



Berkeley Zen Center



October 2013 Newsletter

Aspects of Practice 2013

**Practicing and Studying the Forms of Our Way
Saturday, October 5 - Saturday, November 2**

Aspects of Practice—led by Vice-Abbot Hozan Alan Senauke and BZC senior students Raul Moncayo, Ryushin Andrea Thach, Leslie Bartholic, Ron Nestor, Peter Overton, Laurie Senauke, and Karen Sundheim—will begin with sesshin on Saturday, October 5, and continue through the closing sesshin on Saturday, November 2.

As always, this 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.

This year we will again practice and investigate the forms of our way. Lectures and classes focus on the various common forms of our practice. Classes will be on Thursday evenings at 7:15. We will draw from Shohaku Okumura's *Living By Vow* and other texts. Study materials will be available in advance. If you have questions, e-mail Hozan at alans AT kushiki.org or leave a note in his box.

Copies of the texts will be available in advance, but you can see about getting a copy of *Living By Vow* by Shohaku Okumura.

As fall begins, please join us for this opportunity to refresh our timeless practice. All the relevant info and sign-up sheets will be posted late in September. If you have questions, e-mail Hozan at alans AT kushiki.org or leave a note in his box on the porch.



B Z C S c h e d u l e

October

Founder's Ceremony

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

One Day Sesshin - Practice Period Opens

Saturday, 10/5

Practice Period

Saturday, 10/5 – 11/2

Family Sesshin

Sunday, 10/13

Bodhisattva Ceremony

Saturday, 10/19, 9:40 am

Sejiki Ceremony and Celebration

Saturday, 10/26

November

One Day Sesshin - Practice Period Closes

Saturday, 11/2

Founder's Ceremony

Monday, 11/4, 6:20 pm
Tuesday, 11/5, 6:40 am

Half-Day Sitting

Sunday, 11/10

Bodhisattva Ceremony

Saturday, 11/16, 9:40 am

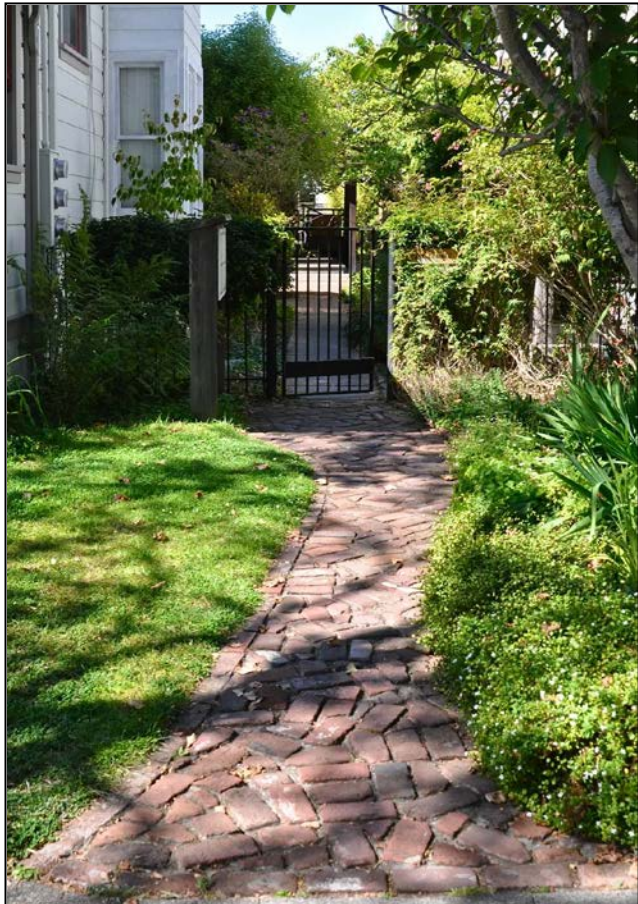


Affirmation of Welcome

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.

