



Dear Sangha,

It is certain that you have read and studied the information about COVID-19 from WHO and the CDC. Each day the number of infections seems to grow exponentially, endangering our communities -- and especially our elders and those with underlying health conditions. However, recent success in limiting the number of new infections in China, which has been the epicenter of the pandemic, shows that a concentrated effort to limit exposure can save lives. This social isolation seems to be a skillful method for a Bodhisattva to protect others.

After careful thought, and out of concern for all our health, Shuzen Roshi and Soji's Board of Directors has indeed decided to close starting Sunday, *March 15th. We are cancelling our daily activities. However, we are developing the use of internet tools to support us all in our practice.

- > Insight Meditation Timer - Zazen
- > Skype - Dokusan with Shuzen Roshi - Thursday and Sunday; Rakugo will be sending an email notifying members of dokusan times and the Zoom links for study group and dharma talks.
- > Zoom - Study Group
- > Zoom - Dharma Talks

We will remain closed through the end of the month and continue to monitor conditions. If the climate is ok to reopen, we will see you April 5th, and if not, monitoring will continue. We urge you to stay in contact through our website, and our mailing list.

As you have no doubt heard and read, all these precautions will help to protect our sangha members and the general population. In fact, Zen Centers all around the country are taking similar steps.

Let's exercise practice as we develop new and interesting ways to practice as we develop new and interesting ways to practice in these difficult times.

Gassho,
Shuzen Roshi and Soji's Board of Directors

* PLEASE NOTE: Abby Jingo Lang notified those who had registered for tomorrow's workshop, "Owning Your Impermanence" earlier today. For anyone who had not registered but planned to attend, please note the workshop will be rescheduled for a date in the future.