



Berkeley Zen Center



November-December 2017 Newsletter

Upcoming Sesshins

Aspects of Practice will conclude with a one-day sesshin on Saturday, November 4, from 5 a.m. to 9 p.m., led by Denkei Raul Moncayo. The signup sheet is currently on the bulletin board. The last day to sign up will be the morning of Wednesday, November 1.

This will be followed by our annual Rohatsu sesshin from Sunday, December 3, through Saturday, December 9, led by Sojun Mel Weitsman. The first six days of the schedule will be from 5 a.m. to 9 p.m.; the final day will end around 3 p.m., and will be followed by a reception. Please sign up on the patio bulletin board for a minimum of three days, two of which should be consecutive. If you want to request an alternative schedule, please speak to the sesshin director. Sign-ups will close on Wednesday, November 29, after morning zazen.

If either of these is your first sesshin at BZC, it is strongly recommended that you first participate in a full Saturday program, have oryoki instruction, and speak with the sesshin director. The fee for both sesshins is \$35 per day and should be paid in advance. Leave checks marked with the name of the sesshin in the laundry room door donation slot. If you have questions, contact the sesshin director, Ken Powelson, at 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

November

Founders' Ceremonies

Thursday 11/2, 6:20pm
Friday, 11/3, 9/6, 6:40am

Close Aspects of Practice Sitting

Saturday, 11/4

Bodhisattva Ceremony

Saturday, 11/4, 9:40am

Half-Day Sitting

Sunday, 11/12

Zendo Holiday

Thursday, 11/23

December

Bodhisattva Ceremony

Saturday, 12/2, 9:40am

Rohatsu Sesshin

Sunday 12/3 through Saturday 12/9

Suzuki Roshi Annual Memorial Ceremony

Monday, 12/4, 8:30pm

Buddha's Enlightenment Ceremony

Saturday, 12/9, 9:40am

Winter Break

Sunday 12/17 through Sunday 12/31

New Year's Eve Sitting and Party

Sunday, 12/31, 8:00pm-midnight

Sangha Work Day: October 29

Come one and come all for this important sangha-supporting practice. Join everyone in painting, carpentry, sanding, cleaning, and more in the long-term care of our temple on Sunday, October 29. 8:00 a.m. coffee/pastry; 8:30 zazen; 9:00 work circle; 12:00 lunch (provided by our tenzo); finish by 4:00 p.m. It's a great opportunity to work with, talk with, and get to know our community! Please sign up on the bulletin board or email john@sanctuaryearth.com.

BZC Celebrates First Half Century

On September 30 around 200 people attended BZC's gala Fiftieth Anniversary celebration at the Jack London Aquatic Center in Oakland.

In February 1967 Sojun Mel Weitsman, with help and encouragement from his teacher Shunryu Suzuki Roshi, rented a big house on Dwight Way in Berkeley and founded Berkeley Zen Center. Our fiftieth anniversary as a sangha also joyously celebrates fifty years of Sojun Roshi's warm-hearted and continuing leadership. Partygoers ranged from the earliest years on Dwight Way to folks who have only recently found their way to our current Russell Street location. The energy was palpable. There was no shortage of smiles and lively warm conversations in the main hall, with pleasant live music in the background. Separate smaller rooms were set aside for viewing past images of BZC and for remembering and honoring those BZC stalwarts who are no longer with us. An outside balcony area was also a popular place to hang out during the balmy early autumn evening.

Following a tasty light dinner, a lavish birthday cake was presented, and the speeches soon commenced. Master of Ceremonies Hozan Alan Senauke introduced a series of speakers, beginning, most appropriately, with

Sojun Roshi, whose reminiscences received a prolonged standing ovation. His wife Liz Horowitz then shared stories about early temple life with Mel, followed by several other folks from across the decades who spoke from the heart about what BZC and Sojun have meant in their lives.

With speeches concluded and toasts made, people lingered to talk some more and then say their goodbyes. As they filed out they were handed a beautiful, lovingly compiled Fiftieth Anniversary booklet, full of captioned photos and insightful pieces written by dozens of our members from across the years.

