



# Berkeley Zen Center



May-June 2019 Newsletter

## Spring Practice Period

Our 31st annual practice period will begin with a one-day sitting on Saturday, May 11, and continue through the Shuso Ceremony on Sunday, June 23. This year Sojun Roshi has asked Hozan Sensei to lead the period. Hozan encourages BZC members to increase their commitment to practice during six weeks — while of course continuing to tend to their obligations outside the gate.

Sojun and Hozan are pleased to announce that Shiken Seigetsu (Clear Intention/Serene Moon) Carol Paul has agreed to be the Shuso this year, sharing the Abbot's seat and setting an example for us all. Maria Winston will serve as Benji (Shuso's attendant) for the practice period.

Hozan Sensei will offer a Thursday night class at 7:15 from May 16 to June 13, exploring two fascicles by Dogen Zenji: "Zenki" (Total Dynamic Working) and "Shoji" (Birth and Death). Materials will be available on the bulletin board shelf.

A practice period calendar is included in this newsletter. Practice period applications are on the bulletin board shelf. Please fill out one and return it to Carol Paul's (*Continued...*)



### 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

### May

#### Founders' Ceremonies

Thursday, 5/2, 6:20pm

Friday, 5/3, 6:40am

#### Lay Entrustment Ceremony

Monday, 5/6, 6:00am

#### One-Day Sesshin/Open Practice Period

Saturday, 5/11

#### Bodhisattva Ceremony

Saturday, 5/18, 9:40am

#### Half-Day Sitting

Sunday, 5/19

#### Practice Period Dinner & Skit Night

Saturday, 5/25, 6:00pm

#### Zendo Holiday

Monday, 5/27

### June

#### Founders' Ceremonies

Tuesday, 6/4, 6:20pm

Wednesday, 6/5, 6:40am

#### Sangha Work Day

Sunday, 6/9, 8:00am–4:00pm

#### Bodhisattva Ceremony

Saturday, 6/15, 9:40am

#### Lay Ordination/Zaike Tokudo

Saturday, 6/15, 3:00pm

#### Five-Day Sesshin/End Practice Period

Wednesday 6/19 through Sunday 6/23

#### Shuso Hossen

Sunday, 6/23, 3:30pm

#### Zendo Holiday

Monday, 6/24

*(Spring Practice Period, continued from page 1)*

mail slot on the community room porch by Monday, May 6.

Remember that in addition to signing up for practice period and turning in a registration form, you need to sign up separately for all the individual practice period events. See the bulletin board for these signup sheets.

### **Practice Period Sesshins**

Our practice period will open with a one-day sesshin on Saturday, May 11, and end with a five-day sesshin June 19–23. Hozan Alan Senauke will be leading both sesshins. Sesshin days run from 5:00 a.m. to 9:00 p.m. except the final day of the five-day sesshin, which ends with the Shuso Hossen (3:30–5:00 p.m.) followed by a reception.

Please sign up for the one-day sesshin by Wednesday morning, May 8, and for the five-day by Saturday, June 15. If this is your first sesshin at BZC, we recommend that you first participate in a full Saturday program, have oryoki instruction, and speak with the sesshin director.

The fee is \$35 per day, which should be paid in advance. Put checks marked “May sesshin” or “June sesshin” in the courtyard laundry room mail slot, or mail to BZC Office Manager, 1931 Russell St., Berkeley, CA 94703.

For additional information, please see the bulletin board or contact the sesshin director, Gary Artim (sesshindirectorbzc@gmail.com or 510-676-9756). If you wish to stay over any of the nights, contact the shika, Hannah Meara (hmeara@gmail.com or 831-566-3878).

