



# Berkeley Zen Center



October 2014 Newsletter

## Aspects of Practice 2014

### Beginner's Mind: Exploring Suzuki Roshi's Unpublished Koan Talks

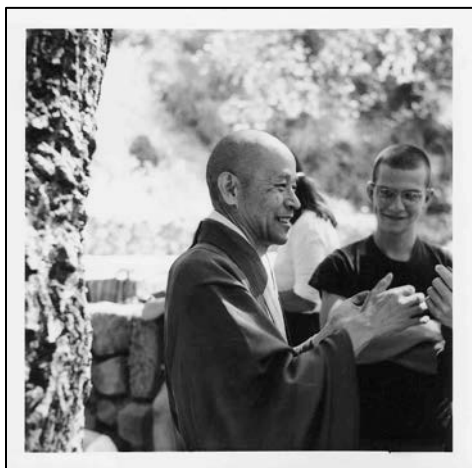
**Saturday, October 18 - Saturday, Nov. 15**

Aspects of Practice – led by BZC Senior Students Denkei Raul Moncayo, Laurie Senauke, Ron Nestor, Ryushin Andrea Thach, Greg Denny, and Gerry Oliva – will begin with the opening sesshin on Saturday, October 18, and continue through the closing sesshin on Saturday, November 15.

As always, this is an opportunity for new and old students to sit and study together, and also share work, practice discussion, and tea. The complete calendar of events is available in this newsletter and on our website.

This year we will be delving into some of Suzuki Roshi's unpublished talks on koans, exploring these in lectures and classes; we will also show a short movie of Suzuki Roshi. These materials are available online and in the BZC library for those who want to dive in on their own. Classes will be on Thursday evenings at 7:15 in the Community room. Some study materials will be available in advance.

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 in early October. If you have questions (or would like to access the online library), e-mail Raul or Laurie (raul.moncayodebremont@gmail.com, lauries@kushiki.org), or catch us at BZC.



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

### October

#### Founder's Ceremony

Thursday, 10/2, 6:20 pm  
Friday, 10/3, 6:40 am

#### Family Sitting

Sunday, 10/5, 9:00 am – 4:00 pm

#### Bodhisattva Ceremony

Saturday, 10/11, 9:40 am

#### One-Day Sesshin

#### Open Aspects of Practice

Saturday, 10/18

#### Aspects of Practice

Saturday, 10/18 – Saturday, 11/15

#### Sejiki Ceremony and Celebration

Saturday, 10/25

### November

#### Founder's Ceremony

Monday, 11/3, 6:20 pm  
Tuesday, 11/4, 6:40 am

#### Bodhisattva Ceremony

Saturday, 11/8, 9:40 am

#### Half-Day Sitting

Sunday, 11/9, 8:00 am – 12:00 noon

#### One-Day Sesshin

#### Close Aspects of Practice

Saturday, 11/15, 5:00 am – 9:00 pm

#### Thanksgiving - Zendo Holiday

Thursday, 11/27

#### Rohatsu Sesshin

Sunday, 11/30 – Saturday, 12/6



#### 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  
Aspects of Practice Period Opens  
Saturday, October 18, 5:00 am – 9:00 pm**

The Aspects of Practice opening sesshin, led by Laurie Senauke, will take place on Saturday, October 18. We encourage both long-term and new sangha members to participate. Please sign up on the patio bulletin board by Wednesday morning, October 15, 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 and should be paid in advance (a discounted fee is possible; please speak to the director). Put checks marked "October 18 sesshin" in the courtyard laundry room door mail slot or mail to the BZC office manager at 1931 Russell St., Berkeley 94703. You can also use the bill pay option on your banks' website with the notation "October Sesshin fee."

Please feel free to contact the sesshin director, Gerry Oliva at 510.652.7217 or sesshin directorbzc@gmail.com if you have any questions.



**Family Sesshin Not Just for Families  
Sunday, October 5, 9:00 am – 4:00 pm**

Dharma brothers and sisters: we're all just one big happy family, right? On Sunday, October 5, BZC will be offering its third annual ground-breaking Family Sesshin for all ages and stages of being. The day will begin at 9:00 am and go until 4:00 pm. It will include zazen, service, a mindful walk, work period, theater games, art projects, stories, and other fun activities for all ages. As usual, we need non-parents and non-children for ballast! You can attend all or part. Please sign up on the zendo bulletin board. Questions? E-mail Laurie Senauke ([lauries@kushiki.org](mailto:lauries@kushiki.org)).

