



Berkeley Zen Center



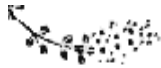
September 2012 Newsletter

Labor Day Weekend Study Sesshin

Saturday, 9/1 – Sunday, 9/2

Sign up no later than Wednesday, 8/29, 9:00 am

Hozan Alan Senauke will lead this year's Labor Day sesshin from 5:00 am to 9:10 pm on Saturday, September 1 and 5:00 am to 5:00 pm on Sunday, September 2. Our study topic this year will be Dogen's "Raihai Tokuzui"/"Getting to the Marrow by Doing Obeisance." This fascicle explores the nature of Buddha activity equally available to all sentient beings with a sequence of vivid stories mostly about enlightened women. We've not studied this before at BZC, so here is an opportunity to plunge in together. For more information contact the sesshin director, Carol Paul, (510) 206-5051, or caroljpaul@yahoo.com.



Half-Day Sitting

Sunday, September 9, 8:00 am - 12:00 noon

Here's your chance for end-of-summer calm practice! BZC offers seven half-day sittings each year. Each includes five periods of zazen, kinhin (walking meditation) and an informal tea. A half-day sitting is a great opportunity to focus on "just zazen" and is appropriate for beginning as well as experienced Zen students. Sojun Roshi asks participants to commit to the entire four-hour schedule.

A \$10 donation is requested for half-day sittings. Please refrain from wearing scented products. If you have questions or if you cannot sign up on the bulletin board, contact the September half-day director Stan Dewey at standewey@comcast.net or (510) 528-1989. There will be another half-day sitting on November 4th.



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

September

Labor Day Weekend Study Sesshin

Saturday, 9/1 – Sunday, 9/2

Founder's Ceremony

Monday, 9/3, 6:20 pm
Tuesday, 9/4, 6:40 am

Bodhisattva Ceremony

Saturday, 9/8, 9:40 am

Half-Day Sitting

Sunday, 9/9

All-Sangha Potluck & Board Nominations

Tuesday, 9/11, 6:30 pm dinner, 7:30 pm meeting

Fundraising Party

Saturday, 9/22, 11:00 am-2:00 pm

Women's Sitting

Sunday, 9/23

Mountains and Rivers Sesshin

Thursday, 9/27 – Saturday, 9/29

Priest Ordination

Sunday, 9/30, 2:30pm

October

Founder's Ceremony

Wednesday, 10/3, 6:20 pm
Thursday, 10/4, 6:40 am

Bodhisattva Ceremony

Saturday, 10/6, 9:40 am

Family Sitting

Sunday, 10/7

One-Day Sitting, Aspects of Practice Opens

Sunday, 10/14

Practice Period: 10/14 – 11/10

One-Day Sitting, Aspects of Practice Closes

Saturday, 11/10

Sejiki Ceremony and Celebration

Saturday, 10/27

Beginner's Sitting

Sunday, 10/28

BZC Women's Sesshin Sunday, 9/23

BZC will offer its annual women's sesshin on September 23. This year the day will be, as it has been in the recent past, a chance for women to reflect on and share our Zen practice. Lecture and discussion will be lead by one of our own practice leaders, Andrea Thach. We hope to make this day a time for women at BZC to be together, to connect through practice, and to consider what could be helpful to us as a community. Women new to practice as well as long-standing female practitioners are encouraged to attend. As in the past, this sesshin will be approximately from 8:30 am to 4:30 pm (please see the bulletin board for the final time schedule). A sign-up sheet will be posted, but if you have any questions before then, please contact Marie Hopper at marie_hopper@sbcglobal.net.

Three-Day Mountains and Rivers Sesshin Thursday, 9/27 - Saturday 9/29

Our next Mountains and Rivers sesshin will take place Thursday through Saturday, September 27-29, at Point Reyes. Meikyo Bob Rosenbaum will be the doshi—leading our services, facilitating our discussion of Dogen's "Valley Sounds, Mountain Colors," and also offering practice discussion and free qigong lessons for those interested.

The sesshin will begin with an orientation meeting Wednesday evening, September 26, 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 Saturday.

All meals are provided and camping experience is not required. Everyone is encouraged to do the full three days, but provision will also be made for those who may have to arrive late, or who have some physical difficulties.

