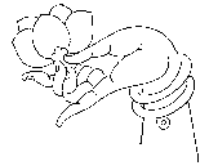




Chung Tai Zen Center of Sunnyvale

CALENDAR OF DHARMA EVENTS

August to December 2016



* **Half-Day Meditation Retreat** - 4 sitting / walking meditation sessions on Sunday morning.
 Each session is around 50 minutes. 9:00 am – 12:40 pm
Dates: Aug / 7 • 21 ; Sep / 4 • 11 • 25 ; Oct / 2 • 9 • 23 • 30
 Nov / 6 • 13 ; Dec / 4 • 11 • 18 • 25 / 2016

Aug 7 (Sun) ~ Aug 19 (Fri)	Pilgrimage to Chung Tai Chan Monastery in Taiwan [Open to Zen class students and volunteers only]	Call for details.
Aug 25 (Thu) ~Aug 27 (Sat)	Three-Day Meditation Retreat [Open to Zen class students and volunteers; please pre-register] **	One or two days allowed
Sep 6 (Thu)	New Series – the 39 th Session of Zen Buddhism & Meditation Classes Begins **	See more information on separate flyer
Sep 18 (Sun)	Medicine Buddha Blessing Ceremony & Dharma Support Association Annual Recognition Ceremony	9:00 am – 3:00 pm
Oct 16 (Sun)	88 Buddhas Repentance Ceremony & Memorial Service	9:00 am – 3:00 pm
Nov 20 (Sun)	Guan Yin Blessing Ceremony & Memorial Service	9:00 am – 3:00 pm
Nov 27 (Sun)	Zen Celebration of Thanksgiving	12:30 pm –
Dec 29 (Thu) ~Dec 31 (Sat)	Three-Day Meditation Retreat [Open to Zen class students and volunteers; please pre-register] **	One or two days allowed

**** 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.

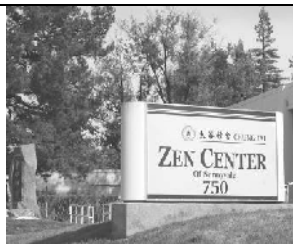
* Meditation clothing (optional) may be obtained at the Zen Center.

* Non-slip ankle socks are also available. Please inquire at the reception desk.

Chung Tai Zen Center of Sunnyvale
750 E. Arques Avenue • Sunnyvale • CA 94085
408-733-0750 • [http:// Sunnyvale.ctzen.org](http://Sunnyvale.ctzen.org) • E-mail: sunnyvale@ctzen.org

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.

Buddhist Ceremonies

Medicine Buddha Blessing Ceremony & Memorial Service -- Sep 18

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 16

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 original Buddha nature within all of us.

Guan Yin Blessing Ceremony -- Nov 20

A ceremony in honor of Guan Yin, (Avalokiteshvara, the Bodhisattva of Great Compassion) who vows to liberate all beings from suffering as described in The Universal Gateway Chapter of the Lotus Sutra. 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.

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 retreats in the summer and winter, and an intensive Zen Seven-day Meditation Retreat in the spring.



Three-Day Meditation Retreat 8 / 25~ 8 / 27 & 12 / 29~12 / 31

All participants are required to observe silence. Any activities (e.g., note-taking, electronic recording etc.) during meditation sessions are prohibited unless first approved in advance.

Participants must plan to attend the entire days for which they register (no partial days). Each day consists of 10 meditation sessions over three periods. Each session is around 50 minutes. Participants can sign up for one or more days. Meals will be provided. **There is no charge for participation; voluntary donations (dana) are welcome. Call the Zen Center for more detailed information.**

Lodging: Attendees from far distance may request for overnight stay in the dormitory. Overnight stay for local participants may be provided only under special circumstances.

Qualification: Currently enrolled or graduated Zen class students only.

Dress code: Black robe and socks.

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.