

April 20, 2026 – What is Zen?



The presentation will briefly cover five topics:

1. A definition of Zen.
2. How is it related to Buddhism and its tenets?
3. Zen meditation
4. Can Zen and Catholicism be practiced together?
5. Why even practice Zen?

Charlie Norton



Charlie is retired from over 35 years in hospital/pharmaceutical logistics. He and his wife Carolyn (his true Zen teacher) reside in Mansfield, MA where they often pet sit for their son Greg's cat, Jammie, and son Tim's two English bulldogs, Winnie and Cora.

After informally practicing meditation for many years throughout his adult life, Charlie found a Thich Nhat Hanh sponsored sangha (group or community) in Providence, Radiant Bell. He practiced there from 2009 to 2014 until he heard about Day Star Zendo in Wrentham, MA. After a few years, he was asked if he would like to be a teacher. Finally, after he refused several times, he received teaching authority in July of 2020. Since then, he has been serving Day Star in a variety of capacities, including web maintenance, scheduler, treasurer and fixer upper...