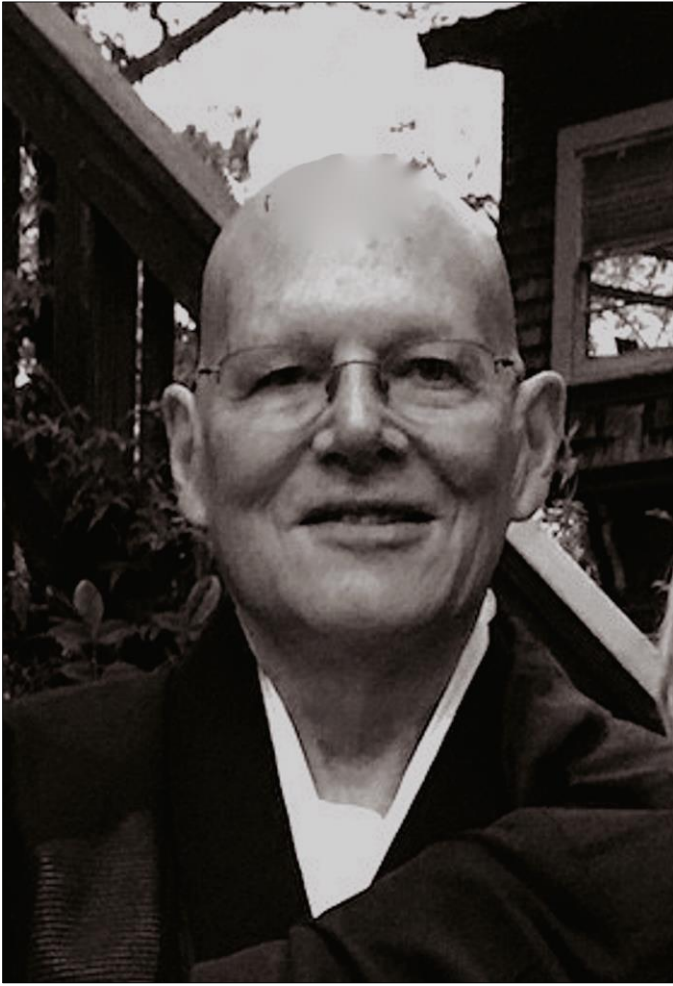
### **Lay Entrustment**

On Monday morning, May 6, Sojun Roshi will confer Lay Entrustment and offer green rakusus to Seishi Tetsudo Ross Blum and Sentei Kokyo Susan Marvin. The ceremony and informal dharma inquiry with Ross and Susan will take place at the time of morning zazen. A celebratory reception in the community room will follow.

### **American Sutra**

Friday, May 3, at 5:40 p.m., Professor Duncan Ryuken Williams of USC will offer a dharma talk and conversation with Hozan Alan Senauke at BZC, based on his remarkable new book, *American Sutra: A Story of Faith and Freedom in the Second World War*. This groundbreaking history, just released by Harvard University Press, tells the little-known story of how, in one of our country’s darkest hours, Japanese Americans fought to defend their faith and preserve religious freedom. The mass incarceration of Japanese Americans during World War II is not only a tale of injustice; it is a moving story of faith. In this path-breaking account, Prof. Williams reveals how, even as they were stripped of their homes and imprisoned in camps, Japanese American Buddhists launched one of the most inspiring defenses of religious freedom in our nation’s history, insisting that they could be both Buddhist and American.

Books will be available for sale and signing by Professor Williams. For more information, see the book’s website: [www.duncanryukenwilliams.com/american-sutra](http://www.duncanryukenwilliams.com/american-sutra)



### Jed Appelman

Our Dharma brother Tokusan Jakusho Jed Appelman passed away in his home on February 26, with family and a few friends present. Sojun Roshi presided over a simple bedside service. Jed had chosen a Green Burial at Fernwood Cemetery in Mill Valley in keeping with the simplicity of his life—just returning to the earth.

Jed had been a Quaker for many years prior to coming to BZC and maintained a concurrent practice at the Strawberry Meeting. He came to Buddhism through the Vipassana tradition and later found Zen by sitting with James Baraz, an early member at BZC, and spending time at Tassajara, where his son Soren was a resident student for ten years.

Jed was a clinical psychologist and also worked in the early days of Silicon Valley. His last employ was at Kaiser, supporting research in strokes and other conditions that he himself had lived with for much of his seventy years.

At BZC Jed was on the Board and held many of the usual practice positions of a devoted student, including and especially Head Server. Jed loved serving us, as anyone receiving his offerings could attest. He embodied metta practice.

