



Berkeley Zen Center



July 2013 Newsletter

Four-Day Mountains and Rivers Sesshin Thursday, July 25 – Sunday, July 28

Our next Mountains and Rivers Sesshin will take place Thursday through Sunday, July 25-28, at Point Reyes.

The sesshin will begin with an orientation meeting Wednesday evening, July 24, in the BZC community room. On 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 on 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 arrive late.

The sign-up sheet will be posted on the BZC bulletin board. The sign-up deadline is Saturday, July 20. The fee is \$75. If you have any questions, please contact Ken Knabb at 510.527.0959 or knabb@bopsecrets.org.

Photo by Ko Blix



Sojun Roshi's Study Group

Thur., 7/11, 8/1, 8/8, 8/29, 9/5, 9/26, 10/3, 7:15 pm
Sojun Roshi's next study group series will begin on July 11. For the rest of the year we will meet on Thursday evenings at 7:15 pm as an alternate to the Friday evenings of the first half of the year. All are welcome. A sign-up sheet will be posted on the bulletin board, or you may contact class coordinator Ron Nestor at rnestor1@yahoo.com. So far, the scheduled dates are July 11, August 1, 8, and 29, September 5 and 26, and October 3.

B Z C S c h e d u l e

July

Founder's Ceremony

Tuesday, 7/2, 6:20 pm
Wednesday, 7/3, 6:40 am

Zendo Holiday

Thursday, 7/4

Zazenki (Just Sitting Day)

Sunday, 7/7, 5:00 am – 5:00 pm

BZC Campout

Saturday, 7/13 – Sunday 7/14

Bodhisattva Ceremony

Saturday, 7/20, 9:40 am

Mountains and Rivers

Thursday, 7/25 – Sunday, 7/28

August

Founder's Ceremony

Thursday, 8/1, 6:20 pm
Friday, 8/2, 6:40 am

Summer Recess

Sunday, 8/11 – Friday, 8/23

Work Day

Sunday, 8/25

Two-Day Study Retreat

Saturday, 8/31 – Sunday, 9/1



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 Campout

Saturday, 7/13- Sunday, 7/14

You are warmly invited to the annual BZC Campout, scheduled for July 13 - 14. We've reserved a group campsite 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 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 if you have questions, and look for a sign-up on the bulletin board in early July.

Photo by Ko Blix



Lean In

While Sheryl Sandberg says "lean in," Sojun Roshi encourages us to sit up straight and not lean against the wall during lecture or classes.

Thanks for your attention!

Bowing

Please bow towards the altar from the back of the zendo when leaving the zendo at times other than at the end of service—to go to dokusan, to use the rest room, or when working there at non-zazen times. Thank you.



Family Activities at BZC

Saturday Morning Supervised Play

Supervised play is offered free of charge on many Saturday mornings for 9:40 am zazen through lecture. Currently supervising is Berkeley High student Lihong Chan. We need to know by 6:00 pm on Friday if you are planning to avail yourselves of this service on the following day (so she can sleep in if not!). Phone or e-mail Laurie Senauke, 510.845.2215, or lauries@kushiki.org.

Coverage for BZC's 8:45 am zazen instruction and beginner orientation is offered by special arrangement; contact Laurie for more information.

KidZendo

BZC's Saturday program for children three and up usually happens twice a month during the school year, typically on the second and fourth Saturdays, from 9:30 am to 11:15 am (see exact schedule below). Several BZC members are teaching in this program: BZC resident Tamar has been trained in offering a curriculum known as The Toolbox. Nancy Suib and Jin Young, longtime practitioners at BZC, have been trained in the Mindful Schools program. See details on our website. Check the calendar online or below for the exact schedule. As always, RSVP if you plan to attend (lauries@kushiki.org).

July 13-14	BZC Campout
July – Aug.	No KidZendo, supervised play offered by appointment

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 only send, at most, ONE e-mail per week—just a short reminder of upcoming events. To join, e-mail Laurie at lauries@kushiki.org or Marie at marie_hopper@sbcglobal.net.

Awaken With All Beings

Comments from Sojun Roshi

July, 2013

S

uzuki
Roshi used
to say that
each one

of us is half good and half bad. No matter how righteous we may feel we have to reflect on this. Suzuki did not exclude himself. First I want to suggest that he was not infallible and that he had faults. We should be careful not to deify him. I don't think he would feel good about that. Because he was always working on his shortcomings, we didn't see them as faults. We saw them as his practice. I think it was because he could see his own faults so clearly that he was sympathetic with us. There were times when Suzuki Roshi was angry and he showed it. But he said that when he was angry he would express it to make a point, but that he was not attached to the anger: "I am just giving you something to work with," he'd say.

Loving-kindness, sympathetic joy, compassion, and equanimity are aspects of love, free from self-interest. They express the Buddhist temperament. Suzuki Roshi embodied them. He worked with the most difficult people, not by rejecting or criticizing, but by understanding something about their problems and addressing them as Buddha, and exercising enormous patience. He was not always successful, but the truth of his humble way continues to have a positive effect in the world today.