One Day Sesshin – Practice Period Opens Saturday, October 5

The Aspects of Practice opening sesshin will be led by Vice-Abbot Hozan Alan Senauke. Relevant info and sign-up sheets are posted. The fee is \$35, and should be paid in advance. Please leave payment marked “practice period opening sesshin” in the kitchen/community room porch door donation slot. For details, contact sesshin director Carol Paul at caroljpaul AT yahoo.com or 510.206.5051.



One Day Sesshin – Practice Period Closes Saturday, November 2

The Aspects of Practice closing sesshin will be led by Doshi Denkei Raul Moncayo. All the relevant info and sign-up sheets will be posted in early October. The fee is \$35, and should be paid in advance. For details, contact sesshin director Carol Paul at caroljpaul AT yahoo.com or 510.206.5051.



Family Activities at BZC

Saturday Morning Supervised Play

Supervised play is offered free of charge on many Saturday mornings (see schedule below) for 9:40 am zazen through lecture. Currently supervising is Berkeley High student Lihong Chan. We need to know by noon the Friday before if you are planning to avail yourselves of this service. Phone or e-mail Laurie Senauke, 510.845.2215, or lauries AT 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 or check online). 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, and Seicho Judy Fleischman has participated in children's programs in Brooklyn, NY. See details on our website. As always, RSVP if you plan to attend (lauries AT kushiki.org).

Family practice schedule:

October 5	Sesshin - no program
October 12	Supervised play
October 13	Family sesshin
October 19	Supervised play
October 26	Sejiki Ceremony
November 2	Sesshin - no program
November 9	Kidzendo
November 16	Supervised play
November 23	Kidzendo
November 30	Supervised play
December 7	Sesshin – no program
December 14	Kidzendo
December 21	Interim – no program
December 28	Interim – no program

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 AT kushiki.org or Marie at marie_hopper AT sbcglobal.net.

Sacrifice and Ceremony

Comments from Sojun Roshi

October, 2013

The other day I looked up the etymology of the word “sacrifice.” I was surprised to discover that it meant sacred ceremony. We usually associate this term with giving up something valuable or denying ourselves. This is somewhat related to renunciation, which is related to denunciation; nounce meaning to announce or declare an intention.

As we can see, giving up something we like or are attached to is common to all religious practices, these include celibacy, fasting, and self-denial of all sorts. In the past there were animal as well as human sacrifices to gain the favor and assuage the fury of the gods.

Buddhism has its own renunciation practices and takes a middle path leaning toward austerity.



Shunryu Suzuki, Ananda Dalenberg, Katagiri Roshi, and many others at Suzuki Roshi's City Center Mountain Seat Ceremony, May 1962. From shunryusuzuki.com.

Buddhism has no deity. Buddha is not a god. According to the literature, Buddha neither denied nor affirmed a deity. In our practice we do not make a separation between spiritual and mundane. Walls, tiles, streams, and pebbles are all continually preaching the Dharma. Each being is an expression of the entire universe. So what does sacrifice mean in our practice?

For me, in the original sense of sacred ceremony, our zazen and zendo practice resonates with that term. Zazen is a sacred ceremony of shikantaza; stepping free

of our conditioned postures and resuming our true nature, just this! Zazen itself is our human offering, without expecting anything, just pure generosity. There is also the offering of incense and flowers. Putting our palms together and bowing, expresses our letting go, and merging sacred and profane as one. The ceremony of cooking, serving, eating, and cleaning up reveals the enlightened nature of pure activity devoid of selfishness. Sweeping the grounds, driving the car, interacting with creatures of all kinds. It is gyoji, continuous practice. Maintaining this attitude wears down our ego.

To sit zazen is to receive Buddha's teaching. The price we pay, as everything has a price, is our ego suit, our false coverings. Zazen is the great teacher. It teaches us how suffering arises, the cause and the cure without saying a word. We have to give up our usual comfort level in order to access true comfort.

Master Joshu asked the question, “Does one who dies the great death come back to life again?” Master Touzi replied, “Don't go by night, one should go by day.” When our ego is cut down to size (as in dies), and is no longer the boss obstructing our original light, our true life begins and we can enter the world in the light of day with helping hands. Then true ritual is nothing but the most ordinary unselfconscious daily activity in accord with, and guided by Big Mind, our own Buddha mind.