(The booklet can be viewed or downloaded at www.berkeleyzencenter.org/2017/09/30/in-gratitude/.)

It was indeed an evening to savor and remember. Innumerable bows to the more than fifty volunteers who contributed many long hours toward making this semicentennial event a wonderful time together!



Mary Duryee proposing one of the many toasts at the party.

Priest Ordinations

Carol Paul
Shiken Seigetsu
Intention Clear Serene Moon

Joel Feigin
Kyoshin Jōku
Melodious Heart Continuous Offering

Bruce Coughran
Genzan Seitoku
Dark Mountain Quiet Virtue



Position Changes

Bruce Coughran has passed his part of zendo management on to Leslie Bartholic, who will finish out the year sharing responsibilities with Mark Copithorne.

Anne Jennings has been creating the Dokusan calendars for us to schedule our meetings with Sojun and Hozan for eight years. She now passes the template on to Raghav Bandla.

Ken Powelson, our Head Resident of the past few years, will pass on the responsibilities of this position to Alexandra Frappier.

Hannah Meara will assume the role of Shika (Guest Coordinator) from Ken Powelson. The Shika arranges for the welcome comfort and of our overnight guests.

Dean Bradley will carry on the Co-Saturday Director duties from Mary Beth Lamb in January. She will alternate these Saturdays with Judy Fleischman who is entering her second year at the position.

Mary Duryee has fulfilled the role of Project

Manager for the past few years. After her Shusodom, she was invited by Sojun Roshi to be our board President. The search to find her successor didn't take long, since Rob Lyons, who recently oversaw the replacement of our temple entrance brick pathway, was our pick to carry on with the important duties of this position.

Ed Herzog has been our Saturday Work Leader, coordinating the care and maintenance of our temple each week for the last three years. He now passes his clipboard to Ken Powelson. Please come to our Saturday work circle and help us support our practice place. Many hands make light work!

Thanks to you all for your dedication! 🙏

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? Our next training will be Saturday, November 18, from 11:30 a.m. to noon in the zendo. You can also contact Sue Oehser at soehser@earthlink.net or 510-339-0243 (voice, not text) for questions or to arrange some other time.

New Walkway!

The dangerously irregular old walkway has been replaced by a much nicer and safer one. Thanks to Rob Lyons and his crew, which included Ken Powelson, Dean Bradley, Paul O'Leary, Heiko John Lake, Ron Nestor, Alan Senauke, and Livius Muff, with bricks donated by Greg Denny and Marie Hopper.

Caregiving During the Holidays: A Support Meeting

Sangha Support is offering a gathering for helpers and caregivers on Sunday, November 12, 4:00– 5:30 p.m. in the Senauke home (1933 Russell at BZC).

At this gathering there will be the usual (unusual!) guided meditation by Laurie Senauke, time for checking in, and space to share ideas for meeting the extra demands of the holiday season's expectations and wishes with kindness, tolerance, and maybe even joy.

Also, here is a supportive but frank article for caregivers that addresses the end-of-the-year stress and strain, with suggestions for how to work with this challenge:

www.caregiver.org/caregiving-and-holidays-stress-success. Thank you for your courage in navigating caring for yourself as you care for another.

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

Great Turnout for CPR/AED Training

On October 21 from noon to 2:00 Mike Huggins from LifeSaver CPR led a lively and highly informative class in the most current instruction for CPR and the operation of the AED machine (Automated External Defibrillator, which is located in the back of our zendo). The following 20 sangha members are now certified to administer CPR and AED: Gaila Marie Allen, Jed Appleman, Raghav Bandla, Ross Blum, Sierra Boyd, Dean Bradley, Meghan Collins, Sue Dunlap, Judy Fleishman, Nancy Friedberg, Rob Lyons, Hannah Meara, Rondi Saslow, Laurie Senauke, Nancy Suib, Karen Sundheim, Penelope Thompson,



Rob and Heiko putting on the finishing touches.



Jake Van Akkeren, Ellen Webb, and Margret Wotkyns.

