



# Berkeley Zen Center



September-October 2017 Newsletter

## Study Sesshin: September 2

Hozan Sensei will lead this year's one-day study sesshin on Saturday, September 2, from 5:00 a.m. to 5:15 p.m. 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 on Dongshan's *Song of the Jewel Mirror Samadhi (Hokyo Zammai)*. Dongshan's profound teaching echoes the nondual wisdom of the *Sandokai* with bright, poetic images. Imbedded in the poem is Dongshan's "Five Ranks," mapping our perceptions of the relative and absolute.

Reading materials will be available on the bulletin board shelf in advance of the sesshin. The materials can also be accessed on the BZC website (go to [www.berkeleyzencenter.org](http://www.berkeleyzencenter.org), click "Calendar" and then "September 2").

The fee is \$35, and should be paid in advance. Please leave payment marked "Study Sesshin" in the laundry room mail slot. For more information, contact sesshin director Carol Paul at [caroljpaul@yahoo.com](mailto:caroljpaul@yahoo.com) or 510-206-5051. The sign-up sheet is posted on the bulletin board.



### 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

**Study Sesshin**  
Saturday, 9/2

**Zendo Holiday**  
Monday, 9/4

**Founders' Ceremonies**  
Tuesday, 9/5, 6:20pm  
Wednesday, 9/6, 6:40am

**Bodhisattva Ceremony**  
Saturday, 9/9, 9:40am

**Half-Day Sitting**  
Sunday, 9/10

**New Member Entering Ceremony**  
Monday, 9/11, 6:25am

**Sangha Potluck & Board Nominations**  
Tuesday, 9/12, 6:30pm

**Priest Ordination**  
Saturday, 9/23, 3:00pm

**50th Anniversary Dinner Celebration**  
Saturday, 9/30, 6:00pm

### October

**Founders' Ceremonies**  
Tuesday, 10/3, 6:20pm  
Wednesday, 10/4, 6:40am

**Open Aspects of Practice Sitting**  
Saturday, 10/7

**Bodhisattva Ceremony**  
Saturday, 10/7, 9:40am

**Jizo Ceremony**  
Saturday, 10/14, 1:00-2:30pm

**Half-Day Sitting**  
Sunday, 10/15

**Sangha Work Day**  
Sunday, 10/29

## **50th Anniversary Party!**

It's BZC's 50th anniversary of accomplishing nothing! We will be celebrating this (non) accomplishment with a dinner party on Saturday, September 30, 6:00 p.m., at the Jack London Aquatic Center, 115 Embarcadero in Oakland. If you have not RSVP'd to your Evite sent out in June, please take a moment to do so. If you no longer have that invitation (or you never received one), contact Carol Paul at caroljpaul@yahoo.com or 510-206-5051. We hope to see everyone there, including people from all periods, past and present, of BZC's half-century of "nothing special" practice.

If you wish help getting there, contact Gary Artim at gartim@gmail.com. If you are coming from out of town and would like to arrange a place to stay while you are here, contact Ken Powelson at powelson@earthlink.net.

BZC is offering this event for free; and dana is greatly appreciated.

## **Aspects of Practice**

**October 7 through November 4, 2017**

We invite you to join the 2017 Aspects of Practice period—four weeks of practice, renewal, study, and discussion led by Hozan Alan Senauke and BZC practice leaders. Aspects of Practice has traditionally encouraged newer students to root their Zen practice. It also includes the wider BZC community who wish to refresh themselves and make a sustainable commitment to practice.

This year we will draw from Suzuki Roshi's *Not Always So*. Practice leaders will lecture on Saturdays, lead Monday morning discussions, and offer a class on four successive Thursdays. All of these events are open to everyone. In addition, there will be informal teas and regular practice discussion. Each sangha

participant is strongly encouraged to meet with Hozan Sensei or a practice leader at least once during Aspects. Your interest, support, and encouragement can be of help to the whole sangha. For further details, please look carefully at the zendo events bulletin board.

Aspects of Practice will begin with a one-day sesshin on Saturday, October 7, and end with a one-day sesshin on Saturday, November 4. For information on either sesshin, please contact the sesshin director, Ken Powelson, at SesshinDirectorBZC@gmail.com.

