

Quarterly Newsletter  
by Lotus Zen Temple  
Lincoln, Nebraska  
[www.lotustemple.us](http://www.lotustemple.us)

## Weekly Events

Sunday 10:30 AM  
Monday 5:15 PM  
Wednesday 5:15 PM

Please visit  
[www.lotustemple.us](http://www.lotustemple.us)  
and click on the "Other  
Meditation Groups" tab  
for more options.

*If you have not meditated before at Lotus Zen Temple, please take a few minutes to review zazen, kinhin as well as Zendo Etiquette by going to the Zen Training tab on the temple web site. Then, for the first time, please arrive 15 minutes earlier. You must receive introductory training in Zen meditation, sitting postures and temple etiquette, in order to participate in meditation. We practice Japanese Soto style with some Rinsai elements. Please wear loose-fitting clothes of neutral colors (i.e. without messages, slogans or commercials).*

Buddhist Inquiry Classes are offered most Fridays at 5:30 PM. Learn more about the Buddhist spiritual path and Zen Buddhist tenets.

For all news and events please follow our weekly Bulletin at  
[www.lotustemple.us/bulletin.php](http://www.lotustemple.us/bulletin.php)

ACTIVITIES AND  
EVENTS AT LZT ARE  
FREE OF CHARGE.

## HIGHLIGHTS OF THE PAST YEAR

BY FAJIAN

2010 has been another year of growth at our temple. Especially the first half seems to have been the most eventful time of the year. There were several sangha members, who took the Zen Buddhist Precepts in February and then another person in fall. Our spring retreat was led by Sensei Al Rapaport (Tendo Fusho) from Open Mind Zen, a well-known center in Florida. Sensei had also been my Koan teacher for years.

Special highlights were Yin Dan's ordination to Fashi (Dharma teacher) in spring and the monk ordination of Yin Chè in June. Both were also received into the *Order of the Lotus Blossom*.

Earlier in the year, I had founded the Order, which constitutes a Zen Buddhist Sister- and Brotherhood. Members dedicate their lives to the Bodhisattva way and monastic principles in various forms of life situations. Additionally, throughout the year I've been working on a Buddhist school with a combination of distance learning and residential training. It was to become the *Lotus Blossom Buddhist Seminary School*, opening finally in January 2011. There are already several students who have begun or are about to commence their studies.

Though our scheduled fall retreat in Iowa did not draw enough interest, we were able to offer a winter retreat here in Lincoln, which was held mid-January 2011.

Once again, some sangha members enjoyed our New Year's Eve meditation program culminating with traditional bell ringing by midnight. It was followed by seasonal food and potluck. Alongside many retreats of various spiritual traditions throughout the world on that day, I am pleased to witness that our small temple here in Lincoln was able to contribute again to a meaningful alternative to often shallow and noisy New Year's Eve partying.

On the first day of the new year, the sad news of Yin Hao's death on New Year's Eve had reached us by surprise. We entered 2011 on a somber note.

Bowing in Gassho.



蓮禪苑

LOTUS ZEN  
TEMPLE

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ZBOHY

Zen Buddhist  
Order of Hsu Yun



*This sangha is directly affiliated with the Zen Buddhist Order of Hsu Yun. For further study in Zen Buddhism, visit <http://www.hsuyun.org>*

### Your kind Support Benefits All

*All events at LZT are free of charge as to allow anyone to attend activities and to participate in meditation, regardless of income or social status. However, we need your pledge in order to pay monthly expenses and operating costs. No religious, non-profit or charitable organization can survive without the commitment of its members or participants. Kindly take a moment to visit the temple web site and see the Pay Pal options available that fit your budget in support of your local Buddhist temple. Alternatively, you can always leave your donation in cash or by check at the temple.*

## In Memory of Yin Hao (Ellen Kamil)

We are deeply saddened upon hearing of Yin Hao's death at the turn of the new year. We mourn the loss of a highly valued sangha member, dedicated temple board member, friend to so many people in the community and Bodhisattva role model to many sangha members.

Ellen joined meditation in summer of 2009, became an avid meditator and received additional Zen training during fall of that year. In February of 2010, she took the Precepts and was given the Dharma name Yin Hao (good-hearted seal). Later on in spring she graciously offered her time and talents by joining the Temple Council (Board of Directors) in the position of treasurer.

Her death is a great loss to so many people, including our community. Words cannot adequately express how much she is missed by her family, friends and all of us here at Lotus Zen Temple.

A small shrine has been placed in the Zendo with artifacts, flowers and a candle in Yin Hao's memory. We will hold an official Buddhist Memorial Service on Saturday, March 12, 2011, 4 PM at Spirit Wind Healing Arts, 48<sup>th</sup> & St. Paul Ave. Please mark your Calendar.

### Winter Zen Retreat

Our winter retreat was held at a private residence, Joan Harvey's house, on January 15. It presented a combination of Zen training (mostly for newcomers) and meditation techniques, as well as dharma talks throughout the day. All participants brought wonderful food and maintained an atmosphere that was personal, inviting and comfortable for all involved. Though retreat capacity was limited to 10 participants, 15 had signed up. Extra room was made for additional cushions, but everything worked out just so well.

A similar retreat is planned for this summer. Ideas and suggestions are welcomed. Kindly contact [joan@lotustemple.us](mailto:joan@lotustemple.us)

### Moving Meditation

T'ai Chi Chih much complements zazen practice. There are no prerequisites to join. For information regarding the next practice time please visit [www.lincolnTCC.org](http://www.lincolnTCC.org).

Be happy.  
Be Buddhist.