



Berkeley Zen Center



August 2014 Newsletter

Study Sesshin with Hozan Alan Senauke Sunday, August 31

Hozan Alan Senauke will lead this year's one-day study sesshin on Sunday, August 31 from 5:00 am to 5:30 pm. As the summer winds down, this day will provide a quiet and reflective respite. It will include zazen, oryoki meals, soji, and two study and discussion sessions. Our study will be Sekito Kisen's "Song of the Grass Roof Hut." This enchanting poem from Sekito (700-790), author of "Sandokai," is rich in imagery and steeped in the Soto approach to Zen.

Materials and a sign-up sheet will be available on the bulletin board shelf before the sesshin. The fee is \$35, and should be paid in advance. Please leave payment marked "Study Sesshin - August 31" in the laundry room door slot. For more information contact the sesshin director, Carol Paul at 510.206.5051, or caroljpaulATyahoo.com.

September Work Weekend Saturday, Spt. 20 - Sunday Spt. 21

Please join us for a special work weekend September 20 & 21. BZC's unpainted wood surfaces, the zendo in particular, badly need cleaning, resurfacing, and refinishing. To make it easier for BZC community members to attend, we've cancelled the usual Saturday program on Sept. 20 so we can pitch in and hear porches and zendo walls expound the dharma. A reliably great lunch will be served each day. The schedule (to be announced) will include the option to drop in any time during the weekend. In case we're not able to finish, we've also set aside Sunday Sept. 28.

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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

August

Sojun Roshi's Koan Study Group

Fridays, 8/1, 8/15, 7:15 - 8:45 pm

Half-Day Sitting

Sunday, 8/3, 8:00 am - 12:00 noon

Founder's Ceremony

Monday, 8/4, 6:20 pm

Tuesday, 8/5, 6:40 am

Bodhisattva Ceremony

Saturday, 8/9, 9:40 am

One-Day Study Retreat

Sunday, 8/31, 5:00 am - 5:30 pm

September

Founder's Ceremony

Wednesday, 9/3, 6:20 pm

Thursday, 9/4, 6:40 am

Bodhisattva Ceremony

Saturday, 9/6, 9:40 am

Half-Day Sitting

Sunday, 9/7, 8:00 am - 12:00 noon

New Member Entering Ceremony

Monday, 9/8, 6:20 am

All Sangha Potluck - Board Nominations

Tuesday, 9/9, 6:30 pm

Women's Sitting

Sunday, 9/14, 9:00 am - 5:00 pm

Work Weekend

Saturday, 9/20 - Sunday, 9/21

Fundraising Party

Saturday, 9/27, 11:30 am - 1:30 pm



September Work Weekend - continued from previous page -

The zendo is thirty-two years old this year and over that time we've done our best to keep it in good condition both inside and out. It's been a good while since we last applied oil to the



exterior walls and there are serious areas of black mold and dried out wood. We plan to use an excellent-quality low-VOC oil which several sangha members have recommended. No special skills are required. For those who prefer not to work with oil or sanding or even outdoors, we have several alternative projects, and of course kitchen support is always welcome.

Walter Kieser, Mary Duryee, and Ron Nestor are organizing the weekend with our work leaders, Paul Ridgeway and Bruce Coughran, helping to supervise the work. A sign-up sheet will be posted on the bulletin board in late August and questions can be directed to the organizers at that time.

Half-Day Sitting

Sunday, September 7, 8:00 am - 12:00 noon

Half-day sittings include five periods of zazen, kinhin (walking meditation) and an informal tea. Sojun Roshi asks participants to commit to the entire four-hour schedule. A \$10 donation is requested. If you have questions or if you cannot sign up on the bulletin board, contact the September half-day director Greg Denny at gregATtechperience.org or 510.559.8831.

Family Sesshin - Save the Date

All are welcome to attend BZC's third annual Family Sesshin on October 5. Join this cutting-edge event where our wonderful 2,500-year-old practice meets 21st Century Bay Area family life! The day will begin at 9:00 am and go until 4:00 pm. We need non-parents and ex-children for ballast, so please consider sharing and supporting this special day. The day will include zazen, service, a mindful walk, work period, art projects, stories, and fun activities for all ages. Sign up on the zendo bulletin board. Questions? E-mail Laurie Senauke (lauriesATkushiki.org).

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. Supervising is Berkeley High student Lihong Chan. If you want to use this service, contact Laurie Senauke, 510.845.2215, or lauriesATkushiki.org by noon the Friday before.