## **Dharma Hikes: A New BZC Practice Experience**

For all sangha members and friends who love being outdoors, these hikes will provide an opportunity to explore some aspects of the Dharma while enjoying leisurely paced hikes in some beautiful Bay Area parks. Two dharma hikes have been scheduled for this fall (see below) and will be led by Jake Van Akkeren, who is an experienced Sierra Club hike leader and also a senior student at BZC. The hikes will include opportunity for silent walking and a lunchtime dharma discussion, as well as allowing time for social interaction. In order to facilitate discussion, group size will be limited to no more than twelve people.

Our first hike will be in Redwood Regional Park, Sunday, September 24, carpooling from BZC at 9:00 a.m. and arriving back around 3:00 p.m. Our second hike will be in Briones Regional Park, Sunday, October 22, carpooling from BZC at 9:15 a.m. and arriving back around 4:00 p.m. For more information, or to make reservations, please contact Jake at jvanakkeren@comcast.net.

If enough interest is shown in this type of activity, more dharma hikes will be scheduled for 2018.

## **Words of Appreciation from the Board President**

In the past few months there has been some significant changing of the guard regarding those involved in BZC administration.

First, after ably serving as Office Manager for three years, Tamar Enoch has stepped down from that important position. During her tenure as OM, Tamar worked long hours first with Treasurer Paul Farber and then with Paul's successor, Walter Kieser, to develop and implement an updated and streamlined accounting system. This was a huge project and took a lot of extra work and dedication to make it happen. Tamar worked hand in hand with both Paul and Walter to develop realistic budgets, and she went far beyond her job description to search for ways to eliminate waste at BZC and to save the sangha money—thousands of dollars in fact. Tamar has also worked closely with her successor, Bruce Coughran, to facilitate a seamless transition. We wish Tamar the best in her new endeavors, and we are pleased to have Bruce on board as our new OM.

After serving as Treasurer for the past two and a quarter years, Walter has left his position to relocate to Sonoma County, where he has recently built a new home in the town of Geyserville. The Board has approved Laurie Senauke to serve as acting Treasurer until her name can be placed on the October ballot for Sangha confirmation.

Walter's service on the Board goes back many years. He served as Recording Secretary in 2005, as a Member-at-Large from 2006-2012, and as Treasurer from 2015 into 2017, thus being on the Board in one capacity or another for over eight years.

Walter was also Project Manager during a time when multiple problems with BZC's buildings were manifesting. In this role he

completely streamlined and codified policies and procedures and put together a highly functional and enthusiastic team, which became known as the Building Committee. He pushed for doing as much as we could with volunteers, and he himself always made it a point to pitch in on sangha work days, even memorably breaking his arm during one volunteer stint while doing seismic retrofitting on the community room porch. He worked closely with our Finance and Development Committees to oversee a five-year plan to address the needs of aging (and in some cases failing) BZC buildings and infrastructure.

After a two-year break from the Board, Walter was recruited by Sojun to serve as Treasurer during a particularly difficult administrative time. As Treasurer, Walter worked closely with Tamar as Office Manager to overhaul and literally reboot the accounting system. One reason BZC continues to be in excellent financial shape is certainly attributable to Walter's expertise, diligence, and care while serving as Treasurer.

Finally, he continues to make himself available for consultation to Laurie now that she has become our acting Treasurer. We extend great appreciation to Walter for his many years of service and his extraordinary contributions to the BZC community, and wish him much joy and peace in his new home.

## **Nominations for the BZC Board**

Every year the sangha elects three of six members-at-large to terms of two years to the BZC Board. There is a two-term limit. Elections take place in October and the new term starts in January 2018. The Board will present its three nominees at the all-sangha meeting on Tuesday evening, September 12. Other nominations can be made by sangha members

at that time from the floor. Two current members-at-large who are now serving their first term, Katy Guimond and Mary Beth Lamb, have agreed to be Board nominees for a second term. Laurie Senauke, another current member-at-large, has been appointed by the Board and Sojun to be the BZC treasurer, so her seat is open. The Board will thus be considering whom to nominate to fill the one vacant member-at-large position. We would like to receive suggestions from BZC members. If you have a suggested candidate or are yourself interested in being nominated, please contact the Board Recruitment and Elections Committee chair, Stan Dewey, at [standewey@comcast.net](mailto:standewey@comcast.net). Please include any relevant information about why you think the person you mention would be a good BZC Board member.