From time to time we have difficult encounters with people, both inside and outside the sangha. Finding a middle ground between affirmation of the person and acknowledging your differences in order to assess the source of a problem without pinning the tail on the donkey is a wonderful practice opportunity for a Zen student. Practice involves using skillful means instead of reactivity. Reactivity brings forth defensiveness in another person, which muddies the water. Without denying our emotions and feelings, how can we rise to a place of equanimity where the solutions become obvious to everyone without carrying any defensive baggage at the bottom of the heart? Someone said to me, "I don't feel loved, but I realize that if I love everyone I will be loved in return."

The vow to awake with all beings must be more than just lip service.



Suzuki Roshi with students at Tassajara. From shunryusuzuki.com.

Lay Ordination

On Saturday, June 15, seven members of the Berkeley Zen Center sangha received Lay Ordination (Zaike Tokudo) from Sojun Weitsman Roshi and Hozan Senauke Sensei. This ceremony takes place once a year at BZC and is a significant rite of passage for each participant and for the whole sangha. We have the feeling that we are all together witnessing and participating as the ordinees receive Buddha's precepts. We welcome these ordinees into the lineage of Shakyamuni Buddha and Suzuki Roshi's family.



From left to right: Jean Selkirk (sewing teacher), Abbot Sojun Mel Weitsman (preceptor), Margret Wotkins, Paul Farber, Stephanie Solar, Bruce Coughran, Vice-Abbot Hozan Alan Senauke (preceptor), Tom Painter, Mike McVey, Susan H., Carol Paul (ordinee jisha), and John Mogey (preceptor jisha). Photo by Ko Blix.

Sojun Roshi's students

Stephanie Solar
Rôrin Nyûji
 Bright Face Gentle Compassion

Bruce Coughran
Genzan Seitoku
 Dark Mountain Quiet Virtue

Susan
Doko Kika
 Path Light Returning Home

Paul Farber
Kômatsu Kansei
 Tall Pine Generous (flexible)
 Spirit

Mike McVey
Shinki Mukai
 True Person No Boundary

Tom Painter
Seidô Kaishin
 Clear Path Open Heart

Hozan Sensei's Students

Margret Wotkins
Kanyô Meishi
 Generous Dance Luminous
 Stillness

For Shuso Hoshin Bokuren Jake Van Akkeren

We all know
That in the beginning
There is nothing in our bowls

Bokuren, you have come
To that point of unadorned practice
Where your bowls are *full* of nothing

For six weeks you have given yourself away
To each of us
And now we know who you are —
You are the bowls Joshu speaks of

Year by year
The shuso reveals the truth
Now, Jake, with this ceremony
You wash yourself
Completely clean

Now hear the shuso!

- Shogetsu Junki Jed Appleman, Benji
23 June 2013, BZC



Shuso Jake Van Akkeren in action at his Shuso Hossen ceremony, with Denkei Raul Moncayo and Peter Overton. Photo by Ross Blum.

BZC Bazaar & FUNdraiser September 28, 2013



This year's fall fundraising event will include delicious food, good tunes, and a few zany additions. You can brush up on your hula-hooping skills, have your palm read, or pose for a portrait with a Zen master. You won't want to miss Gerry & the Drop-Outs' reprise of their rousing skit-night performance of "Suffering's Our Business."

The **Silent Auction** features a *two-night stay* at *Tassajara* in the 2014 summer guest season and other treasures. The **Silent Not-Auction** offers sign-ups to:

- Study tea ceremony, Kabir's poetry, and local shore birds

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- Enjoy a home-cooked meal, the SF symphony, and a bike ride to the Marina
- Join an architecture tour or a photo hike
- Meet the animals at the Oakland Zoo

Raffle tickets go on sale starting Saturday June 29 for \$5 each or 5 for \$20. Tickets give you a chance to take home one these Buddha-full prizes:

- Tickets to Indra's Net Theater's December production
- Books by sangha members Sue Dunlap and Bob Rosenbaum
- *Old Plum Mountain: Life Inside the Gate* DVD
- Subscriptions to *Shambhala Sun* and *Buddhadharma*
- Homemade bagels and cakes
- Hand-knit accessories
- Eton emergency radio
- \$100 gift certificate to Greens restaurant

If you know someone who won't be here, consider buying them a bundle of tickets. They make great gifts. Packs are available for those who want to sell tickets to colleagues, family, and friends—contact Veronica Reilly (very23@gmail.com) or Andrew Corson (andrewcorson@sbcglobal.net).

See you on September 28, pink wigs on!

A Brief History of Zendo Cleaning at BZC

The way we clean our zendo is one of the traditional aspects of practice at BZC. Some of us can easily conjure up images of monks and nuns industriously brushing zabutons, enthusiastically fluffing zafus, and pushing dustbrooms and mops back and forth across the floor at a run.

