



Berkeley Zen Center



September-October 2015 Newsletter

“Song of Zazen” with Hozan Alan Senauke Sunday, September 6

Hozan Alan Senauke will lead this year’s one-day study sesshin on Sunday, September 6 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 for breakfast and lunch, soji, and two study and discussion sessions. Our study will be Hakuin Zenji’s “Song of Zazen” / “Zazen Wasan.” This teaching poem by Hakuin Ekaku (1686 to 1769) in certain ways parallels Dogen Zenji’s “Fukanzazengi,” and is regularly chanted in Rinzai dojos.



Materials will be available on the bulletin board shelf in advance of the sesshin. The fee is \$35, and should be paid in advance. Please leave payment marked “Study Sesshin” by Thursday September 3 in the donation slot in the laundry room door. For more information contact the sesshin director Gerry Oliva sesshindirectorBZC@gmail.com. A sign-up sheet will be posted on the bulletin board in mid-August.



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

September

Founder’s Ceremonies

Thursday, 9/3, 6:20pm

Friday, 9/4, 6:40am

One-day Study Sesshin

Sunday, 9/6, 5:00am – 5:30pm

Zendo Holiday

Monday, 9/7

New Member Entering Ceremony

Monday, 9/14, 6:25am

All-Sangha Potluck – Board Nominations

Tuesday, 9/15, 6:30pm

Women’s Sitting

Sunday, 9/20, 9:00am – 4:30pm

Bodhisattva Ceremony

Saturday, 9/26, 9:40am

Board Party Fundraiser

Saturday, 9/26, after regular program

October

Jizo Ceremony

Saturday, 10/3, 1:00pm– 2:30pm

Family Sitting

Sunday, 10/4, 9:00am – 4:00pm

Founder’s Ceremonies

Monday, 10/5, 6:20pm

Tuesday, 10/6, 6:40am

Open Aspects of Practice Sitting

Saturday, 10/17

Bodhisattva Ceremony

Saturday, 10/24, 9:40am

Sejiki

Saturday, 10/31

Note: beginning this month, the BZC newsletter will be published bi-monthly instead of monthly. Hopefully all the news you need will still get to you in a timely enough manner, while we save a tree or two in the bargain. Feel free to let us know how this goes by emailing bzcnewsletter@gmail.com.

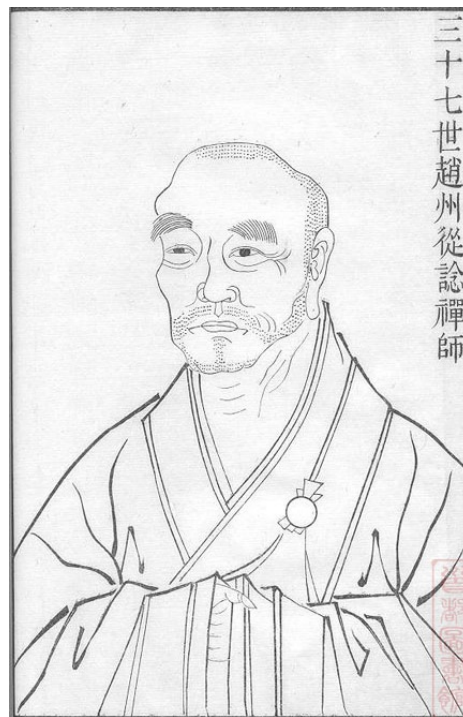
Women's Sitting Sunday, September 20 9:00am – 4:30pm

The annual BZC Women's Sitting will be held this month on Sunday, September 20, beginning at 9:00am and ending at 4:30pm. It will include both a lecture and a discussion period led by Meghan Collins, a long time Lay Entrusted BZC practitioner. We will go at a relaxing pace with a mixture of 30 and 40 minute sitting periods, short AM and PM breaks, a silent bag lunch, and an afternoon tea break. Women of all levels of practice are encouraged to attend this special sesshin to explore our experience as female practitioners. Cost for the day is \$25. (If you are unable to pay the full amount, contact the sesshin director to arrange a reduced fee.) The sign up sheet will be posted on the courtyard bulletin board in early September. For more information, please contact sesshin director, Gerry Oliva at sesshindirector@bzc@gmail.com or 510-652-7217.



New Member Entering Ceremony Monday, September 14, 6:25am

Any BZC member who has not formally entered the BZC temple over the past years is warmly invited to attend this formal entering ceremony.



