



BOE-USA NEWSLETTER

May 2025

Shifu's Teaching

In ancient times, the Buddha recognized the pervasive suffering in human existence and strove to offer paths to liberation. My own journey led me to a profound recognition of this deep spiritual distress and the pain inherent in our physical and mental essence. Thus, I committed myself to shouldering this burden, to guiding people along a transformative way, leading them HOME, a place of lasting peace, joy, and light, and to carrying these universal teachings of wisdom and light from Taiwan to every corner of the world.

Sharing



[Emad: Overcoming Pain Through Dedicated Practice](#)



[Justin: A Moment of True Connection](#)

Message from Guangming

During the 2025 retreat that concluded yesterday, I led a session and took a moment to count those who had also participated in the 2006 retreat at USC. Only seven of us remained. It's a stark reminder of how quickly time passes.

A spiritual journey is a lifelong endeavor. Along this path, we encounter many individuals. While a few continue to walk beside us, many others have diverged, whether choosing different paths, departing the United States, or leaving this world entirely. It is incumbent upon us to remember the significant roles they played in our lives: the friendship, kindness, love, and support they offered, and the obstacles overcome with their help.

Without their contributions, Zen in the US would not be what it is today, nor would we be the individuals we have become. For this, we sincerely and humbly express our gratitude, wishing them light, peace, and joy, wherever they may be.

Recent Highlights

Fullerton Center

- Outdoor Meditation at Carbon Canyon Regional Park on May 3
- Zen Meditation held at Cal State Fullerton on May 6 by invitation only
- Zen Meditation Workshop held at Fullerton Library on May 10
- Booth Display at the Downtown Fullerton Market on May 29



Irvine Center

- On April 18, the Irvine Center held its Grand Opening, marking a new chapter for the community. The center offers expanded space for meditation, a private room, and access to a park. Over 50 guests attended. This move supports the Center's mission to share Zen with more people in the Irvine area.



- Mother's Day Tea on May 10 brought together new and current practitioners for a warm community celebration after class.

Upcoming Events

— ★ ★ ★ —

Bay Area Center (contact: evieliu@boeusa.org)

- 4-Session Introductory Zen Meditation Workshop on June 21, 28, July 12 & 19, 2:00-3:30 PM, at Bay Area Center
- Introductory Zen Workshop on June 7, 2:00–3:30 PM, at Willow Glen Branch Library

Fullerton Center (contact: vikic@boeusa.org)

- 3-Session Introductory Zen Meditation Class, June 8, 15 & 22, 2:00-3:30 PM, at Fullerton Center

Torrance Center (contact: valingh@boeusa.org)

- New Zen Introductory Class on June 8, 15, 22 & 29, 3:00–4:30 PM, at Torrance Center
- Zen Workshop for Young Adults on June 21, 3:00–4:30 PM, at Torrance Center

A Joy to be Shared

We joyfully celebrate the wedding of Rick and Lalitha from the Torrance Center, who were married on April 26, 2025. We wish them a lifetime of harmony and happiness together.



THE END