen, study, and work at Great Tree; attending two lectures each month at Zen Center of Asheville; and attending one sesshin during the practice period (see schedules above and below). Those who cannot make the full commitment must speak with the abess about making personal adjustments. Anyone wishing to join a practice period should send a letter by email or regular mail outlining their wish to join, their practice commitment, and a personal statement about their spiritual practice prior to the start of the practice period. If you are interested, call or email us for more information. Each practice period will begin and end with a tea; opening teas will be held on March 24 and October 7 at 7:30 pm. Closing teas will be held on June 10 and December 12 at 7:30 pm.

GREAT TREE PRACTICE DAYS (ZAZENKAI)

These 1-day sittings offer a somewhat gentler schedule than sesshins and are excellent opportunities to learn more about zazen practice. The schedule begins at 9 am and includes sitting and walking meditation, a short Dharma discussion at mid-morning, and a formal lunch using the oryoki practice. We end with an informal tea. Practice days are led by senior students of Rev. Munnich.

SUGGESTED DONATION: \$45

April 18 – Art Shindo Mandler, Chimyo Atkinson

August 15 – Randal Daigu Pride, Chimyo Atkinson

FAMILY MEDITATION

Family Meditation meets at 10:30 am on the last Sunday of each month, except where noted (see schedule below). Led by Rev. Munnich, these gatherings introduce children and their parents to meditation through storytelling, discussion, crafts, and free play. Everyone is encouraged to join us on Family Meditation days for the Buddha's Birthday and Flower Festival Celebration (Hanamatsuri) and planting of the Children's Garden in spring; our Sangha picnic in July; and the celebration of our ancestors (Segaki) in the fall. All ages are welcome. Parents provide healthy snacks and potluck dishes to share during the morning.

- January 25 • February 22 • No meeting in March • April 26 (Hanamatsuri)
- May 31 • June 28 • July 26 (Sangha Picnic at Walnut Island Park)
- No meeting in August • September 13 • October 25 (Segaki)
- November 29 • No meeting in December

SANGHA SUNDAY

We start Sangha Sunday with an hourlong gentle and restorative Yoga class perfect for any level of yoga practitioner, including beginners. Gentle, flowing floor sequences combined with longer holds in supported, relaxing poses all work to help heal the effects of chronic stress, aid in recovery from illness or injury, balance energy, and quiet the mind. Classes are led by one of our three sangha members who are certified yoga instructors and are by donation.

Zazen and dharma discussion follow from 10-11:30. Come meet other Sangha members, ask questions, and learn more about Zen practice at Great Tree.

Sangha Sundays are held the third Sunday of each month. The 2015 dates are:

- January 18 • February 15 • March 15 • April 19 • May 17 • June 21 • July 19
- August 16 • September 20 • October 18 • November 15 • December 20

WEEKLY ACTIVITIES

Please note that weekly activities may be preempted by special retreats and events. See our schedule, or call or email us to check. Join our mailing list to receive current updates. (*Zazen—sitting meditation* / *Kinhin—walking meditation*)

EARLY MORNING ZAZEN Tuesdays, Thursdays, Saturdays:

6–6:40 am Zazen / 6:40–6:50 Kinhin / 6:50–7:30 Zazen / 7:30 Morning Service

EVENING ZAZEN Thursdays:

6–6:40 pm Zazen / 6:40–6:50 Kinhin / 6:50–7:30 Zazen / 7:30 Closing

Tuesday Study Group

Every Tuesday during the spring and fall practice periods, Rev. Munnich leads sessions in the study of the writings of Dogen Zenji, 13th century founder of the Soto Zen School. The sessions begin with meditation followed by readings, writing, and discussion. You may join at any time and attend as many sessions as you like.

SPRING: March 24 through May 26 **FALL:** October 6 through December 15

Thursday Morning Sangha 6–11:30 am

Come for all or part of our early morning program. After zazen, the morning continues with formal breakfast (oryoki), morning tea (chosan), and community work.

Saturday Sangha 6 am – 3 pm

Zazen, dharma discussion, and work practice are offered every Saturday. You may come for any part of the day. Please RSVP if you would like to join us for lunch.

