



# Ordinary Mind Zen

## NEWS AND PROGRAM – JULY-DEC 2016

### *News*

Well the first frost of winter appeared on the Promised Land on the last Sunday in June, leaving a carpet of white fields, as I rose early in the morning to drive to Sawtell for the one day retreat. Given such a cold morning, the retreat was very well attended, everyone coming with extra socks and blankets!

During the first half of this year I have witnessed a core group of practitioners attending on a regular basis in both zendo locations, filling my heart with optimism that we are well on the way to establishing a viable Ordinary Mind Zen sangha (community) here on the beautiful mid-north coast which is really exciting. A heartfelt thank you to all of you who have made this possible! I wasn't sure if this *was* possible, given the fact that we are blessed with a variety of Buddhist and secular meditation options in this region, including the Bellingen Zen Group (BZG). I was one of the founding members of the reborn BZG when we began sitting with the late Sexton Bourke Roshi at the Bellingen Yoga Studio I think round about 2008. The group continues to flourish with periodic visits from Ellen Davison, a Zen teacher in the Diamond Sangha tradition who lives in the



# Ordinary Mind Zen

Lismore region. When I was given ordination to teach in November 2014 by my teacher Barry Magid, I decided to reach out to the coast by establishing the Ordinary Mind Zen Mid-North Coast sangha (community). The day retreats have been well attended and we are now planning to host our first overnight residential retreat at the Promised Land Zendo on the 22/23 October this year. I am planning to be able to offer two residential retreats a year, so this is another exciting development in our young life as a sangha.

As teacher, I will continue to provide leadership for the form the teaching takes, however, towards the end of this year I will be looking to form a governing committee to help with the ongoing coordination, administration and promotion of the OMZ Mid-North Coast. I will also be looking for volunteers to take on the role of *jikido*:

*“The job of the jikido is to run the zendo according to the rules prescribed by the teacher, and maintain the zendo’s schedule. The jikido makes a commitment to run every regular scheduled sitting and each bi-monthly one day retreat. The jikido’s job is not just to facilitate the functioning of the zendo, the jikido embodies and exemplifies practice as functioning. And that is the functioning of no-self - of the forgotten self - that responds*





# Ordinary Mind Zen

*to each thing in turn, performs each function in turn without a thought of right and wrong or how am I doing or how do I look doing it.”*

Taking on this leadership role is a great way of supporting each other's zazen and also practicing service. I am hoping to have at least two jikido's, ready to begin in time for the two day retreat in October.

## ***Practice Focus: Awakening the Heart of Compassion***

In the second half of this year we will continue to devote our practice to a focus on how we relate to ourselves and to *others*. We will continue to explore the core practice of *self-compassion* and investigate how we can engage with the suffering in this world without becoming overwhelmed, through *compassionate witnessing*. We will also discuss how we can adapt the Buddhist precepts of ethical conduct, originally designed for monastics, and make them relevant to our everyday world of work and relationships. There are a number of good books written on the precepts, but I recommend Diane Rizzetto's *Waking Up To What You Do: A Zen*



# Ordinary Mind Zen

*practice for meeting every situation with intelligence and compassion.*

Diane is a Teacher in the Ordinary Mind Zen tradition based in California.

I will be encouraging you to use the precepts and other forms of compassionate mind training to discover what your personal koans are, such as: trust, anger, forgiveness, loss, restlessness, doubt, loss of meaning, loneliness, or fear to name a few possibilities. I hope you will feel able to discuss your observations and insights in one on one meetings with me at our regular practice periods and retreats. We will also have opportunities for shared learning with others in our informal discussions over tea at the end of our morning sittings.

I look forward to your continuing participation in our OMZ-Mid-North Coast Community and I thank you for your wholehearted commitment to the way. The program calendar for the rest of this year is on the next page below.

With appreciation,

Andrew.





# Ordinary Mind Zen

## *Ordinary Mind Zen School – Mid North Coast Calendar from July to December 2016:*

Sunday	July	3	Promised Land Morning	10am – 12pm
Sunday	July	10	Sawtell Morning	10am – 12pm
Sunday	July	17	Closed for Winter Break	
Sunday	July	24	Sawtell Morning	10am – 12pm
Sunday	July	31	Promised Land Morning	10am – 12pm
Sunday	August	7	Sawtell Morning	10am – 12pm

# Ordinary Mind Zen

Sunday	August	14	Promised Land Morning	10am – 12pm
Sunday	August	21	Sawtell Morning	10am – 12pm
Sunday	August	28	Promised Land One Day	9am – 3pm
Sunday	September	4	Sawtell Morning	10am – 12pm
Sunday	September	11	Promised Land Morning	10am – 12pm
Sunday	September	18	Sawtell One Day	9am – 3pm
Sunday	September	25	Promised Land Morning	10am – 12pm
Sunday	October	2	Sawtell Morning	10am – 12pm
Sunday	October	9	Promised Land Morning	10am – 12pm
Sunday	October	16	Sawtell Morning	10am – 12pm

## ***WEEKEND RESIDENTIAL RETREAT AT THE PROMISED LAND***

### ***ZENDO:***

*Saturday October 22 starting at 9am finishing on*

*Sunday October 23 at 3pm*

**Ordinary Mind Zen Mid North Coast**

**Email** [atootell@gmail.com](mailto:atootell@gmail.com) **Phone** 0428 684 446

**Promised Land Zendo** 294 Promised Land Loop Road, Gleniffer NSW 2454

**Sawtell Zendo** CWA Hall, 21 Elizabeth Street, Sawtell NSW 2452





# Ordinary Mind Zen

Sunday	October 30	Sawtell Morning	10am – 12pm
Sunday	November 6	Promised Land Morning	10am – 12pm
Sunday	November 13	Sawtell Morning	10am- 12pm
Sunday	November 20	Promised Land Morning	10am – 12pm
Sunday	November 27	Sawtell One Day	9am – 3pm
Sunday	December 4	Promised Land Morning	10am – 12pm
Sunday	December 11	Sawtell Morning	10am – 12pm
Sunday	December 18	Promised Land Morning	10am – 12pm

Followed by shared lunch.

Both Zendo locations then close for the Summer Holidays reopening at the Promised Land on Sunday, January 29, 2017.