



Berkeley Zen Center



September 2013 Newsletter

Aspects of Practice 2013

Saturday, October 5 - Saturday, November 2

Aspects of Practice, led by Vice-Abbot Hozan Alan Senauke and BZC senior students, will begin with sesshin on Saturday, Oct. 5, and continue to a closing sesshin on Saturday, Nov. 2. Our theme this year is "Practicing and Studying the Forms of Practice," which is exactly what we will do, as new and old students share zazen, work, tea, study, and practice discussion.

Classes will be on Thursday evenings at 7:15. We will draw from Shohaku Okumura's *Living By Vow* and other texts. Study materials will be available in advance. If you have questions, e-mail Hozan at alans AT kushiki.org or leave a note in his box.

As autumn unfolds, join us for this opportunity to refresh our timeless practice and sharpen our awareness and understanding of the forms. Information and sign-up sheets will be posted in mid-September. For details, contact sesshin director Carol Paul at caroljpaul AT yahoo.com or 510.206.5051. See you there.



BZC's Bazaar & FUNdraiser \$20,013 in 2013

The Development Committee is hosting a bazaar after the morning program on **Saturday, September 28**, with refreshments, a silent auction, a semi-silent not-auction, and a raffle. The complete list of great prizes is posted.

Our annual fundraising alternates between two areas: the *Leadership Fund*, which supports BZC's anticipated teaching needs, and the *Building Fund*, for maintaining and upgrading our property. This year's goal of \$20,013 will go to the Leadership Fund, which can be drawn on to support Sojun Roshi, Hozan Sensei, and other teachers as needs arise.

We hope the teachings of Suzuki Roshi flourish in our Berkeley temple well into the future. Please join us for good fun and deep generosity on September 28!

B Z C S c h e d u l e

September

Founder's Ceremony

Tuesday, 9/3, 6:20 pm
Wednesday, 9/4, 6:40 am

Half-Day Sitting

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

New Member Entering Ceremony

Monday, 9/9, 6:20 am

Bodhisattva Ceremony

Saturday, 9/21, 9:40 am

Women's Sesshin

Sunday, 9/22, 8:00 am - 4:00 pm

All Sangha Potluck - Board Nominations

Tuesday, 9/24, 6:30 pm

Board Party - Fundraiser

Saturday, 9/28, 11:00 am - 2:00 pm

October

Founder's Ceremony

Thursday, 10/3, 6:20 pm
Friday, 10/4, 6:40 am

One Day Sesshin - Practice Period Opens

Saturday, 10/5

Practice Period

Saturday, 10/5 - 11/2

Family Sesshin

Sunday, 10/13

Bodhisattva Ceremony

Saturday, 10/19, 9:40 am

Sejiki Ceremony and Celebration

Saturday, 10/26



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.

Women's Sesshin

Sunday, September 22, 8:00 am – 4:00 pm

The annual BZC Women's Sesshin will be held this month on Sunday September 22nd, and will be led by our own Laurie Senauke. The sitting will begin at 8 am and end at 4 pm, and will include both a lecture and a discussion period. An informal buffet style lunch will be provided; no experience with oryoki is needed. Women of all levels of practice are encouraged to attend and share in this special retreat. Cost for the day is \$25; as usual, scholarships are available. Please sign up on the zendo bulletin board by Friday, September 20. For more information, please contact sesshin director Mary Duryee at maduryee AT earthlink.net.



Half-Day Sitting

Sunday, September 8, 8:00 am – 12:00 noon

Here's your chance for end-of-summer and beginning-of-fall calm practice! BZC is offering five half-day sittings this year. Each includes five periods of zazen, kinhin (walking meditation) and an informal tea. A half-day sitting is a great opportunity to focus on "just zazen" and is appropriate for beginning as well as experienced Zen students. Sojun Roshi asks participants to commit to the entire four-hour schedule.

A \$10 donation is requested for half-day sittings. Please refrain from wearing scented products. If you have questions or if you cannot sign up on the bulletin board, contact the September half-day director Stan Dewey at standewey AT comcast.net or 510.528.1989. The next half-day sitting will be on November 10.



Family Activities at BZC

Saturday Morning Supervised Play

Supervised play is offered free of charge on many Saturday mornings (see schedule below) for 9:40 am zazen through lecture. Currently supervising is Berkeley High student Lihong Chan. We need to know by noon the Friday before if you are planning to avail yourselves of this service. Phone or e-mail Laurie Senauke, 510.845.2215, or lauries AT kushiki.org.

Coverage for BZC's 8:45 am zazen instruction and beginner orientation is offered by special arrangement; contact Laurie for more information.