6–6:30 amZazen

6:30–6:40 amKinhin

6:40–7:10 amZazen

7:10 amMorning Service

8:00 amBreakfast

9:30–10 amZazen

10–11:00 amLecture

11 am–12:00 pmCommunity Work

12:30 pmLunch

1:30–3:00 pmCommunity Work

3:00 pmTea

Zen Center of Asheville Lectures

Tuesday evenings from 7:00 to 8:30 ZCA presents dharma lectures and discussion. Rev. Munnich gives a lecture twice a month with guests or sangha members filling in the other weeks. Go to www.zcasheville.org to see their schedule and get directions or call 828-398-4212 for more information. Everyone welcome.

2015 Workshops, Retreats, and Special Events

See page 6 for registration information, or go to www.greentree.org.

JANUARY 2015

JAN. 11 Prison Outreach Volunteers Day of Mindfulness

A special gathering for those interested in or currently engaged in prison meditation programs. This is an opportunity to share what we've learned through this practice and to appreciate those who serve those in our community who are incarcerated. Meditation, dharma discussion, and camaraderie. Suggested reading: *Dharma in Hell: the Prison Writings of Fleet Maull*. Potluck meal served.

FEE: *donation.*

JAN. 31- FEB 1 Mother and Child Retreat

Begins Saturday at 9 am; ends Sunday at noon. This retreat is an opportunity for mothers to strengthen their spiritual practice in a sharing environment with their children. Activities will be done together to create an environment where children naturally learn from the example of their mother and others. There will also be opportunities for mothers to share without children and children to share without mothers. All ages are welcome. Please notify Great Tree in advance if you wish to arrive Friday evening.

FEE: *\$150 for mother and one child; \$25 for each additional child.*

MARCH 2015

MAR. 19-22 Anattasati Magga Retreat: Let the World Take Care of Itself

Led by Nancy Sujata Spence

Designed in the formal Soto Zen tradition of Shasta Abbey, this retreat offers the rare opportunity to "let the world take care of itself" while you absorb the silence and stillness of retreat. The daily schedule includes services; silent seated and walking meditation; working meditation; and Dharma classes and study periods. Except for Dharma lectures, this retreat will be in silence. There will be no pre-announced Dharma topic. Instead, effort will be put into becoming easy and familiar with how we conduct our retreats and how we move throughout the monastic schedule, letting the self quiet, settle, and feel deeply supported by each day of practice.

FEE: *\$300. This retreat begins on Thursday and ends Sunday at noon.*

MAR. 27-29 Zen Mind, Writing Mind Retreat

Led by Peggy Millin

Starts Friday at 5 pm; ends Sunday at noon

Free your creative spirit in a weekend of creative writing within a safe and supportive circle of women. "To control your cow, give it a wide pasture." Shunryu Suzuki expressed this thought, and now you can explore its meaning in this Zen Writing Workshop for Women. Take down the fences around your definition of "writing" and explore what it means to you. In writing, most of us are bound by shoulds learned from teachers, parents, and our own self-doubt. What if we had beginner's mind and simply befriended the words? We will write and read in circle in the morning. You will have afternoon time to explore writing on your own. Silence, solitude, community, and practice (both meditation and writing) are the four pillars of the writer's life.

You need not be a writer and no meditation experience is required to attend or write. Come with an open mind and empty notebook, and leave with an open heart and a notebook of inspiration.

FEE: *\$225, plus dana for the instructor.*

APRIL 2015

APR. 10-12 Asheville Insight Meditation Retreat: Re-connection

Led by Ronya Banks

FOR WOMEN AND MEN. Modern daily life has the tendency to force us to disengage from substantial portions of our inner selves as well as subtly disconnect from others. During this retreat we will cultivate awareness of the breath and body and rediscover and embrace valuable parts of ourselves. The daily schedule will include sitting and walking meditation, as well as practice in cultivating mindfulness during daily activities such as eating, rest, yoga or other movement practices, and listening and sharing in small groups. There will be an instruction period each morning, meetings with the teacher, question and answer periods, and a Dharma talk in the evening. Registration for this retreat is through Asheville Insight Meditation at www.ashevillemeditation.com.

Ronya Banks is a Dharma teacher and the founder and lead teacher of Asheville Insight Meditation, a Theravada Buddhist meditation community and center. She began formal meditation practice in 1985, and has studied under senior Spirit Rock and Insight Meditation Society teachers, including Jack Kornfield, Phillip Moffitt, Pat Coffey, and Rodney Smith.

