

Summer 2015
Work / Study Program at the Zen Buddhist Temple Ann
Arbor, Michigan
July 9 – August 31, 2015

The summer work / study program provides participants with an opportunity to live, practice, and study in our Buddhist Community/Sangha while contributing by working on special projects. These elements have been the basis of Buddhist Temple life across many generations and cultures. The support provided by this environment will enable both beginning and experienced practitioners to deepen their spiritual practice and commitment.

The summer work will include garden practice, assisting to prepare and participating in our week long Peace Camp held at Friends Lake Community (late July), and preparing for our Labor Day weekend Yard Sale. Depending when you are here, you may find yourself digging in the dirt, playing games with children at camp, or finding hidden treasures for our yard sale in dumpsters. Daily work will also include cooking and cleaning and maintenance and upkeep of our Temple buildings.

Venerable Haju Sunim will supervise the program with help from Dharma teachers, Dharma students, Dharma workers & guardians, and others closely involved in Temple activities.

Attendance

Attendees may elect to sign up for periods from one week to the fulltime. During that time they will follow the Temple schedule (see below). The schedule will run five days a week with two days off, generally Friday and Monday. In order for our sangha to function smoothly, it is important that participants schedule outside commitments only during scheduled days off.

Arrival

Participants should arrange to arrive between 11am and 1pm on the day they begin the program. After arrival, they will participate in an orientation that will involve discussion of both the practical considerations of the program (schedules, work assignments, etc.) and its spiritual aspects.

Accommodation

Participants share rooms, with two or more to a room, depending on room size. Futons, a pillow, and sheets are provided.

Work Assignments

The summer work will include garden practice, assisting to prepare and participating in our week long Peace Camp held at Friends Lake Community, and preparing for our Labor Day weekend Yard Sale. Depending when you are here, you may find yourself digging in the dirt tending vegetables & flowers or pulling weeds, building compost, playing games with children at camp, or finding hidden treasures for our yard sale in dumpsters. Daily work will also include cooking and cleaning and maintenance and upkeep of our Temple buildings.

Please indicate any special work skills you may have on the application form.

Classes

Throughout the program, various classes will be scheduled. These will include yoga and meditation classes, the study of mindfulness as a Buddhist practice and individual and group study of the Teachings.

Typical Daily Schedule

5:30am	Rise
5:40am	Stretching, exercise
6am	Morning Practice: prostrations, meditation & chanting

7:15am	Breakfast & Clean Up
9:15am	Dharma Study
9:45am	Work Practice
11:45am	Meditation
12:15pm	Lunch prep
1pm	Lunch
2pm	Rest, walk, personal time
3 pm	Work Practice
5:30 pm	Evening snack, personal time
6:30pm	Evening practice: meditation & chanting

Cost

Cost for the Work / Study Program is \$75 / week or \$300 / month. This includes room and board, access to most programs, and about 5 hours of work practice for 5 days a week. Minimum commitment is one week. Some scholarships are available for those in need. Please contact Ven. Haju Sunim directly to discuss the scholarship program.

Registration

To register please complete the Application Form and return it with your check or money order payable to the Zen Buddhist Temple at least two weeks prior to your planned arrival. We will then forward an additional information packet. Please contact the Temple if you need more information.

Contemplation for Those Coming to the Temple

You are here for spiritual reasons.

Be quiet, look within and enjoy the healing power of silence.

Let go of your sorrow and attachments.

Your inner core and wisdom heart remain untouched either by insult or praise.

So have faith in your heart and trust yourself.

Zen Buddhist Temple

1214 Packard Street

Ann Arbor, Michigan 48104

(734) 761- 6520

annarbor@zenbuddhisttemple.org

ZEN BUDDHIST TEMPLE

BUDDHIST SOCIETY FOR COMPASSIONATE WISDOM

1214 Packard, Ann Arbor MI 48104

(734) 761-6520 annarbor@zenbuddhisttemple.org www.zenbuddhisttemple.org

**SUMMER WORK/STUDY
PROGRAM APPLICATION FORM**

PLEASE SUBMIT YOUR APPLICATION AT LEAST TWO WEEKS IN ADVANCE

The information requested is helpful in meeting the needs both of the applicant and of the resident community. This information is confidential.

NAME _____

ADDRESS _____

CITY _____ STATE/PROVINCE _____

POSTAL CODE _____ COUNTRY _____ EMAIL _____

PHONE(home) _____ (cell) _____

I am applying for: _____ WEEKS _____ MONTHS. DATES: _____

I will arrive at the Ann Arbor Temple at _____ am/pm on _____

Means of transportation: _____

IF YOU NEED ASSISTANCE WITH TRANSPORTATION (directions, airport or train station pick-up, etc.) please describe: _____

(We ask that you arrive between 11am and 1pm. If this is not possible, please make special arrangements.)

Enclosed is my payment of \$ _____ cash / money order / check

Please make checks payable to: **Zen Buddhist Temple**

1. Have you had any previous experience with any forms of meditation? If so, please explain.

2. Have you had experience with or are you familiar with Zen or other forms of Buddhism? If so, please discuss.

3. Please provide any other information about your religious background that you believe might be helpful.

4. We have found that experience in certain spiritual and psychological activities and disciplines may sometimes influence a person's training in Zen meditation. Please describe briefly any experience which you have had in the areas of psychotherapy, the healing arts, etc.

5. Please describe any work skills you have, for example, painting, carpentry, cooking, gardening, cleaning, sewing, office skills, etc.

6. Do you have any allergies, or special medical or dietary requirements which must be considered?

7. Are you currently taking medications that are critical to your health and which we should be aware of in case of emergency? If so, please list.

Note: If you do **not** already have health or accident insurance, you may wish to make arrangements to get temporary coverage for your stay at the Temple. **The Zen Buddhist Temple is not able to insure you or be responsible for the cost of medical treatment should you become ill. You will be asked to sign a Release from Liability Form.**

IN CASE OF EMERGENCY CONTACT

Name _____

Address:

Phone: (home) _____ (work) _____

Relationship: _____

REFERENCES (Please include the names, addresses and phone numbers of two people)