



# Berkeley Zen Center



## July 2011 Newsletter

### LAY ORDINATION

On Saturday, June 11 three members of the BZC sangha received lay ordination (*Zaike Tokudo*). This ceremony takes place once a year and is an important and significant ceremony for each participant, as well as for the whole sangha. We have the feeling that we are all participating, witnessing as the ordinees receive Buddha's Precepts, and welcoming the ordinees into the lineage of Shakyamuni Buddha. Congratulations to all!

*Note: See p. 6 for names and picture from this event.*

### ZAZENKAI: A DAY OF JUST SITTING

**Sunday, July 10, 8:00-5:10**

Sunday, July 10, from 8:00 am. to 5:10 pm, BZC priest Andrea Thach will lead our last silent one-day sitting of the year. This will be a rare opportunity to spend a day doing nothing but zazen, kinhin, bowing, and eating. We will maintain silence throughout, with the exception of bells to mark meditation periods, and chanting the Refuges aloud at 5:10 pm.

Participants should plan to come for the whole day. A break from 12:20-1:00 will allow time for bag lunches to be eaten in the community room or, if we're enjoying fair weather, outdoors.

There will be a ten-minute period of bowing at your own pace prior to the lunch break, and we will have two periods of fast kinhin. Both of these activities can be adapted to harmonize with individual needs and abilities.

A sign-up sheet and further information will be posted on the courtyard bulletin board. The fee is \$20.

Please feel free to contact Andrea Thach, [andrea.thach@gmail.com](mailto:andrea.thach@gmail.com), if you have any questions.



#### 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.

## B Z C S c h e d u l e

### July

#### Founder's Ceremony

Tuesday, 7/5, 6:20 pm  
Wednesday, 7/6, 6:40 am

#### Zazenkai (Just Sitting Day)

Sunday, 7/10, 8:00 am-5:10 pm

#### Bodhisattva Ceremony

Saturday, 7/16, 9:40 am

#### Work Day

Sunday, 7/17, 8:30 am-4:30 pm

#### Mountains and Rivers

Thursday-Sunday, 7/28-31

### August

#### Founder's Ceremony

Wednesday, 8/3, 6:20 pm  
Thursday, 8/4, 6:40 a.m.

#### Half-day Sitting

Sunday, 8/7, 8:00 am-noon

#### Bodhisattva Ceremony

Saturday, 8/13, 9:40 am

#### One-day Sitting

Sunday, 8/14, 5:00 am-5:10 pm

#### Summer Recess

Monday, 8/15-Friday, 8/26

## WORK DAY

**Sunday, July 17**

**8:30 am-4:30 pm**

Work Day is an opportunity to take part in the many projects that pop up around BZC. It's a time when any skills you have to offer can be used to benefit our place of practice, adding to its beauty and energy.

Please join us for a half day or full day of work. Lunch and afternoon refreshments will be provided. A sign-up sheet will be available on the bulletin board at the end of June.

Thank you,  
Diane Schnapp

## FINDING PRESENCE IN CONVERSATION

Three workshops will be offered on successive Thursday evenings in July (7/7, 7/14 and 7/21) in which we'll continue to explore compassionate listening and expression in our day-to-day lives. In the context of open and honest talk, this practice can reveal fresh meaning in teachings on mindfulness, loving kindness, and right speech.

In this series, we'll focus on how we construct our verbal interactions, slowing it all down, and we'll also role play some actual situations we'd like to deal with differently, or resolve in ways more to our liking.

~ Peter Overton

## FOUR-DAY MOUNTAINS AND RIVERS SESSHIN

Our next Mountains and Rivers Sesshin will take place Thursday through Sunday, July 28-31, at Point Reyes. Sojun Roshi will be leading it.

The sesshin will begin with an orientation meeting Wednesday evening, July 27, in the community room. Thursday morning we will carpool to Point Reyes, then hike from the Bear Valley trailhead to Coast Camp (5.5 miles), moving at a moderate pace with frequent rest stops and lunch along the way.

