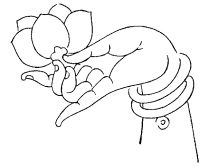




Chung Tai Zen Center of Sunnyvale

CALENDAR OF DHARMA EVENTS

September to December 2018



* **Half-Day Meditation Retreat** - 4 sitting / walking meditation sessions on Sunday mornings.
 (Open to Zen Center class students and volunteers only)
 Each session is around 45 minutes. 9:00 am – 12:40 pm
Dates: Sept: 2 / 9 / 23 / 30; Oct: 7 / 14 / 28;
 Nov: 4 / 11 / 18; Dec: 2 / 9 / 16

Sept 4 (Tue)	New Series – the 45th Session of Zen Buddhism & Meditation Classes Begins **	See more information on class flyer
Sept 16 (Sun)	Medicine Buddha Blessing Ceremony, Annual Dharma Support Association Certificate Presentation Ceremony & Memorial Service	9:00 am – 3:30 pm
Oct 21 (Sun)	88 Buddhas Repentance Ceremony & Memorial Service	9:00 am – 3:00 pm
Nov 25 (Sun)	Guan Yin Blessing Ceremony & Memorial Service Zen Thanksgiving Celebration Luncheon	9:00 am – 3:00 pm
Dec 28 (Fri) ~ Dec 30 (Sun)	Three-Day Meditation Retreat / Transmission of the Three Refuges (Dec. 30, 1:30~3:00pm) [Open to Zen class students and volunteers; please pre-register] **	Participation in one or two days is 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 donations from individuals.
 We welcome your support.*

* **Dress code:** *Wear meditation clothing or loose/modest attire, and socks in the Zen Hall.*

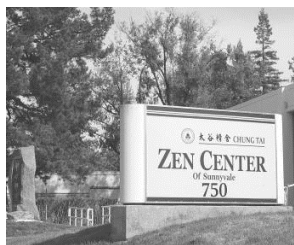
* *Meditation clothing (optional) may be obtained at the Zen Center.*

* *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

Three-Day Meditation Retreat 12/ 28~12/30



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 are welcome. Call the Zen Center for more detailed information.

Buddhist Ceremonies

Medicine Buddha Blessing Ceremony & Memorial Service -- Sep 16

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 21

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.

Guan Yin Blessing Ceremony -- Nov 25

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. Please come to Reception (Bldg. 1) for details.