Woodcut portrayal of Joshu (1880)

Aspects of Practice 2015 Remembering the Ancient Way

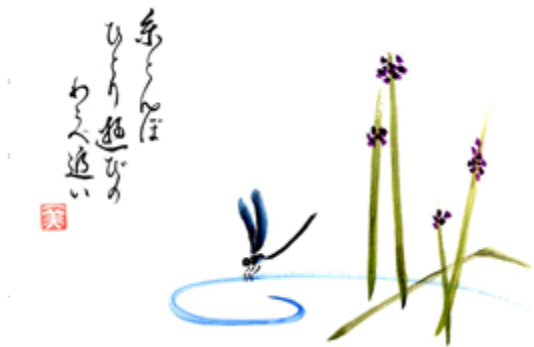
Aspects of Practice—led by Vice-Abbot Hozan Alan Senauke and BZC senior students—will begin with sesshin on Saturday October 17, and continue through the closing sitting on Saturday November 14. As always, this is an opportunity for new and old students to study and practice together the basics of zazen, forms, and dharma here at BZC. And of course, we will share work, practice discussion, and tea.

This year our classes and lectures will focus on our Chinese ancestors—Soto and Rinzai, men and women—and how their teachings and example remain alive to us so many centuries later. Copies of the texts will be available in advance.

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

All Sangha Potluck - Board Nominations Tuesday, September 15, 6:30pm

Please join us for a potluck dinner on Tuesday, September 15, beginning at 6:30 in the community room. A sign-up sheet is posted on the patio bulletin board for bringing food, drinks or helping with clean-up. After dinner the Board will nominate three candidates for the three open positions for this fall's election. In recruiting candidates, the Board has identified 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 non-profit law. Board members are expected to attend monthly meetings, an all-day retreat on a Sunday in January, and to serve on at least one working Board committee: finance, buildings, development, electronic communication, nomination/election process. As in the past, 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 either Stephanie Solar or Stan Dewey. During the meeting there will also be opportunity for Board committee chairs to provide updates regarding finance, building projects, fundraising, electronic communication, election/nomination reform, and HEAR. We hope to see you at the dinner and meeting and wholeheartedly welcome your participation in the nomination process.



Dragonfly Pursuit, a Haiga painting by BZC member Kazumi Cranney

Board Party Fundraiser Saturday, September 26, after regular program



Please join us for Berkeley Zen Center's annual fundraising party Saturday, September 26th. Food, Music, Photo booths and Fun, are just some of the activities you, your family and friends can partake in after lecture Saturday afternoon. Sangha offerings this year range from **Sutra copying in Calligraphy**, to a **walk with Sojun**, to an **intro to Rock-Climbing course**. There will also be over 8 prizes raffled off this year including a **\$150.00 gift certificate to REI and Chez Panisse**.

All funds raised during the event and in weeks prior via the raffle sales will go towards supporting the \$25,000 (2016) goal of the BZC building improvement fund. If you have any questions about the fundraising event, or would like to help us reach our goal, please reach out to Kelsey Hermann, Development Committee Chair at kelseybrynne@gmail.com. We hope to see you there!



Jizo Ceremony for Children Who Have Died Saturday, October 3, 1:00pm - 2:30pm

The loss of a loved one often opens a well of profound grief. No matter how the loved one dies suddenly or slowly, whether through illness, accident, miscarriage, abortion or suicide, our sorrow is deep and may be long-lasting. To help families and friends in their process of grief, we will honor our lost loved ones by participating in a ceremony in our Jizo garden. Jizo, the Earth Store Bodhisattva, is viewed as a guide and protector for those who are enduring the loss of loved one, particularly a child lost in miscarriage, stillbirth, abortion or in early life. Jizo's vow is to remain in the world until all beings are free from suffering, and he accompanies children when they pass out of this world.

Before the ceremony we will spend time making a personal memorial for a lost one, by writing a message, making a simple necklace or other offering. Attendees are also invited to bring a picture of their loved one or other personal token of remembrance for our altar.

The ceremony will be led by two BZC priests, Gerry Oliva and Judy Fleischman. All BZC members and neighborhood residents are invited to attend. A sign-up sheet will be posted on the courtyard bulletin board. There is no fee but offerings of dana are welcome. For more information or to sign up by phone contact Gerry Oliva at gryoliva@gmail.com or call 510-652-7217.

Sounding Board for September 2015

The climate crisis has arrived, despite all crackpot denials. We feel it here in California in the depth of drought, mandated state water rationing, and now in a twelve-month fire season burning through our forests and grasslands. As responsible citizens and visible members of Berkeley's religious community, the BZC sangha has been taking steps to evaluate and change our consumption of water and petroleum-based fuel.

