

Cedar Rapids Zen Center – Jikyouji

MINUTES – Sangha Meeting – February 28, 2016 – Convened at 10:46 AM

Called to order by President Eric Higgins-Freese

Present: President Eric Higgins-Freese, Treasurer Gina Vavra, Secretary Kelly Kruse, Resident Teacher Zuiko Redding

COUNCIL was held.

MINUTES of January 31 – Motion to approve by Zuiko – Second by Gina - Carries

PRACTICE REPORT – Zuiko Redding See Appendix A

TREASURER’S REPORT – Gina Vavra

Accounts as of 02-28-16

Checking (Hills)	\$4,006.57			
Savings (Hills)	\$27,011.30			
Other Savings (LACU & UICCU)	\$13.13	Working Accounts		\$31,031.00
N.T.F. Savings (LACU)	\$6,504.27	New Teachers Fund		\$6,504.27
37 - 47 mo. CD (UICCU)	\$10,122.00	07/12/18	2.23% [2.5% APY]	\$10,122.00
36 mo. CD (LACU)	\$20,510.87	07/19/16	[1.3% APY]	\$20,510.87
49 – 60 mo. CD (UICCU)	\$21,243.08	04/01/17	2.13% [2.15% APY]	\$21,243.08
Mutual Funds (ING)	\$29,858.77	44.3% CRZC	55.7% NTF	\$29,858.77
Grand Total				\$119,269.99

Gina will send the following three proposals out to the board for approval:

- The sangha recommends the attached 2016 Proposed Budget to be used within this fiscal year.
- The sangha recommends to reinvest the full amount of \$22,196.02 CD that matured on 02/15/16 into another 3 to 5 year CD that will yield the highest return rate.
- The sangha recommends to automatically deposit the total balance that accumulates within the New Teachers Fund savings account into the Mutual Funds account. The Treasurer will also review this account with the Center's Financial Adviser on an annual basis. If there are recommended changes to the Mutual Funds account, it will be brought to the sangha and board for discussion and approval before any action is taken. If there are no recommended changes to the Mutual Funds account, then the Treasurer will deposit the total balance within the New Teachers Fund savings account into the Mutual Funds account.

WORK LEADER’S REPORT – Zuiko Redding

If you see something that needs attention, let us know. If you’d like to do something about it, let us know that, too. Then do it. We need everyone’s eyes out there.

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Work day – February 27 – cleaned pantry floor, oiled tables and cabinets, other interior maintenance, tidied up garden. We had three people and got some important but not very noticeable work done.

Next Work Day: March 26

Possible work: tidying basement, sanding woodwork upstairs, paint zendo air intake, touch up zendo windowsills, put up coat rack in entry – other suggestions? Eric can bring a power washer. Paint touch-ups in Zuiko's area needed.

Pending projects – gearing up for the season

- Basement sealing – Zuiko will call someone.
- Flaking paint on stairway ceiling – does anyone know a good handyman?
- Paint the air intake in the zendo. Have bought paint and Eric will do.

Projects needing attention

- Clean and organize basement – Sally, Denny Novak, and Zuiko will begin sometime soon

Finished projects

- Nothing this month

New Projects

- Need someone to look at washer – it walks
- Clean fridge condenser coils
- Service garage door
- Furnace tuneup

Pending long-term projects – things that need to get done sometime

- Painting: woodwork & walls in library, hall, office, Zuiko's room, and stairwell / water-damaged areas in kitchen and stairwell – waiting for okay on these areas from Fitz / a few other places downstairs where paint is cracking / touch up garage
- Roof: Long-term plan is to put on a new roof in 2019 or 2020.
- Refinish floors – would be nice to begin with the zendo and the entry

Did we miss anything?

If someone would like to take over as work leader, let us know.

OTHER BUSINESS

1. Policy about posting original material on our website. Sanghas can't assume that well-meaning volunteers can just make use of anything they find online or in print. Please emphasize to folks that they must use original images, text, and music.
2. Moving forward on replacing Amy Eble on the board – also need a list of other people whose terms are expiring as the Annual Meeting is coming up in late April. Gina will ask Jen about the minutes from last year's meeting.

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3. We reviewed about half of the current version of the ethics statement and will do the other half at the next meeting.

ANNOUNCEMENTS for CRZC

1. Zen Practice and Tradition – March 1, 8, 15, and 22
2. Introduction to Zazen – March 16
3. Ohigan Sesshin – March 18 - 20
4. Next Sangha Meeting – rescheduled to April 3

NEXT MEETING: April 3

Meeting adjourned at 12:03 PM

Motion to adjourn by Kelly – Second by Eric – Carries

Respectfully submitted by Kelly Kruse

Appendix A:

Practice Report – February 28, 2016

General Impressions

Someone sent me an article from the *New York Times* about an experiment with meditation that I found interesting. People were kept for three days in a kind of retreat situation. Half were taught mindfulness meditation and the others were taught a “meditation” that stressed relaxation and distracting oneself from one’s troubles. The mindfulness group was encouraged to pay attention to bodily sensations while the other group was encouraged to chat and ignore their bodies. They did things like yoga and stretching exercises. The mindfulness group was instructed to pay close attention to their bodies while the other group chatted and the leader cracked jokes.

At the end of the three days both groups felt refreshed. Both groups had brain scans at the beginning and there was no difference between them. Follow-up brain scans showed differences only in those who underwent mindfulness meditation. There was more activity, or communication, among the portions of their brains that process stress-related reactions and other areas related to focus and calm. Four months later, those who had practiced mindfulness showed much lower levels in their blood of a marker of unhealthy inflammation than the relaxation group, even though few were still meditating. Keep doing zazen.

Center Activities

- Introductory evening – one person came and Kelly did the evening.
- Sunday sitting – attendance will grow as spring comes. A larger group is still a good opportunity for people to learn how to ring the zazen bell and time zazen. People seem to be taking advantage of this.
- Daily sitting – At least one person for two of the noon sittings. Sometimes a person in the evening.
- Baika practice – three people. We’re actually becoming coordinated.
- Hanshan class – We have four people and some lively discussion. People are welcome to join.

Special Events

- Paul Rouzer gave a fine talk on Hanshan at the Paul Engle Center, about 20 people, many who had never been to a Zen Center activity before.

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- All-day-sitting – Jisho Siebert gave a fine talk on not understanding what others want and need. Two sat the entire day and we had a fine turnout for the talk.

Sangha Members' Activities – None this month

Zuiko's Activities

- February 5 – talk at Mt. Mercy on daily practice
- February 22 – talk at Vinton-Shellsburg High School
- Working with Sotoshu committee on national statement on climate change (Zuiko passed out copies)
- Editing translations for the Sotoshu website
- Writing for Facebook page and announcements – gets the dharma out there

Announcements

- Zuiko will be at Sotoshu board meetings March 1-3
- Daishin McCabe leads March sesshin – work on chanting in March
- April 2 – Buddha's Birthday
- Sotoshu baika person June 11
- Daigaku Rummé coming June 19 - Kathleen, too