

## **MOUNTAIN RAIN ZEN COMMUNITY**

### ***Cultivating wisdom and compassion in community***

#### **Mission**

*Mountain Rain Zen* (MRZC) is a community of people who come together to study, practice, and express the teachings of the Buddha as transmitted by the Soto Zen tradition. Our practice commitment is to alleviate suffering and to serve the wellbeing of all forms of life.

MRZC provides a place of refuge, inclusion and diversity for longtime practitioners as well as students new to Zen Buddhist practice. Members of MRZC are welcome to practice at any level of commitment that they choose.

At MRZC we emphasize the practice of zazen (sitting meditation) as we cultivate wisdom and compassion in our everyday lives. We offer regular scheduled zazen/sitting practice, formal service and liturgy, dokusan/individual guidance with our teachers, as well as retreats and study.

Our guiding teachers, Myoshin Kate McCandless and Shinmon Michael Newton, were ordained in the Soto Zen lineage of Suzuki Roshi and received dharma transmission from our founding teacher Zoketsu Norman Fischer. In their teaching of the dharma, they also draw on a wide range of other Buddhist sources.

MRZC is based in our Wall Street zendo located in East Vancouver and although we primarily serve Greater Vancouver residents, our members come from throughout the Pacific Northwest. MRZC is affiliated with the Everyday Zen Foundation and the San Francisco Zen Center.