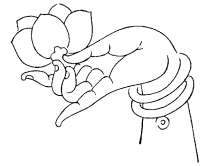




Chung Tai Zen Center of Sunnyvale

CALENDAR OF DHARMA EVENTS



May to September 2019

* **Half-Day Meditation Retreat** - 4 sitting / walking meditation sessions on Sunday mornings

Each session is around 50 minutes. 9:00 am – 12:40 pm

Dates: May 5 / 12 / 26 ; June 2 / 16 / 30 ; July 7 / 14 / 21

Aug 4 / 11 / 18 / 25 ; Sept 1 / 8 / 15 / 29

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|--|--|--|
| May 1 (Wed) | New Series – the 47th Session of Zen Buddhism & Meditation Classes Begins ** | See more information on separate flyer |
| May 19 (Sun) | Buddha's Birthday Celebration Ceremony | 8:50 am – 3:30 pm |
| June 23 (Sun) | Medicine Buddha Blessing Ceremony & Memorial Service | 9:00 am – 3:00 pm |
| July 21 (Sun) | Medicine Buddha Blessing Ceremony & Memorial Service | 9:00 am – 3:00 pm |
| Aug 1 (Thu) ~ Aug 12 (Mon) | Pilgrimage to Chung Tai Chan Monastery in Taiwan (Open to Zen class students and volunteers only) | Call for details |
| Aug 22 (Thu) ~ Aug 24 (Sat) | 3-Day Retreat | 9:00 am – 9:00 pm |
| Aug 24 (Sat) | Three Refuge Ceremony | 1:30 pm – 3:00 pm |
| Sep 2 (Mon) | New Series – the 48th Session of Zen Buddhism & Meditation Classes Begins ** | See more information on separate flyer |
| Sep 22 (Sun) | Medicine Buddha Blessing Ceremony & Dharma Support Association Annual Recognition Ceremony | 9:00 am – 3:30 pm |

**** Call to inquire 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.

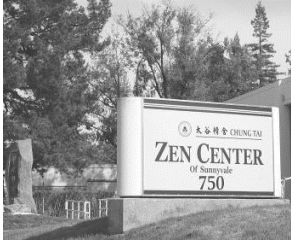
Chung Tai Zen Center of Sunnyvale

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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

Buddha's Birthday Celebration Ceremony May 19



Over 3,000 years ago, the great compassionate Buddha came to this world to awaken us to Buddha nature. To commemorate the Buddha's Birthday, the Zen Center will be conducting a "Bathing the Buddha" Ceremony. In bathing the Buddha, we purify our own minds; through learning from the Buddha, we create a Pure Land. May all of us realize our inherent purity and infinite potential.

Medicine Buddha Blessing Ceremony & Memorial Service * June 23 & July 21 & 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.

All are welcome to set up Blessing and/or Memorial Tablets for special dedication in any of these ceremonies.