

Sunday afternoons at the Zen Centre

five conversations about Rinzai Zen practice and life

1

Sunday, February 24

Zen and Sitting

stages of zazen practice

Prof. Victor Sogen Hori, born in Canada, received his doctoral degree in philosophy from Stanford University in 1976 and, that same year, was ordained a Rinzai Zen monk in Kyoto, Japan. After devoting the next thirteen years to training at monasteries in Japan, he returned to Canada and to the academic life in 1990. He currently teaches in the Faculty of Religious Studies at McGill University, and sits on the Advisory Council of Centre Zen de la Main. Prof. Hori will speak about the stages of zazen or seated meditation practice.



2

Sunday, March 02

Zen and Daitoku-ji

my life as a monk-in-training in Japan

Sojun John Godfrey, onetime resident practitioner at Centre Zen de la Main while he studied in the Faculty of Religious Studies at McGill University with Prof. Hori, is now in his fourth year of training at Daitoku-ji, a Rinzai monastery in Kyoto. Sojun will speak of his experience as an American in a traditional Rinzai Zen monastery.



3

Sunday, March 09

Zen and Farming

“what is Zen farming?”

Carl Leslie, a past practitioner at Centre Zen de la Main, has worked in organic gardens and farms in Nova Scotia, British Columbia, New Mexico, India, Kingston and Montreal. Carl has done Zen practice at a number of Zen centres in Canada and the United States, and spent a year at Green Gulch Farm Zen Center in California, a centre which seeks to bring together the practices of Zen and farming. Carl will talk about his experience of bringing together these two important parts of his life.



4

Sunday, March 23

Zen and Journalism

when words aren't enough

Zenshin Michael Haederle, Myokyo's brother monk and a magazine and newspaper journalist for 30 years, lives in Albuquerque, New Mexico and is currently teaching at Syracuse University's S.I. Newhouse School of Public Communications. Zenshin will talk about how Zen and Buddhism generally are portrayed by journalists and about how the coverage of Zen in specifically Buddhist publications, like Tricycle and Shambhala Sun, has played a role in shaping the way Zen practitioners see the tradition as it evolves here in North America.



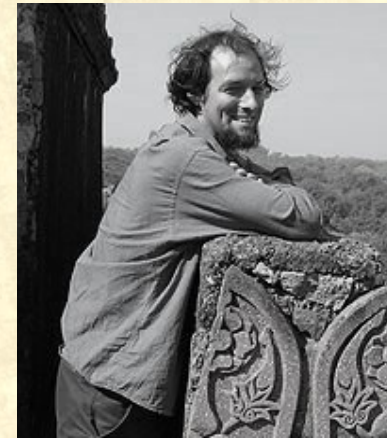
5

Sunday, April 06

Zen and Poetry

“the moon is not the moon”

Chris Byrne, a practitioner at Centre Zen de la Main, recently finished his master’s thesis about the Zen poet-recluses Han Shan and Ryokan, and the tension of writing poetry in a tradition that claims to transcend both words and worldly attachments, and is currently doing PhD work on Chinese Zen poets at McGill. Chris lives on the side of Montreal’s small mountain, reading poetry, walking his bass, growing tomatoes, and trying to find wild herbs and lots of money. Chris will talk about Han Shan and what his poetry has to do with practice.



Suggested donation: \$10/\$5-students/retired
Location: Enpuku-ji/Centre Zen de la Main, 30, rue Vallières, Montreal - [Googlemap](#)

Space is limited – please email czenmain@dsuper.net to reserve a seat. If you would like to receive an invitation via Facebook and are not yet a friend of the Zen Centre, please send an email message with your profile name.

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