**Family Activities at BZC**

**Saturday Morning Supervised Play**

Supervised play is offered many Saturdays (schedule below) from 9:40 am zazen through lecture. Supervising is Berkeley High student Lihong Chan. To use this service, or for coverage for 8:45 am zazen instruction, contact Laurie Senauke, 510.845.2215, or [lauries@kushiki.org](mailto:lauries@kushiki.org) by noon the Friday before.

**KidZendo**

BZC's Saturday program for children 3 and up is offered during the school year, typically on the fourth Saturday of each month, from 9:30 am to 11:15 am (see schedule below or online). A group of BZC members create this program, which includes songs, stories, offerings, art activities and a snack. For more information, and to RSVP, contact [lauries@kushiki.org](mailto:lauries@kushiki.org).

**New! Theater Games**

We are trying a new monthly offering suggested by sangha member Thea Gold: Theater Games - a way to be silly and free together, while cultivating creativity, body awareness, spontaneity, relaxation, expressivity, trust, laughter, and concentration. It is suitable for all ages, and for the shy as well as outgoing. Through games, storytelling, and improvisation, we will practice fully opening to each moment. It will be held typically on second Saturdays (see schedule or online) from 9:30 am to 11:15 am. To RSVP, contact [lauries@kushiki.org](mailto:lauries@kushiki.org).

Family practice schedule:

October 4	No program
<b>October 5</b>	<b>Family Sesshin</b>
October 11	Supervised play
October 18	Sesshin - no program
October 25	<b>Sejiki Ceremony</b>
November 1	Supervised play
November 8	<b>Theater Games</b>
November 15	Sesshin - no program
November 22	<b>Kidzendo</b>
November 29	Supervised play
December 6	No program
December 13	<b>Theater Games</b>
December 20, 27	Interim

**Family Practice E-mail Group**

Our Yahoo group makes it easier to communicate about family practice. We only send, at most, one event reminder e-mail a week. To join, e-mail Marie at [marie\\_hopper@sbcglobal.net](mailto:marie_hopper@sbcglobal.net) or Laurie.

**Please RSVP for ALL family activities to [lauries@kushiki.org](mailto:lauries@kushiki.org). Thank you!**

# Resonance

October 2014

When I was at Tassajara recently I was asked to perform a little ceremony for an old plum tree in front of the office that was being removed. In response I quickly composed this verse and thought I would share it with you.

Aged plum tree  
Venerable old monk  
Pillar between heaven and earth  
Silent partner  
Offering shade and  
Sweet fruit  
Sometimes noticed  
Sometimes not  
A fixed presence  
A background for our  
Comings and goings  
How many times have we  
Walked by you  
Feeling your presence  
Barely aware of the rustling of  
Your green leaves  
Dancing with the fall breeze  
Waving at the passersby for no one knows  
How many years?

Now your time is up  
You will no doubt be fire  
Wood turning yourself over  
To ash  
Will you remember  
You were once a tree  
That you were a tiny seed  
Long before we got here  
Or that you were once our  
Long ago silent friend  
On the green grass outside  
The Tassajara office?  
What will become of you?  
What will become of us? Where?  
Will we meet again?  
In the dreamtime of our imagination  
We will be sitting and swaying in  
The spreading arms of your branches  
Getting drunk on your delicious fruit and  
Giving voice to  
All the stories You couldn't tell.  
So long  
Old friend.

- Sojun Roshi



## Board News

I am pleased to announce that six people were nominated at September's All-Sangha meeting to become candidates for the upcoming board election. Our candidates are: Jed Appelman, Afsaneh Michaels, Mark Copithorne, Kiká Susan, Troy DuFrene and Stan Dewey. I know that all of us much appreciate the willingness of these dedicated sangha members to step forward in this leadership role.

Candidate statements and photographs will be posted on the patio bulletin board by the end of this month. The election itself will take place during the month of October and results will be posted in early November.

