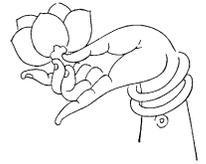




# Chung Tai Zen Center of Sunnyvale

## CALENDAR OF DHARMA EVENTS



### May to September 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:** May / 7 • 21 • 28 ; Jun / 4 • 11 • 25 ; Jul / 2 • 9 • 16 • 30  
 Aug / 6 • 13 • 20 ; Sep / 3 • 10 • 24

May 1 (Mon)	New Series – the 41 <sup>st</sup> Session of Zen Buddhism & Meditation Classes Begins **	See more information on separate flyer
May 14 (Sun)	Buddha's Birthday Celebration Ceremony	9:00 am – 3:30 pm
May 15 (Mon)	The Evening Recitation of the <i>Medicine Buddha Sutra</i> Begins	6:00 pm – 6:50 pm
June 18 (Sun)	Medicine Buddha Blessing Ceremony & Memorial Service	9:00 am – 3:00 pm
July 23 (Sun)	Medicine Buddha Blessing Ceremony & Memorial Service	9:00 am – 3:00 pm
Aug 3 (Thu) ~ Aug 6 (Sun)	Chung Tai Chan Monastery 2017 Lay Bodhisattva Precepts Ceremony in Taiwan [Open to Zen class students and volunteers only]	Call for details.
Aug 16 (Wed) ~ Aug 28 (Mon)	Pilgrimage to Chung Tai Chan Monastery in Taiwan [Open to Zen class students and volunteers only]	Call for details.
Sep 2 (Sat)	New Series – the 42 <sup>nd</sup> Session of Zen Buddhism & Meditation Classes Begins **	See more information on separate flyer
Sep 17 (Sun)	Medicine Buddha Blessing Ceremony & Dharma Support Association Annual Recognition Ceremony	9:00 am – 3:00 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.

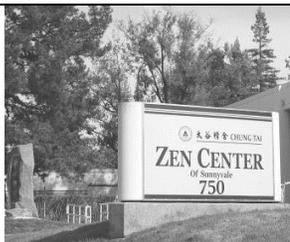
\* Meditation clothing (optional) may be obtained at the Zen Center.

\* 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](mailto: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*

### **Buddha's Birthday Celebration Ceremony May 14**



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 18 & July 23 & Sep 17**

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.

## *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.