

A Day of Zen in Pittsburgh

with Ven. Shih Ying-Fa, Abbot of CloudWater Zendo
Saturday, May 21st, 9:00 a.m. – 4:30 p.m.

Theodore Marchbein Center for the Healing Arts, 2107 Sidney Street
Cost: \$50 per person Sponsored by Ksanti Sangha of Mt. Lebanon

The practice of Zen meditation is proving to be as relevant in the 21st century as it has been at any time in its 1500-year history. Zen allows us to realize and actualize our True Enlightened Nature. It is particularly effective in helping us to deal with these uncertain times through the practice of settling and concentrating the mind. Through Zen practice we continually cultivate awareness, enabling us to experience our true relationship with the world more intimately. Ksanti Sangha of Mt. Lebanon cordially invites all to join us in a day of Zen practice and teaching led by Ven. Shih Ying-Fa, Abbot of CloudWater Zendo, the Zen Center of Cleveland. For additional information, contact David Clipping at dwc8@adelphia.net or call (412) 429-9268. Registration deadline is Saturday, May 14th.



Ven. Shih Ying-Fa

Ven. Shih Ying-Fa is the founder of the Nien-Fo Ch'an Order of Buddhist Monks. His lineage is derived from the Ch'an, Soto Zen and Pure Land traditions through his teachers, Sensei Koshin Ogui and Master Shih Shen-Lung. He founded CloudWater Zendo, the Zen Center of Cleveland in 1994 and subsequently founded affiliated meditation groups in a number of Ohio cities, Pittsburgh, Pennsylvania, and at several Ohio correctional facilities. He is past president of the Cleveland Buddhist Temple, past Coordinator of the Northeast Ohio Buddhist Council, and is active in local interfaith activities. His writings have appeared in the book "Buddhist America" and the national Buddhist newspaper "Wheel of Dharma." He regularly presents public talks and lectures in the greater Cleveland area, northern and central Ohio and western Pennsylvania. For more information go to www.cloudwater.org.

SCHEDULED ACTIVITIES

- 9:00 a.m. "Zen for Beginners, Zen for Non-Beginners"
A Discussion of the Zen Tradition and Instruction in Zen Meditation
- 12:30 p.m. "The Mindfulness of the Meal"
A Communal Meal Taken in the Zen Style
- 1:15 p.m. "The Practice of Zen"
Centering the Body & Mind, Personal Interviews With the Teacher
- 3:15 p.m. "Zen Unto Itself"
A Dharma Talk by Ven. Shih Ying-Fa



The Marchbein Center

Registration Form: Send to Day of Zen, 105 Dillon Drive, Pittsburgh, PA 15243

Name _____
Address _____ Zip _____
Telephone _____ email _____
Enclosed \$ _____

Please make checks/money orders out to CloudWater Zendo. For more information, go to <http://www.cloudwater.org>