Deep bows to all for taking the time and effort to ensure the safety and well-being of our sangha. Be Well and Safe. (Nancy Suib, Health and Safety Coordinator)



Moon rabbits
The moon rocket launch!
But the child is watching
the rabbits in the moon.

—Kazumi Cranney

Family Practice at BZC

BZC Family Practice on Saturdays

BZC Family Practice is offered on many Saturdays (check the calendar for details, and RSVP so we can share late-breaking news), from 9:30 to 11:15 a.m. See details (including a handy new sign-up form!) at our section of the BZC website: www.berkeleyzencenter.org/family-practice. You may use that website form or send an email to lauriesenauke@sonic.net.

Ad Hoc Supervised Play and Support

Childcare while you are taking part in Zazen Instruction and Beginner's Orientation (8:45 a.m. Saturdays) or Practice Discussion, or during the Saturday program during the summer months, is available by prior arrangement. Along with our interest in discovering and developing new forms of practice within our day-to-day family life, we want to help you keep the flame of formal practice alive. Contact Laurie (lauriesenauke@sonic.net) to make arrangements.

Family Practice Email Group

Our Yahoo group makes it easier to communicate about family practice. We only send, at most, one email a week. To join, email Laurie Senauke: lauriesenauke@sonic.net.

Family Practice Schedule

November 4: No program — sesshin
November 11: Family Practice
November 18: Family Practice
November 25: TBA
December: Interim — no program

Please RSVP for ALL family activities.

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

Saturday Speakers, 10:15 a.m.

November 4	Raul Moncayo
November 11	Sojun Roshi
November 18	Ross Blum
November 25	Jake Van Akkeren
December 2	Sojun Roshi
December 9	Sojun Roshi
December 16	Hozan Sensei
December 23	Zendo holiday
December 30	Zendo holiday

Friday and Monday Talk Schedule

November 3	Fri 5:50pm	Jed Appleman
November 6	Mon 6:25am	Open discussion
November 13	Mon 6:25am	Tom Painter
November 20	Mon 6:25am	Gerry Oliva
November 27	Mon 6:25am	Molly Hartshorn
December 1	Fri 5:50pm	Laurie Senauke
December 11	Mon 6:25am	Open discussion
December 18	Monday	Zendo holiday
December 25	Monday	Zendo holiday

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.

Ordinary Mind Is the Way

Most Zen students are familiar with Master Nansen's "Ordinary Mind is the Way." Joshu, his Student, asked the master, "What is the Way?" and Nansen said, "Ordinary mind is the way." Joshu then asked if it makes sense to go after it, and Nansen said that if you run after it you stumble past, and if you don't, you stagnate. So how do you practice with that?

We have the two terms "ordinary" and "special," or "extra-ordinary." We tend to think of "ordinary" as something less than "special." Ordinary refers to something routine, like the mechanics of making it through the day. In the morning I get up and pee, brush my teeth, and go about my ordinary routine. Special is something extra-ordinary, something beyond ordinary, like Enlightened maybe. Although we are taught, like Joshu, that ordinary mind is the way, it is easy to remain doubtful. It is a special event in a sense when we come to the zendo, because the zendo contains the atmosphere of Zen practice. The formal set-up and procedures help create that atmosphere, so when I enter the space I know what I am supposed to do. "This is where we sit zazen and this is where we practice Zen." And it is very special. Dogen says that one minute of zazen is one minute of enlightenment. And when we leave the zendo, we return to the ordinary. It is like when you light a match in a closet it lights up the entire space, but when you light a match outside in the daytime it has almost no effect on the surroundings.

One of Suzuki Roshi's most quotable sayings was "Nothing special." Don't think that because you are sitting zazen early in the morning that you are doing something special or that what everyone else is doing is ordinary. The whole universe is sitting zazen with you and you are sitting with the universe. It is very special because it is the most ordinary thing.