Recently the board asked for reviews of water and energy usage. Board member Mark Copithorne has found that our total electrical usage—for all four of our buildings—averages 1200kWh per month. This is remarkably modest given the usage of residences, zendo, community room, etc. The average California single household uses about 500 kWh per month.

Checking water bills, Office Manager Tamar Enoch has found that our water usage, compared with 2013 usage is down by the following startling percentages:

1929 Russell is down 45%
1931 Russell is down 50%
1933 Russell is down 42%

The garden committee, with guidance from Sojun Roshi and others, is actively looking at replacement of our front and back lawns with paving and drought-resistant vegetation. As prices of solar panels and installations continue to fall, the Board is investigating the possibility of solar conversion.

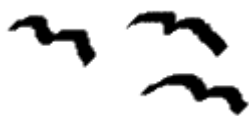
Lastly, although we are not a wealthy community, we have in place a socially-responsible investment policy that eschews funds that carry in their portfolios weapon manufacture, tobacco products, alcohol, oil and gas.



Family Sesshin
Sunday, 10/4, 9:00am – 4:00pm

All are welcome to attend BZC's annual Family Sesshin. Join this cutting-edge event where our wonderful 2500-year-old practice meets 21st Century Bay Area family life! 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 Marie Hopper (marie_hopper@sbcglobal.net) or Laurie Senauke (lauries@kushiki.org).



Sejiki
Saturday, 10/31

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 31. 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 9:40, 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 9:30 am at 1933 Russell. Everyone is encouraged to come in costume and bring noisemakers for the ceremony. For more information about the program, please contact Sue at soehser@earthlink.net. You can also give Sue 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 9:30 kids' activity, please RSVP to Laurie at lauries@kushiki.org or Ryk at ryk@groetchen.com.

Family Practice at BZC

KidZendo

Beginning on September 12, KidZendo will be offered most Saturdays (check the schedule below or online, and always RSVP so we can share late-breaking news) from 9:30 to 11:15. BZC member and Music Together teacher Ryk Groetchen will be taking the lead; the program will include more and different kinds of music, as well as familiar activities from previous years. Here are a few thoughts from Ryk:

I first came to BZC in 1995, seeking to learn about how meditation manifests itself in a community setting. I have taught music to families with young children since 2002, and am the director of the non-profit East Bay Community Music Project. In my role as a facilitator of the Family Program at BZC, I will bring curiosity, a love of play, years of experience making music with families, and a respect for the ways children and adults naturally learn and grow together. With simple activities, some repetition, a bit of silliness, and a joy for working together, I hope to help discover a family practice that allows us all to be who we are, making mistake after mistake and enjoying the wonder of the ordinary.

Saturday Morning Supervised Play

Due to the expanded KidZendo program, we will not be offering supervised play. We want to serve the needs of parents keeping the flame of practice alive, so don't hesitate to contact us with your questions, concerns, and wishlist. Direct inquiries to Laurie Senauke (lauries@kushiki.org).

Family Practice E-mail Group

Our Yahoo group makes it easier to communicate about family practice. We only send, at most, one event e-mail a week. To join, e-mail Marie at marie_hopper@sbcglobal.net or Laurie.

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

Family Practice Schedule

September 5:	Holiday weekend - no program
September 12:	Kidzendo
September 19:	Kidzendo
September 26:	Kidzendo
	(and BZC FUNdraising Party - please join us!)
October 3:	Kidzendo
October 4:	FAMILY SESSHIN
October 10:	Kidzendo
October 17:	No program - sesshin
October 24:	Kidzendo
October 31:	Kidzendo

Changes Coming to Our Neighborhood

Katy Guimond

As many of you have probably noticed, new construction is going up and longtime businesses are shifting near BZC. The Adeline Street corridor is undergoing a wave of development. The City of Berkeley is in the midst of a multiyear community planning process for the Adeline Corridor, but many new projects will break ground before any plan is in place.

A development has been proposed for 2902 Adeline St. combining the site of AW Pottery and the first house on Russell St. next to it. The developer, RealTex, has proposed a 6-story, 56-unit residential building with 8 live-work units on the ground floor. 10% of the building will be affordable housing, the minimum required by the City of Berkeley. The building will include a small parking garage with 18 parking spaces. The units will be 1- and 2-bedrooms. The developer imagines the live-work units would house small businesses along the lines of graphic designers and therapists. Affordable units will rent for approximately \$800-900/month, while the market rate units are projected to rent for \$1,800-2,500/month. The architect is David Trachtenberg of Trachtenberg Architects, a longtime Berkeley architect.

