

Hello Phoenix Heart community --

A quick reminder that we have two upcoming events in August. The biggest one is our **annual gathering** at Hokoji temple, which this year will be a traditional *sesshin* (see below for more details). And this weekend (August 2nd, 10am) we are having a [Zoom discussion](#) about **temple forms**. Hopefully, this discussion will be a useful orientation for those planning to attend the *sesshin*. It may also be of interest for those with some familiarity with Soto Zen because of the role that traditional forms can play in illuminating *zazen* and *sangha* practice. Zoom link and [discussion outline](#) are also available on the [Phoenix Heart calendar](#).

Sesshin etiquette

Please meet with us [via Zoom](#) for a discussion of the basic forms we try to follow when we attend *sesshin*-style meditation retreats. In Phoenix Heart we hold forms loosely, while trying to honor their purposes and essential meaning. Practiced with grace, forms such as noble silence can deepen our *sesshin* experience and help illuminate the essence of *sangha* and *zazen*. Our Zoom discussion is scheduled for prior to the *sesshin* at Hokoji, on **Saturday morning August 2nd, 10am Pacific (11am Mountain)**.

August sesshin/ gathering at Hokoji

August 23rd - August 30th

A reminder that Hokoji temple (near Taos, NM) will be hosting a *sesshin* at the end of August, and Phoenix Heart members are cordially invited. The *sesshin* is an intensive meditation retreat – an opportunity to practice noble silence and other temple forms.

Details about the *sesshin* have been posted on the [Retreats page](#) of the Hokoji website. Click on the **Registration** button to specify which dates you would like to attend, and to sign up for meals. From the registration form you can click on a **Retreat Donation** button to pre-pay. If the expected donation is beyond your means, please [email Phoenix Heart](#). Include a telephone number so we can call to discuss the possibility of a scholarship.

If you plan to fly to New Mexico to attend the retreat and would like to try to coordinate transportation to Arroyo Seco from the Albuquerque or Santa Fe airport, please email [Phoenix Heart](#) and we'll work together on it.

Hokoji is located a short drive from Taos, at:
10 Paw-a-Suki Rd.
Arroyo Seco, New Mexico, 87514

Donate to Phoenix Heart

As noted in previous newsletters, last year Phoenix Heart registered with the State of New Mexico as a nonprofit corporation and registered with the Internal Revenue Service. In April the Board adopted bylaws, enabling it to establish a corporate bank account and begin accepting tax-deductible donations. We are currently raising funds to cover basic organizational expenses and to underwrite scholarships to help our less privileged *sangha* members attend the upcoming

August sesshin!! The easiest way to donate is the new [donation page](#) on the Phoenix Heart website. Use the comment box to earmark your donation for a specific purpose, make recommendations, or send a brief communication to the Board. *THANK YOU* in advance for your financial support of our community project to let Kobun Chino's formless wisdom continue to radiate forth!

Summer Ango

Andy Acker is incorporating an *ango* (intensive practice period) into the Embracing Mind book study group that he leads on Zoom each Tuesday evening. The *ango* will explore three themes: What is *bodhicitta*?, What is *shikantaza*?, and What is ceaseless practice? The practice period will culminate in a *shuso* ceremony scheduled during the August *sesshin* at Hokoji. Andy will open each [Zoom session](#) at 5:40pm (Pacific time) with two 20-minute periods of *zazen*, which will be followed by discussion. Discussions will reference the following texts, among others:

- [The Hidden Lamp](#) – stories from 25 centuries of awakened women
- [Realizing Genjokoan](#) – Shohaku Okamura's commentary on the 3rd fascicle of Dogen's Shobogenzo

Hope to see you there!

Ongoing Invitation

As with most of us in our individual practice, Phoenix Heart is seeking to realize its true nature. We started as a very loose association of friends and temples who shared respect for Kobun's approach to Zen, as well as a sense that it was difficult to find a spiritual home truly open to such a formless way. When Ian Forsberg created the virtual and temporal space for us to gather, we discovered the will to exist as a community. We have created opportunities to study and practice together, and share a growing sense of dharma in the mutuality of these efforts. Now we feel an urge to articulate this sense.

Therefore, the Practice Committee is inviting participants in Phoenix Heart activities, and anyone intrigued by Kobun's way, to give expression to what Phoenix Heart is or should be. Please contribute a word, a line, an essay, a poem or a song. Anything that might help us articulate what it is that we hope to do.

Ongoing Activities (Zoom links are below, or at phoenixheartsangha.com [bottom of home page as well as on the calendar] — contact [Phoenix Heart](#) for more details)

- [Kobun's Way of Formless Practice: A Conduit to Ancient Teachings](#)
Biweekly on Mondays at 5:30pm, Pacific. Next meeting is July 21st.
Newcomers welcome! Contact [Phoenix Heart](#) for class description and study materials
- [Embracing Mind Book Study Group](#) (Phoenix Heart Auxiliary Activity, led by Andy Acker)
Weekly on Tuesdays, 6pm - 7:30pm Pacific
(during summer *ango* period, classes will start 20 minutes earlier, at 5:40pm)
- [Wednesday Evening Meditation](#) (Phoenix Heart Kindred Activity by Myokoji Temple)
Wednesdays, 6:30pm - 7:45pm Pacific
Open invitation from Myokoji to Phoenix Heart and others interested in Zen and Metta.
Zoom sessions begin with 30-40 minutes or silent meditation followed by discussion

led by Jeffrey Compton. On the last Wednesday of each month the class includes a session of *metta* (loving-kindness) practice.

- [Monthly Practice Committee Meetings](#) (Phoenix Heart Activity)
Next meeting: Saturday July 19th, 9am - 10:15am Pacific (10am Mountain)
- [Monthly Board of Directors Meetings](#) (Phoenix Heart Activity)
Next meeting: Monday July 28th, 5pm - 6:15pm Pacific (6pm Mountain)

Email phoenixheart.sangha@gmail.com to comment on or unsubscribe from this newsletter.