

2020 Zen Community of Oregon Ango Commitment Form

Our ZCO Ango tradition includes a commitment, a promise, or an intention for the practice period. We formalize our vows in writing and place them in a box which will remain on the altar during our Ango period. While this is a personal commitment with self-monitoring, there will be options to have check-ins with teachers, practice cohorts, online support via the ZCO Mattermost platform, and other ways to discuss our experiences and support each other along the Way.

If you would like to join ZCO's Mattermost community, go to greatvow.net and register. The main Ango 2020 channel is <https://greatvow.net/chat/channels/ango-2020>.

Ango 2020 Theme

Our theme this year is **Continuous Practice**. Our text will be the **Continuous Practice (Gyoji) fascicle of Dogen's Shobogenzo**, along with other contemplative materials offered each week. Gyoji is available in several translations; Francis Cook's translation can be found at <https://zendust.secure.retreat.guru/wp-content/uploads/sites/640/2020/09/Dogen-Gyoji-Francis-Cook.pdf>

Practice Cohorts

Since Ango will be online this year, there will be practice cohorts in addition to the regular sitting groups. A cohort group is a practice discussion group. Cohorts will meet together via Zoom once a week and be led by teachers and senior students. These will provide an opportunity to check in on how practice is going, discuss the fascicle or weekly contemplations, and engage the support of the Sangha during this time of deep practice and commitment. You will select a cohort time when you register. The options are as follows.

Tuesdays 6:20P - 7P
Wednesdays 6:20P - 7P
Thursdays 6:20P - 7P
Fridays 6:20P - 7P
Saturdays 6:20P - 7P
Fridays 1P - 1:40P
Saturdays 9A - 9:40A

Ango 2020 Commitment Areas

Please make your commitments in **three of the six areas below**. Each area has some suggestions, but you are not limited to these; they are only provided to inspire ideas. A few are Portland-based, but many are online and accessible to the wider community. You may find similar opportunities in your area. Please consider what will best support you in bringing the practice alive. Feel free to discuss these with your teacher, Seicho, or the Sangha.

I. Meditation Practice

Some possibilities include:

- Increased zazen - for example, if you sit in the morning, add a sit in the evening. You could increase your sitting period duration (e.g., add another 15-30 minutes). If you aren't already sitting daily, commit to doing so for the duration of Ango, even if it's only for a short sit! Any increase makes a difference in our practice.
- Join an online sitting group (see <https://www.zendust.org/calendar/> for options). If you already belong to one, commit to sitting every week during Ango.
- Establish a sitting place in your home. This need not be elaborate, just a place that is calm and stable. See <https://greatvow.net/chat/channels/altars--home> for some inspiration from the Sangha about home altars. Altars aren't necessary for zazen, but can create a settled and sacred atmosphere for zazen.
- In keeping with the theme of Continuous Practice, practicing zazen while standing, sitting, walking, and lying down. How can zazen come alive in all of these positions?

2. Service to the community or Temple

Keeping COVID-19 guidelines in mind, we can find ways to be of service to the Sangha. Here are some ideas:

- Check with the teachers for service position opportunities during the nightly sitting groups
- Working at Heart of Wisdom (e.g., garden and grounds) - check with Kodo
- Offering skills and help via the Mutual Aid Mattermost channel <https://greatvow.net/chat/channels/practicing--home>. This is an inclusive way of offering ourselves outside the normal transactional manner that our society uses

3. Study

Some ways to engage the theme:

- Committing to reading the Gyoji fascicle
- Committing to engaging the weekly contemplations on Continuous Practice (will be sent out each week via the ZCO list-serv)
- Joining an Ango cohort to discuss the theme.

4. Personal impact on the Earth and all that lives here

How do our lifestyles impact the Earth? Does our care for the Earth affect our potential for liberation? How do we *continually practice* with the Earth - are we ever separate?

- Commit to a decrease in driving for the period. For some people, a day without driving can be a significant decrease in their carbon footprint.
- A review of plastic use - can I switch to glass dairy containers? Can I buy bulk? Could I do without a product that I previously thought I "needed" for the period of Ango?
- Review the suggested readings and actions at the Environmental URGENCY Mattermost channel <https://greatvow.net/chat/channels/environment> for ideas
- Eating vegan once a week....or for the whole Ango period...or something in between.

