

## ACZC Residency Overview

First, thank you for your interest in ACZC residency! An immersion in a community with other Zen practitioners is a rare and wonderful experience that we feel lucky to have the chance to share with you. It's an incredible opportunity to have regular zazen, yoga, and a great sangha right outside your bedroom door!

The center is a light-filled space with below market rent that is centrally located in one of the most dynamic cities in the world, so we consider living here all the more valuable as an opportunity to deepen your practice amidst the clamor of everyday life in an urban environment. We are biased, of course, but we think living in community with others does wonders for mental health and well-being. The schedule here is not intended to take up the majority of residents time and most residents work outside jobs, so as residential practice situations go, living at ACZC is an easy entry point for experiencing Zen community living.

By its very nature and the center's mission to be a space devoted to Zen practice, living here is different than other casual roommate or community living situations. Along with the benefit of having a full schedule of practice right outside your door comes a small amount of responsibility in helping us maintain the center as a beneficial place of practice for all who come here. The benefit of this is that you then get to live in a sacred space designed for holistic intentional well-being. Our intention is that residency here becomes a mutually supportive experience where the space we create in turn creates a happier and healthy lifestyle for those who live here and help tend the space.

Our residents are an integral part of the community who are involved with the weekly practice schedule. The one overarching rule of living here is that we want to maintain a center that is welcoming and conducive to Zen practice for the general public, and especially when we are open, to maintain the atmosphere of the center as a public and sacred space rather than merely as a private house that occasionally has people over.

When it comes to duties, our residents primarily help maintain the center and its grounds. From helping clean and straighten the indoor and outdoor zendos to keeping common areas like the kitchen tidy, we all pitch in to keep the center clean and inviting

for our guests. Residents may also help keep the schedule running smoothly. While Dave orchestrates all the events and speakers, residents also have the opportunity to participate in ringing the bells for zazen, helping to run the Zoom sessions, and training in rituals such as daily altar offerings and service positions for ceremonies if they wish.

That said, living here does not mean you are obligated to attend every event or spend much of your time working for the center. While many Zen centers have a set attendance requirement for residency, no one here will be keeping such a list. But as a rule of thumb we would expect residents to plan on attending three or four sessions on an average week (morning or evening), and participate in one hour per week of work practice.

As far as technical “rules” for living here, the center presents itself to the public as free of the following things:

- No alcohol or drugs
- No meat
- No overnight guests/sexual activity

However, we recognize that residents are lay people with private lives, so we understand that some of these things may be undertaken with discretion, i.e. out of public view. (Other residents are NOT considered the public as far as those rules are concerned, so don't be worried that you will not ever be able to have a guest or date over or about having to keep your diet hidden other than during public times.)

Those are the most important things to know. It's a rare and wonderful thing to have so much regular zazen, yoga, and great sangha right outside your door and it makes us very happy that you would want to take part in and add to that by living here!

Love,  
ACZC