Chapter 19 of Knuth's TeXbook deals with Displayed Equations (and aligning them).

$$\begin{cases} \alpha = f(z) \\ \beta = f(z^2) \\ \gamma = f(z^3) \end{cases} \qquad \begin{cases} x = \alpha^2 - \beta \\ y = 2\gamma \end{cases}$$

The quick brown fox jumps over the lazy dogs. Cozy sphinx waves quart jug of bad milk.

$$x^{2} - y^{2} = (x+y)(x-y). (15)$$

#1 How to get the ends of my **three** sentences to align? #2 How to align equation (15) with the greek letters (not with the braces)?