



# Berkeley Zen Center



## October 2007 Newsletter

### Aspects of Practice: Embodying the Paramitas October 21-November 17

Once again this fall, BZC is entering our Aspects of Practice period, and we invite you to join in four weeks of practice, study, and discussion. The opportunity is for newer students and older members to make a reasonable commitment to practice regularly in the zendo, refine our home traditions and forms, and refresh our practice. Over the last few years, Aspects of Practice has become a great way for newer students to root their practice. The teachers this year are Ross Blum, Greg Denny, Ron Nestor, Bob Rosenbaum, Laurie Senauke and Hozan Alan Senauke.

This year's focus is on embodying the parami-  
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### BZC 40th Anniversary Gala Event

**October 6, 2007**  
**Honoring our**  
**Abbot Sojun Mel Weitsman**  
**Greek Orthodox Church**  
**4700 Lincoln Ave, Oakland**

Some tickets are still available,  
but the event will be sold out.

You can still reserve your tickets at the BZC  
website: [www.berkeleyzencenter.org](http://www.berkeleyzencenter.org) or call  
(510) 845-2403.



#### Affirmation of Welcome

Walking the path of liberation, we express our intimate connection with all beings. Welcoming diversity, here at Berkeley Zen Center the practice of Zazen is available to people of every race, nationality, class, gender, sexual orientation, age, and physical ability. May all beings realize their true nature.

### BZC Schedule October

#### Founder's Ceremony

Wednesday, 10-3, 6:20 pm

Thursday, 10-4, 6:40 am

#### Kanzeon Sitting

Sunday, 10-7

#### Kidzendo

Saturday, 10-20, Sejiki

#### One-Day Sitting/Open Aspects

Sunday, 10-21

#### Bodhisattva Ceremony

Saturday, 10-27, 9:30 am

### November

#### Founder's Ceremony

Thursday, 11-1, 6:20 pm

Friday, 11-2, 6:40 am

#### Kanzeon Sitting

Sunday, 11-7

#### Bodhidharma Ceremony

Wednesday, 11-14 6:40 am

#### One-Day Sitting/Closing Aspects

Saturday, 11-17

#### Bodhisattva Ceremony

Saturday, 11-24, 9:30 am

#### Kidzendo

Saturday, 11-24

### Sejiki Ceremony

Sejiki (formerly known as Segaki) is a popular Buddhist festival for appeasing the hungry ghosts. We celebrate it annually around Halloween. This year's ceremony is scheduled for Saturday morning, October 20, 9:30 am. Children are especially encouraged to come, and everyone is invited to come in costume and bring noise makers for the ceremony.

## Aspects of Practice

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tas. The six paramitas or “perfections” are bodhisattva practices that lead to and proceed from awakening — generosity, morality, patience, effort, concentration, and wisdom. In every case, like zazen, these are practices each of us must do with our body. Senior students will lecture on Saturdays, lead Monday morning discussions, and offer a four week class. In addition there will be informal teas and regular practice discussion. Each sangha participant is strongly encouraged to meet with a practice leader at least once during Aspects.

We will begin with a 5 to 5:30 am sitting on Sunday, October 21, and end with a closing sitting and shosan on Saturday, November 17. The Thursday evening class will be open to everyone as usual. But newer and older members are invited to take part in the whole program. Your interest, support, and encouragement can be of help to the whole sangha.

For further details please look carefully at the zendo events bulletin board. If you have further questions, talk with Alan or email him at [alans@kushiki.org](mailto:alans@kushiki.org).

### New Jikido Procedure

It has been increasingly difficult to fill the weekly jikido calendar. To keep the zendo in tip-top shapes, we’ve come up with a new plan, starting some time very soon. During morning soji Tuesday - Friday, we will assemble a small team of four to five jikidos who stay for 15 minutes and do a portion of the weekly work. There will be a point person for each day, who will assign a set of tasks. We’re hoping that each person who sits in the morning and has the time will pick one day a week to join this activity – join a team and get your energy flowing for the day!

### Newsletter Online

The newsletter is always available online with full color pictures on the BZC website. If you’d like to stop receiving a paper copy of the newsletter, you can sign up to receive an email when the latest newsletter has been posted by contacting BZC Office Manager, John Mogey.

## BZC Board Election

BZC members are asked to vote this coming month for the following positions on the BZC Board:

**Members-at-large**-This year we will be voting for four nominees, three for two year terms and one for a one year term. The nominees are John Busch (incumbent), Meghan Collins, Mary Duryee, Doug Greiner (incumbent), Walter Kieser (incumbent), and Jake Van Akkeren. Continuing for one more year are Marie Hopper and Carol Paul.