The main concerns expressed by local residents at two community meetings called by the developer are parking and traffic, the height of the building, and affordability and gentrification. Many neighbors expressed concern about the lack of parking in the project and how it might impact street parking in the area, especially in areas without residential parking. The developer has argued that with Ashby BART, multiple car-share services, and bike parking nearby, residents are not likely to have a car. A local activist has countered that studies show it is tenant's incomes which determine whether they will own a car, not proximity to transit.

Neighbors are also concerned about the shadows caused by the project and the impact its height will have on the residential character of the area. The developer and architect plan to have a

series of setbacks on the Russell St. side of the building to make the building less monolithic, and argue that it is the same height as the Harriet Tubman senior housing complex on the northwest corner of Russell and Adeline. The developer has no interest in changing the barriers on Russell St.

The low levels of affordable housing are also causing concern about gentrification, and how the building might change the character of the neighborhood through its effect on property values and an influx of more affluent residents, most likely without children. Locals active with Friends of Adeline, a community group that has emerged to articulate a community-based vision for the Adeline Corridor, have articulated the concerns about affordability most strongly.

I attended the two community meetings, along with BZC'ers Bruce Coughran, Ross Blum, and our abbot and vice-abbot, and I plan to continue to be involved in the process. A few neighbors are planning to call a community meeting about the project in the coming days so we can begin to organize some kind of response. While there is a diversity of concerns among neighbors, we are united by our interest in having a say in the direction our neighborhood takes. If you have questions or would like to become involved, feel free to contact me, and check the bulletin board for announcements of upcoming meetings.



From Sojun...

Ever since the 70's my wife and I have almost always had a dog and a cat. But for me the dog was far more important. The dog is a companion. You walk together, you train together, you share similar emotions, you have adventures. For me the cat has been mostly in the background. But this is the first time we have had a cat and no dog. I always liked our cats but I guess you could say that I was not particularly drawn to them.

Recently, my wife acquired a calico cat while I was at sesshin. She let me know by emailing me a photo of the new cat on the mantle! I have to admit that I was charmed, even though it had been our understanding not to bring home an animal without a prior agreement. I gave her a variance because during sesshin I was in a state far beyond right and wrong, form and emptiness.

Now that we are between dogs, I have this opportunity to study our cat. We are obligated to train dogs because they are responsible members of society. Dog people. Cats on the other hand train us. They weave in and out of society as they wish without any obligations and live according to some inner mysterious compass. Our cat mostly lives outside and comes in to eat and sometimes takes a long nap in the morning after prowling around all night. I have spotted her all over the neighborhood crossing streets.

But I have to say that she really loves us. She doesn't like to be handled, but we always greet each other with affection, bumping heads and short strokes. She often makes a little statement when she comes in to announce her arrival. She also spends time in the backyard garden, and appears seemingly from nowhere when you think she is gone. When she is around outside, she seems to know everything that is going on



in the house and has an unerring sense of time and timing. She prefers to be out all night and when I get up at 4:45 we meet at the back door at exactly the same time. I could go on about the virtues of this little creature, her intelligence, her agility, her perfect composure and so forth. She is so well coordinated, it seems like her whole being is her brain. But just one more thing. Animals are such great models for us, and have so much to teach us including silent communication, loyalty, love and communion. Sometime I will tell you about Doug's chickens.

Saturday Speakers, 10:15 am

September 5	Hozan Alan Senauke
September 12	Sojun Mel Weitsman
September 19	Zentetsu Tim Burkett
September 26	Sojun Mel Weitsman
October 3	Mary Mocine
October 10	Sojun Mel Weitsman
October 17	Hozan Alan Senauke
October 24	tba
October 31	No talk

NEWSLETTER SUBMISSION DEADLINE

Third Friday of the month before each issue. Submit items to bzcnewsletter@gmail.com.

November-December deadline:
Friday, October 23, 8:00 pm

Friday and Monday Talk Schedule

September 4	Friday 5:40pm	Leo Gordon (son of William and Sahoko)
September 7	Monday 5:40am	Zendo Holiday
September 14	Monday 5:40am	New Member Entering Ceremony
September 28	Monday 6:25am	Courtney Gonzalez
October 2	Friday 5:40pm	Nancy Suib
October 5	Monday 6:25am	Open Discussion
October 12	Monday 6:25am	tba
October 19	Monday 6:25am	tba
October 26	Monday 6:25am	Raul Moncayo

Come and Sit with Us

The weekday zazen schedule includes informal zazen at noon.

Monday through Friday

5:40am - 7:00am		zazen, service, soji
12:00pm - 12:30pm		zazen
5:40pm - 6:30pm		zazen, service

Berkeley Zen Center
1931 Russell Street
Berkeley, CA 94703