



# Berkeley Zen Center



## March 2014 Newsletter

### Half-Day Sitting Sunday, March 2, 2014 8:00 am - 12:00 noon

BZC is offering five half-day sittings this 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 4-hour schedule.

A \$10 donation is requested. If you have questions or if cannot sign up on the bulletin board, contact the March 2 Director, Nina Sprecher, at sprecher.nina AT gmail.com or 510.848.3585. The next half-day sitting will be June 1.



### One-Day Sesshin

**Saturday, March 15, 5:00 am – 9:00 pm**

Sojun Mel Weitsman will lead a one-day sesshin on Saturday, March 15. We encourage old and new sangha members to participate. Please sign up on the patio bulletin board by Wednesday morning, March 12 after zazen.

If this is your first sesshin at BZC, we recommend that you first participate in a full Saturday program and also speak with the sesshin director. The fee is \$35 per day and should be paid in advance (a discounted fee is possible; please speak to the director). Leave checks marked "March sesshin" under the Senauke's door or mail to BZC Office Manager at 1931 Russell St., Berkeley 94703. You can also use bill pay on your bank's website and name the payment "sesshin fee."

If you have any questions, contact the sesshin director, Gerry Oliva at sesshindirector bzc AT gmail.com or 510.652.7217.

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

### March

#### Half-Day Sitting

Sunday, 3/2, 8:00 am – 12:00 noon

#### All Sangha Potluck & Budget Meeting

Tuesday, 3/4, 6:30 pm

#### Founder's Ceremony

Monday, 3/3, 6:20 pm

Tuesday, 3/4, 6:40 am

#### One-Day Sesshin

Saturday, 3/15

#### Bodhisattva Ceremony

Saturday, 3/15, 9:40 am

#### Work Day

Sunday, 3/30

### April

#### Buddha's Birthday Celebration

Saturday, 4/5

#### Founder's Ceremony

Thursday, 4/3, 6:20 pm

Friday, 4/4, 6:40 am

#### One-Day Sesshin

Sunday, 4/13

#### Bodhisattva Ceremony

Saturday, 4/12, 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.

## BZC Campout - Save the Date!

You are warmly invited to the annual Berkeley Zen Center Campout, scheduled for July 26-27. We've reserved a group campsite in nearby Tilden Park, and will meet for a potluck dinner and possibly a short hike, along with 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 AT yahoo.com if you have questions. Look for a sign-up sheet on the bulletin board in early July.



*Photo by Ko Blix.*

### Saturday Morning Lecture Schedule

March 1	Hozan Senauke Sensei
March 8	Sojun Weitsman Roshi
March 15	Sojun Weitsman Roshi
March 22	Marie Hopper
March 29	Sojun Weitsman Roshi

### Way-Seeking Mind Talks

March 3, Monday 6:20 am	- Open Discussion
March 7, Friday 5:50 pm	- Judy Fleischman
March 10, Mon. 6:20 am	- Shin-I Deborah Good
March 17, Monday 6:20 am	- Jen Taylor
March 24, Monday 6:20 am	- Kiká Susan
March 31, Monday 6:20 am	- Rhea Loudon

## Family Activities at BZC

### Saturday Morning Supervised Play

Supervised play is offered free of charge many Saturday mornings (see schedule below) for 9:40 am zazen through lecture. Currently supervising is Berkeley High student Lihong Chan. If you are planning to use this service, please contact Laurie Senauke, 510.845.2215, or lauries AT kushiki.org by noon the Friday before.

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

### KidZendo

Kidzendo is a program for children three and up, offered about twice a month during the school year, usually on the 2nd and 4th Saturdays of the month, from 9:30 to 11:15 am (check schedule below). Together, we explore meditation, mindfulness, compassion and some Buddhist traditions in a kid-friendly fashion. We are developing our curriculum from different sources and experimenting with what works best for our situation, which often includes kids of different ages (pre-school through late elementary). BZC members Tamar and Judy Fleischman are among those teaching. Come be part of the adventure! Our program includes songs, stories, discussions, snacks, walks, and art activities. BZC resident Laurie Senauke oversees the program and is available to answer questions and receive input.

