

Sangamon Zen Group

We practice Zen in the lineage of Ordinary Mind/White Plum/Soto. We are fortunate to receive guidance and instruction from Elihu Genmyo Smith, resident teacher of the Prairie Zen Center in Champaign, Illinois (with which we are affiliated) who visits us on a regular basis. We occasionally travel to Champaign individually and in groups for service and sesshin.

We meet at 9:30AM Saturdays at the Unitarian Universalist Congregation, 745 Woodside Road in Springfield, IL. All are welcome. Newcomers can arrive at 9:00AM for a brief orientation. There is also a Thursday evening meditation at 7:00PM. Refer to our schedule for current information regarding practice times, visits from Genmyo and other events. No membership or affiliation is required for attendance.

If you have any questions about our group or our practice send an email to pzc@prairiezen.org and reference SZG.

SZG Schedule

All are Welcome No membership or affiliation required

There is an orientation for newcomers at 9:00 AM

9:30 - Zazen (Sitting Meditation)

10:00 - Kinhin (Walking Meditation)

10:10 - Zazen

10:40 - Kinhin

10:50 - Dharma Talk and/or Discussion

On Thursday evenings there is meditation from 7:00PM to 7:30PM after which we attend the 8:00PM class at PZC via internet connection.

For information on sesshin on more information, contact Ed Mushin Russell at 217-528-4834 or email pzc@prairiezen.org. Be sure to reference SZG in your email.