

OCCIDENTAL LAGUNA SANGHA *

"To study the buddha way is to study the self. To study the self is to forget the self. To forget the self is to be intimate with all things."

—Eihei Dogen 13th century

The Occidental Laguna Sangha is a Buddhist practice Sangha founded 15 years ago and is dedicated to integrating Buddhist teachings into our everyday life. All that comes our way is an opportunity for practice: our work in the world, our everyday tasks, everything is an opportunity to practice mindfulness, compassion, generosity and kindness. The Occidental Laguna Sangha has an very open and relaxed feeling. People who practice with other traditions feel comfortable meditating with this Sangha. The founding and guiding teacher for this Sangha is Bruce Fortin. He was ordained a Zen Priest in the Soto Zen lineage of Suzuki Roshi in 1976 and has been transmitted to teach in that lineage. He has also studied with various Tibetan and Vipassana teachers and integrates teachings from these traditions into his teachings. Bruce has also been leading a meditation group in the Sonoma Country Jail for the past nine years.

SCHEDULE AND EVENTS

- Sunday morning meditation (instruction given for new practitioners) followed by a Dharma Talk and questions.
9:00-10:30 at the Sebastopol Community Center Teen Annex, 425 Morris Street, next to the large Sebastopol Community Center.
- Wednesday morning meditation, reading and discussion 7:00-8:00am 815 Ragel Rd. (call Bruce for further information)
- Half day extended sittings, usually every other month, announced by Sangha email list
- Longer two or three day retreat, first week in December and May
- Classes, usually Wednesday evenings. Previous classes have been.
 - The Bodhisattva way of Life
 - The Bodhisattva Precepts
 - Relationship as a Spiritual Practice
 - Basic Zen and the Teachings of Suzuki Roshi
 - Introduction to Buddhism
- Practice discussion with Bruce (an opportunity to meet one on one to discuss one's spiritual life)

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Bruce Fortin

* Occidental (Western), Laguna
(by the Laguna de Santa Rosa, where we sit)