

## **Bergren Forum to explore practice of Zen meditation in everyday life**

10/29/08

Dr. Benjamin Howard, professor of English emeritus at Alfred University, will present "One Time, One Meeting: The Practice of Zen Meditation" on Thursday, Nov. 6, 2008 at the Alfred University Bergren Forum, 12:10 p.m., in Powell Campus Center's Nevins Theatre. This event is free of charge and open to the public. In "One Time, One Meeting," his bi-weekly column for the Alfred Sun, Howard explores the practice of Zen meditation and its integration with everyday life. In this talk, he will read a selection of his columns and examine the main themes of Zen teachings. Howard is the leader of the Falling Leaf Sangha, a Zen sitting group for students and the community. He is also the author of six books, most recently "Dark Pool" (Salmon Publishing, 2004) and the verse novella "Midcentury" (Salmon, 1997). His sixth collection of poems, "Leaf, Sunlight, Asphalt," will be published by Salmon in 2009. Howard received a bachelor of arts degree in English from Drake University, a master of arts degree in English and creative writing from Syracuse University, and a Ph.D. in English literature from Syracuse University. The Bergren Forum, sponsored by the Alfred University Division of Human Studies, School of Liberal Arts & Sciences, meets Thursdays during each academic semester at the University. Participants are encouraged to bring a lunch; coffee and tea will be available.