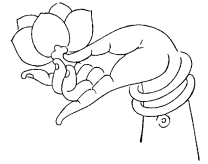




Chung Tai Zen Center of Sunnyvale

CALENDAR OF DHARMA EVENTS



September 2019 to January 2020

Sept: 1 / 8 / 15 / 29 (Sundays)	Registered Students: Four sitting / walking meditation sessions. Each session is 45 minutes.	9 am - 12:40 pm
	Others: One 40 minute guided meditation session.	10 am - 10:40 am
Sept 3 (Tue)	New Series – the 48th Session of Zen Buddhism & Meditation Classes Begins **	See more information on separate flyer
Sept 22 (Sun)	Medicine Buddha Blessing Ceremony & Dharma Support Association Annual Recognition Ceremony	9 am - noon
Oct: 6 / 13 / 20 (Sundays)	Registered Students: Four sitting / walking meditation sessions. Each session is 45 minutes.	9 am - 12:40 pm
	Others: One 40 minute guided meditation session.	10 am - 10:40 am
Oct 27 (Sun)	88 Buddha Repentance Ceremony & Memorial Service	9 am - noon
Nov: 3 / 10 / 17 (Sundays)	Registered Students: Four sitting / walking meditation sessions. Each session is 45 minutes.	9 am - 12:40 pm
	Others: One 40 minute guided meditation session.	10 am - 10:40 am
Nov 24 (Sun)	Guan Yin Blessing Ceremony & Memorial Service & Zen Thanksgiving Celebration Luncheon	9 am - noon
Dec: 7 / 14 / 21 (Sundays)	Registered Students: Four sitting / walking meditation sessions. Each session is 45 minutes.	9 am - 12:40 pm
	Others: One 40 minute guided meditation session.	10 am - 10:40 am
Dec 26 (Thu)~ Dec 28 (Sat)	Compassionate Water Repentance Ceremony	9 am - afternoon
Jan: 5 / 12 / 19 (Sundays)	Registered Students: Four sitting / walking meditation sessions. Each session is 45 minutes.	9 am - 12:40 pm
	Others: One 40 minute guided meditation session.	10 am - 10:40 am
Jan 6 (Mon)	New Series – the 49th Session of Zen Buddhism & Meditation Classes Begins **	See more information on separate flyer
Jan 26 (Sun)	88 Buddha Repentance Ceremony & Memorial Service	9 am - noon

**** Call for details or register for classes. All programs and events are bilingual in English and Chinese unless otherwise noted.**
All programs are free. The Zen Center is supported by the generous dana (donations) from individuals. We welcome your support.

* **Dress code:** Wear meditation clothing or loose/modest attire, and socks in the Zen Hall.
 * Meditation clothing (optional) may be obtained at the Zen Center.
 * Non-slip ankle socks are also available. Please inquire at the reception desk.

Chung Tai Zen Center of Sunnyvale
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CHUNG TAI ZEN CENTER OF SUNNYVALE PROGRAMS AND EVENTS

Offering Tranquility in the High Tech Valley



The Zen Center of Sunnyvale has been a refreshing spring for the spirit in Silicon Valley since it opened its door in March 2004.

In a tranquil environment, people learn the ageless wisdom of Buddhism, discover the joy of meditation, and uncover the Buddha nature within all of us.

Year-round, the Zen Center offers Zen meditation and Buddhism classes, Zen retreats, workshops, and cultural programs for different age groups at no charge. All are welcome.

Zen Retreats

"Awaken the mind and see the true nature; seeing the true nature one becomes a Buddha."

Meditation helps us focus, calm down, become aware, and begin to see things as they are. Through Zen meditation, we can reach an understanding of life's difficult problems, attain an unbiased perception of reality, and gain true wisdom and peace of mind. In addition to practice during classes, the



Zen Center offers half-day silent meditation retreats on Sunday mornings, three-day and Seven-day Meditation Retreats.

Zen Workshops & Lectures



The profound wisdom of the Buddha Dharma transcends time and space. The practical teachings can be applied to different areas in modern societies and daily life. To show the relevance and the benefits of the Buddhist teaching in a contemporary context, the Zen

Center offers lectures and workshops that are beneficial to leading a compassionate and peaceful life.

Buddhist Ceremonies

Medicine Buddha Blessing Ceremony & Memorial Service – Sep 22

In this ceremony, we will recite the *Medicine Buddha Sutra*. The Medicine Buddha made Twelve Great Vows so sentient beings may have all their wishes fulfilled. Reciting the Sutra will help us enhance our wisdom and compassion so as to dispel our misfortune and bring blessings to the world.

88 Buddhas Repentance Ceremony & Memorial Service – Oct 27

Chanting and prostrating to the Buddhas' names allow us to repent our misdeeds, purify our karma, receive the Buddhas' blessings, and be in touch with the Buddha nature within all of us. We invite all to join us in these ceremonies and dedicate the cumulative merits towards to all sentient beings. In addition to the ceremony, a memorial service dedicated to the deceased will be held in the afternoon.

Guan Yin Blessing Ceremony – Nov 24

We will chant The Universal Gateway Chapter of the Lotus Sutra in honor of of Guan Yin (Avalokiteshvara, the Bodhisattva of Great Compassion) who vows to liberate all beings from suffering. The energy generated from this revered ceremony will open our heart and mind to unconditioned compassion and bring blessings and harmony to all.

All are welcome to set up Blessing and/or Memorial Tablets for special dedication in any of these ceremonies. Please come to Reception (Bldg. 1) for details.