

Dear Sangha,

Warm greetings from the Monastery, where we're preparing for the upcoming [Spring Ango](#). Now it's time for you to consider your participation as part of this sangha intensive. Ango means "peaceful dwelling," and whether we entered into formal training many years ago or more recently, the invitation is the same: to reflect on our aspiration for true peace and to align our intention with the daily activity of our life. Formal participation in angu, beginning with completing the online [Ango Commitment Form](#), can support each of us by offering structure, room to make our own choices, and community to practice with.

This spring we'll be taking up the theme "Manifesting Buddha" and Eihei Dogen's fascicle [Shoaku Makusa](#), or "Refrain from Unwholesome Action," as a way to focus our training and challenge our study. Together, we'll develop our appreciation of the theme and Dogen's fascicle through an art practice assignment, teishos, dharma encounter, liturgy, and the [Ango Intensive](#) retreat.

Ango will begin with the [Peaceful Dwelling](#) retreat, which starts on Thursday, February 28th. This silent intensive includes a structured morning, similar to a sesshin schedule, followed by an unstructured afternoon for self-directed practice. On Sunday, March 3rd, the sangha will formally begin the training period and Shugen Roshi will introduce the themes that will guide our angu practice. This opening talk is important to framing the theme, so please make an effort to attend, to participate via Livestream, or to listen to the recording. A week later, on Sunday, March 10th, Hogen Sensei and Hojin Sensei will open the angu at the Temple.

At both the Monastery and Temple, Ango Opening will include a post-lunch [Sangha Forum](#) hosted by the [Beyond Fear of Differences](#) (BFoD) planning group. This is a chance to learn what the BFoD group has been doing to date, reflect on where you find yourself in relation to anti-oppression work, and to let your voice be heard as we explore the next phase of this initiative. At this point, with some important groundwork in place, the sangha is invited to participate in continuing to create and develop the BFoD initiative and explore how undoing structural racism and oppression are integral and in alignment with a genuinely liberative path. If you're unable to attend either forum, we're exploring the possibility of Livestream for the ZMM event. All registered angu participants will receive an email with details.

Finally, I am pleased to share the news that Shugen Roshi has asked Ely Seiryu Rayek to serve as the Chief Disciple for the spring. Seiryu began his training in the mid-80's in Mexico City, joining a sangha there that Maezumi Roshi used to visit. He found his way to ZMM in 2007 and since then has traveled from Mexico City several times a year for training. Seiryu's commitment, perseverance and sincerity offer us a beautiful model of practice this angu. Please read Seiryu's [letter to the sangha](#).

In "Refrain from Unwholesome Action" Dogen begins with a classic teaching:

Refrain from unwholesome action.

Do wholesome action.

Purify your own mind.

This is the teaching of all buddhas.

As we step forward into this spring training period, within the vicissitudes of our own lives, subject to the reality of cause and effect, let us investigate and make use of this teaching.

How will you "Manifest Buddha"?

Yours in the dharma,
Sensui Shoan
Assistant Training Coordinator