We will get back to Berkeley around 5:00 pm Sunday. All meals are provided and camping experience is not required. Everyone is encouraged to do the full four days, but provision will also be made for those who may have to miss a day or two, or who have some physical difficulties.

The sign-up sheet will be posted on the BZC bulletin board. Sign-up deadline is Saturday, July 23. The fee is \$75. If you have any questions, please call Ken Knabb at (510) 527-0959 or email him at [knabb@bopsecrets.org](mailto:knabb@bopsecrets.org).



## Family Activities at BZC

**Saturday Childcare** Childcare is offered free of charge on Saturday mornings for zazen from 9:30 to 10:15, then families are welcome to listen to the lecture on the sound system in the community room. It's helpful for planning if you can let us know that you're hoping to attend; phone or e-mail Laurie Senauke, 845-2215, or [lauries@kushiki.org](mailto:lauries@kushiki.org). Childcare for 8:45 zazen instruction and beginner orientation may be offered by special arrangement.

**Kidzendo** A program for young ones three and up is offered on the third Saturday morning of each month (or the fourth if a sesshin is scheduled on the third). We meet at the Senaukes'—1933 Russell—at about 9:40 for a meet and greet, then sojourn to the zendo for the first ten minutes of lecture starting at 10:15. Afterwards, families reconvene at 1933 Russell for more activities, possibly including formal tea and one minute of meditation and/or free play, depending on the realities of the moment.

## Zazen, Discussion for Parents, Childcare Provided

**3rd Friday Evening**—6:15 pm to 8:00 pm. Check calendar for dates. A potluck dinner for parents and children in the community room, followed by a brief period of zazen and a discussion about family practice in the zendo. Childcare provided in the community room. For questions about our Friday programs, contact Marie Hopper, (510) 559-8831.

*Note: no family programs (potlucks, kidzendo) in June, July, or August*

July 2	Childcare
July 9	Childcare
July 16	Childcare
July 23	Childcare
July 30	Childcare
August 6	Childcare
August 13	Childcare
August 20	Interim—no program
August 27	Childcare

**NEWSLETTER SUBMISSION DEADLINE:**  
**Third Friday of the month before each issue.**  
**August deadline: Friday, 7/15, 8 pm.**

# *What About Love?*

*A talk by Sojun Roshi*

**F**rom time to time the question will be asked: How come we never talk about love? Usually my response is that we talk about it all the time without using a term that has been appropriated to mean many different things. It is a term that has many levels of meaning, from selfish lust to selfless universal unity.

Once when I was about six, I told my grandfather that I loved bananas. He got a stern look on his face and said, “You don't love bananas! You love your mother and father.” That really startled me. I thought, “Gee whiz, can't I love bananas and my parents too?”

Let's take a look at a few categories: Tainted love, true love, and pure love.

Pure love is universal and unconditional, not clouded by self-interest or self-seeking. It is the pure joy of offering without expecting a reward. The reward is in the giving. It is beyond picking and choosing, is beyond like and dislike, good feelings or bad feelings. In Buddha Dharma it has four characteristics:

The first is loving-kindness; respecting the true nature of all created things, being a clear mirror and opening the Dharma Door for everyone we meet, and working for the well being of all.

Next is compassion. Compassion literally means suffering. With a compassionate attitude, I can identify with, hear the cries of, and find a way to help suffering beings. Avalokita is no other than ourself.

Then there is the sympathetic joy corner in their life, when a teacher doctor sees the progress of a patient. to a position that we would like to

The last is called equanimity or and balanced, not getting caught by attitude. When universal love flows

including those closest to us, this is the functioning of Manjusri—our own true wisdom.

True love is usually associated with our feeling toward another person. Fortunate are those who are mutually attuned to each other in this way.

