

Feed Your Mind—Feed Your Neighbor

Volusia Buddhist Fellowship, M. Sekiyo Sullivan, Sensei
www.volusiabuddhist.org ~ volusiabuddhist@gmail.com
(386) 738-3715

Notes from Planning Meeting and Revised Schedule

Slide Shows: It was suggested that, since we have a few projectors and screens, we might use those not only for chanting purposes, but also to run slide shows of Volusia Buddhist Fellowship events and activities, as well as photos from India and Thailand. Sooz-Renyo offered to put together slide shows.

Sound System: Sooz-Renyo also said she could arrange a sound system.

Sponsorships: As we have done with Change Your Mind Day, we plan to create a program for the event. We can include ads or other mentions of businesses and/or individuals who provide services, goods and/or funds for this event (Coyotes and Towndogs for providing sound system, for example).

Entertainment: Rick “Sitarick” DeYampert has been asked to perform during meal breaks and has tentatively agreed, contingent on his work schedule. We should know Nov. 1.

Chanting: For Saturday morning, we will have a half-hour of chanting, mostly in English. Morris-Sekiyo and other Bright Dawn senseis will organize the chanting guide.

Q&A Periods: Question & answer periods will be spontaneous depending on need and timeliness. Participants will be able to ask questions, but can also write questions down on paper to be submitted anonymously to Sensei.

Tee-shirts: We will stencil tee-shirts with our logo for volunteers. We can start the stenciling process at the Sept. 30 Sunday Volusia Buddhist Fellowship meeting.

Video: We would like to videotape dharma talks and glimpses. (We will respect the wishes of anyone willing to speak but unwilling to be recorded.) Sensei Sekiyo will ask Phillip Lucas about videotaping, but others are encouraged to keep in mind we may need additional videography.

Meals: We will contact nearby vendors about arranging to take orders and deliver food or have it ready for pickup. We will need a plan for breakfast for those who stay all night. We will also need to make sure there is a plan for getting a meal to Than Chaokhun at 11 a.m. on Friday.

Asian Markets and Restaurants: Please make note of any Asian markets you see in the area, including Volusia, Flagler, Seminole and other neighboring counties. We hope to have information about his event in both Thai and Vietnamese on the posters/fliers, so we will want to include those markets in our distribution.

Restrooms: It was agreed that if there are no restrooms in the building by event date, we will probably want to have a portable available. Anyone with connections in that area is encouraged to check for donations, etc.

Posters, fliers and programs: We will need to come up with a plan for printing and distribution of posters and fliers. Any thoughts on a printer willing to donate posters, fliers and programs, please let us know.

Containers: We will need boxes or other containers to pack the food in for delivery. Maggie is checking on plastic bins for the purpose.

Volunteering: We will need volunteers for the following areas:

- **Door Staffing:** We will create a staffing schedule for volunteers willing to meet-and-greet at the door. Time will be scheduled in one-hour blocks.
- **Set-Up/Tear-Down/Clean-Up.**
- **Flier/poster distribution.**

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Fundraiser for the Neighborhood Center, November 23, 2012

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24-Hour Meditation Schedule (Updated Sept. 8)

Friday Morning

9:00 *Opening Services*, Than Chaokhun Sunan Phra Vajitrdhammapani, abbot Wat Florida Dhammaram.

10:00 Dharma Glimpse: Speaker TBA

10:10 First Dharma Talk:

Generosity as a Spiritual Practice. Many Americans associate Buddhism with meditation and other special practices, but the Buddha often instructed followers that charity, generosity and sharing were the foundation of a spiritual life.

10:30 Guided Meditation: *Anapanasati*

10:50 Break

11:00 1-hour Zen style 25/10/25 sitting/walking/sitting

Noon Break, meal

Afternoon

1:00 p.m. Dharma Glimpse: Dorothy Fuyo

1:10 p.m. Second Dharma Talk:

Life is Too Serious to Take Too Seriously. As we move deeper into the darker months and headlong toward the holidays, we encounter more than the usual number of causes for joy--along with sorrow, stress and other discomforts. In this talk, "Life is too serious to take too seriously," Sensei Sekiyo will talk about meeting life with a smile, even when there doesn't seem to be anything to smile about.

1:30 Guided Meditation: *Metta-Bhavana*

1:50 Break

2:00 Zazen

3:00 Break

3:30 Dharma Glimpse: Sooz Renyo

Third Dharma Talk:

Eat Pray Love: According to one Buddhist monk, religion can be seen as the relationship we have with the events of our lives. These events almost always—even for monks—include other people, and for most of us, our lives' events include loved ones and un-loved ones. Buddhism is often seen as a religion of dispassion—with liberation often coming with the practice of non-attachment. So is there room for romance in spirituality? In this talk, we will see how eating and loving may be as integral to one's spiritual path as prayer.

4:00 Guided Meditation: *Tonglen*

4:20 Break

4:30 Silent sitting meditation: 1-hour Zen style 25/10/25 sitting/walking/sitting

5:30 Break, meal

Evening

6:30 Dharma Glimpse: About Buddhism, Mark Kaiyo

6:40 Fourth Dharma Talk:

Enlightenment. What does it mean to be enlightened? And is enlightenment something we should even consider for ourselves? When he talked about what it meant to be enlightened, the Buddha spoke in terms of seven specific factors: mindfulness; keen investigation of the dharma; effort; happiness; calm; concentration; and equanimity. So it's interesting—we think of enlightenment as something that happens to us, but if you look at it in these terms, it's more like something we *do*.

7:00 Guided meditation: *Gratitude and Joy (Mudita)*

7:20 Break

7:30 Silent sitting meditation: 1-hour Zen style 25/10/25 sitting/walking/sitting

8:30 Break

9:00 Dharma Glimpse: Sieglinde Seiyo

9:10 *Fifth Dharma Talk: Engaged Spirituality.* Many spiritual communities, including some Buddhist sanghas, have begun integrating environmental programs and other social programs into their spiritual activities, and there is a lot of talk about “Engaged Buddhism.” What does it mean to have an “engaged” spirituality, and can individuals cultivate inner peace without losing sight of the difficulties around us?

9:30 Guided meditation: *Equanimity*

9:50 Break

10:00 Silent sitting meditation: 1-hour Zen style 25/10/25 sitting/walking/sitting

11:00 Coffee, stretch, snack, bathroom break

Midnight Dharma Glimpse: Hungry Ghosts, Michelle Jouyo

Sixth Dharma Talk:

Fire and Brimstone. The Buddha was sometimes vague when questioned about life after death, often encouraging followers to focus on his teachings' humanistic side. However, Buddhist scripture and mythology is filled with references to heavens, deities and Bodhisattvas alongside descriptions of lower realms populated by demons and hungry ghosts. Are these places and entities “real” or merely metaphorical—or do they reveal some deep spiritual truth?

12:30 Guided Meditation: *Guarding the Mind*

1:00 a.m. Silent sitting and walking meditation; breaks as needed.

Saturday Morning

6:00 Breakfast Break

7:00 Chanting

7:30 Guided meditation: *Breath Meditation*, Teresa

8:00 **Closing Services**, with Ven. Khai Thien, abbot of White Sands Buddhist Center.

9:00 **End**