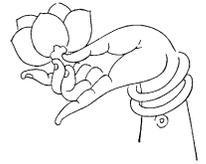




Chung Tai Zen Center of Sunnyvale

CALENDAR OF DHARMA EVENTS



January to May 2017

* **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: Jan / 8 • 22 • 29 ; Feb / 12 • 19 • 26 ; Mar / 5 • 12 • 19
 Apr / 2 • 9 • 30 ; May / 7 • 21 • 28 / 2017

Jan 9 (Mon)	New Series – the 40 th Session of Zen Buddhism & Meditation Classes Begins **	See more information on separate flyer
Jan 15 (Sun)	88 Buddhas Repentance Ceremony & Memorial Service	9:00 am – 3:00 pm
Jan 29 (Sun)	Health Lecture (in Chinese) : Understanding Cancer	2:00 pm – 4:00 pm
Feb 5 (Sun)	Lunar New Year Guan Yin Blessing Ceremony & Memorial Service	9:00 am – 3:00 pm
Mar 26 (Sun)	88 Buddhas Repentance Ceremony & Qing Ming Day Memorial Service	9:00 am – 3:00 pm
Apr 15 (Sat) ~ Apr 22 (Sat)	Zen Seven Meditation Retreat [Prior meditation experience required] ** Transmission of Three Refuges (Apr 22, 2017)	Must pre-register online: Feb 1 - Mar 15
May 1 (Mon)	New Series – the 41 st Session of Zen Buddhism & Meditation Classes Begins **	See more information on separate flyer
May 1 (Mon)	Evening Recitation of the <i>Medicine Buddha Sutra</i> Begins	6:00 pm – 6:40 pm
May 14 (Sun)	Buddha's Birthday Celebration 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.*

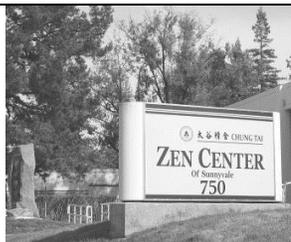
* *Meditation clothing (optional) may be obtained at the Zen Center.*

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

Chung Tai Zen Center of Sunnyvale
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.

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, consecutive three-days retreats in the spring, and an intensive Zen Seven-day Meditation Retreat at year end.

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

88 Buddhas Repentance Ceremony & Memorial Service Jan 15 & Mar 26



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. We invite all to join us in these ceremonies and dedicate the cumulative merits towards to world

peace. In addition to the ceremony, a memorial service dedicated to the deceased will be held in the afternoon, 2:00-3:00 pm.

Lunar New Year Guan Yin Blessing Ceremony & Memorial Service Feb 5

To celebrate the Lunar New Year, the Zen Center will hold a Guan Yin Blessing Ceremony in the morning, followed by a vegetarian luncheon.

Buddha's Birthday Celebration Ceremony May 15



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.

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