Faithfulness and trust are the foundation of this kind of exclusive relationship that is usually associated with marriage. This also applies to family intimacy, as well as to a loyalty to certain friends, lovers, and associates. This aspect of love can light up our world and extend to everyone around us. Although loyal and faithful, true love can be subject to conditions, which can affect or destroy it.

Tainted love is usually based on infatuation, self-interest, and ignorance of the laws of karma. Loneliness, fantasy, emotional hunger, and so forth, create the conditions that seem to compel us to become entangled in hopeless self-seductive relationships. When these fail it causes terrible suffering because the relationships are usually based on self-centered satisfaction, seeing the other as object, rather than as who they are and recognizing what is best for them. This self-love is tainted with possessiveness and attachment, and turns the wheel of karma. Most of us go through this phase in our life, and end up looking for a way out.

We are so blessed to have found our way as students of the Dharma.

Back in 1964 when I was a fairly new student, I noticed that there was a chant in the morning, and that some students put their Buddhist robes on top of their heads during the chant. When I asked Suzuki Roshi what that was about, he pointed to his heart and said, “love.”



we feel when we see someone turn a sees the progress of a student, or a But even more when someone ascends have had ourself. even-mindedness. It is staying centered preference and maintaining a truly just freely throughout the whole society,

## WHY CHANT THE LOTUS SUTRA? COME EXPERIENCE IT FOR YOURSELF!

On Sunday, July 24, members of the Lotus Sutra Study Group invite you to join them for a day of chanting the Lotus Sutra in its entirety from 8:00 am until approximately 4:30 pm.

The Lotus Sutra is called the foremost and most wonderful Buddhist teaching. It is the last major teaching the Buddha offered, a culmination of his understanding of forty years of teaching. Reading, copying, or reciting even one line of the Lotus Sutra offers the possibility of enlightenment. It is the foundational text of several schools of Buddhism, including the Tendai School, in which Dogen Zenji first trained. He references and lauds it in many of his writings.

Why? It has at its core that teaching that all sentient beings can attain and so should aspire to Perfect Enlightenment; that all beings are a manifestation of the same Life force and so are equal in their fundamental value; and it expounds the Bodhisattva ideal as the noblest form of Buddhist practice.

We will chant in the zendo, using the Kato translation (from *The Threefold Lotus Sutra*, Kosei Publishing). We will have a few extra texts (and welcome any that sangha members may have to share). Please wrap your sutra in a cloth if you are bringing your copy. The chanting will be very brisk. Light fare, including tea and coffee, will be provided. People are welcome to come and go, to take whatever breaks they need, and to come for whatever part of the day they wish. There will be 20-minute breaks at 11:30, 1:30, and 3:30. Everyone from the sangha, and from all realms, is welcome!

Questions? Contact Karen Sundheim, [ksundheim@gmail.com](mailto:ksundheim@gmail.com) or Andrea Thach, [andrea.thach@gmail.com](mailto:andrea.thach@gmail.com).

*How delightful, mountain dwelling so solitary and tranquil.  
Because of this, I always read the Lotus Blossom Sutra.  
With wholehearted vigor under trees, what is there to love or hate?*

*How enviable the sound of evening rains in deep autumn.*

~ Dogen Zenji.

## REMINDER: FIRE MONKS HITS BOOKSTORES THIS MONTH

Colleen Busch's book, *Fire Monks: Zen Mind Meets Wildfire at the Gates of Tassajara*, will be published July 7 by Penguin Press. The main launch event is **July 14 at 7:30 pm. at City Center** (300 Page St.) in San Francisco. Colleen will also read on **July 21 at 7:30 p.m. at Mrs. Dalloway's** (2904 College Ave.) in Berkeley. On Saturday **August 6 at BZC**, she will give a talk along with David Zimmerman—who defended Tassajara during the fire. For

a complete list of readings in the Bay Area and beyond—including Los Angeles, Seattle, Portland, and Boulder—visit [colleenmortonbusch.com](http://colleenmortonbusch.com) or [fire-monks.com](http://fire-monks.com).

