

The Buddha Mind Grapevine

Aug. & Sept. 2012

Vol. 1 Issue 2



Buddha Mind News

We welcome our newest Shifu, Master Jian Jian Shifu, who recently came to us from Taiwan. Please introduce yourself and welcome her if you have not had the opportunity to do so.

Also, please remember to check the class and events schedule available on the Buddha Mind website to stay current with the many classes and events ongoing at the monastery!



DEAR DHARMA FRIENDS,

There is a Chinese saying that when the mind is calm, outside remains cool. During these hot days of summer we can use our practice to help us remain calm and cool!

Soon it will be September and the new beginner's class will again be starting. Please welcome all who might be interested to learn meditation and share in the Dharma. Also, please be aware that our email will be changing. Please make note of the new email address BuddhaMindOKC@gmail.com. If you want your name on our email list, please send us your email address.

We continue the Liang Huang Jeweled Repentance Ceremonies and our July Veggie Festival was a success. Work continues on the new dormitory and we have broken ground on the new Chan Hall. Of special note, we are looking forward with anticipation to the October visit of Ven. Master Jian Deng, Abbot of Chung Tai Monastery.

Buddhism Calms Our Mind

The mind is Buddha. When there are desires, vexations and attachments in the mind, this Buddha becomes a sentient being. When this mind is pure, a sentient being becomes a Buddha.

~Grand Master Wei Chueh

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Classes & Events

- Zen Meditation & Buddhism Class
Level 1, Tuesdays, 7 - 9 pm, starting 9/4/12
- Zen Meditation & Buddhism Class
Level II, Fridays, 7 - 9 pm, starting 9/7/12
(Level I Class required)
- Sutra Study Class, Wednesdays 7 - 9 pm
(Level II Class required), starting 9/5/12
- Guan Yin Ceremony starting September,
Non-Ceremonial Sundays, 10:30 – 11:30 am
- Saturday Meditation Session
Saturdays, 3:30 – 4:30 pm
- Meditation Class in Chinese
Sundays, 10:30 am – 12:30 pm
- Mandarin Learning, starting 9/10/12
Level I, Mondays, 7 - 8:00 pm
Level II, Mondays, 8 – 9:00 pm
- Martial Arts Class
9/8, 9/22, 10/13, 11/3, 11/17
Saturdays, 2 – 3:30 pm
- Kids Meditation Class,
9/22, 10/13, 11/10
Saturday, 11 am – 12:30 pm
(Followed by Kids Mandarin Chinese Class)
- Vegetarian Cooking Class
8/25, 9/ 29, 11/10, 12/8
Saturday, 1:00 – 2:00pm
- Yoga Class
Non-Ceremonial Sundays, 9 – 10:15 am
- Half-Day Zen Retreat
Sunday, 9/30, 11/25 2 – 5:30 pm

DHARMA EVENTS

Liang Huang Repentance Ceremony Sunday, 9/9, 10/7, 11/18

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| 9:30 am | Offerings to the Buddha |
| 10:00 am | Ceremony/Dharma Talk |
| 11:30 am | Grand Meal Offering/Blessing |
| 12 noon | Vegetarian Lunch |
| 1:30 pm | Repentance Ceremony |
| 2:30~3 pm | Mengshan Food Offering Rite |



Zen Buddhism Lecture

Given by Ven. Abbot Jian-Deng

On Wednesday, October 24rd, 2012, at 6:30 p.m., to our great honor, Ven. Master Jian Deng, Abbot of Chung Tai Chan Monastery, one of the most magnificent spiritual sanctuaries in the world, will visit Oklahoma and Buddha Mind Monastery. He will give a lecture on Zen Buddhism and will preside over the transmission ceremony for the fundamental vows of Buddhist practice—the Three Refuges.

Ven. Master Jian Deng was passed the abbotship of Chung Tai by the founding Grand Master Wei Chueh and continues his work in leading the monastic and lay disciples of Chung Tai. We are deeply honored by his visit and cordially invite you to join us in this joyous and unique opportunity to learn from one of the great teachers in the Buddhist tradition.