5. Actions toward collective liberation, e.g. racial justice

"Until we are all free, none of us are free." Buddhism teaches us that we are not separate selves. Our own liberation is tied with that of all other beings. It is a particularly rich time to enter the stream of collective liberation, or to wade deeper. How can our own practice and action

liberate those who are oppressed? What is our role in oppression? How do we materially benefit - even inadvertently - from the oppression of others?

- This online election series from Upaya is one way that the Sangha can strengthen commitment to collective liberation <https://www.upaya.org/program/?id=2376>
- If you identify as white, commit to taking the Awakening to Whiteness curriculum (next one will be offered in January by ZCO, but there are ways to explore the topic beforehand as well)
- Check the Engaged Buddhism Mattermost channel for opportunities <https://greatvow.net/chat/channels/engaged-buddhism>
- Reverend angel Kyodo williams' On Being podcast can be found at <https://onbeing.org/programs/angel-kyodo-williams-the-world-is-our-field-of-practice/>
- A TED talk by Valerie Kaur, a Sikh. The guiding principles in her talk are applied metta. Her Revolutionary Love Project can be found at <https://revolutionaryloveproject.com/ted/>. *A note from Kisei: This is a good one leading up to the election!*
- Walking meditation every Tuesday downtown with the Buddhist Peace Fellowship <https://bpfpx.com/2020/07/22/walking-meditation-2/>
- Guided Meditation Video: Zenju Earthlyn Manuel, Breath Yourself Back Home, <https://www.youtube.com/watch?v=wTlcer0i7ew>

6. Attending events and workshops

Retreats are profound opportunities to deepen practice. Since they are online, they will have some flexibility for our unusual schedules at this time. Please engage as fully as practical; if you have scheduling concerns, contact registrar@zendust.org to see what can be arranged. Events can be found at <https://www.zendust.org/calendar/>. The current list of events during the Ango period is below.

OCTOBER SESSHIN ~ THE ANCIENT WAY TO SANITY IN AN INSANE WORLD: 10-DAY ONLINE RETREAT

With Hogen Bays, Roshi and Patrick Bansho Green

October 15 - 25, 2020

ELECTION DAY 24 HOUR MEDITATION VIGIL

With Abby Mushin Terris, Jogen Salzberg, Sensei, Jan Chozen Bays, Roshi, Kisei Costenbader, Sensei, Lama Lekshe, Hogen Bays, Roshi, Patrick Bansho Green, Laura Jomon Martin, Larry Fuho Trussell and Kodo Conover

November 3 - 4, 2020

COMPASSION, FORGIVENESS AND JOY: A WEEKEND OF LOVING KINDNESS PRACTICE

With Kisei Costenbader, Sensei

November 6 - 8, 2020

GRATITUDE SESSHIN: A SIX DAY ONLINE MEDITATION RETREAT

With Kodo Conover and Larry Fuho Trussell

November 16 - 22, 2020

ROHATSU SESSHIN: A 7 DAY ONLINE MEDITATION RETREAT
With Hogen Bays, Roshi and Jan Chozen Bays, Roshi
December 6 - 13, 2020

GYOJI CLASS: A WEEKLY CLASS ON GYOJI AT GREAT VOW (VIA ZOOM)
Tuesday mornings during Ango

My Commitments [ADD YOUR NAME]

Make your commitments so you are stretched, but not stretched so far that it turns into stress. This is also an important part of the practice. Choose from **3 of the 6 areas**. Email your form to Kodo.Conover@gmail.com. The forms will be placed on the altar during the Ango Opening Ceremony and remain there for the duration of the period.

My Vow for 2020 Ango:

1. I commit to the following increased meditation practice:

2. I commit to service to the community or Temple by:

3. I plan to study of the theme of Continuous Practice, including:

4. I will reduce my environmental footprint and increase my awareness and consideration of all beings by:

5. I will recognize and work toward collective liberation of all people, including every race, ethnic origin, sexual orientation, sexual identity, political party, and those holding other beliefs and positions by:

6. I will attend the following workshops/events/retreats: