



Berkeley Zen Center



July-August 2018 Newsletter

One-Day Sesshin

Sojun Roshi will be leading a one-day sesshin on Saturday, August 4, from 5:00 a.m. to 9:00 p.m. We encourage old and new sangha members to participate. Please sign up on the patio bulletin board by Wednesday morning, August 1, 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 for those in need; please speak to the director). Leave checks marked "August sesshin" in the mail slot in the courtyard laundry room door or mail to the BZC Office Manager at 1931 Russell St., Berkeley, CA 94703. Those attending for the first time will need to fill out a Sesshin Information Sheet to let us know of food allergies or other health or physical concerns requiring accommodation. Please request this by contacting the sesshin director, Peter Overton, at 510-325-2342 or sesshindirectorbzc@gmail.com.



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

July

Founders' Ceremonies

Monday, 7/2, 6:20pm

Tuesday, 7/3, 6:40am

Zendo Holiday

Wednesday, 7/4

Zazenkai (Just Sitting Day)

Sunday, 7/8

Half-Day Sitting

Sunday, 7/15

Mountains & Rivers Sesshin

Thursday 7/26 through Sunday 7/29

Bodhisattva Ceremony

Saturday, 7/28, 9:40am

August

Founders' Ceremonies

Thursday, 8/2, 6:20pm

Friday, 8/3, 6:40am

One-Day Sesshin

Saturday, 8/4

Half-Day Sitting

Sunday, 8/12

Bodhisattva Ceremony

Saturday, 8/25, 9:40am

Four-Day Mountains & Rivers Sesshin

Our annual Mountains and Rivers Sesshin will take place Thursday through Sunday, July 26–29, at Point Reyes.

Ikushin Gerry Oliva will be joining us as the doshi. She will be leading our daily discussions of Dogen's *Mountains and Rivers Sutra* and will also be available for one-on-one practice discussion during our free-time periods on Friday and Saturday afternoons.

The sesshin will begin with an orientation meeting Wednesday evening, July 25, at 6:00 p.m. in the community room. Thursday morning we will carpool to Point Reyes, then hike from the Bear Valley Visitor Center to Coast Camp, moving at a moderate pace with frequent rest stops and lunch along the way. We will get back to Berkeley around 5:00 p.m. Sunday. All meals are provided and camping experience is not required. Everyone is encouraged to do the full four days, but provision will also be made for those who may have to arrive late.

The sign-up sheet will be posted on the BZC bulletin board as of July 9. Your spot will be reserved after you submit all the logistical information requested on the sign-up sheet. *NOTE:* First-timers need to complete a phone orientation with Zosie before being officially registered. Sign-up deadline is Friday, July 20. The fee is \$75. If you have any questions, please contact Zosie Calame: zosiec@zoho.com.

Nothing's Perfect

Yes, even in a Zen community there may be disagreements, conflicts, unethical behavior, and grievances. That's why BZC has the Harmony, Ethics, and Reconciliation (HEAR) Committee to help deal with these ruptures in the relationships among sangha members.

The Bodhisattva Precepts serve as our

guide toward right conduct, right speech, and relationships. The BZC Ethics Guidelines are based in the Precepts. You can read the Guidelines at BZC's website: berkeleyzencenter.org. The HEAR Committee is empowered by the BZC Board of Directors, and its members are appointed by the Board.

A major focus of the committee is conflict resolution by offering sangha members a means of dealing with the inevitable conflicts that occasionally arise when people work closely with one another. The other purpose of HEAR is to receive and hear complaints about possible violations of the ethics guidelines.

To initiate a process, one may contact any HEAR Committee member. The initial conversation can be quite informal, even as informal as a consultation about whether HEAR is the correct medium for addressing the problem, including whether there might be other steps to take first, whether or how one wishes to engage with the other person, and whether an informal or formal process is most appropriate.

An *informal process* is one in which there is a need for reconciliation of some sort, but no determination by a third party of "right" or "wrong" conduct. HEAR uses a variety of means to address these issues, determined on a case-by-case basis with the permission of the participants: for example, (1) a "shuttle diplomacy" model prior to a joint meeting with the other person; (2) facilitated discussion(s) between the concerned parties with the aim of settling the issue sufficient to allow them to continue practicing together, or a complete resolution; (3) referral to an appropriate forum (such as the Practice Committee when practice policy is part of the issue); or (4) mediation between the parties.

A *formal process* is one where a formally convened panel of noninvolved individuals reviews the details of the situation, meets with

the parties, and makes a determination about whether the complaint is valid and constitutes a violation of the ethics guidelines. These cases fall into three general categories: (1) observation of serious misconduct or unethical behavior on the part of a sangha member that has not been addressed by teachers or practice leaders; (2) serious misconduct by the abbot, vice abbot, priests, or lay leaders; or (3) an appeal of an administrative decision regarding oneself. The process begins with the submission of a written formal complaint. A sangha member may consult with HEAR prior to preparing a written complaint in order to review the process.