**Officers**-confirm the following: President, Peter Overton; Vice President, Gerry Oliva; and Treasurer, John Rubin.

**Salaried Positions**-confirm for another year. Sojun, Abbot; Alan Senauke, Vice Abbot and Tanto; and John Mogey, Office Manager. The polls will be open from October 15 through October 31. Ballots and photos of candidates will be posted on the courtyard bulletin board.

## PEOPLE

The P.O. Box listed in the directory for **Ellen Doudna** is defunct, She is now a resident and her new address is: 1933A Russell St., Berkeley, CA 94703. Her new phone number is 510-845-4680. However, her email address is the same!

### Rebecca Mayeno Update

The family of BZC elder Rebecca Mayeno is engaging full-time care for her at this stage in her life. Those of us who received the gift of Rebecca’s warm guidance and humor are invited to make donations to the Mayeno family, either a monthly pledge or a one time amount. Checks may be made out to Arthur Mayeno and sent directly to Rebecca’s home address: 1521 Walnut, Berkeley, CA 94709



# Women Study Zen Ancestors at Retreat

by Sue Oehser

This August, about 30 women attended the women's retreat at Empty Nest Zendo in the western Sierra foothills east of Madera County. Leslie Bartholic kindly drove Carol Paul and me up to North Fork in her new Prius, which averaged about 50 mpg. It felt wonderful to be in the warm grasslands and oak woodlands again with women from all over California. Writing about this in September, I recall a sense of spaciousness and timelessness. No hurry, no rush. There was time to be quiet, sit zazen with other women, swim in the Schireson's beautiful pool, and stroll along dirt roads.

Several times a day we moved to the other side of the zendo to set up chairs or zafus to hear women teachers. I want to share some of my experience with you and it will certainly differ from that of the other women. Professor Miriam Levering from Knoxville, Tennessee spoke to us about some of our Buddhist women ancestors. Dr. Levering is a soft-spoken and enthusiastic woman who seems interested in others' viewpoints. She brought an appreciation for great teachers in our lineage who have almost been lost to us. Grace continued to expand on the importance of women's voices. Because of Grace's encouragement, and in the presence of women, I feel that my perspective is an offering perhaps worthy of being spoken.

I appreciate the sense of safety, discovery and nurturing for me at Empty Nest. I think this reconnection is our dharma treasure. Baika asked me to lead the morning chant during service on Sunday. I am trained as an afternoon kokyo at Berkeley Zen Center and enjoy leading the Heart Sutra, but don't have experience with leading other chants. I appreciated the opportunity to give it a try and I still feel gratitude for the joyous spirit that was present.

During zazen, Darlene Cohen of Russian River Zendo adjusted our posture and gave suggestions on breathing. I tend to breathe high in my chest and she had me shift to belly breath for balance. She is inspiring in her joy



Teachers and ordines gather for a group photo

expressed in her body in the midst of illness.

Angie Boissevain of Floating Zendo gave us lots of time and encouragement for creative writing; for example, following dreams or old ideas. After the retreat I did submit a piece I started there based on a dream of wading in a shallow lake. I look forward to reading the collected writings from the retreat. It was a long weekend of relationship and relaxation. Thanks to all who attended and who offered their teachings.

## Check Out the BZC Auction

Have that special night out, do a little early holiday shopping, spend time with a local dharma illuminary, and support Berkeley Zen Center! Take a look at our first ever auction on our website at [www.berkeleyzencenter.org/auctionpreview.shtml](http://www.berkeleyzencenter.org/auctionpreview.shtml) As listed in the enclosed newsletter insert, featured in the auction are art created or chosen specifically for BZC's 40th anniversary. More of the auction art is also on display in the community room. You can bid online by sending an email to [auction@berkeleyzencenter.org](mailto:auction@berkeleyzencenter.org). If you have questions about art items or special events, contact Andrea at [andrea.thach@gmail.com](mailto:andrea.thach@gmail.com). Questions about other items can go to either Marie or Andrea. Join the fun and thank you for supporting our temple!

# SAVE THE DATES

## BZC's 40th Anniversary Celebration— Round 2

On Saturday evening, November 3, BZC will continue our celebration of Sojun Roshi's teaching and leadership through these last 40 years with a free dinner and impromptu entertainment for the whole Berkeley Zen Center community. Please join us for fun, remembrance, conversation, and lots of good food. This will begin at 6 pm at BZC. For more information, see the bulletin board in the next few weeks. If you would like to help, call Alan Senauke or contact him at [alans@kushiki.org](mailto:alans@kushiki.org). See you on November 3rd!

### Calling all Doans & Kokyos

Sojun would like to do a special training for all doans and kokyos, and asks that we all attend if our schedules permit. The subject will be relationship when performing service. It will take about half an hour on Saturday October 13 after tea.