## CLEAR WATER ZENDO INVITES YOU TO A PARTY! July 30 3-6 p.m.

*Jazz, fine food, entertainment, raffle, door prizes and silent auction!*

*Admission \$15 for adults, free for children under 12. Raffle of dinner for two at Green's (need not be present to win). \$5 a ticket or \$20 for five tickets.*

*Join us at Clear Water Zen Center, 607 Branciforte Street in Vallejo. Our website is [www.vallejozencenter.org](http://www.vallejozencenter.org).*

*At BZC, see Jake or Leslie for tickets.*

## WELCOME TO NEW MEMBERS

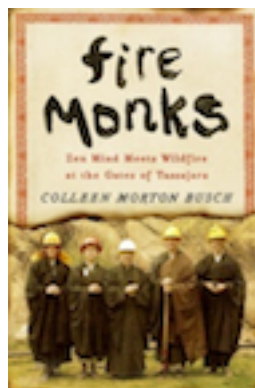
Three new members have recently joined BZC: JoAnne Tobias, Janet Lee, and Christian Evans. Please look for their pictures on the porch bulletin board, and join us all in welcoming them to practice at BZC.

## OFFICE MANAGER'S CORNER

Reminders:

- For all payments to BZC, please write exactly what the payment covers, even if you think we know what it is for. Separate payments may be combined in one check, but the amounts must be clearly specified. Many thanks for your help.
- How to reach the Office Manager on BZC business:  
**Email:** [bzcoffice manager@gmail.com](mailto:bzcoffice manager@gmail.com).  
**Payments, reimbursements, sensitive information:** Mail slot in kitchen door.  
**General:** Office Manager mailbox on community room porch.

Lisa Nelbach  
BZC Office Manager





From Mary Mocine:

***Joko Beck (March 27, 1917 - June 15, 2011)***

Dear friends,

Great Teacher Joko Beck died peacefully yesterday morning. She was a true Zen ancestor. Joko became a teacher in the Maezumi Roshi lineage at Zen Center of Los Angeles. She received Dharma Transmission from him in 1978 and went on to study with Yasutani Roshi and Soen Roshi. Joko taught independently in San Diego and founded the Zen Center of San Diego in 1983. Her teachings extended far beyond San Diego because of the two fine books she wrote: *Everyday Zen* and *Nothing Special*. Both emphasize practice in this life as it is, not in some bliss realm. She paraphrased Layman Pang's famous saying, "My miraculous powers, chopping wood and carrying water" as "driving the freeway and talking on the phone." (She wasn't talking about doing both at the same time.) The books have been powerful teaching support for many, many people around the world.

I want to emphasize some of her teachings. The Practice Principles chanted daily are:

*Caught in a self-centered dream, only suffering  
Holding to self-centered thoughts, exactly the dream.  
Each moment, life as it is, the only teacher.  
Being just this moment, compassion's way.*

We chant this before we begin discussion at Contra Costa Zen Sitting Group.

People have pointed out that Joko Beck included emotions and daily life experiences in her teaching. She met students as they were, I believe. When I sat with her for two short sesshins in early 1990, I was still an attorney, recently retired. I tried to tell her what was going on with me, but she would not let me talk about anything. She just kept asking, "What is going on in your body?" It was a powerful teaching that continues to inform my practice and my teaching. Joko also emphasized that we should give up hope. No trying to get somewhere else. She was a tough teacher in my experience, and very powerful. I am deeply grateful that she pushed me as hard as she did. It was profoundly useful.

Joko usually met informally with sitters after a sesshin. There I met another aspect of her teaching. She was kind, gentle, and sweet. It was nice to experience that side of her after the dragon of daisan during sesshin.

Joko Beck retired from ZCSD in 2006, and went to live in Prescott, Arizona with her daughter. She broke with the teachers and the board at ZCSD soon after leaving. Unfortunately, the rift had not healed at the time of her death. Perhaps her passing will lead to healing. I know that all of her disciples, including those at ZCSD, are missing her terribly now. So am I, and many, many people who consider her a teacher, even those who never met her in person.