FEE: *\$130.*

MAY 2015

MAY 23 / 9 am – 4 pm Beginner's Mind: The Poetry of Drawing

a workshop led by Ruthanne Kah

Based on Betty Edwards' book, *Drawing on the Artist Within*, we will spend the day exploring drawing as a tool to explore our experience and render it on paper. Using basic materials and a limited palette of pencil, charcoal, pen and perhaps watercolor, we will explore drawing as a vehicle for understanding and tool for communication. Drawing precedes writing and, like music and the spoken word, may be among our earliest tools to explain experience. We will spend some time in silent observation, both inward and focused on specific objects, and explore painting from memory.

Ruthanne Kah has been teaching arts to children and adults since she left New College of Florida. She studied sumi and watercolor while in high school and trained in weaving and textile design at Haywood Technical College. She now travels and paints in oils with her husband, John Mac Kah.

FEE: *\$45, plus dana for the instructor. Bring your own lunch and materials (a list will be provided).*

JULY 2015

JULY 12-15 Annual Youth Retreat

For ages 7 years and older. Young people are invited to participate in a modified retreat schedule under the guidance of Great Tree Sangha adults. It will include Dharma teaching and discussion on some aspect of Buddhism, meditation, chanting, and work. Some activities may include arts and crafts such as clay play and origami, outdoor fun, quiet time to practice silence, and music. It's a kid-friendly practice time.

FEE: *\$70 per child, \$120 for two children; more than two, please inquire.*

JULY 26 / 1 pm Annual Sangha Picnic

at Marshall Park in Alexander

JULY 31-AUG 2 Zen Mind, Writing Mind led by Peggy Millin

This is Peggy Millin's second writing retreat of the year. See March for full description.

FEE: *\$225, plus dana for the instructor.*

AUGUST 2015

AUG 29 Practice Day: Mindful Morning and Active Afternoon

9 am to 12 noon: Meditation, dharma talk and discussion

12:30 pm - 2 pm: Lunch

2 pm - 4 pm: Work practice and gentle yoga. We will end the day with an informal tea.

Space is limited to 14, so please RSVP no later than Monday, August 26.

SUGGESTED DANA: \$40

AUG 30 / 10 am – 2 pm Great Tree 10th Anniversary Celebration

This is a big one! Great Tree sangha members will prepare an anniversary brunch to celebrate 10 years at Great Tree. We will gather and give thanks with other sangha members, our board of directors, and the residents of the temple. Please RSVP to registrar@greattreetemple.org or by phone message to 828-645-2085. Carpool if possible, or ask about the offsite parking shuttle.

DONATIONS WELCOME.

SEPTEMBER 2015

SEP 19 / 10 am – 4 pm Steps of Joy and Peace: A Day of Mindfulness in the tradition of Thich Nhat Hanh

Led by Leslie Rawls

Join Leslie for a day of mindful practice. It will include sitting and walking meditation in the Plum Village tradition. We will enjoy a mindful lunch with soup and bread. Bring snacks if you like.

Leslie Rawls (True Realm of Awakening) is North Carolina's only resident Plum Village Dharma teacher. Thich Nhat Hanh ordained her into the Order of Interbeing in 1995 and gave her Dharma Lamp Transmission in 2009. Leslie practices weekly with the Charlotte Community of Mindfulness and the inmate Sangha in Salisbury, NC. She offers retreats and days of mindfulness across the South and at Blue Cliff Monastery in New York. For more information, see the Dharma Teacher link at www.charlottemindfulness.org.

FEE: \$45, plus dana for the instructor

SEP 25-27 Reflect On Your Life's Meaning: Write a Life Legacy Letter

Led by Carolyn Wallace

Begins Friday at 5 pm; ends Sunday at noon

Participants will spend part of the retreat in silence. They will write to prompts that encourage deep reflection on their life's experiences and meaning, culminating in the creation of a precious and lasting gift for themselves and those they love most in the world, a Life Legacy Letter (sometimes called an ethical will). Participants will also take away a suggested structure and prompts that can provide a basis for further exploration and reflection on many aspects of their lives, and for some, will form a springboard for inner exploration through writing important stories from their lives.

FEE: \$175, plus dana for the instructor.

OCTOBER 2015

OCT 1-4 Anattasati Magga Retreat: Let the World Take Care of Itself,

Led by Nancy Sujata Spence

ASM's fall retreat. See March for a full description. This retreat begins on Thursday and ends Sunday at noon.