Coverage for 8:45 am zazen instruction is offered by arrangement; contact Laurie for 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, from 9:30 to 11:15 am (check schedule below). Together, we explore meditation, mindfulness, compassion and Buddhist traditions in a kid-friendly fashion. We are developing our curriculum and experimenting with what works best for our situation, which often includes a range of ages from pre-school through late elementary. BZC members Tamar and Judy Fleischman are among those teaching. Come take part! Our program includes songs, stories, discussions, snacks, walks, and art activities. Laurie Senauke can answer questions and receive input.

Family practice schedule:

August	Break - no program
September	To be announced

Family Practice E-mail Group

To make it easier to communicate 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 Marie at marie_hopper_AT_sbcglobal.net or Laurie.

Please RSVP for ALL family activities to lauriesATkushiki.org. Thank you!

The Form and Shape of Practice

When we come to practice we have to put some limitation on our life. It's like a bowl of water. If you put water into a flat dish it doesn't have much depth, but if you have a nice deep bowl it will hold a lot of water. It has form and some shape to it. Practice has to have some form and shape. It can hold some deep water and when there are turbulent waves on the surface there is a ballast of calm deep water. This is one of the things that people struggle with in our society because there is so much opportunity, and it keeps us strung out. The things that only a king would have had in the past, every one of us has the opportunity to have today. It's amazing. The kings were some of the most distraught people because they had so much and had to protect it. It's hard to put limitations on ourselves but necessary. If we want to practice, we have to put some limitation on our activity which can be a big relief because then we don't have to run after everything we see. We don't have to own everything that's advertised. One TV might be enough.



Suzuki Roshi with students, 1967 or 1969.

Master Mumon says, "Don't discuss another's faults." That's right. Just look to yourself, examine your own life. Don't blame others for what is happening to you. "You made me angry." No. "You did something and I got angry." "You walked by and made me fall in love with you." No. "You walked by and I fell in love." In other words, take responsibility for your own feelings, take responsibility for your own thoughts, and your own actions: don't blame. If you can refrain from blaming, then you can examine yourself in a very clear way, no matter what, even if, as the sixth ancestor says, someone else is in the wrong. This is a very important point. Even if someone else appears to be at fault, do not fall into fault-finding. See if you can do that. See what that brings up for you. Don't explore another's affairs; just take care of your own life. Don't gossip, don't pick into someone else's life. Just make sure that you are doing the right thing. Make sure you are following your own intentions. As the saying goes, if you want the tiger's cub, you have to go into the tiger's cave. If you really want something, you really have to put yourself on the line. But better to just do it, without looking for something. This is one secret of practice. The koan "mu" is one of the fundamental koans, maybe the first koan that many students receive. If you recite "mu" all day long with the idea of having kensho, it won't work. If you think that by sitting zazen you'll become enlightened, you will be waiting a long time. Just sit.

Dogen Zenji has a saying from the Genjokoan. "To study the Buddha Way is to study the self. To study the self is to forget the self." If you want to study yourself you have to forget yourself. This is Genjokoan. How do I study the self by forgetting the self? Another way of saying this is, to attain the Buddhadharma is to attain the self, and to attain the self is to forget the self. According to Buddhadharma there is no self. The self is not exactly a self. It's a dynamic flowing of elements; a dynamic flowing of Buddha nature. There is nothing you can grasp. So to forget the self is to forget our idea of self, to forget our idea of who we are. It is a turn toward our true self. The only way to do that is to not hanker after anything. Then we can see clearly who we are. And when we bow, we bow in gratitude. When we have some insight we bow in gratitude. That is all. We bow to our true self, or better yet, we just bow.

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Instead of trying to get something from practice, or from the Dharma, it's better to serve the Dharma. Buddha and Maitreya are servants of the Dharma, "It." What is the example of the Buddha? To serve the Dharma—to serve the truth. That's all there is. When you serve, you're fed.

- Sojun Roshi (from a talk on February 18, 1992; reprinted from the March 2010 BZC Newsletter.)



Sojun Roshi's Koan Study Group

Sojun Roshi's study group will begin a new series in August. First-timers as well as those who've been coming to each series are welcome. We'll continue to work with The Book of Serenity (Equanimity) collection.

The dates are all on Friday evenings from 7:15-8:45. The five-part sequence is: **8/1, 8/15, 9/5, 9/26, and 10/10**. The cost for the series is \$50, with discounts available if necessary. E-mail class coordinator Ron Nestor to register at rnestor1ATyahoo.com.