He had polio as a child but carried that pain and challenge with equanimity. His determination to practice was evident, and in the remaining months of his life Sojun Roshi ordained him as a priest. The BZC and Quaker sanghas, along with his family, witnessed this event. Jed wore the robes as if he'd been a priest for a very long time.

Jed was our foremost welcomer of newcomers. After programs, he sat on the Zendo steps and took the time to have unhurried conversations, getting to know people well. He remembered his new friends and found ways to integrate them into our practice.

\*

This poem (by Mary Elizabeth Frye) was read at Jed's burial by his brother Dan:

*Do not stand at my grave and weep,  
I am not there. I do not sleep.  
I am a thousand winds that blow,  
I am the diamond glints on snow,  
I am the sun on ripened grain,  
I am the gentle autumn rain.  
When you awake in the morning's hush  
I am the swift uplifting rush  
Of quiet birds in circling flight.  
I am the soft star-shine at night.  
Do not stand at my grave and cry,  
I am not there. I did not die.*

## Holocaust Remembrance

Annette Herskovits, a BZC member and Holocaust survivor, recently lost her older brother, who, after their parents' deportation to Auschwitz, helped Annette and her sister elude capture by the Nazis. She will offer a remembrance of him at BZC on Saturday, May 4 at 1:00 p.m. in the zendo, including some of his own words in letters about his experience. We are at the end of an era, as witnesses of the Holocaust pass away. This presentation will serve both as a memorial to a warm and happy family destroyed by genocidal madness and a chance for Annette to appreciate her brother's life and their relationship.

## Sangha Work Day

Save the date and join us for our all-sangha workday on June 9, 8:00–4:00. The day will open with coffee and pastries, then zazen from 8:15 to 8:40, work circle at 8:45, with work starting at 9:00. Then lunch provided by our tenzos from noon until work circle at 12:45, winding up with informal zazen 3:45–4:00.

Come and join the fun festivities and seeds that always accompany our sangha work!

## Lay Ordination

This year's *Zaike Tokudo* (Lay Ordination Ceremony) will take place Saturday, June 15, at 3:00 p.m. in the zendo. Alex Roehrkasse will receive lay ordination from Sojun Roshi. Ellen Levin will receive lay ordination from Hozan Sensei. Congratulations in advance to the ordinees, who have been studying and sewing diligently with our sewing teacher, Jean Selkirk. Everyone is encouraged to attend the ceremony and the reception afterwards. Check the zendo bulletin board for details, and please sign up to assist with preparation and cleanup.

## Half-Day Sitting

Please consider joining us for a half-day sitting on May 19. Half-day sittings are now happening every other month. The schedule includes five periods of zazen, separated by kinhin. There is an informal tea break at about 10:00 a.m., and a short service at noon. These sittings are very quiet and an opportunity to have concentrated sitting practice.

## Sojun's Birthday, Save the Date!

On Saturday, July 20, after the Saturday program, we'll have a party to celebrate Sojun's 90th, and roll out some of the "deliverables" of our new "Many Hands History Project." There will be plenty of food and music, and T-shirts (long-sleeved!) and aprons for sale.

Note that we'll not be having the early part of the program that Saturday (though there will be informal zazen at 6:00 a.m.). Rather, we'll start with work period at 8:30. Details will follow, including how you can help out for this celebration.

The BZC Board and the Development Committee are hoping to raise \$20,000 in 2019 for the "Many Hands" project, which includes digitizing early lecture tapes and organizing videos, photographs, and all kinds of files and documents. Members and friends will be getting a letter with more details in early June.



If you would like to preorder a T-shirt or apron, send an email, including your size (men's sizes S, M, L, XL, XXL), to Laurie at [lauriesenauke@sonic.net](mailto:lauriesenauke@sonic.net).

## **Continuous Prayer Chant**

How can we support sangha brothers and sisters who are about to have a surgery procedure, who are in recovery from an accident, who are undergoing a difficult health problem, or who are transitioning from this life? One possible loving action is to join with them by means of a continuous prayer chant (the En Mei Jukku Kannon Gyo) for the duration of the surgery, or in some situations, during a whole day. Persons who have received such prayer chants speak of feeling the sense of being held, contained in loving support and healing.