FEE: \$300

OCT 9-11 Beginner's Mind Sesshin

Led by Rev. Teijo Munnich and Meredith McIntosh

Instruction and gentle hands-on work with meditation posture to develop body awareness and ease will be offered by Meredith McIntosh in a supportive environment using the Alexander Technique. Both her self-study and teaching are rooted in the common ground between Zen practice and awareness of body-mind and movement in daily activities. It will include some hands-on guidance,

exercise, stretching, and discussion opportunities, as well as a flexible schedule that can be adjusted as needed. There will also be small group meetings offered by both teachers.

Meredith McIntosh is a long-time student of Tangen Harada Roshi at Bukkokuji in Japan. She is a certified Alexander Technique teacher and massage therapist. Both her self-study and teaching are rooted in the common ground between Zen practice and awareness of body-mind and movement in daily activities.

FEE: \$175

OCT 24 The Opus: A 1-day Writer's Workshop

Led by Laura Hope-Gill

Based on the magnum opus of spiritual alchemy, Laura will guide participants nonintrusively through an exercise in creation and destruction, the ethereal as discovered in the mundane. Bring a pen and notebook. You'll leave with seven new works. No kidding.

Laura Hope-Gill is the director of both Asheville Wordfest and the Thomas Wolfe Center for Narrative, an M.A. in Writing Program at Lenoir-Rhyne University. With a focus on creativity as an alchemical process, she creates an open and supportive environment in which the mysteries of creating can unfold and surprise. Her books include *The Soul Tree*, a collection of poems for which she was named poet laureate of the Blue Ridge Parkway, and *Look Up Asheville 1 and 2*, architectural and social histories of the city.

FEE: \$60, plus dana for the instructor

DECEMBER 2015

DEC 12 Annual Craft Sale and Buddha's Enlightenment Celebration

DEC 31 Ringing in the New Year

2 pm – 5 pm: End of Year Temple Cleaning

7 pm – midnight: Ringing in the New Year, led by Rev. Teijo Munnich

Join us New Year's Eve for sitting and walking meditation, plus chanting and ringing 108 bells to clear ourselves of delusions. Stay afterward for a little celebrating if you like. Dana welcome. If you plan to attend, please let us know by email to registrar@greattreetemple.org or by phone at 828-645-2085 so we can send you a more detailed schedule. Or RSVP at <http://bookwhen.com/gtzen>.

25th Year Memorial Service & Celebration of Katagiri Roshi's Life

On Sunday, March 1, 2015, we will hold a memorial service for Dainin Katagiri Roshi, Rev. Teijo Munnich's root teacher. We will join together in celebrating the teachings and practice of this great Zen teacher. The day's events will include:

1:30 pm

Short zazen

Ceremony to install traditional memorial tablet (ihai)

Memorial ceremony

Story of Katagiri Roshi's life and death

3:30 pm

Potluck and sharing of anecdotes about Katagiri Roshi

Everyone is invited and encouraged to come. This is a rare opportunity to get to know a great teacher as seen through the eyes of his students.

TIP: PHOTOCOPY THIS FORM FOR REGISTRATIONS INSTEAD OF CUTTING OUT.

REGISTRATION FOR GREAT TREE EVENTS

A deposit of 50% is required to hold your space in a retreat, workshop, or sesshin. Full payment is required for those events for which the fee is less than \$100. The balance of the fee for any given event is due 7 days prior to that event. If you are paying by check, please make it payable to Great Tree Zen Temple and mail it to Great Tree Registrar, 679 Lower Flat Creek Rd., Alexander, NC 29701.

Please note that at this time Great Tree does not have the capability to accept credit card payment by phone or onsite. You may cancel your booking online, by email, or by written notice up to 7 days prior to the start of the event for a full refund. There is a \$25 fee for cancellations made after this deadline. A full refund will be given if Great Tree cancels the event for any reason.

Please complete the information below and attach your payment. If you have any questions regarding your registration, contact Great Tree at registrar@greattreetemple.org, or call 828-645-2085.

Name: _____

Address: _____

Phone (s): _____

E-mail: _____

Event: _____

Dates you plan to attend: _____

Amount due: _____ Amount enclosed: _____

Dietary restrictions, allergies, etc : _____

DANA—The Practice of Giving

The development of generosity in the world can only be advanced by practicing generosity oneself. Great Tree is sustained by the kindness of those who support our programs. Event fees collected by Great Tree are kept low in an effort to remain as affordable as possible for all who wish to practice here. The workshop and retreat leaders and Dharma teachers who make our programs possible do not receive monetary compensation for their efforts. Participants in Great Tree events are strongly encouraged to give donations during or after every workshop in gratitude.