Caring for Buddha's Robe

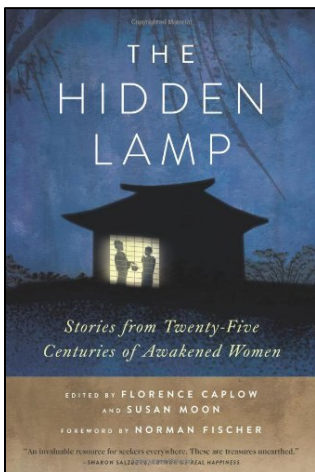
If you need assistance (or simply time and space) with rakusu/okesa/robe repairs, replacement, or finishing already-started rakusu, the following dates are on the calendar. Each session is from 1-5 pm except as noted. Please contact the sewing teacher, Jean Selkirk (510.655.0820), before you attend the first time. Any changes to the schedule will be made on the bulletin board.

Material fees only apply for envelopes or new (second or replacement) rakusu, and the usual class fee applies for new rakusu, which must be started by the end of August.

Starting first rakusu for Lay Ordination will begin in January as usual. If you are considering this, please speak with your teacher and then also speak with the sewing teacher before the winter break begins.

Saturday, August 9, 1 - 5 pm
Saturday, August 23, 2 - 5 pm
Sunday, September 7, 1 - 5 pm
Sunday, September 21, 1 - 5 pm
Sunday, October 12, 1 - 5 pm
Sunday, October 19, 1 - 5 pm
Sunday, November 2, 1 - 5 pm
Sunday, November 16, 1 - 5 pm

Hidden Lamp Gives Light Saturday, September 6



On Saturday, September 6, long-time BZC member Susan Moon will give the Saturday lecture (10:15 am) about her book *The Hidden Lamp: Stories from Twenty-five Centuries of Awakened Women* (co-edited with Florence Caplow). Then we will continue in the afternoon, 1- 4 pm, with an afternoon workshop,

open to men and women. BZC practice leaders Karen Sundheim and Laurie Senauke (who contributed essays in the book) will join Susan to further bring forth these wonderful teachings. The afternoon will include an experiential component—perhaps a writing exercise—and general sharing among all the attendees. We will also hear from Susan about how the book is being received and used around the country. Folks are encouraged to bring a bag lunch and plan for a day at BZC, and to sign up on the bulletin board in late August.

Board Nominations

The BZC board is currently finalizing its search for prospective candidates for our member-at-large election in October. Formal nominations will be made at the all-sangha meeting on Tues., Sept. 9, immediately following the potluck that begins at 6:30 pm. There will be opportunity for committee chairs to provide brief updates regarding finance, building projects, fundraising and electronic communication.

In recruiting candidates, we have identified a variety of skills that support the sangha's interests, including but not limited to: oral and written communication, organization, information technology, money management, fundraising, engineering, building maintenance and nonprofit law. Board members are expected to attend monthly Sunday morning meetings (9:00-12:00), an all-day retreat on a Sunday in February, and to serve on at least one working board committee: finance, buildings, development, electronic communication.

At our September meeting, all BZC members are welcome to nominate fellow members for this position, but please contact them first concerning their willingness to be nominated. If you yourself are interested in being nominated, please contact board president Jake Van Akkeren by e-mail (jvanakkerenATcomcast.net).

We hope to see you at the dinner and meeting and wholeheartedly welcome your participation in the nomination process.

HEAR Report

The HEAR (Harmony, Ethics and Reconciliation) Committee has finalized its report and summary of the Council Meetings last fall, which addressed conflict and conflict resolution within the sangha. Copies of the report are on the bulletin board shelf. If you are remote from BZC and would like a copy, contact Mary Duryee, maduryeeATearthlink.net.



Support the BZC Building Fund

Starting August 16, raffle tickets will be sold after the Saturday program up to and including the day of the fundraising event September 27. All proceeds from ticket sales will replenish BZC's Building Fund for much-needed maintenance.

Raffle tickets are an affordable way for members to support BZC's fundraising efforts. You can purchase one ticket for \$5 or 5 tickets for \$20, and you need not be present to win. Consider buying tickets for friends or selling to friends, family, colleagues, and neighbors. Contact Stephanie Solar (sdsolarATearthlink.net) if you would like a ticket-selling packet.

Here's a look at what you just might win:

GRAND PRIZES

\$300 Gift certificate to Chez Panisse

\$300 Gift certificate to REI

AND...