Family practice schedule:

March 1	Supervised play
March 8	<b>Kidzendo</b>
March 15	Sesshin - no program
March 22	<b>Kidzendo</b>
March 29	Supervised play
April 5	<b>Buddha's Birthday</b>
April 12	Supervised play
April 19	Supervised play
April 26	<b>Kidzendo</b>
May 3	Supervised play
May 10	Sesshin - no program
May 17	Supervised play
May 24	<b>Kidzendo</b>
May 31	Supervised play

### 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 - a short reminder of upcoming events. To join, e-mail Laurie at lauries AT kushiki.org or Marie at marie\_hopper AT sbcglobal.net.

**Please RSVP for ALL family activities to lauries AT kushiki.org! Thank you.**

## Annual Suzuki Roshi Memorial December 2, 2013

Suzuki Roshi,  
Every year about this time I write a little something like this  
to commemorate your passing  
and to celebrate your life and work.

You met us where we were.  
A rowdy bunch of barefoot boys and girls  
with cheek.  
Some with suits and ties  
high heels and toe-less sandals.  
You saw us as we are  
all the way through.

You would have been subtly amused, as was  
I today  
to see the servers in the back of the zendo  
lined up according to size.

When I see a frog sitting on a rock  
stock still  
not looking around  
nor waiting for the fly  
I think of you.

When the Blue Jay's squawk  
goes right into my heart  
I think of you.

When he explodes on my hand and takes off  
with my carefully layered peanut butter and apricot concoction  
I think of our time together  
at Tassajara.

Please accept our humble offering of light, flowers, tea, cake,  
water and words as a sign of gratitude  
for all you have given us

The practice continues.

Your student,  
Sojun



*Shunryu Suzuki Roshi and students on a picnic at  
Tassajara; c. 1969. From shunryusuzuki.com.*

## Sounding Board

### Our Field of Practice

At the Board's recent retreat, we talked over several major areas of concern: prioritizing building repairs and remodels, managing finances, exploring technology needs, and sangha harmony. Since our monthly meetings must be very focused, it was good to be able to discuss these issues in a more open and expansive way.

One recurring theme throughout many of our discussions was the way that our relationships with each other at BZC are a main field of practice, particularly between us in our various and shifting BZC positions and roles. Participants in the fall 2013 HEAR council meetings reported both successful and unsuccessful encounters with the various ways differences and conflicts are handled at BZC, both formally and informally.

During the recent kitchen remodel, property managers fielded much commentary and questioning from sangha members; this makes sense, given that the community room kitchen and bathroom are among our very public areas. However, we thought it would be good if sangha members continue to develop awareness of the impact of our tone and our words on these volunteers who are donating a great deal of time to our community. Our sangha is fueled by tremendous volunteer efforts of many, many individuals. And neurologically we are all "like velcro for negative experiences and like teflon for positive." If we keep that in mind, we will make a point of expressing appreciation at least as much as our concerns and criticisms.

During the report back from the HEAR councils, the question emerged: When we find ourselves in conflict, how do we each decide between working out something either internally, directly with the person(s), or calling in additional resources? How can we collectively and individually increase our skills in these situations? Might the HEAR council, in addition to listening to concerns and issues brought to it, proactively sponsor further training for the sangha?

Over our 30+ years on Russell Street, we've developed many ways to balance the needs of our residents with the needs of the non-resident community, and this is an ongoing process. How

do we keep that process alive and healthy? What are the best ways to resolve conflicts around our limited space resources?

The retreat was an opportunity not so much to come up with action items, but to further process and digest issues that we feel are foundational to the well-being of our sangha jewel – stewardship of our physical plant, interpersonal harmony, and financial stability.



*Photo by Ko Blix.*

### Changing Hands

Please note these recent transitions of practice positions:

Many thanks to Gerry Oliva for her skillful guidance as chair of the HEAR committee these past years. She has stepped down from this vital role of facilitating harmony in our sangha. We welcome Mary Duryee as the new chair of HEAR.

John Busch has completed his two-year term as co-sesshin director. He filled this position with equanimity and took great care to ensure that sesshins flowed smoothly. Gerry Oliva has joined Carol Paul as the new co-sesshin director.

Kate Gilpin served this past year as one of our Saturday book sellers. Many thanks for her warm presence and attention to detail. Judy Bertelsen will take her place, alternating weeks with William Gordon who continues in this important role.

Liz Horowitz has joined Laurie Senauke as co-coordinator for sangha support. Feel free to contact either of them if the need arises for this type of support.

Alexandra Frappier has served as coordinator for more than a year. Her steady, calm presence and careful attention to the many organizational details involved with this position have been greatly appreciated. Thank you, Alexandra. Leslie Bartholic is the new coordinator.