KidZendo is Back!

BZC's Saturday program for children three and up usually happens twice a month during the school year, typically on the second and fourth Saturdays, from 9:30 am to 11:15 am (see exact schedule below or check online). Several BZC members are teaching in this program: BZC resident Tamar has been trained in offering a curriculum known as The Toolbox. Nancy Suib and Jin Young, longtime practitioners at BZC, have been trained in the Mindful Schools program, and Seicho Judy Fleischman has participated in children's programs in Brooklyn, NY. See details on our website. As always, RSVP if you plan to attend (lauries AT kushiki.org).

Family practice schedule:

September 7	Supervised play
September 14	Kidzendo
September 21	Supervised play
September 28	Kidzendo/Community event
October 5	Sesshin - no program
October 12	Supervised play
October 13	Family sesshin
October 19	Supervised play
October 26	Sejiki Ceremony
November 2	Sesshin - no program
November 9	Kidzendo
November 16	Supervised play
November 23	Kidzendo
November 30	Supervised play

Family Practice E-mail Group

To make it easier to publicize, announce and remind ourselves about family practice activities at BZC, we have a Yahoo group. We only send, at most, ONE e-mail per week—just a short reminder of upcoming events. To join, e-mail Laurie at lauries AT kushiki.org or Marie at marie_hopper AT sbcglobal.net.

The Rhythm of Practice

Comments from Sojun Roshi

September, 2013

How to keep our daily practice fresh and vital.

Sometimes I think of a simile to practice as the difference between the sprinter and the long distance runner. When I was in high school I ran the hundred-yard dash with a burst of speed, as fast as I could, while some ran the mile and others even did the marathon. I couldn't understand how they had the patience, much less the stamina, to run that far. In the buddha dharma there is the example of the three animals: the rabbit, the horse, and the elephant. The rabbit is like the sprinter, hopping all over the place as fast as he can, the horse is running around too, but is more settled. The wise elephant is very careful, taking slow and deliberate steps, without being scattered or hasty, and if careful, will live a long, wise and useful life. The elephant represents the buddha



Shunryu Suzuki Roshi and Jikai Dainin Katagiri Roshi sitting Zazen at Sokoji. From shunryusuzuki.com.

dharma. When I practiced at Sokoji Temple in San Francisco in the 60's, the Japanese congregation would trot out the white elephant cart on Buddha's birthday, load it with flowers and children, and we would have a parade though Japantown. Later I came to learn that the foundation of our practice and our very life is dependent on the same principles as those of the long distance runner and the elephant.

Establishing a rhythm for our sitting practice is essential. If the runner goes too fast, he gets tired too soon. If she doesn't have enough momentum, her energy leaks out and is not renewed. When the runner maintains upright posture and the breath is deeply centered and in harmony with the movement of the limbs, it is no longer a race. This is true winning. When it is no longer a race, body and mind drop away and it is just here and now. Just this. A moment of exhaustion and a moment of renewal, and the runner is able to go on and on. One becomes a vehicle, allowing the inexhaustible universal energy to freely fuel the activity. In the same way, for daily practice it is necessary to balance the rhythm of our sitting with the other activities and responsibilities that form our lives. Unless we can simplify our lives, knowing what is important and letting go of what is not, we will wear ourselves out dragging around useless baggage; physical, emotional and mental.

What does it mean to have a practice? Simply speaking, Zazen is the touchstone, the center. It is not just another activity like running or studying. It is not just another add-on to our agenda of activities. Complete practice is total integration. Unlike many similar ways that depend on periodic concentrated events, we have been given the problems of the long distance runner, daily practice, plus the periodic concentrated events called sesshin. It requires a certain amount of dedication, intention and time. If "time is money," how will we spend it? Will we fritter it away or spend it wisely?

Lest we forget, the fruit of practice is compassion for all beings. When we give selflessly there is no self to get tired and this no self is continuously renewed.

The Year Ahead

Having arrived at the age of 65—the threshold of Medicare, social security, and rumors of maturity—I have recently asked the BZC board for some time to consider what I want to do in this next phase of my life. After sixteen years as vice-abbot or *tanto*, with support from the board and Sojun Roshi, I am planning to take a sabbatical or administrative leave in 2014

What I hope to explore during the year is how to manifest as an effective Zen teacher in the years of my life that remain. And how to develop and maintain an active and creative collaboration with Laurie, now that Silvie and Alex are out of the house.