\$165 Ceramic vase by Barbara Strauss

\$75 Cast iron teapot from Itsy Bitsy

\$35 Gift certificate to Matsu on Solano Ave

(natural bedding, gifts, meditation supplies)

\$25 Gift certificate to Itsy Bitsy on

College Ave (jewelry, decorative items)

Library Note

I am away for the rest of July and August and Chris Evans is the substitute librarian for these months, as he was last year. Many books are now overdue and Chris knows the library well, and is most capable of checking them in. So please look around your home, car, etc., and return books you have had for a month or more. – Ellen Webb



Our Temple Garden

Nancy McClellan has been our head gardener for more than six years. She has devoted her life during this time to caring for the myriad trees, shrubs, and other plants on our temple grounds. She has been exceptional in the time and energy she has given to this position. Nancy has our deepest gratitude for keeping the garden so well

cared for.

Looking forward, we are considering a change in how we manage and care for our temple grounds. We would like to form a group of people to care for the gardens, with someone as garden coordinator, instead of having a single head gardener. Here are some ways people could be involved:

- Be responsible for a section of the grounds. Some people are already doing this, or have expressed an interest. It's possible this could include changing the design or plantings of an area.
- Provide expertise in design or irrigation.
- Provide labor for new plantings or maintenance.
- Come to work period on Saturday mornings and work on assigned garden tasks.
- Share your knowledge of drought-tolerant plants.

This is just a beginning of ideas about this. We will be scheduling a meeting soon for anyone interested in being part of garden care. In the meantime, please respond to Leslie at lbartholic@comcast.net if you are interested in being part of this group.



BZC Event Photos

Jukai 2014's solemn and celebratory photos, and End of Practice Period 2014 exuberant pix are now online. Contact Ko Blix (KoFotoFactory@Tme.com) if you are not yet privy to our semi-private must-see-to-believe BZC Photo Site.

P.S. Next month: 'Photomentary' of Sojun's 85th Birthday Party.



Photos by Ko Blix

New Dharma Group

Leslie Bartholic and Jake Van Akkeren are interested in forming a new dharma group that would start sometime this fall. The group would meet every three weeks or so on Saturday afternoons at BZC. The theme would be practicing with beginner's mind in everyday life. If you have an interest in joining this group, please contact either Leslie (lbartholicATcomcast.net) or Jake (jvanakkerenATcomcast.net).

Kayaking for a Cause

Quoting Water Rat from the children's book *Wind in the Willows*, BZC vice president and one-time volunteer guide for Friends of the River Mary Duryee says she's been "messing about in boats" all her life.

The first river-rafting trip Mary and fellow BZC sangha member Walter Kieser took together was on the Rogue in the early 90's. Since then, they've revisited the Rogue and taken friends both young and old on the Stanislaus, the South Fork of the American, the Klamath, the Green, and the Colorado in the Grand Canyon.

This fall, the pair is crewing up to offer a guided kayaking day trip in the San Francisco Bay to raise money for BZC's Building Fund. While the actual route will depend on conditions, the plan is to put in at Richardson Bay, near Tiburon, possibly paddling towards the Golden Gate Bridge or Angel Island.



Photos by Mary Duryee

Mary started sea kayaking in 1992 with an organization called Healing Adventures, which took people dealing with cancer out into the Bay and other places. "Journeying into wilderness, even when it is surrounded by civilization, is healing," she says. Walter has paddled often in the Bay and led annual scout trips in Richardson Bay.

They are planning an inspiring but not-too-challenging kayaking excursion. "I hope we have fun, see some wild creatures, enjoy the view, have a good lunch and enjoy one another," says Mary. No kayaking experience is necessary, and children accompanied by parents are welcome. Double kayaks are an option for those who prefer not to paddle solo.



Asked what they love about being on the water and hope to share with others on this trip, Walter observes that kayaking in open water "puts you in close touch with the water and all that it contains and that moves it." Mary notes that being in a boat connects her directly both with her own body and with the universe: "There's no end of possible Dharma lessons, including how amazing it is that the boat floats. How we're held by the water."

Watch the September newsletter and the bulletin board for more information on the kayak day trip and other grassroots events you can sign up for at the September 27 fundraising bazaar.

Saturday Speakers, 10:15 am

August 2 - Hozan Alan Senauke

August 9 - Sojun Roshi

August 16 - Meghan Collins

August 23 - Sojun Roshi

August 30 - Hozan Alan Senauke

Friday and Monday Talk Schedule

August 1, Friday 5:50 pm - Peter Pfaelzer

August 4, Monday 6:20 am - Open Discussion

August 11, Monday 6:20 am - Amy Leung

August 18, Monday 6:20 am - Mike McVey

August 25, Monday 6:20 am - Ann Kennedy

NEWSLETTER SUBMISSION DEADLINE

Third Friday of the month before each
issue. Submit items to
bzcnewsletterATgmail.com.

September deadline:
Friday, August 15, 8:00 pm

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