The sign-up sheet will be posted on the BZC bulletin board. Sign-up deadline is Saturday, September 22. The fee is \$60. If you have any questions, please call Ken Knabb at (510) 527-0959 or e-mail him at knabb@bopsecrets.org.

Zazen Refresher Friday, 9/21

Sojun Roshi will offer zazen instruction to the community during the time of the regularly scheduled period of zazen (5:40 pm) on Friday afternoon, September 21. This is a chance for us to come together and refresh our core practice, ask burning questions, etc. Please attend if you are able to.



Family Activities at BZC

Saturday Morning 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, (510) 845-2215, or 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, usually on the third Saturday morning of each month (or the fourth if there's an issue with the third). Beginning this fall, we are offering a special curriculum called The Toolbox, which is very congruent with our practice. BZC Resident Tamar has been trained in offering this set of materials, and we are excited about presenting it to BZC families. During this period, the kids will not be attending the first 10 minutes of lecture. See details elsewhere in this newsletter.

September 1	Sesshin – no program
September 8	Childcare
September 15	Childcare
September 22	KIDZENDO
September 29	Childcare
October 6	Childcare
October 7	Family Sitting!
October 13	Childcare
October 20	KIDZENDO
October 27	Sejiki Ceremony
November 3	Childcare
November 10	Sesshin – no program
November 17	KIDZENDO
November 24	Childcare

Family Practice E-mail Group To make it easier to publicize, announce and remind ourselves about family practice activities at BZC, we have a Yahoo group. We'd love to have you join this list if you have children in your life, even if you don't typically attend family practice events. We promise to only send, at most, ONE e-mail per week, just a short reminder of upcoming events. To join, just e-mail Laurie at lauries@kushiki.org or Marie at marie_hopper@sbcglobal.net.

Priest Ordination Sunday, 9/30

On Sunday, September 30th, Gerry Oliva—Sei Sen Iku Shin—Pure Spring Nourishing Heart, will receive priest ordination (Shuke Tokudo) from our abbot, Sojun Weitsman. The ceremony will be held in the zendo at 2:30 pm. All are invited to attend in support of Gerry on this wonderful occasion.

Tao and Zen

Thoughts from Sojun Roshi

September, 2012

During the first five centuries C.E., when Buddhism was gaining a foothold in China, the Chinese and Indians had a hard time communicating with each other because of language difficulties. Of Chinese philosophies, the Taoist understanding was closest to Buddha dharma, so the Buddhists used Taoist terms to help communicate the sutras in the context of Chinese culture. This lasted until the Buddhists no longer felt the need to do this and the practice was abandoned.

But that was the beginning of the intertwining of the Dharma and the Tao that produced what became Chan (in Japanese, Zen). Tozan Ryokai's five relationships of essence and function, darkness and light, known as the five ranks, is one example. Before that Sekito Kisen (700-790), three generations from Eno, the 6th ancestor, wrote the famous poem 'Sandokai,' which we all know as part of our liturgy. Suzuki Roshi said that Sekito took the title from a Taoist book. When asked about that, he said that when a Buddhist reads it, it is a Buddhist text, and when a Taoist reads it, it is a Taoist text.

Describing the title he said "San" means things or inequality. "Do" means sameness or equality, "one's whole being" or big mind that includes everything. "Kai" is how they meet; "to shake hands," or "hi, how are you?" In the Sandokai, Sekito says, "The spiritual source shines clear in the light; branching streams flow on in the dark. Grasping at things is surely delusion."

The fundamental practice for a Buddhist and for a Taoist is to live in harmony with all beings, people, animals, trees, and the earth; letting go of selfish desires and to realize no gap between small mind that is always evaluating, and big mind that is the essence, or the unity or virtue of all beings. Suzuki Roshi said that small mind is an expression of big mind. When one truly understands, faith naturally arises. This is called waking up.

In the Tao Te Ching, the Taoist masterpiece of 81 poems of Laotsu, the first poem resonates with Sekito:

The tao that can be told
is not the eternal Tao.
The name that can be named
is not the eternal Name.

The unnamable is the eternally real
Naming is the origin
of all particular things.

Free from desire, you realize the mystery.
Caught in desire, you see only the manifestations.

Yet mystery and manifestations
arise from the same source.
This source is called darkness.

Darkness within darkness.
The gateway to all understanding.



Yukon Delta. NASA Earth Observatory photo.