With the agreement of the abbots, the coordinator, and the Practice Committee, we are establishing this practice at BZC and hope that recipients of the continuous prayer chant find it supportive and healing.

Here is how it works: If someone would like to receive this support, they make a request through Penelope Luminous Heart Thompson, who is coordinating this new process. They give her the information and details that they wish to give about their condition and the amount of time that would be helpful. (For example, if a surgery is to last approximately two hours, the chanting could begin an hour or two earlier while the recipient is in pre-op, and could continue for another two hours post-op.)

Upon receiving this request and information, Luminous Heart will send out a signup sheet with half-hour slots in which people can add their names. The idea is to fill each of these slots, so there is continuous prayer and energy being sent.

This is a new process at BZC and is presented as an experiment, in the hope that members may find this experience healing during a challenging time in their lives.

## **No More Disposable Utensils**

Over the years BZC has used different kinds of utensils at receptions and special events (Buddha's Birthday, Jukai, Ordinations, etc.). The Practice Committee has discussed this issue many times and has now decided that the better course for the future is to get away from using any kind of disposable utensils (forks and spoons mostly). Even disposables that are called "compostable" are reportedly not currently viewed by the City of Berkeley as compostable waste. To avoid any confusion, and to support a sustainable future, we will in the future use washable metal utensils at special events. This is part of our commitment to reduce the amount of waste generally, and nonrecyclable plastic in particular, as our planet begins to move away from plastic. Thanks for your cooperation in this matter.

## **Oryoki Training**

The next lesson in our formal meal procedures ("oryoki") will be Saturday, May 4, 11:30 a.m. to 12:15 p.m. (location to be announced). The one after that will be Saturday, June 1, 11:30 a.m. to 12:15 p.m. in the zendo. If you would like to schedule another time to learn or fine-tune your oryoki practice, please contact Sue Oehser at [soehser@earthlink.net](mailto:soehser@earthlink.net) or 510-339-0243 (voice only).

Briefer oryoki instruction is also offered before breakfast at all full Saturday morning programs, except during sesshins.

## **Family Practice at BZC**

Our Family Practice program is dormant at this time. Please direct inquiries and suggestions to Laurie at [lauriesenauke@sonic.net](mailto:lauriesenauke@sonic.net).



## Tea Time Turnover

Every Friday just before the afternoon zazen period, BZC welcomes members and friends for tea, tasty treats, and informal discussion. Weather permitting, we meet in the garden; otherwise, in the community room. Amaselu Meyer, who has graciously hosted these teas during the last four years, has handed off the baton. The Friday gatherings are now hosted by a rotating team of BZC senior students, and the new tea time is 5:00–5:30 p.m. If you have any questions, please contact Ellen Webb at [elweb@sbcglobal.net](mailto:elweb@sbcglobal.net). Better yet, simply show up and join us!



*Buddha's Birthday Party Prep*

## Saturday Speakers, 10:15 a.m.

May 4	Karen DeCotis
May 11	Hozan Sensei
May 18	Shuso Carol Paul
May 25	Hozan Sensei
June 1	Sojun Roshi
June 8	Shuso Carol Paul
June 15	Hozan Sensei
June 22	TBA (sesshin)
June 29	Karen Sundheim

## Friday and Monday Talk Schedule

May 3	Fri 5:40pm	Duncan Williams
May 6	Mon 6:25am	Lay Entrustment
May 13	Mon 6:25am	Shuso Carol Paul
May 17	Fri 5:40pm	Bansan w/Hozan
May 20	Mon 6:25am	Ross Blum
May 24	Fri 5:40pm	Zazen instr. w/Hozan
May 27	Monday	Zendo holiday
May 31	Fri 5:40pm	Shuso Carol Paul
June 3	Mon 6:25am	Susan Marvin
June 10	Mon 6:25am	Ellen Webb
June 14	Fri 5:40pm	Shosan w/Hozan
June 17	Mon 6:25am	Shosan w/Hozan
June 24	Monday	No morning program

## *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

## Practice Period

In Dogen Zenji's *Eihei Koroku* this is recorded: "Dogen held up his whisk, and with it drew a circle in the air. He said, 'Practice period goes beyond this.' "

For thirty years Berkeley Zen Center has offered a six-week practice period. These have been led by our founding teacher, Sojun Weitsman Roshi. As vice abbot of Berkeley Zen Center, I am honored that Sojun Roshi has invited me to lead this year's practice period.