Back in the day, BZC had a different way of embodying this practice. Sangha members would sign up for a week at a time, coming in twice during their assigned week for about two hours, fulfilling a long list of cleaning activities.

As the years went by, it became harder to find folks who were able to take a week-long shift regularly, so we decided to find out if we could accomplish the task by taking a bit longer during soji each morning, with a little more organization and leadership than soji usually entails. Now these cleaning activities are done by four or five people who stay after service for roughly ten minutes of “zendo cleaning,” with specific tasks assigned each day.

In addition, we used to give the zendo a hearty cleaning during the Saturday work period. This was discontinued when we realized that it would be better to give our Saturday zazen instruction/orientation in the zendo itself. So now this kind of in-depth cleaning of the zendo is only done during sesshin work periods and work days.

So doing the math, what used to take about five person-hours per week is being done in ten minute bits by four or five people (about 3.5-4 person-hours).

All of this explanation is just to awaken the generosity of those who often sit in the morning and are not yet availing themselves of this opportunity. Pick one or two days per week where you stay the extra ten minutes to immerse yourself in this ancient Zen tradition. As Sojun Roshi said during a talk recently, “To GET it, you have to BE it, and to BE it, you have to DO it.”



Photo: Ko Blix

Vallejo Zen Center's Jazz and Garden Party

Vallejo Zen Center is throwing its annual fundraiser party on Saturday, August 3, 3-6 pm, at 607 Branciforte Street in Vallejo.

Great jazz, food, drink, door prizes, silent auction and a raffle of dinner for two at Greens restaurant will be part of the festivities. You need not be present to win.

Raffle/doorprize chances are \$5 per chance or \$20 for five chances.

Admission for adults is \$15 per person. You can purchase tickets from Steve or Chie Treagus at BZC; Daigan Gaither, Kogan Sheldon or Richard Urban at San Francisco City Center;

Julia TenEyck at Hartford St. Zen Center, or at the door. You can also get admission tickets online at www.vallejozencenter.eventbrite.com

Library Notes

Note #1: Since the New Year many books that were long overdue from the library have been found and returned. Thank you to everyone who searched their shelves and brought back forgotten and overdue books.

There were some books that have not been returned which are important to our collection. These missing books are listed below with the idea that someone might have a copy that they would be willing to donate to the BZC library. Please let me know if you have/and or would like to donate one of the following books. Or you could just bring the book to the library and leave it with a note in the library inbox.

They are:

How to Raise an Ox by Francis Dojun Cook

Five Houses of Zen by Thomas Cleary

The Tiger's Cave by Trevor Leggett

The Diamond Sutra by Mu Soeng

The Heart of Understanding by Thich Nhat Hanh

Gateless Gate by Koun Yamad

Note #2: The BZC Library subscribes to several Buddhist magazines and periodicals, such as “Tricycle,” “Buddhadharma,” “Shambala Sun,” “Mountain Record,” “Chan Magazine,” and more. Recent issues are kept under the library “inbox” area. They can be checked out for a month. They include articles addressing many interesting topics from love to baseball (as well as practice). Please know they are there.

Thank you! Ellen Webb, Librarian

Suzuki Roshi's Grandson and Great-Grandchildren Visit BZC

Way back in late March, BZC welcomed Shungo Suzuki, his wife, Kumi, and their two children. Shungo is the grandson of Suzuki Roshi, and Successor of Hoitsu Suzuki. Shungo now oversees Rinso-in, where he and his family reside along with Hoitsu Suzuki Roshi, who recently returned to Rinso-in after serving as Godo at Eihei-ji Monastery.

Shungo and family visited many Zen centers throughout California on their month-long trip, and arrived here on short notice bearing gifts of tea, sweets, and the promise to return for a longer stay next time.

Sojun Roshi and a dozen sangha members greeted Shungo and family, who settled around the table in the community room for tea and cookies prepared by Ross Blum. Sojun then led a tour of the zendo, dokusan hut and surroundings which extended to an impromptu field trip to Little Farm at Tilden Park.

As few of the sangha members on hand spoke more than a few phrases in Japanese, most of the translating was done by Shungo himself who was overheard to say, with a very familiar gentle cheer, that his English was "not so good."

We are honored by Shungo's visit, his encouragement of American Zen practice and support of our temple.



Shungo is a champion at the art of Kyudo, and is captured here testing Paul Ridgeway's bow as Blanche Hartman and Sojun Roshi look on. Photo: Susan Ki-Ká.



Sojun Roshi with Suzuki Roshi's great grandchildren at Little Farm in Tilden Park. Photo: Susan Ki-Ká.



NEWSLETTER SUBMISSION DEADLINE
Third Friday of the month before each issue

August deadline:
Friday, July 19, 8:00 pm

The dawn of summer
Baby birds swell in their nest
Dinosaurs will fly!
- Kate Gilpin

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