The initial conversations with a HEAR Committee member are confidential, as are the informal and formal grievance processes.

Commensurate with our goal of promoting harmony, the HEAR Committee at times proactively initiates interventions when we see that conflict or discord loom. We have also sometimes initiated councils or discussions in which sangha members gather to listen deeply to each other about controversial issues within the community. When necessary, HEAR also helps the Board in amending the Ethics Guidelines or our procedures for resolving issues.

The HEAR Committee is not a substitute for your relationship with a teacher. We encourage sangha members to consult their teacher, as well as to attempt to communicate with the person with whom they are in conflict before bringing the issue to the committee. However, the committee is a resource for the sangha when other attempts at conflict resolution or reconciliation do not work.

The 2018 members of the HEAR Committee are: Stan Dewey (chair), Mary Duryee, Gerry Oliva, Tom Painter, Hozan Alan Senauke, and Penelope Thompson. Feel free to talk to any of us if you want further information.

August Caregiving Meeting

Sangha Support is offering a gathering for helpers of loved ones/family caregivers on Sunday, August 26, at 4:00–5:30 p.m. in the Senauke home at 1933 Russell St. at BZC.

For our gathering, there will be the usual (unusual!) guided meditation by Laurie Senauke, time for checking in, and space to share ideas for how this caregiving practice can be met with kindness for all, including oneself.

Thank you for helping another person with doing things that they used to do for themselves; we recognize your courage in navigating this challenging practice.

For more information, please contact Debbie at DebbieResearcher@gmail.com or 503-505-4282.

Lotus Sutra Class

Laurie Senauke and Susan Marvin will be teaching a class on the *Lotus Sutra* Thursday evenings, 7:15–8:45 p.m., August 30 through September 20.

The *Lotus Sutra* is one of the most popular and influential Mahayana sutras. It is known for its development of the concept of skillful means, mostly in the form of parables. It is full of cosmic imagery but its basic message is that all beings have the potential to become Buddhas and teach the Dharma here and now.

Susan and Laurie have been studying and enjoying the *Lotus Sutra* together for several months and are looking forward to sharing it with you. Readings will be from Gene Reeves's translation of the *Lotus Sutra* and from Thich Nhat Hanh's *Opening the Heart of the Cosmos*.

Lay Ordination

On Saturday, June 9, three members of the Berkeley Zen Center sangha received Lay Ordination (*Zaiko Tokudo*) from Sojun Weitsman Roshi and Hozan Senauke Sensei. This year Dôan Robert Thomas and his student joined in the ceremony.

This ceremony takes place once a year at BZC and is a significant rite of passage for each participant and for the whole sangha. We have the feeling that we are all together witnessing and participating as the ordinees receive Buddha's precepts. We welcome these ordinees into the lineage of Shakyamuni Buddha and Suzuki Roshi's family.



From left to right: Jean Selkirk (sewing teacher), Cheryl Gordon, Cricket Halsey, Rhiana Wiggins, Abbot Sojun Mel Weitsman (preceptor), Vice Abbot Hozan Alan Senauke (preceptor), Dôan Robert Thomas (preceptor), and Greg Smith (not pictured).

Sojun Roshi's student:

Cheryl Gordon

Tai Dô Myô Shin

Peaceful Way Radiant Heart

Hozan Sensei's students:

Rhiana Wiggins

Shin Sen Tai Do

Deep River Peaceful Ground

Greg Smith

Un Zan Kô Rei

Cloud Mountain Great Effort

Dôan Robert Thomas's student:

Cricket Halsey

Gen Shin Yû Dô

Truth Source Gentle Way

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*the dharma wheel turns
four receiving rakusu
thank you very much!*

—Anon.

Board News

The June Board meeting was postponed. Its agenda will be included in the July 15 meeting, which will be 9:00 a.m. to noon instead of the usual 9:00–11:00 a.m. (We opted to postpone so as to be able to focus on the Practice Period and five-day sesshin.)

All sangha members are welcome to attend any Board meetings. The agenda is always posted several days ahead of time, so you can see if there is any topic you are particularly concerned about.

Position Changes

Jake Van Akkeren has taken over the Health and Safety Coordinator role from Nancy Suib.

Mahin Mahdavi is now tending the dokusan hut, taking over from Kiká Hellein (who has returned to Tassajara).

Thanks to you all for your dedication! 🙏

30th Shuso!

Consider Making a Bequest to BZC



Congratulations to our 30th BZC shuso/head student, Maiko Kaishin Ellen Webb (Dancing Light, Open Heart)—shown here following her shuso hossen on June 17, 2018, with benji Rondi Saslow, Sojun Roshi, and last year's shuso, Mary Duryee.

Oryoki Training

Are you ready to deepen your formal meal practice in the zendo? Would you like to explore and learn how to use oryoki bowls with cloths? The next trainings will be July 28 and August 25 (in both cases after the Saturday program, from 11:30 a.m. to 12:15 p.m.). Check the courtyard bulletin board for the sign-up sheet or just drop in. Contact Sue Oehser (510-339-0243 or soehser@earthlink.net) if you have questions or want to pick another date.