FAQs: Practice at Great Tree

Great Tree Zen Temple is an American Zen temple in the Soto Zen tradition. What does that mean?

Great Tree is registered as a temple under the Soto Zen school (Sotoshu). At Great Tree we practice in the spirit of 13th Century Zen Master Dogen, the founder of this school. This lineage has been handed down to us over the centuries through many teachers, including the late Dainin Katagiri Roshi, founder of Minnesota Zen Center. Rev. Teijo Munnich is a first-generation disciple of Katagiri Roshi.

ORYOKI – The Practice of the Buddha’s Bowls.

Formal meals (gyohatsu) at Great Tree are eaten with oryoki bowls. “Oryoki” means “just enough,” or “in proportion.” During these meals we make an effort to be mindful of the food we are given, where it comes from, and how we use it. We are also mindful of sharing with and serving others. The Gyohatsu Nenju (meal chant) is recited during the morning and noon meals by monks in the Soto Zen tradition.

DOKUSAN – Student-Teacher Interview

Dokusan is a private interview with a teacher or practice leader. The abess offers opportunities for these meetings during sesshin, during early morning and evening zazen, and by appointment. This is a chance to ask questions and receive guidance. Contact Great Tree if you are interested in receiving dokusan.

More questions about practice at Great Tree? Let us know if there are other Zen terms or practices you’d like to know more about.

The Great Tree Cookbook

- Chimyo Atkinson

Great Tree’s cookbook project is currently on the back burner but is still simmering. As of this printing we have about 52 pages of recipes and short articles. We are still looking for more short essays and poems, and we also need illustrations. At the moment there is no deadline for submissions.

The Great Tree Cookbook is a fund-raising vehicle, but we also need funds to create it. If you have any experience with self-publishing, crowd-funding, digital publishing, or any other means we may not have thought of to get our cookbook out there, please chime in. Better yet, join the Cookbook Committee and put your knowledge to work.

Contact Chimyo at info@greattreetemple.org for more information on helping with the cookbook.



Here’s a sample recipe. It was my favorite dish at the Nisodo, a woman’s training monastery in Japan.

Daigakuimo – Japanese candied sweet potato

2 large Asian sweet potatoes, chopped into large pieces

1/8 cup vegetable oil for frying

2 Tbsp light brown or raw sugar

1 Tbsp shoyu (Japanese soy sauce)

¼ cup toasted black sesame seeds

Add oil and brown sugar to a frying pan and heat. Add sweet potatoes and stir-fry until the potatoes begin to brown. Turn down the heat and cook for 10-15 minutes, stirring frequently, until the potatoes are browned and cooked through. For a crispier texture, cook a little longer. Add the shoyu at the very end then, sprinkle with black sesame seeds and serve.

Serves 4-6.



Formal meals (gyohatsu) at Great Tree are eaten with oryoki bowls.

Gallery



Phoenix & Jasmine at picnic



Beekeeping at Great Tree



Lia hanging out



Great Tree friends at Dobra Tea sponsored traditional Japanese Matcha Tea Ceremony with Mikako



Children's Retreat



Sangha picnic on French Broad sending message to Chimyo in Japan



Chimyo & Drew walk Fujita's slackline



Children's Garden Making



Autumn Woodward gardenmaster

Chloe Flowermaster



Sitar fun at Children's Retreat



Rev. Issho Fujita & Great Tree friends



Calling for Donated Gift Items for Great Tree's Annual Craft Sale

- Jayne Harnett-Hargrove

As the leaves change hue, twirling in the autumn wind, we are ramping up for the annual Buddha's Enlightenment Ceremony and Craft Sale.

Artists and craftspeople are busy making new offerings for the sale to benefit Great Tree. As always, we are asking for help from folks who are willing and able. We appreciate gift items with a touch of the Zen vernacular, but please do not let that limit your ideas! Gifts pre-purchased or created are all welcome. We are thin on functional stoneware and ceramics, decorative items, and holiday ornaments. Please have your donated gift items at Great Tree by the end of November; give us a call for help with pickup if you need it. Also let us know if you will be bringing baked goods or other edibles to Urban Dharma the event morning, as we want to make sure there is plenty of table space for this very important tradition.

