

BSPG Lecture Series Schedule Fall Semester, 2007 Wang Center, Stony Brook University

1. **Lecture on "Mindfulness" given by Sensai Issai Chizen**
Thursday Oct. 4, from 6:30 – 8:30 PM. Room 301, Wang Center



Mindfulness is probably the most frequently used word, both by and about Buddhists, when describing our practice. Dozens, if not hundreds of books dealing with increasing one's spirituality or just having a more fulfilling life use it as a buzz word as well. And yet, strictly speaking, it is almost never used correctly.

So what is it? Despite constant misuse, it turns out mindfulness is critically important. And it can be learned. Learn how!

Ven. Issai Chizen Denton Sensei is a Dharma successor of Ven. Mitsunen Kosho Nordstrom Roshi and a lineage holder in both Soto and Rinzai schools of Zen. He has been studying Buddhism for nearly 40 years. In addition to being the **head priest and resident teacher at Wagyo-ji Zen Temple in Oceanside of Long Island NY**, he is also the Executive Director and Head of liturgy and training at **Zenshin Temple in Yonkers, NY**, and vice-abbot of **Kugei-in in Melbourne, FL**.

Lecture is FREE for ALL, donations welcomed!

2. **Meditation Workshop led by Nancy Bonardi**
Saturday, Oct 13, 9:30 AM – 2:30 PM. Room 301, Wang Center

An opportunity for serious practitioners to sustain their practice and receive guidance from an experienced and certified teacher on beginning and intermediate level.

Nancy Bonardi began practicing with Chan Master Sheng Yen in 1978 and has participated in retreats with the Master regularly since then. Master Sheng Yen is the founder of the Chan Meditation Center in Elmhurst, Queens and Dharma Drum Retreat Center in Pine Bush, New York. Nancy is certified by Master Sheng Yen to give meditation instruction at both Chan Meditation Center and DDRC. She is also a teacher for 7th grade students and currently lives in Stamford, CT.

Please wear comfortable clothing

*\$20 donation suggested for Participants
FREE for students*

Sponsored by BSPG and The Charles B. Wang Center at the Stony Brook University
BSPG Group web for more information: <http://groups.yahoo.com/group/bsp-g-sbu/>
RSVP: email to Sheila at asriversflow@yahoo.com or Hai-Dee at haideelee@yahoo.com
For campus directions : <http://ws.cc.sunysb.edu/doi/maps.html>