After many years at BZC I feel deeply rooted in zazen, Suzuki Roshi's teachings, Sojun Roshi's living example, and sangha life. Even as I travel I try to field all kinds of questions and stay in communication with BZC folks. I take my responsibilities as vice-abbot seriously, and stand ready to step in as needed. At the same time, I feel that I have not been able to express myself fully as a teacher at BZC, as I have been able to do in other settings.

So, over the years—going back to my long tenure at Buddhist Peace Fellowship—I have developed a rich life of practice and teaching in other sanghas, communities, and cultures. I try to bring some of these riches back with me to Berkeley, and I carry the riches of our BZC practice and sangha to some surprising places.

To be honest, preparing for this year of discernment, I face a central question: In the foreseeable future, while I have health, energy, and some suppleness of mind, will I be able to offer my full potentialities as a teacher at BZC, or should Laurie and I dare to step forth in the wider world of Zen? It is an uncomfortable but real question for me. Loving BZC, I feel divided myself. It may simply be a matter of seeing our situation in Berkeley in a fresh way.

I'm writing this to let you know what's going on. Next year I expect to do some travel, meet with other sanghas,

and work on several writing projects. Laurie and I have been kicking around a number of creative ideas, which is exciting. I expect to be in Berkeley most of the year, and plan to continue my daily zazen schedule in the zendo, sit sesshin, and see people for dokusan and discussion. Meanwhile the board is encouraging me to let go of my various visible and invisible administrative tasks, which I hope to be able to do. We'll invite other people to fill in the gaps.

There is of course more I can say about this year of "not knowing." I am sure some of you might have concerns and questions. I welcome our conversations and will do my best to create some opportunities where we can talk.

- Hozan Alan Senauke



September Sounding Board Bylaw Proposals

Two proposed changes to BZC's bylaws will appear on the October ballot. One concerns the selection of Board officers. The other, entitled Abbot/Head Priest (article VI), is a direct response from the Board to what we heard at the sangha council meetings last year. Some attending the meetings felt that the language in article VI was vague about how the Abbot designates a successor; particularly the Board's process in approving the Abbot's choice and the sangha's role in the confirmation. In considering how to revise this article the Board concluded that additional language was necessary to broaden the Abbot's consultation process prior to his/her naming a successor. An expanded outline for the Board consultation process has also been specified in the event of no successor being named.

The full text of the proposed bylaws revisions for both of the articles mentioned above appears below. Please take the time to read and understand them. The changes in the Abbot/Head Priest article allow for a more collaborative process overall, with wider leadership input. They also establish a 2/3 majority voting threshold for both the sangha and the board in choosing a named successor. We hope these bylaw edits accurately reflect the sangha's sentiments from the council meetings and welcome further responses from our members and friends.

Everything changes—even the bylaws.



BZC Proposed Bylaws Change

The following changes will be presented to the Sangha as part of the October election. The changes represent the Board's response to concerns raised during succession process council meetings and specifically address what the selection and approval process will be when the Abbot retires. We will discuss revisions at the September All Sangha Meeting or you may contact any of the Board members.

Proposed BZC Bylaws Revisions

Section 3. How Selected

A. Officers

Original Text:

In a year when a vacancy occurs, the Abbot will consult with the current Board of Directors to select a President, Vice-President and Treasurer for the next year. A Recording Secretary will be selected by the

Board. The names of those selected will be announced at the September membership meeting and posted for the month prior to the election.

Proposed Revised Text:

In a year when a vacancy occurs before the conclusion of a term, the Abbot will recommend candidates to be invited to fill positions of President, Vice-President and Treasurer for the remainder of the term, after consultation with the Board. In a year when a vacancy occurs at the conclusion of a term, the Abbot will recommend candidates to be invited to fill positions of President, Vice-President and Treasurer for the next year, after consultation with the Board. The names of those selected will be announced at the September membership meeting and posted for the month prior to the election. A Recording Secretary will be selected by the Board.

ARTICLE VI

Abbot/Head Priest

Original Text:

The Head Priest shall be empowered to act for The Berkeley Zen Center in all religious and spiritual matters but shall not act as an executive officer unless requested to do so by the Board. She/he shall designate her/his own successor with approval of the Board and the membership. In the event that she/he fails to make such designation, any vacancy in the position of Head Priest shall be filled by the Board of Directors. The appointment of anyone to the position of Head Priest shall be confirmed by the Board and approved by the membership.