We always look forward to visiting with sangha members and meeting new friends at this special yearly event that draws us together and pulls interested (and interesting!) people in from the Asheville streets. The event will be held December 13 from 10 am to 4 pm at Urban Dharma in Asheville. Rev. Teijo Munnich will lead the ceremony at 2 pm.

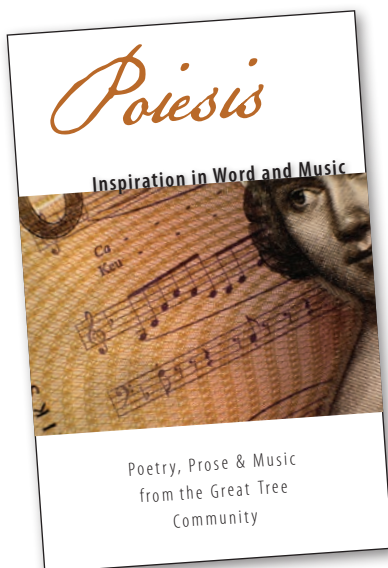
Great Tree's Annual Craft Sale & Buddha's Enlightenment Ceremony at Urban Dharma, downtown



Saturday, Dec 13, 10 am – 4 pm

Buddha Ceremony, 2 pm

At: Urban Dharma, 29 Page Ave.



Copies of the chapbook *Poiesis* from our Annual Poetry reading is available from Great Tree. an excerpt:

No two leaves

No two leaves return again to the trees
 Yet spring returns forever
 And the forest does not grieve their withered departure from it's many branches
 So why do I mourn your leaving?
 My winter bareness will bring me great things in it's stillness
 Even as the trees withstand the weight and cold of snow
 They too will rest.
 Newness brings forth ancient joy.
 No leaf, no loved one, no season, no self remains the same
 Yet spring returns forever.

- Meredith McIntosh

Financial Report, Fall 2014

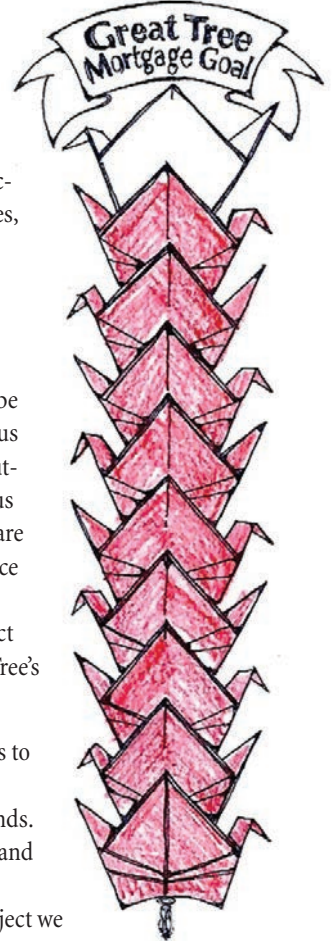
- Ruthanne Kah

This past winter and early spring we showed some increase in support with the Cranes Project, which helped stabilize our month-to-month income. Additional support came during the summer pledge appeal, which made it possible to meet our operating obligations. We applied for and received a small grant toward site improvements from a private foundation. We received a donation of a new desktop computer, as the current one is facing retirement. We are also facing the replacement of some obsolete appliances, including the refrigerator, and much-needed repairs on the exterior of the zendo and main building, including deck repairs and replacing carpet.

This summer we received two large pledges to be applied toward the mortgage, which will allow us to make a significant payment of 75% of the outstanding balance on the principal. This leaves us with a balance of 25%, or about \$35,000. If we are able to raise the remaining balance, it will reduce the term for making monthly payments to two years rather than 11. This is an exciting prospect and completely changes the outlook for Great Tree's future.

Paying forward on the loan would then allow us to allocate funds toward future growth and long-needed maintenance on the building and grounds. The existing building was constructed in 1984 and is in need of renovation and repair. We can also move toward implementing our site plan, a project we set aside during recent changes in the economy.

Great Tree has operated with a very modest budget, barely breaking even on a month-to-month basis. We can now look forward to allocating funds toward future growth and mindful stewardship of building and grounds. We are grateful for all the support that will make it possible for Great Tree to grow and flourish.



Great Tree Zen Temple
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 Alexander, NC 28701