Vallejo Zen Center Garden & Jazz Party

Saturday, July 28, 3–6 p.m.

It's time again for VZC's annual fundraising party at 607 Branciforte St. in Vallejo. Great jazz, food, drink, door prizes, silent auction, and a grand raffle of dinner for two at Greens. (You need not be present to win the raffle.) Raffle and doorprize chances are \$5 each or \$20 for five chances. Admission is \$20 per person (kids under 12 free). You can purchase tickets at BZC from Ko Blix or Jake Van Akkeren.

"After years of putting off getting my estate in order with a will and trust, I find that doing so gives me great peace of mind: peace that family members will not be burdened with trying to discern my wishes; and peace that the people and organizations that really matter to me are supported. Including a legacy gift for BZC has the heft of affirming no-birth-no-death, and the great satisfaction that this practice place will continue to be supported for years to come." (BZC legacy donor)

As you know, Berkeley Zen Center is solely supported by our dues and donations. One of the significant ways sangha members and friends have donated is by leaving a monetary gift in their will or their trust. A gift in your will or revocable living trust, called a bequest, is a wonderful way to donate for people who love the sangha but may not wish to part with their resources today.

Remembering BZC in your estate plan helps ensure the ongoing health and well-being of our teachers, the structures at BZC, our sangha, and our practice. The BZC Board would like you to know that a number of its members, past and present, have named BZC in their wills or trusts. The Board invites all members and friends to follow this example and consider making such a bequest.

For more information about including BZC in your planned giving, contact BZC Treasurer Laurie Senauke at lauriesenauke@sonic.net.

You can also contact Laurie if you would like to let us know that you have already provided for BZC in your estate plan.

Saturday Speakers, 10:15 a.m.

July 7	Sojun Roshi
July 14	Susan Marvin
July 21	Edward Espe Brown
July 28	Hozan Alan Senauke
August 4	Sojun Roshi
August 11	Meghan Collins
August 18	Baika Pratt-Heaton
August 25	Laurie Senauke

Friday and Monday Talk Schedule

July 2	Mon 6:25am	Open discussion
July 6	Fri 5:50pm	Nancy Suib
July 9	Mon 6:25am	Mahin Mahdavi
July 16	Mon 6:25am	Charley Ware
July 23	Mon 6:25am	Kurt Kowalski
July 30	Mon 6:25am	Linda Hess
August 3	Fri 5:50pm	Sojun Roshi
August 6	Mon 6:25am	Open discussion
August 13	Mon 6:25am	Ben Clausen
August 20	Mon 6:25am	tba
August 27	Mon 6:25am	tba

Come Sit with Us:

Monday through Friday

5:40–7:00am: zazen, service, soji

5:40–6:30pm: zazen, service

Tuesday, Wednesday & Thursday

noon–12:30pm: informal zazen

Friday Tea Time

Our Friday Tea begins every Friday at 4:45 p.m. It takes place on the patio or in the community room (depending on the weather) and is open to everyone. Please join us as we discuss and question Dharma practice while sipping tea and opening our body and mind to harmony and lightness of being.

Family Practice at BZC

Note: Family Practice will be on a hiatus until January 2019. We look forward to seeing you then!



4. Ants (Summer)

Ants

*A column of ants —
marching ahead with
great confidence and resolution.*

—Kazumi Cranney

Why Do We Practice?

Zen students sometimes ask me what the purpose of practice is, or question why they are doing this. Some say that they began practice because of their suffering. Others, because they were seeking enlightenment or to get their head straight or any number of reasons. Others can't remember why they came. This is normal. Until we fully engage in practice and allow ourselves to mature, it is hard to know. The reason we are still here is not necessarily the reason why we first came. Even when I was a child, the word "meditation" rang a bell with me. Then I heard about Zen Center in the mid-sixties. A friend took me there, and I continued because I felt an affinity for the practice. I'd had plenty of suffering in my life, but I was not seeking enlightenment particularly. But hard as it was, I felt like the prodigal son who had finally come home.

– Sojun Roshi

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Benji Poem

*Shuso Ceremony for Maiko Kaishin Ellen Webb (Dancing Light, Open Heart)
Berkeley Zen Center, June 17, 2018*

Dancing light,
Rose-colored Tulips,
Candlelit on the altar.
Saying "Yes!" to the Shuso
Request-exhaling.
Vacant lots and forests green,
Play and Dance
Form a theme.
Sun Face Buddha, Moon Face Buddha:
a koan focuses
the Sangha-true jewel.
Practice stitches the fabric of our lives: breath by breath by breath.
Let us hear the Shuso!

– Shinko Ando Rondi Saslow

NEWSLETTER SUBMISSION DEADLINE

**Third Friday of the month before each
issue. Submit items to
knabb@bopsecrets.org.**

**September-October deadline:
Friday, August 17, 2018**

Berkeley Zen Center
1931 Russell Street
Berkeley, CA 94703