Family Sesshin Sunday, October 13

All are welcome to attend BZC's second-ever Family Sesshin on October 13, whatever your age or stage. The day will begin at 9:00 am and go until 4:00 pm. Please consider sharing in and supporting this special day of family practice. The day will include zazen, service, a mindful walk, work period, art projects, stories, and other fun activities for all ages. We need non-parents and non-children for ballast! Please sign up on the zendo bulletin board. Questions? E-mail Laurie Senauke (lauries AT kushiki.org).



It's Time for Sejiki! Saturday, October 26



Ananda teaching a hungry ghost. Late 12th century. From the Hungry Ghosts Scroll, Kyoto, Japan.

Sejiki is a popular Buddhist festival that highlights the connections between our world and the world of spirits. At BZC, we offer it as a sort of Buddhist Halloween. The ceremony is a mixture of spooky and solemn—there will be costumes and noisemakers, but we will also recite the names of departed friends and family and make offerings to appease our own hungry ghosts.

This year the Sejiki ceremony will be held on Saturday, October 26. To allow preparation time for the ceremony, we will not be having early morning zazen or breakfast. Instead, we will begin with a work period at 8:30 am to prepare our temple for the ceremony. The formal program will start with zazen at 9:35, followed by a short lecture and the ceremony at 10:15. We will also be offering a special children's program beginning with a kids' activity at 9:35 am in the community room. The kids will then join the sangha for a short lecture and spooky ceremony. Everyone is encouraged to come in costume and bring noisemakers for the ceremony.

For more information about the program, please contact the zendo manager, Christy, at ccalame AT earthlink.net. You can also give Christy names of departed ones to be recited during the ceremony if you will not be able to attend. If you are planning to attend the 9:35 kids' activity, please RSVP to Laurie Senauke at lauries AT kushiki.org.



Monks offering food and drink to the spirits of the dead. From the Hungry Ghosts Scroll, Kyoto.



"Thread of Character" by Dairyu Michael Wenger

**Secret of the Brush
with Dairyu Michael Wenger
Saturday, November 23, 1:00 - 4:00 pm**

Dairyu Michael Wenger will be offering a first brush workshop at BZC after his lecture the morning of November 23. His art runs the gamut from “primitive” cave painting to the post-modern. It is influenced by traditional Asian brush work, modern painting, New Yorker cartoons—from doodles to Bizarro.

Its subjects are sports, meditation, politics, social conventions, puns... in short, everything that crosses his brush/mind. In creations of paper, brush and ink, the secret is in each stroke of the brush.

BZC Email Group

BZC has a general community e-mail group to facilitate communication between members and friends. Missives should be relatively personal (no forwarding of general info) and are lightly moderated; please use thoughtfully. To join, send an e-mail to BZC_Community-subscribe AT yahoogroups.com. You will receive confirmation.

New Donation Box

Longtime sangha member and friend Richard Haefele has created a new donation box for our Saturday table. It is quite beautiful to behold and as you can see, Andrew Jackson has found his way to its door. As our fundraising season approaches, please consider making an offering to keep him company. Thank you to Ryushin Andrea Thach who brought back the donation box we have been using from China while on the Dogen Zenji pilgrimage back in 2001!



Financial Status Report

Our Sangha relies entirely on us, the members, to support our teachers, maintain the buildings and grounds and support our day-to-day operations. The bellwether categories of our support are *member dues*, *donations for operations* (unrestricted donations) and *donations for our restricted funds* for *building maintenance* and the *leadership fund*. As of August 31, we were behind by **8%** for *member's dues* and *donations for operations* compared to both the amounts we had collected in the same period last year and amounts that were budgeted for 2013 (based on 2012 member support; see the bar chart for the exact amounts). On the expense side, we are pleased to announce that our expenses are currently running slightly lower than the amounts incurred in the same eight-month period last year. This helps a little bit, but we are still significantly behind, given our needs.