I'd also like to announce that Paul Farber will be stepping down as treasurer at the end of this year after providing two years of exceptional leadership in that role. Paul has accomplished a lot as treasurer. Among other things, he has collaboratively worked with the office manager to greatly simplify the accounting system, made thoughtful recommendations concerning investments which the board has approved (leading to enhanced interest returns), and streamlined financial reporting to the sangha. Paul is also currently putting together a binder that will provide a detailed job description of the office of treasurer. Paul's contributions are much appreciated by all of us on the board, and he will be greatly missed. He has generously agreed to be available for consultation to the next treasurer whenever needed.

At this time, I am very pleased to report that Sojun Roshi has invited Walter Kieser to return to the board as treasurer beginning in January of 2015. Walter has graciously agreed to assume this officer position. Walter, as many of you know, ably served for six years as a member-at-large on the board before stepping down a couple of years ago. He will continue to serve on the project management committee for which we're all very grateful.

Finally, the development (fundraising) committee is currently looking to add members for 2015. This committee has a variety of needs and is well suited for both people who are socially outgoing and for those who prefer working behind the scenes. The committee is planning to substantially expand its fundraising efforts beyond the annual party fundraiser.

If you have any questions concerning BZC board activities, please don't hesitate to contact me. - Jake Van Akkeren, Board President: [jvanakkeren@comcast.net](mailto:jvanakkeren@comcast.net).



### Autumn Sunset

Humoring the baby—  
the autumn sun goes down  
before you know it.

- Haiga by Kazumi Cranney

## 20's and 30's Dharma Group Updated Schedule for 2014

BZC invites young adults in their 20's and 30's to join us in a monthly open discussion group about zen, buddhism, meditation and developing a practice. Our aim is to cultivate kalyana mitta, spiritual friendship, to provide members with an opportunity to meet others in their age group and to support each other in bringing practice more fully into our daily lives. We meet in the zendo at 11:30 after Saturday lecture. **Revised 2014 meeting dates: 10/25, 11/29, 12/13.** For further information contact Gerry Oliva: [olivag@fcm.ucsf.edu](mailto:olivag@fcm.ucsf.edu).

## It's Time for Sejiki! Saturday, October 25

Sejiki is a popular buddhist festival that highlights the connection between our world and the worlds 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's Sejiki ceremony will be held on Saturday, October 25. 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 at 1933 Russell. 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 Christy at [ccalame@earthlink.net](mailto:ccalame@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 at [lauries@kushiki.org](mailto:lauries@kushiki.org).

*Photos by Ko Blix*



## Chidens

Caring for the altars in the zendo, a chiden deepens personal practice while supporting the practice for all. Tasks include flower arranging, caring for the candles, dusting and straightening. The 2015 chiden roster will be sent out in October and that is the time to confirm your chiden dates for 2015.

In response for more information about Ikebana (Japanese flower arranging) BZC friend Barbara Stevens Strauss is offering an Ikebana demonstration class on the evening of Wednesday, November 12, 7:00 – 9:00 at BZC member Afsaneh Michaels' art studio in West Berkeley. Although the precise origin of Ikebana is unknown, it is thought to have come to Japan as part of Buddhist practice when Buddhism reached Japan in the 6th century. You have possibly admired Barbara's arrangements at BZC's ceremonies; she is a certified Sogetsu Ikebana teacher.

For chiden information please contact Stephanie Seaborg at [slseaborg@gmail.com](mailto:slseaborg@gmail.com).



**Saturday Speakers, 10:15 am**

- Oct. 4 - Andrea Thach
- Oct. 11 - Sojun
- Oct. 18 - Hozan (Sesshin: Open Aspects)
- Oct. 25 - Apects (and SeiJiki)

**Friday and Monday Talk Schedule**

- Oct. 3, Friday 5:50 pm - Jenn Lin
- Oct. 6, Monday 6:20 am - Kiká
- Oct. 13, Monday 6:20 am - Sue Oehser
- Oct. 20, Monday 6:20 am - Denkei Raul  
Moncayo
- Oct. 27, Monday 6:20 am - Andrea Thach

**NEWSLETTER SUBMISSION DEADLINE**

**Third Friday of the month before each issue. Submit items to [bzcnewsletter@gmail.com](mailto:bzcnewsletter@gmail.com).**

**November deadline:  
Friday, October 17, 8:00 pm**



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