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STUDIES  
SOCIETY**



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## THE FUTURE

This is a time of transition. We've been challenged in many ways over the past few years, and now we want to use what we've learned to examine the best direction for the future. What is authentic for us, natural to us in the second decade of the twenty-first century in North America?

We want to stay open to new possibilities to strengthen the Zen Studies Society. We want to bring in new practitioners, and we especially want to invite all the many old-timers to come and be a part of this—we value your long years of practice, your depth of insight, and your many [| Read More](#)

## FROM THE ABBOT

Summer at Dai Bosatsu is a time of miraculous beauty, warm friendship, and joyful practice. Here we are, surrounded by new life—baby deer and bear, geese and beavers, birds and butterflies— and we, too, are renewed each day on the banks of the highest lake in the Catskills.

Caring for our environment and working with organizations like the Nature Conservancy, we are focusing on sustainability and ecology. Everyone who comes here feels that it's a sacred space. As we know, psychological wellness is integrally tied to the healing power of nature—indeed, studies have recently been [| Read More](#)



## DAI BOSATSU ZENDO EVENTS

### SAMU WEEKEND | FRIDAY-SUNDAY, JULY 19-21

Join us for a weekend of Zen sitting and work practice on a variety of projects in and around the monastery. As much as the weather allows, Samu Weekends are devoted to outdoor work. Typical outdoor work assignments include splitting firewood, weeding, raking, and landscaping. Of course, some participants may also be asked to work indoors. Mindful work is emphasized. First-timers will need to arrive early enough on Friday afternoon to participate in an orientation. Although there is no set program fee for the weekend, donations are gratefully accepted. If you have any special talents or skills, please let us know! Everyone is welcome, but you must be registered to attend. If you make a reservation but cannot attend, please let us know so we can plan accordingly.



### SAMU WEEK | MONDAY-FRIDAY, AUGUST 5-9

Come and help residents and Interim students prepare for O-Bon, making traditional treats and lanterns, cleaning and doing outdoor work including building the structure for the ceremonial bonfire. All are welcome; if you can come for that week, you may stay on for the O-bon commemoration free of charge.

### O-BON | SATURDAY-SUNDAY, AUGUST 10-11

You are invited to join us for this especially beautiful and moving celebration. This event commemorates our ancestors, parents, friends and loved ones who have passed away. It is believed that during O-Bon, their spirits return to find comfort through our remembrance and gratitude. We will begin by writing their names on a paper lantern. After a vegetarian dinner, there will be chanting and calling the names of the deceased, followed by a dharma talk by Shinge Roshi. We will then have a silent procession to Beecher Lake and float our illuminated lanterns across the dark lake as we chant. A bonfire and refreshments complete the evening. On Sunday there will be optional morning service and zazen followed by breakfast. Please reserve at least two weeks in advance. Program fees: \$250 (children 12 and under: \$75). Cost includes O-Bon service, dinner, lodging for one night, and breakfast.

### SUMMER WORK EXCHANGE | JULY 9-AUGUST 27

Summer is here and with its arrival comes our Interim work exchange program. We invite you to come and help us host the many different events held here. In exchange for your help in cooking, cleaning and general upkeep of the monastery, you will receive room, board and the opportunity to practice along with our residents. With so many groups coming, we need your help more than ever. DBZ summers are remarkably beautiful, and the atmosphere is welcoming and inspiring. Do plan to come and spend time practicing and working with us for part or all of the summer. To see the daily schedule for summer interim, [click here](#).

**Note:** Unfortunately the Family Weekend had to be cancelled this year.

Call 845 439-4566 or [email](#) us for more info or for reservations

### UPCOMING EVENTS | SEPTEMBER

Friday to Sunday, September 20-22, Intro to Zen Weekend  
Saturday to Saturday, September 28-October 5, Golden Wind Sesshin

## NEW YORK ZENDO EVENTS

### ZAZEN OFF THE CUSHION: A ZENMOVES WORKSHOP

#### MONDAY, JULY 1, 7- 8:30 P.M.

This 90-minute workshop begins from the practice of zazen. By becoming more connected to the center of our bodies, more aware of our senses, and focusing the mind, we feel freer and more alive. This workshop includes exercises, principles, and practices that shift standing, walking, and sitting to a place of inner transformation and peacefulness. The fee is \$25 at the door, \$20 each if you bring a friend. Reservations recommended; space is limited. Call (201) 417-8077 to reserve. Visit [www.zenmoves.org](http://www.zenmoves.org) for more information.



### DHARMA TALK ON SHIN BUDDHIST TEACHINGS

#### MONDAY, JULY 8, 7-9 P.M.

Rev. Miki Nakura, who recently established the Shinrenbo New York Shin Buddhist Sangha, will offer instruction and lead a short seiza (sitting in stillness meditation) session. After the meditation, he will give a talk in English on the teachings of Shinran Shonin, one of the most influential religious figures in Japanese history. Shinran's teachings form the core of Jodoshinshu (True Pure Land) Buddhism; there will be time after for questions and discussion. All are welcome to join. There is no admission fee, though a donation would be greatly appreciated.

### SEGAKI SERVICE AND HALF-DAY SIT | SATURDAY, JULY 20, 9 A.M.-1 P.M.

Please join us for our annual Segaki Service at New York Zendo Shobo-ji. For one day, we invite the spirits of our ancestors back into the temple and offer our chanting in gratitude to the profound impact the lives of all who've come before us have on our own lives. The chanting service will be preceded and followed by periods of zazen. A suggested donation of \$10 for members or \$20 for nonmembers is appreciated. Whether or not you will attend, if you would like the names of your loved ones included in the chanting dedication, please [e-mail](#) the office with a list.

### SUMMER INTERIM SCHEDULE | JULY 21-SEPTEMBER 4

Please be advised that the zendo will remain open through our summer interim period but with a limited schedule. We will continue to offer our Intro to Zen night every Thursday from 7:00 to 9:00 p.m. The Tuesday night tai chi class and sit will be ongoing through most of the summer; however, interested participants should contact Riki Kixmiller at [miller@nyc.rr.com](mailto:miller@nyc.rr.com) to confirm several days in advance. The zendo will be open for weekly morning sitting from 6:45 to 7:45. We look forward to resuming our full schedule in September. The first all-day sit of the Fall Training Period celebrates our 45th anniversary on Saturday, September 14. We hope to see you then.

Call 212 861 3333 or [email](#) us for more info or for reservations

### UPCOMING EVENTS | SEPTEMBER

Saturday, September 14, 45th Anniversary All-Day Sit  
Sunday, September 22, Ohashiatsu Workshop

## COME PRACTICE WITH US!

Check our site for more info on our programs and calendar of events  
[ZENSTUDIES.ORG](http://ZENSTUDIES.ORG)

NEW : See YouTube link below for videos of excerpts of Roshi's talks.

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