### Kanzeon Sitting

The next Kanzeon sitting will be on Sunday, October 7, 8:45 am to 4 pm. This sitting is especially designed for those who have some difficulty with the typical sesshin schedule, but it is open to anyone. The periods of zazen are shorter so it is also a good opportunity to experiment with a more challenging posture. Attend for all or part of the day. If you have particular concerns, needs, or ideas, or if this will be your first day-long sitting, please contact Laurie Senauke, 845-2215, [lauries@kushiki.org](mailto:lauries@kushiki.org). Lunch will be bag lunch - bring you own, or purchase one from the Thai temple next door or the Berkeley Bowl. Cost for the day is \$15 for members, \$20 for non-members. Sign up on the bulletin board.



## Saturday Childcare

Childcare is offered free of charge on Saturdays from 9:15 to 11:15. It's helpful for planning if you can let us know that you're hoping to attend; call or email Greg Denny, 595-8162, or [greg@techsperience.org](mailto:greg@techsperience.org).



### Childcare Schedule

October 6	Childcare
October 13	Childcare
October 20	<b>Kidzendo-Sejiki</b>
October 27	Childcare
November 3	Childcare
November 10	Childcare
November 17	Sesshin - no childcare
November 24	<b>Kidzendo</b>
December 1	Childcare
December 8	Sesshin - no childcare
December 15	<b>Kidzendo</b>
December 22	Interim - no childcare
December 29	Interim - no childcare

### Kidzendo

A talk in the zendo for young ones three and up is offered on the third Saturday of each month (or the fourth Saturday if a sesshin is scheduled on the third). We meet upstairs at the Senauke's household (1933 Russell) for a briefing on forms at about 9:45, then sojourn down to the zendo for the first 10 minutes of lecture starting at 10:10. Afterwards, children may join the regular Saturday childcare program if they wish.

### Generation Z?

Sojun Roshi is interested in starting a dharma group for BZC's young adult members (20s – 30s), if there is interest for this. The group would meet once a month, and would take up whatever practice topics are of interest to the members. If you would be interested in joining such a group, please speak to Sojun directly, or contact Laurie Senauke, [lauries@kushiki.org](mailto:lauries@kushiki.org).

# OUTSIDE THE GATE

By Ross Blum

I recently celebrated my 20th year of employment at the original Peet's on the corner of Walnut & Vine Street. I came out from the East Coast that same year to continue my meditation studies in Zen Buddhism by moving into the Berkeley Zen Center where I still reside. By way of a part-time livelihood, Peet's has provided me with financial support and the opportunity to bring my meditation practice into the world. I've often lectured and written about these two aspects as the one piece of my Bay Area life.

Much has already been said about the founder of Peet's Coffee & Tea regarding his high quality standards which I try to maintain at work. Upon reflection, one can see many aspects of his work ethic being applicable elsewhere as well--mindfulness, attention to detail, using a light hand to let the ingredients speak for themselves are but a few examples.

Mr. Peet, who died recently, reminds me of the 13th century Japanese Soto Zen monk Dogen Zenji. He wasn't satisfied with the native teachers of his day (nor was Mr. Peet satisfied with the coffee Americans were drinking) and thus he made a pilgrimage to Sung China in search of someone who could impart to him the Buddha's teachings. He "apprenticed" for five years before returning to his homeland and established the first Soto Zen temple in Japan. The teachings we follow are a direct result of that transmission.

Mr. Peet attended the Unitarian Church where the mother of our Zen priest friend was also a member. That friend and her husband (Blanche and Lou Hartman of San Francisco Zen Center) led two one-day silent meditation retreats for these Unitarians back in the 70's. They informed me that during the group's orientation the day before, the congregation laughed when they were told about the guideline of silence, explaining that when Unitarians are at a crossroads and given a choice between a road to God or one to talk about God, they traditionally choose the latter! However, Blanche told me that Mr.



Ross Blum offers you a cup of joe at Peets

Peet was an enthusiastic participant at those retreats. Much later, when asked to recount his life's story, he responded simply, "The coffee tells my story." I think he learned something in that silence.

One could posit that Mr. Peet was to Dogen Zenji that the "other" coffee company is to Keizan Zenji. While in the same lineage as Dogen Zenji, a few generations later Keizan Zenji became a great propagator of Zen in Japan, especially to the laity, in contrast to the former's singular monastic model of Eihei-ji. That other company, having learned some fundamentals from Mr. Peet, is rather ubiquitous whereas Peet's has remained small and intimate by comparison. Have a cup of tea (or coffee).



**Berkeley Zen Center  
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