Aspects of Practice

Sunday, 10/14 - Saturday, 11/10

Aspects of Practice, led by Vice-Abbot Hozan Alan Senauke and BZC senior students, will begin with sesshin on Sunday, October 14, and continue through the closing sitting on Saturday, November 10. As always, this is an opportunity for new and old students to study and practice together the basics of zazen, forms, and dharma here at BZC. And of course, we will share work, practice discussion, and tea.

The emphasis will be on practicing in the midst of impermanence, with texts and classes to be announced and study materials available. If you have questions, e-mail Hozan at alans@kushiki.org, or leave a note in his box on the porch.

As autumn unfolds, please join us for this opportunity to refresh our timeless practice. All the relevant information and sign-up sheets will be posted early in October. See you there.

MDZG Opening

On August 11, Baika Pratt formally opened Mt Diablo Zen Group's new home in Pleasant Hill. A number of attendees from MDZG and her teacher Myoan Grace Schireson's groups in the Central Valley were in attendance, along with a few BZCers. Sojun Roshi, Baika's first teacher, opened the celebration with some heartfelt congratulatory words followed by Myoan Sensei's encouraging teaching. A reception followed in the courtyard. Please visit MDZG's website for more information at mtdiablozen.com.



Baika expresses great appreciation to all those who have helped make her practice place possible while Carol Paul and Sojun Roshi look on.

Finding Presence in Conversation

Re-learning Our Everyday Stories With Compassion

Each of us has many stories: some we like, others we don't like. Compassion (kind attention) is the path to

finding the wisdom they embody. Every story holds possibility, no matter how unpleasant or seemingly inconsequential. In this series of classes facilitated by Peter Overton we'll explore how our narratives shape everyday communication, and how we can celebrate them as our own, without being owned by them. We will meet in the community room on the following Thursday evenings from 7:30 to 9:00 pm: September 13, October 11, November 15, December 13

T-Shirt!



Don't miss your chance to get the first-time-ever, one-time-only, original BZC T-shirt. For the center design, Sojun Roshi chose the wisteria logo that represents Suzuki Roshi's home temple, Rinso-in.

A limited number of the T-shirts will be available for a reasonable price at BZC's fund raising event on September 22.

All proceeds benefit BZC's Building Fund.

New Members Entering Ceremony

Monday, 9/10

On Monday, September 10, we will have a brief ceremony to formally welcome new members to our temple. The ceremony will be at 6:40 am, immediately following zazen and service. The zendo manager will be contacting all those who have joined the temple since we had our last ceremony in May 2011 to invite their attendance and explain the ceremony. The ceremony is also open to any member who has not formally entered the zendo. Please contact the zendo manager, Tamar, at tlxenoch@earthlink.net, if you became a member *before* May 2011 and would like to participate in the ceremony.

Oryoki Instruction

Saturday, 9/22

Ellen Webb will offer oryoki instruction on Saturday, Sept. 22, at 11:30 am, after the morning program. The instruction is open to anyone new to oryoki or anyone who would like a review. Guest eating bowls will be available. If you have questions please contact Ellen at elweb@sbcglobal.net.

Family Sesshin Volunteers Needed!

On October 7, BZC is offering its first Family Sesshin and we need your help to make it a success. The day will begin at 9:00 am and go until 4:30 pm. Help is needed throughout the day. Please consider sharing in and supporting this special day of family practice by offering to spend part or all of the retreat day teaching or assisting with the children's program. This will include leading art projects, reading stories, helping children participate in work period, and other fun activities for kids of various ages. If you would be willing to offer some of your time and attention to the children and families in our community, please contact Marie Hopper at marie_hopper@sbcglobal.net. Thank you!

Help Us Go Green

If you are currently getting a hard copy of the newsletter by mail and would like to help BZC save money and trees, please e-mail the office manager at bzcofficeanager@gmail.com and request to be notified by e-mail when the newsletter is posted online. Thanks for helping us all go green.

Work Day

About seventeen BZC members and friends spent a Sunday toward the end of July working on maintenance and repair projects. On a warm and sunny day we mostly focused on the garden and on painting the western lower level of 1933 Russell. With so many devoted to these two areas, we accomplished a lot. In addition we were able to deep clean the kitchen, repair the east transom

window in the community room, and sand down the garage door so it closes without scraping. Ross Blum cooked a tasty and beautiful vegan lunch for us. It felt good to take care of our practice place which supports us so well. Thank you all!