## Yahoo Groups

We have two Yahoo groups to help with our sangha communication. The PC Yahoo group is for specific BZC items such as calendar updates, late-breaking news, etc. If you would like to join this group, please contact Leslie Bartholic, the BZC coordinator.

The Community Yahoo group is for items of interest that a sangha member might want to share with the entire sangha, whether about BZC or not. Messages should be relatively personal (no forwarding of general information) and are lightly moderated; please use thoughtfully. You may join this group by sending an e-mail to BZC\_Community-subscribe AT yahoogroups.com. You will receive confirmation. If you have any difficulty with this process, please contact Leslie at lbartholic AT comcast.net.

## Work Day on Sunday, March 30

Twice each year we get together for work day. This is an opportunity for us to dedicate time to our practice place as a community. There are a variety of jobs around BZC that call for different skills. Everyone's efforts are welcome and appreciated. If there is something in particular you would like to work on, or if you are holding on to a secret talent, this is the time to let it out. We look forward to you joining us for either a half or whole day of work. Lunch and snacks will be provided. Look for information and a sign-up sheet closer to the date on the porch bulletin board.



*Photo by Ko Blix.*

## Sojun Roshi's 85th Year

Sojun's 85th birthday celebration will be on Sunday, July 13th, at Laurel picnic area in Tilden Park. Everyone is invited. Please make a note of this now so you can join us then. Details about activities and time will be posted as we get closer to the event. Our aim is to keep it simple and fun. Come and enjoy your Tilden-nature with our venerable and beloved abbot of 47 BZC years. Ron Nestor and Ryushin Andrea Thach will be coordinating.

## Finding Presence in Conversation

**March 21, 7:00 – 9:00 pm**

This open dharma group focuses on practice in the context of everyday communication. These meetings, addressing ways we speak and listen to each other, have been ongoing for a few years, are open to everyone, and are coordinated by Peter Overton. The upcoming meeting will be held in the BZC community room, March 21, 7:00-9:00 pm. For further information contact Peter at 510.325.2342, or peterovrtn AT gmail.com.

## Doing the Next Thing and Then the Next Thing



Our refurbished kitchen is serving up oryoki meals again and fueling the many activities of our sangha.

While we enjoy this renovated space, we can turn our attention to other necessary repairs and upgrades to our buildings. The Project Management Committee maintains a list of all planned building improvements, categorized according to type (for example, efficiency, function, safety), projected cost, and priority, from low to urgent. Our buildings are aging and impermanent, so the list is extensive.

Composed of several board members and other sangha

members with experience caring for the buildings, the committee is in the process of identifying the priority items for 2014, bearing in mind that we have just finished a large project that drew substantially on sangha energy and resources. The current plan is to take on some of the smaller but high-priority projects on the list, such as refurbishing plumbing in 1929 (upstairs), replacing non-functioning windows in 1933 ½, and creating some weatherized, secure, outdoor storage space on the community room porch.

This year's fundraising efforts will be oriented towards generating donations to replenish our Building Fund for anticipated projects like these and the general, ongoing maintenance of the temple buildings. Stay tuned to future newsletters for more information.

*Above: Ross Blum serves up sesshin soup in BZC's remodeled kitchen.  
Photo by Colleen Busch.*

*Right: Project manager Shelley Brock and contractor Gustavo Salcedo.  
Photo by Alan Senauke.*





*Sangha members Linda Hess and Colleen Busch (who bid on the Oakland Zoo tour at last year's fundraising Bazaar) fed the giraffes with the help of zoo docent and guide Paul Farber.*



**“OMG!  
I forgot to pay my BZC  
monthly dues!”**

Support our temple with on-line bill pay.

Here's an easy way to support BZC every month and not have to think about it and let the bank do the work for you. Too good to be true?! Well, find out by signing up for automatic bill pay at your bank. Here's how:

1. Tell your bank you want automatic bill pay and let them set it up for you, or...

2. Use your bank's on-line automatic bill pay function, using the option of "pay by check."

BZC gets a check every month to help pay for the upkeep and operation of our temple and you don't have to lift a finger. The amount is automatically deducted from your checking account balance, and you get great satisfaction and merit from supporting our center.

It's easy, it's fun, and it's free! Sign up today!

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

**April deadline:**  
Friday, March 21, 8:00 pm

**Berkeley Zen Center**  
1931 Russell Street  
Berkeley, CA 94703