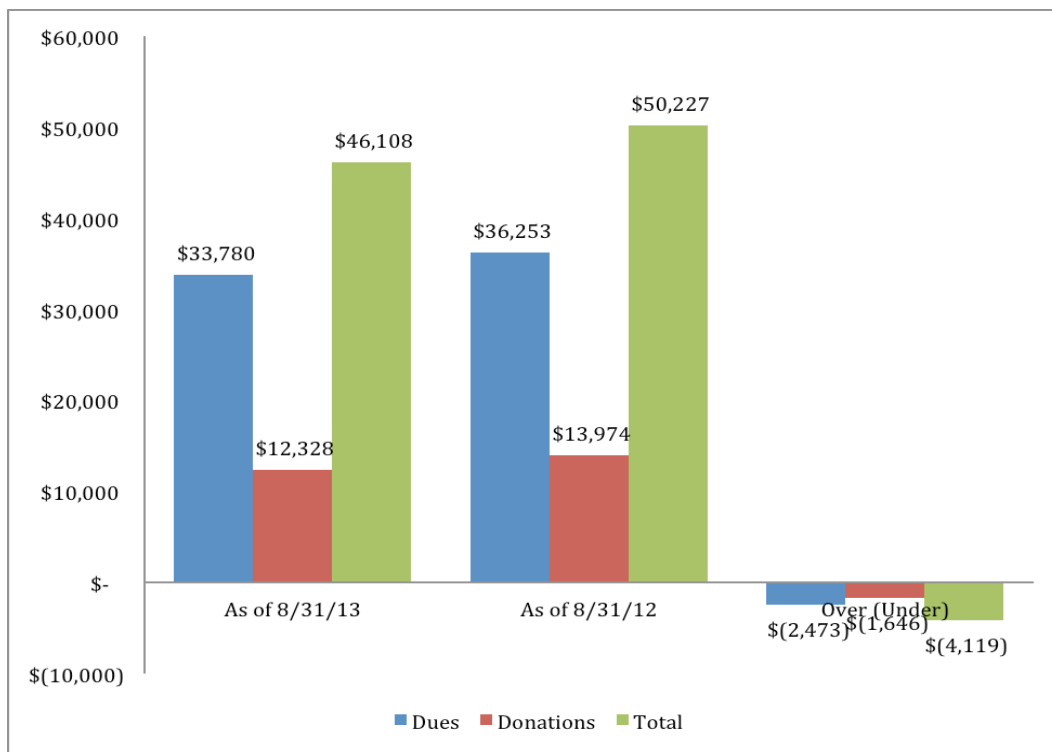
It is very important to the financial vitality of the sangha that we meet our budgeted amounts in this calendar year. With only 3 months remaining in the year; we are behind \$2,473 in the *members' dues* category and \$1,646 in the *members' donations* category. We realize that members' financial status can change from year to year. Please contact the Treasurer if you need to change your dues commitment.

It is hoped that the September 28 fundraising event will help raise the \$20,000 needed for the *leadership fund*.

In calling your attention to this issue we want to acknowledge that our membership has always given generously in the past and we are confident that this year will be no different. Thank you all for your generosity.

For any questions contact our Treasurer Paul Farber at pfarber AT pfarber.net or 510.985.0652.

Analysis of Members Dues & Donations Collected as of August 31, 2013



	8/31/13	8/31/12	Over (Under)
Dues	\$33,780	\$36,253	\$(2,473)
Donations	\$12,328	\$13,974	\$(1,646)
Total	\$46,108	\$50,227	\$(4,119)

This chart shows the amounts collected for the first eight months of 2013 for *members' dues* and *members' donations* for operations. Dues collected are shown in blue, donations collected are shown in red, and the totals of both categories are shown in green. (Note: our printed newsletter is in black and white only: the version available on our website and the bar chart posted on the bulletin board show colors.).

E-mail Address Style Note

All e-mail addresses in this newsletter have had @ replaced with AT, to prevent automatic address collection. To e-mail any person listed, replace AT with @. Thank you! – Jen Taylor, bzcnewsletter AT gmail.com.

NEWSLETTER SUBMISSION DEADLINE
Third Friday of the month before each issue.
Submit to bzcnewsletter AT gmail.com.

November deadline:
Friday, October 18, 8:00 pm

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