In the Zen tradition, the word used for practice period is *ango*, which means "peaceful abiding." In China and Japan this would be a three-month residential intensive, with its own root in the early Buddhist "rains retreat," when wandering monks and nuns would gather in their home temples during monsoon season.

Our practice period, in the springtime when the circle of life turns in joyous renewal, is an opportunity to rededicate ourselves to the practice of living an enlightened life, to renew our beginner's mind. Dogen Zenji speaks of "practice realization," meaning that our Zen practice does not so much aim toward a goal of awakening, but rather that practice expresses the enlightenment that is always within and available to us. Practice period includes sitting, walking, chanting, cooking, serving, eating, working, resting – all of this is enlightened activity, woven into whole cloth by zazen.

BZC is not a monastery, so our members have jobs, families, and responsibilities outside the gate. Our practice is as much at home and in the world as in the zendo. This is our ongoing Dharma experiment – dedicated lay practice, sitting with everything. During practice period, we have recommended requirements, but as Sojun Roshi has written, "within these requirements each person can create his or her own schedule. This is the nature of lay practice. Some will be able to do only the minimum, while others who have the opportunity will be able to extend or stretch themselves much more."

We may wish to do it all, but each of us must be realistic about our capacity. The important thing for each of us – during practice period and throughout the year – is to clarify and set our practice intention, and do our best to keep to that intention. You don't have to break your bones to do practice period. But don't be slack with yourself either. With Right Effort our practice edge comes into view. What is the Middle Way? Whatever commitment and schedule one comes up with, we are all practicing together intimately.

Not everyone in the sangha will be able to clear the time and energy to participate in practice period. That is completely understandable, and everyone, of course, is welcome to come to the zendo when they can. All of us are supporting and being supported by the practice period – peaceful abiding. These six weeks can then extend throughout the year. As Dogen says, "Practice period goes beyond this."

—Hozan Alan Senauke

**NEWSLETTER SUBMISSION DEADLINE**  
is the Third Friday of the month before each  
issue. Please submit items to  
[knabb@bopsecrets.org](mailto:knabb@bopsecrets.org).

**July–August 2019 deadline:**  
**Friday, June 21.**

Berkeley Zen Center  
1931 Russell Street  
Berkeley, CA 94703



# BZC Spring 2019 Practice Period Schedule 4.23.19

*Schedule subject to change; please check bulletin board for updates.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY 5	6	7	8 Wed night group	9	10	11 Open PP Sesshin Shuso Entering Lecture: Hozan
12 <i>Mother's Day</i>	13 6:15am: Shuso Talk	14	15 Wed night group	16 Class 7:15pm Hozan Sensei	17 5:40pm Bansan w/ Hozan Sensei	18 Lecture: Shuso
19 Half-Day Sitting	20 AM Talk: Ross Blum	21	22 Wed night group	23 Class 7:15pm Hozan Sensei	24 5:40pm: Zazen instr w/ Hozan Sensei	25 Lecture: Hozan  PP Dinner & Skit Night
26	27 <i>Memorial Day</i> <i>Zendo Closed</i>	28	29 Wed night group	30 Class 7:15pm Hozan Sensei	31 5:40pm: Shuso Talk	JUNE 1 Lecture: Sojun
2	3 AM Talk: Susan Marvin	4	5 Wed night group	6 Class 7:15pm Hozan Sensei	7	8 Lecture: Shuso  Lay Ord Rhrsal
9 Work Day	10 AM Talk: Ellen Webb	11	12 Wed night group	13 Class 7:15pm Hozan Sensei	14 5:40pm: Shosan w/ Hozan Sensei	15 Lecture: Hozan  Lay Ordination
16 <i>Father's Day</i>	17 5:40am: Shosan w/ Hozan Sensei	18	19 Sesshin	20 Sesshin	21 Sesshin	Sat 22: Sesshin <hr/> Sun 23: Sesshin Shuso Hossen