Long Term Well-Being List

As discussed in the last newsletter, BZC Practice Committee has made some changes to our ongoing well-being list, which is chanted twice a week as part of our regular liturgy. We are extending the length of time that names remain on the ongoing list from one month to three months, but we have ended the practice of placing names on the list indefinitely. This change was made so we could extend positive energy to the many people who need it in the short term, while maintaining the list at a length that is practical for the service.

To meet the needs of those who are living with difficult situations for longer periods, we have decided to develop a "long-term well-being list." Names on this list will be placed in a frame and hung in the back of the zendo under the statue of the bodhisattva. Names can remain on this list for as long as necessary. This new practice should allow us to send our positive energy to anyone who needs it for any period of time.

To place a name on the long-term well-being list, please contact the zendo manager, Tamar, at tlxnoch@earthlink.net. You may also contact her to schedule well-being and memorial services, or to place a name on the ongoing well-being list for chanting during our biweekly service.



The Toolbox Comes to Kidzendo

We are excited to be introducing a new curriculum for Kidzendo this fall. The goal will be to teach children and their families practices of mindfulness, compassion and skillful communication that can be used in everyday life. This program is based on The Toolbox curriculum*, and uses the metaphor of a "toolbox" to teach children about tools they already have to respond skillfully and care for themselves at home, at school and in the community.

The program will be offered once a month on September 22, October 20, and November 17; no meeting in December. At each meeting we will be exploring a specific tool or tools such as "Breathing," "Listening," or "Empathy." From 9:30 to 10:00 am, we will be introducing tools to children and their parents so that families have a common language to talk about these practices at home. After 10:00, parents can attend the Saturday lecture while the children continue to explore the tool through games, art, journaling or literature. Families will be given (optional!) homework so they can continue to explore the tools at home until the next meeting.

The program will be co-lead by Laurie Senauke and Tamar. Laurie is a senior student at BZC who has been involved with our family program for many years. Tamar is a BZC resident and a speech language specialist. She has been teaching social and communication skills to children of all ages and abilities since 2003.

The program is suitable for families with children aged 3 and older, and available to members and non-members; donations to BZC are appreciated. During this period, the young people will not be attending the beginning of lecture as we typically do for Kidzendo. Please let us know you are planning to attend by contacting Laurie Senauke at lauries@kushiki.org, or (510) 845-2215.

**The Toolbox curriculum was developed by Dovetail Learning and has been used in a variety of Northern California schools. Watch an introductory video at <http://youtu.be/Ht39JzLl9Gg> or read more about the program a <http://toolboxproject.org/dovetail>.*

Party for Building Improvement Program!
Saturday, 9/22, 11:00 am - 2:00 pm

Berkeley Zen Center will kick off its 2012 Building Improvement Program (BIP) fundraising with a party on Saturday, September 22, from 11:00-2:00. In 2010, the Board of Directors established the BIP to ensure the long-term care of our wonderful temple and practice place. This year the Project Management Team is focusing on two major projects— structural repairs and façade improvements to the front of 1933 Russell Street and functional and design improvements to the community room porch. Help raise some money through a silent auction and a raffle, and enjoy great food, drinks, and music.

List of Items for the Silent Auction

ART

*Description, Value/Minimum Bid**

Artwork by: Afsaneh Michaels, afsaneharts.com ; Sho En Kan Nei Jen Copeland, http://shoekanneiartgallery.shutterfly.com ; and Kaz Tanahashi, http://brushmind.net TBD/TBD
Raku yaki ceramic piece by Barbara Stevens Strauss, http://stevensstrauss.com \$350/\$100
Two handmade ceramic statues of Buddha with cat, 6.5 in. and 8 in. \$150 each/\$50 each
Meditating frog sculpture – approximately 12 in., in cardboard \$120/\$40

PRIVATE LESSONS

One-hour private yoga class with Bay Area yoga teacher Patricia Sullivan http://patriciasullivan yoga.com \$125/\$60
One-hour private Dayan (“Wild Goose”) Qigong lesson from Meikyo Bob Rosenbaum; open to new or experienced practitioners \$100/\$50
Ten hours of basic PC support and/or training in common software with Jeff Taylor \$400/\$100
A 1-1/2 hour consultation on medical advance directive planning and/or decision-making for a loved one, with Rev. Andrea Thach, M.D. \$250-350/\$50