When we seek the extraordinary we stumble past because we miss the truly extraordinary right beneath our feet. The truly extraordinary is found within the so-called ordinary. The beautiful geode is found within the lump of rock. The doorway of enlightenment, the gateless gate, is open right in front of us, but it is so obvious and ordinary that it is only visible to the selfless. The selfless see the extra-ordinary quality of life in the dharmas of our ordinary world, and others suffer trying to be special while missing the special qualities of their ordinariness. The Way is practice, and practice is nonstagnating, but living each moment fully, one moment at a time, without creating too much difficult karma, while offering ourselves unselfishly to the support of other beings while walking freely through the open gate.

—Sojun Roshi

NEWSLETTER SUBMISSION DEADLINE

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

January-February 2018 deadline:
Friday, December 15, 2017

Berkeley Zen Center
1931 Russell Street
Berkeley, CA 94703



2018 Berkeley Zen Center Calendar

Sesshin

<i>One-Day Sesshin</i>	Saturday, January 13
<i>Half-Day Sitting</i>	Sunday, January 21
<i>Beginner's Sesshin</i>	Sunday, January 28
<i>Two-Day Sesshin</i>	Saturday - Sunday , February 17 - 18
<i>Women's Sesshin</i>	Sunday, March 4
<i>Family Sitting</i>	Sunday, March 11
<i>Half-Day Sitting</i>	Sunday, March 18
<i>One-Day Sesshin</i>	Saturday, March 24
<i>Hills & Streams</i>	Friday - Sunday, April 20 - 22
<i>One-Day Sesshin/Open Practice Period</i>	Saturday, April 28
<i>Sangha Work Day</i>	Sunday, May 6
<i>Half-Day Sitting</i>	Sunday, May 20
<i>Five-Day Sesshin/End Practice Period</i>	Wednesday - Sunday, June 13 - 17
<i>Zazenkai (Just Sitting Day)</i>	Sunday, July 8
<i>Half-Day Sitting</i>	Sunday, July 15
<i>Mountains & Rivers</i>	Thursday - Sunday , July 26 - 29
<i>One-Day Sesshin</i>	Saturday, August 4
<i>One-Day Study Retreat</i>	Saturday, September 1
<i>Half-Day Sitting</i>	Sunday, September 9
<i>One-Day Sesshin/Open Aspects</i>	Saturday, October 6
<i>Sangha Work Day</i>	Sunday, October 28
<i>One-Day Sesshin/Close Aspects</i>	Saturday, November 3
<i>Half-Day Sitting</i>	Sunday, November 11
<i>Rohatsu Sesshin</i>	Sunday - Saturday, December 2 - 8

Ceremonies and Events

<i>MLK Neighborhood Engagement</i>	Monday, January 15
<i>Buddha's Parinirvana</i>	Saturday, February 17
<i>All-Sangha Potluck & Budget Approval</i>	Tuesday, March 13
<i>Buddha's Birthday Celebration</i>	Saturday, April 7
<i>Spring Practice Period</i>	April 28 - June 17
<i>Practice Period Dinner & Skit Night</i>	Saturday, May 26
<i>Lay Ordination/Zaike Tokudo</i>	Saturday, June 9
<i>Shuso Hossen</i>	Sunday, June 17
<i>New Member Entering Ceremony</i>	Monday, September 10
<i>All-Sangha Potluck & Board Nominations</i>	Tuesday, September 11
<i>Jizo Ceremony</i>	Saturday, October 13
<i>Aspects of Practice</i>	October 6 - November 3
<i>Sejiki Ceremony & Celebration</i>	Saturday, October 27
<i>Suzuki Roshi Annual Memorial</i>	Tuesday, December 4
<i>Buddha's Enlightenment Ceremony</i>	Saturday, December 8
<i>New Year's Eve Sitting & Party</i>	Monday, December 31

Zendo Holidays

New Year's Day: January 1
President's Day: February 19
Memorial Day: May 28
Day After PP: June 18
Independence Day: July 4
Labor Day: September 3
Thanksgiving: November 22
Winter Break: December 16 - 30

Sat. Program Starts at 8:30 am

Buddha's Birthday: April 7
Sejiki: October 27
Day Before Rohatsu: December 1

Please see website / newsletter / bulletin board for changes