

Spring 2021 Ango Commitment

I _____, in the spirit of Peaceful Dwelling—my aspiration for all beings to be free of suffering—and with the intention to renew and deepen my dedication to Zen practice in my daily life, make the following commitments for this Spring 2021 Practice Period:

All Ango participants should participate in two zazen intensives, engage BFOD/Anti-Racism work and art practice. See angos page for more details on Zoom art & body sessions and register for all programs and retreats online.

Zazen: Outline your daily/weekly sitting practice & zazen intensives. Ango participants should plan on attending at least two zazen intensives (One Continuous Thread, zazenkai, 1/2 day sits, or Ango Intensive).

Beyond Fear of Differences/Anti-Racism work: Outline your intentions for anti-racism work; depending on how you identify, this commitment may look different. See below for more info on sangha affinity groups and check out the BFOD resources page, recently updated with new resources and online courses.

For sangha members who identify as Black, Indigenous, Asian, or People of Color: Consider participating in BIPOC Sangha Practice Group, a peer-facilitated practice and discussion group held bimonthly on Wednesday evenings, and/or the BIPOC Book Group, which meets bimonthly on Monday evenings. The book group will conclude its study of *My Grandmother's Hands* in March. The next book selection will be Ocean Vuong's *On Earth We're Briefly Gorgeous* supplemented with his poetry in *Night Sky with Exit Wounds*. The rotating facilitators will also have a chance to bring in short works for the group to study.

For sangha members who identify primarily as African-American or of other African-Descent: The PAD (People of African Descent) Sangha Practice Group meets monthly on Sunday afternoons to provide a supportive environment for African-American and other African-descended dharma practitioners. On March 7th the PAD Book Group will begin the study of *My Grandmother's Hands* by Resmaa Menakem. The PAD Book Group will meet bi-monthly on Sunday afternoons.

Please note: BIPOC sangha members are coordinating with the Program Committee to create more training, practice and community building opportunities for this angos and beyond, so please stay tuned.

For sangha members who identify as white or hold white privilege: Consider joining the "What is Whiteness?" anti-oppression study group. The group is currently working with *Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor*, by Layla Saad. The group meets monthly on the first Sunday and asks for a six month commitment. There will be an orientation session to bring new participants onboard on March 7th.

For all Sangha Practice & Affinity Groups: find details & registration at zmm.org/angos

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Art Practice: See the art practice assignment online and describe your media. Indicate if you plan to participate in any Zoom art practice sessions.

Buddhist Studies: As a sangha, we're studying the Faith Mind poem and Master Dogen's fascicle "Ten Directions." We'll look at the Faith Mind poem during the Ango Intensive and "Ten Directions" will be taken up in talks and other formats. Consider how else might you engage with these teachings, or other texts, during the angu. (Optional)

Body Practice (optional): How might you practice and engage your body—the miracle of aliveness?

Liturgy (optional): How might you engage liturgy to deepen your practice this angu?

Register for Ango online by Tuesday, 3/2/21.

Email completed forms to zmmtrain@dharm.net by Friday, 3/12/21.