Our First Annual Veggie Festival a Success!

On the weekend of July 21-22, scores of Oklahomans interested in committing to vegetarianism attended a “Veggie Festival” at the Buddha Mind Monastery. In the shade of the oak trees, the festival featured a live cook-off where turmeric fried rice, vegan Andouille sausage, and a radish-based salsa competed to tantalize the participants’ senses. Inside the monastery, chefs taught how to cook delicious vegetarian food easily and economically. For example, Ms. Cathy Chen demonstrated how to make the popular daikon rice cake; Ms. Jennifer Chu demonstrated using one stuffing to make four types of dumplings and different methods to cook tofu.

More than just an opportunity to eat, though, the Veggie Festival proved a valuable opportunity to form a community of conscientious eaters. For example, four representatives of VegOk shared their experiences with vegetarianism. Ms. Mahina, a knowledgeable nurse, stressed the health-related and ethical reasons for making the vegetarian choice. Between the expert speakers, testimonials, and cooking demonstrations, the Veggie Festival conveyed a joyous message: being a vegetarian is the right thing to do for yourself and for the world--and it’s easier than you think!

BUDDHA MIND NEW CONSTRUCTION REPORT

With everyone’s efforts, the dormitory is progressing along quickly and the finishing work on the interior is underway. Ground work has started on the new Chan Hall. Rebars and cinder blocks are being placed for the foundation and basement. Soon we will have a new Chan Hall that will accommodate our expanding monastery, to help us continue to spread the seeds of the Dharma to Oklahomans and our surrounding neighbors!

Half Day Retreat

Sunday, September 30, 2 ~ 5:30 pm

Due to the annual pilgrimage, there will be no half-day retreat in August, but we invite all to participate in September. Remember - Zen is a state of mind, a mind of calmness, stability, and clarity; a mind free of delusions and confusions. Such a mind is the source of wisdom; it is a state of true liberation and joy.

How do we achieve this Zen state of mind? Meditation practice is an important and easy step. Please do not hesitate to sign up for this awakening training!



Martial Arts Class Continues

Master Wu's Tai Chi Class continues on the 2nd & 4th Saturdays from 2 – 3:30 pm. Join us for this fun and easy way to learn the basics of Tai Chi. Tai Chi Chuan is about achieving balance – both mentally & physically. Its practice strengthens you and reduces tension. It will help you become more flexible, strong, & relaxed!

Mandarin Classes Continue

Extend your reach! Know another culture!
Become a more well-rounded World Citizen!!

Check out the new Mandarin Learning Class on Mondays at 7:00 (Starting September 10), and get ready to connect with the ancient yet modern Mandarin!!

Free to everyone. Regardless of age or experience, students will learn authentic Mandarin reading, writing and conversation. The class is well-paced and challenging, yet laid-back and full of humor and fun. The only prerequisite is an open and receptive mind. Enroll now!



LIANG HUANG REPENTANCE CEREMONY

Sunday, September 9, 9:30am~3:00pm

We continue with the monthly scrolls as part of the Liang Huang Jeweled Repentance Ceremony. Scroll 4 will be offered in August and Scroll 5 will be offered in September. Scroll 4's offering is perfume, "compassion and gentleness loved by all people and that of Scroll 5 is fruit, "broadly cultivating the six paramitas, swiftly attaining buddhahood".

Through this opportunity of repentance, reflection, and forgiveness, we can cleanse the improper karma from the past and dedicate the extraordinary merits of this ceremony to our loved ones and all sentient beings. All are welcome to set up blessing and memorial tablets and/or other offerings. Please contact one of the Shifus if interested.



New Zen meditation & Buddhism Class Level I

This class introduces Zen Buddhism and Fundamental teachings of Buddha, as well as different methods of meditation. The class focuses on having a positive outlook in life, and gaining peace of mind. Students gain knowledge of the Truth, origin of suffering, how to face and deal with events as they occur in each person's life. Lessons include "What is Buddha", "Karma and Causality", "The Four Noble Truths" and more. Classes are free of charge and open to the public. Instruction is given in an easy to understand format and no experience or prerequisite is required.