Proposed Revised Text:

The Abbot/Head Priest shall be empowered to act for The Berkeley Zen Center in all religious and spiritual matters but shall not act as an executive officer unless requested to do so by the Board. She/he shall designate a successor in consultation with senior members of the community. In the event that she/he fails to name a successor, any vacancy in the position of Abbot/Head Priest shall be filled in advisory consultation with the Board, senior members of the BZC community and senior disciples in Suzuki Roshi's lineage. The appointment of anyone to the position of Abbot/Head Priest shall be confirmed by at least 2/3 of Board Members-At-Large and officers, and subsequently approved by at least 2/3 of the membership who vote in a special election.

Council Meetings

The HEAR (Harmony, Ethics and Reconciliation) Committee will be sponsoring council meetings this month to hear sangha members' experiences of conflict and conflict resolution within the sangha. There are three meetings scheduled, in council format. A sign-up sheet will be posted. HEAR committee members will take notes on themes, suggestions, and dilemmas, while protecting the identity of participants. This is an

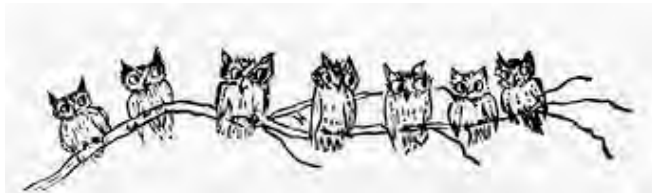
opportunity to explore ways we can tend to our relationships with one another, even when 'you have to say something.' Each meeting will be approximately an hour and a half. The dates are:

Monday, September 16, 8 am

Saturday, September 21, noon

Friday, September 27, 4 pm

For more information, contact any of the HEAR committee: Gerry Oliva, Christy Calame, Stan Dewey, Hozan Alan Senauke, Marty Kovach, or Mary Duryee.



Men's Shelter Dinner: Over 15 Years and Still Cooking

A BZC crew cooks and serves Friday night dinner at the Berkeley Men's Shelter twice a month, every month—and we've been doing it for over 15 years! Lance Shows is head cook on the second Friday of the month and Laurie Senauke is tenzo on the fourth Friday. Every time, they need two or three volunteers to be assistant cooks, four more people to serve food and clean up the shelter kitchen at the end of the meal, a grocery shopper, and someone to provide dessert.

It's satisfying work, a good way to get to know other BZC members, and a chance to contribute to the well-being of others. More help is always needed. Please consider adding your name to the sign-up sheet on the BZC bulletin board inside the porch. For more information, contact Lance at [lanceshows AT pacbel.net](mailto:lanceshows@pacbel.net) or Laurie at [lauries AT kushiki.org](mailto:lauries@kushiki.org).



New Members Entering Ceremony Monday, September 9, 6:20 am

On Monday, September 9, we will have a brief ceremony to formally welcome new members to our temple. The ceremony will be at 6:20 am, immediately following zazen and service. The zendo manager will be contacting all those who have joined the temple since we had our last ceremony in September 2012 to invite their attendance and explain the ceremony. The ceremony is also open to any member who has not formally entered the zendo. Please contact the zendo manager, Christy, at ccalame AT earthlink.net, if you became a member *before* September 2012 and would like to participate in the ceremony.



*Temple's bell on the mountain –
the sound rings through the fields
of susuki grass.*

- Haiga by Kazumi Cranney

BZC member Kazumi Cranney has been making *haiga* paintings for more than 30 years. *Haiga* is a form of painting that combines three traditional Japanese arts: haiku, calligraphy, and watercolor. Kazumi is a longtime resident of Berkeley, and her paintings have been exhibited in many locales throughout the Bay Area, including the Japan Cultural Community Center, Gallery Voyage in San Francisco, the San Ramon Community Center, and Berkeley Art Center.

Office Manager's Corner

Nine new members have joined BZC in the last five months. Four who have given permission to list their names in the newsletter are Kelsey Hermann, Troy Dufrene, Barbara Warsavage, and Judy Fleischman. Photos of new members will be posted on the porch bulletin board as they submit them, to help sangha members put names to faces. Please introduce yourselves and welcome them all.



Photo: Ko Blix

BZC Email Group

BZC has a general community e-mail group to facilitate communication between members and friends. Missives should be relatively personal (no forwarding of general info) and are lightly moderated; please use thoughtfully. To join, send an e-mail to BZC_Community-subscribe AT yahoogroups.com. You will receive confirmation.

Style Note

I've changed all e-mail addresses in this newsletter, replacing @ with AT, to prevent automatic address collection. To e-mail any person listed, replace AT with @. Thank you! – Jen Taylor, bzcnewsletter AT gmail.com.

NEWSLETTER SUBMISSION DEADLINE
Third Friday of the month before each issue

October deadline:
Friday, September 20, 8:00 pm

Berkeley Zen Center
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