

# VOLUNTEER-WORK RESIDENCY

## Are you ready to take the step to deepen your practice?

People interested in deepening their practice can live and train at Sonoma Mountain Zen Center as a resident. The Zen Center is a lay practice community that creates an environment for infusing Zen practice into all daily activities. Our schedule is structured to support focused and selfless training and the subtlety of everyday practice.



## Join Our Volunteer-Work Residency

This is a work exchange program where residents receive free room and board while supporting the Zen Center through selfless service. During gap years, summer vacation, or any life transition, volunteer residents have the opportunity to explore Soto Zen through morning/evening meditation, samu (work practice), practicing and living with like-minded people and given daily guidance from SMZC's Abbot

Jakusho Kwong-roshi. Volunteer residents work four days a week, Wednesday through Saturday from 9:00 am - 5:00pm. Residents will have plenty of personal time to attend to personal needs, study, take hikes or explore neighboring towns in Sonoma County.

## Positions Available

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**Guest Manager(Shika):** creates an intimate and caring environment for visiting guests and practitioners by welcoming all those who come to SMZC. Greeting and providing information to those who are new to our community. Arranging transportation, accommodations and maintaining an intimate and warm environment for teachers and visitors traveling from out of town. Cultivate and manifesting the practice of welcoming.

**Facilities Maintenance:** under general supervision of SMZC's Shissui(workleader), this position performs a variety of tasks involving the maintenance, repair, and improvement of buildings and facilities meet the needs of the practice community. The position may include light construction and building systems problem solving. This position maintains the sacred and physical spaces in which we practice.

**Land Steward:** responsible for the physical grounds of the temple, caring for the land that beautifies and supports Zen practice. If you like working outdoors you can clear your mind by maintaining plants, trees, shrubs, parking areas and public pathways, raking gravel and clearing walking paths. This position is managed by the Shissui.



DETAILS CONTACT: 707.545.8105 OFFICE@SMZC.ORG