GROUP GATHERINGS

A home-cooked vegetarian dinner with views of the Bay and music, performed by Naome Dragstedt and her husband. One person must bid for a group and recruit participants—not open to individual bids. Maximum 4 people. \$150/\$75
A guided hike in Pt. Reyes with Jake Van Akkeren leading the way and Ko Blix instructing in the art of nature photography. 15 people max.; 4 min. To be held on a Sunday in fall 2012, date to be determined. Priceless/\$25 pp
Private tea ceremony in the Green Gulch Farm tea house with tea sensei Meiya Wender. Sunday Nov. 18 at 1:30 pm. Up to 12 people max.; 6 min. http://sowingthemoonteahouse.typepad.com \$350/\$30 pp
A 2-3 hour workshop on gathering the essential documents your family or executor will need at the end of your life, called “The Big Blue Notebook,” with Meghan Collins. Save your successors countless hours of searching and worry! Saturday Oct 27 @ 12:30 in the community room. Six people minimum. Priceless/\$40 pp
Private tour at Tara Firma Farms in Petaluma, including wine and finger foods. Founder Tara Smith will escort you and 40 of your friends on an educational experience at the farm. One person bids for entire group and recruits participants. http://tarafirmafarms.com \$500/\$200

GETAWAYS

One week in Sue Moon’s rustic, remote, cozy cabin in Mendocino County, north of Willits \$200/\$100
Winter 2013 guided ski/snowshoe tour in Tahoe with John and Colleen Busch, including one night’s lodging in their north shore home, with lake & mountain views. Beginners welcome. Bedrooms can be bid upon separately. Bedroom 1: Queen size bed. Bedroom 2: Two twin futons on tatami mats, suitable for two individuals or can be combined to make a double. \$600/\$150 (queen) and \$125 (two twins)

LOCAL TREASURES

Haircut with Peter Thomas, owner of Peter Thomas Hair Salon on Shattuck Ave, http://peterthomashair.com \$135/\$60
Stretch denim, indigo-dyed hippari made by Gabriel Russo, http://gabrielrusso.wordpress.com \$150/\$70
Sutra cloth hand sewn by BZC sewing teacher Jean Selkirk, made of Japanese cloth with sashiko stitching highlighting the design \$100/\$55
Darcy Lott mystery series (five hardcover books) signed by author Sue Dunlap \$125/\$60
Dinner for two in the Chez Panisse Cafe, with a bottle of house wine \$150/\$70
Kirala Japanese Restaurant gift certificate \$50/\$25

* Values and minimum bids are current estimates and may change.

More information about items, including photos, will be available soon on the BZC website. Mark the date in your calendar right now, 11:00 am – 2:00 pm, Saturday, September 22. We look forward to seeing you there.

Raffle Items

Remember that there will also be a raffle at the party. Here are some of the raffle items:

- A \$100 gift certificate to The Monastery Store, online purveyors of lovely zafus, statues and incense.
- A 60-minute traditional Thai massage at Metta Thai Massage in Albany.
- 2 dozen home-baked water bagels by the former sole source of commercial water bagels in Eugene, OR.
- The first copy of “A Compendium of Little Known Facts about BZC Members” – never before seen!

There will be many more raffle items at the party. Buy your tickets!



Bowing Practice

The practice of bowing has been handed down to us from our teachers. Simply put, it flows like this:

When we bow, we place our elbows and hands on the floor, palms up. When we touch our forehead to the floor or mat, we lift our hands for a moment to the level of our ears, fingers together, and palms horizontal as in making an offering. When we put our hands down, the doan makes a clunk on the bell. On the last bow, the bell is rung when we lift our hands.



20s and 30s Dharma Group

Sojun Roshi invites students in their 20s and 30s to join him once a month for a short period of zazen and open discussion. Meetings are held in the zendo on Saturdays after lecture at 11:30 am. Upcoming dates are September 15 and October 20.

Thanks!

Thanks to Don Curry for donating a new cabinet to the community room for storing office and membership materials for easy retrieval.

NEWSLETTER SUBMISSION DEADLINE
Third Friday of the month before each issue

October deadline: Friday, September 21, 8:00 pm

**Berkeley Zen Center
1931 Russell Street
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