



Chung Tai Zen Center of Sunnyvale

CALENDAR OF DHARMA EVENTS



August to December 2010

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

Each session is around 40 minutes. 9:00 am – 12:30 pm

Dates: Aug / 1 • 8 • 15 • 22 • 29 ; Sep / 12 • 26 ;

Oct / 3 • 10 • 24 • 31 ; Nov / 7 • 14 • 28 ; Dec / 5 • 12 • 19

Aug 14 (Sat)	Medicine Buddha Blessing Ceremony	9:00 am – 12:30 pm
Aug 15 (Sun) ~ Aug 25 (Wed)	Pilgrimage to Chung Tai Chan Monastery in Taiwan	Open to registration now
Sep 04 (Sat) ~ Sep 06 (Mon)	Daylong Meditation Retreats / 3 consecutive days [no overnight accommodation]	9:00 am – 9:30 pm Open to registration now
Sep 07 (Tue)	New Series - 21 th Session of Zen Buddhism & Meditation Classes Begin **	See more information on separate flyer.
Sep 19 (Sun)	Medicine Buddha Blessing Ceremony & Dharma Support Association Annual Meeting	9:00 am – 3:00 pm
Oct 1 (Fri)	Three Refuges Transmission and Dharma Lecture Conducted by Grand Master Wei Chueh, Founding Abbot of Chung Tai Chan Monastery in Taiwan	7:00 pm – 8:30 pm
Oct 3 (Sun)	Five Precepts Transmission Conducted by Grand Master Wei Chueh at Buddha Gate Monastery in Lafayette of the East Bay	10:30 am – 12:00 pm
Oct 17 (Sun)	Guan Yin Ceremony	9:00 am – 12:30 pm
Nov 21 (Sun)	88 Buddhas Repentance Ceremony	9:00 am – 12:30 pm
Nov 27 (Sat)	Thanksgiving Zen Celebration	5:00 pm – 9:00 pm
Dec 05 (Sun)	Movie Workshop	2:00 pm – 4:00 pm
Dec 25 (Sat) ~ Jan 01 (Sat)	Zen Seven Retreat & Three Refuges Transmission (1/1/2011) **	Open to registration now

**** 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.

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

DESCRIPTION OF 2010 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, regardless of faiths or no faith.

Zen Retreats and Services

Three consecutive days of **Daylong Meditation Retreats** are offered in early September. Each day consists of 10 sitting/walking sessions; each session is around 40 minutes. Anyone wanting to improve his/her meditation practice can join; must attend 4 or more sessions each day. Meals will be provided, but no overnight stay.

Half-Day Meditation Retreats on Sunday mornings are offered regularly; participants can attend 1 or more session. For serious practitioners, there is a **Zen Seven Retreat** at year-end. All participants are required to observe silence. Prior experience in meditation or in our Zen classes is recommended.



Buddhist Ceremonies and Celebration

Pilgrimage to Chung Tai Chan Monastery

8 / 15 ~ 8 / 25



Situated in the center of Taiwan and surrounded by misty mountains and lush greens, Chung Tai is one of the most magnificent and important monasteries in the world. The design and architecture are both innovative and educational.

The trip will include visits to different parts of Taiwan and immersion in cultural experiences. Open to registration now; contact the Zen Center for more information.

88 Buddhas Repentance Ceremony 11 / 21

Chanting and prostrating to the Buddhas' names allow us to repent our misdeeds, purify our karma, receive Buddha's blessings, and be in touch with the Buddha within all of us.

Medicine Buddha Blessing Ceremonies

8 / 14 · 9 / 19



The Zen Center together with all the other branches of Chung Tai Chan Monastery in Taiwan and worldwide will hold Medicine Buddha Blessing Ceremonies during the summer months. In these ceremonies, we will chant the "Medicine Buddha Sutra."

Anyone can set up Blessing and/or Memorial Tablets for special dedication.

Guan Yin Blessing Ceremony 10 / 17

A ceremony in honor of Guan Yin (Avalokiteshvara, the Bodhisattva of Compassion) to bring health and blessings to all. Through the Universal Gateway of Bodhisattva Guan Yin, we learn how to develop great compassion, vow to relieve all beings from suffering.