Goodbye Joko, go in peace.

Love,  
Mary

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**BZC CAMPOUT**

You are warmly invited to the somewhat-annual Berkeley Zen Center Campout, scheduled for September 10-11. We've reserved a group camp site in nearby Tilden Park and will meet for a potluck dinner and possibly a short hike, as well as s'mores and songs around the campfire, followed by oatmeal and coffee/tea/cocoa in the morning. Join us to pass on the silly campfire rounds we grew up with, tell stories, and learn the latest songs from our own kids.

Families and those without children are all welcome—



if you prefer not to stay for the night, come for the dinner and company. If you would like to stay but are missing a tent or sleeping bag, let us know, and we can almost definitely find one for you. Contact

Katherine O. at [klo999@yahoo.com](mailto:klo999@yahoo.com) if you have questions, and look for a sign-up on the bulletin board in August.

## Lay Ordination, June, 2011



From left to right: Jean Selkirk (sewing teacher), Sojun Mel Weitsman (Abbot/preceptor), Maria Winston, Jeff Taylor, Andrew Corson, Hozan Alan Senauke (Vice Abbot/preceptor), Andrea Thach (ordinee jisha), Gerry Oliva (preceptor jisha).

### Sojun Roshi's Students

Maria Winston  
*Shegen Ninrei*  
Bright Presence Patient Endeavor

Jeff Taylor  
*Junraku Kishu*  
Pure-hearted Joy Resolute Practice

### Hozan Sensei's Student

Andrew Corson  
*Yūzan Genryū*  
Dark Mountain Reveal Dragon

## SOUNDING BOARD

*This is one of a regular series from the BZC Board of Directors.*

The May board meeting rolled along through a multitude of subjects. Most of the issues, like the planned remodel of the community room porch, have been in the works for some time. At each meeting we move them along as well as we can. With many items in various stages of development, careful tracking is necessary to keep them all in view. Other first-time subjects came up, like the financial arrangement for the distribution of Ed Herzog's excellent documentary film of BZC. As usual, many of the agenda items concerned how we manage our finances.

It's been eighteen months since our new President, Vice president, and Treasurer have joined the board, together with several of the "at large" positions. A smooth momentum, not too fast and not too slow, has evolved and seems to be working; action items get done and difficult subjects progress. Contributing to this rhythm is the dedicated work of our subcommittees, which meet between board sessions as needed. When the committees do their homework, our meetings become more efficient. Over the last few months we've found that it may work better to have fewer but longer meetings. There is more energy when we get together, and with everyone well engaged the time goes quickly. We learn and grow.

- Ron Nestor

## CHIDEN OPENING

Opportunity knocks! A good chance to try a week of tending the altar as a new chiden, or to take an extra week if you are already on the roster. Our thanks and good wishes go with faithful chiden Richard Haefele as he departs for Oregon, leaving open his spot on the roster: October 3 - 7 (dates can be swapped if needed). If interested, please contact Head Chiden Catharine Lucas at 526-3100, or put a note in the chiden mail slot on the back porch. Include your phone number.

## BIRTHDAY CELEBRATION AT BZC

On Saturday, June 11 we had a special after-lecture celebration in the BZC patio, adding chocolate cake to the customary tea and cookies. The occasion was Senior Student

Meghan Collins' recent 85<sup>th</sup> birthday.

While Meghan did not actually do a conga line with the sangha, we are certain she could have if she had wanted to. Her continuing activities, artistic achievements, and wisdom are the fruits of a practice that has made her a model for many of us.

We feel confident that she will be

dancing at Old Plum Mountain for many more years, and we look forward to rejoicing with her.

*With eighty-five jewels  
Gleaming bright in her rucksack,  
This pilgrim shines on!*



*Testing, testing, 1, 2, 3...*



Jennifer Copeland

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