### **Just Out! Vol. 1 of Sojun Roshi's Lectures**

For BZC's 50th anniversary we have produced a thumb drive with 80 digitized lectures— *Volume 1* of Sojun Mel Weitsman's recorded dharma talks at Berkeley Zen Center. The first recording is a talk by Shunryu Suzuki Roshi at BZC in January 1970. The remaining files cover Sojun Roshi's first recorded lectures at Russell Street, given between November 1980 and May 1983.

This set of recordings represents the first step in the proposed digitization of all Sojun Roshi's lectures, and those of other BZC teachers. In the long run, we would like to create a searchable library of transcribed texts. These recordings offer a vivid picture of Sojun Roshi's dharma, extending the Zen essence he received from Shunryu Suzuki Roshi.

This elegant and portable thumb drive will be available for the nominal price of \$10.

### **Caregiver Support Meeting**

Are you helping a loved one with health challenges or to do things that they used to do for themselves? Many in our sangha are doing so. Being responsible for another can be an unrelenting practice. Sangha Support is sponsoring a gathering to share experiences, tips, and resources to support your efforts, facilitated by Laurie Senauke and Debbie Schley. All are welcome to come on Sunday, September 17, from 4:00 to 5:30 p.m., at the Senauke house, 1933 Russell. Please RSVP at the contact info below (there won't be a sign-up sheet for this). Also contact us if you'd like more information, or if this topic is of interest but you will not be able to attend. Please contact Debbie at [debbieresearcher@gmail.com](mailto:debbieresearcher@gmail.com) or 503-505-4282.

### **Men's Shelter Dinner: Join Us!**

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 20 years! Lance Shows and Laurie Senauke take turns being head cook. 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, 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. Sign up on the community room porch bulletin board *or* let Lance and Laurie know that you are interested and we will send you a reminder a few days before the next date: [lanceshows@pacbell.net](mailto:lanceshows@pacbell.net) or [lauriesenauke@sonic.net](mailto:lauriesenauke@sonic.net).

## 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? Please look for flyers on the bulletin board for monthly half-hour trainings. Upcoming instructions will be happening Saturday, September 23, 11:30 a.m. to noon; and Friday, October 20, 4:30-5:00 p.m. You can also contact Sue Oehser at 510-339-0243 or soehser@earthlink.net to arrange some other time.

Mary Stares from San Francisco Zen Center gave a wonderful talk about the spirit of oryoki which you can find at [www.sfzc.org/the-practice-of-oryoki](http://www.sfzc.org/the-practice-of-oryoki).

## CPR and AED Class

"Life is too important not to be prepared." On Saturday, October 21, Chris Peters and Lifesaver CPR will be offering a CPR and AED class in the BZC community room from 12:00-2:00 p.m. This class is *free* for BZC members (though a contribution of any size to offset the cost of the class would be appreciated). Cost to nonmembers is \$45, payable by check in advance to BZC. Please sign up on the BZC bulletin board with your email address and contact information, and *also* send an email to Nancy Suib at [nancy.suib@gmail.com](mailto:nancy.suib@gmail.com) for further information and a registration form. Prior first responders, please register for this class if your certification was obtained more than two years ago.

Please consider becoming a part of our health team! Becoming a First Responder is a great way to ensure the well-being and safety of our sangha.

## Jizo Ceremony for Those Who Have Died

The loss of a loved one often opens a well of profound grief. No matter whether 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 in a ceremony in our Jizo garden on Saturday, October 14, 1:00-3:00 p.m.

Jizo, the Earth Store Bodhisattva, is viewed as a guide and protector for those who are enduring the loss of a 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 or by making a simple necklace, a robe for our Jizo statue, or other offering. Attendees are also invited to bring a picture of their loved one or other personal tokens of remembrance for our altar.

The ceremony will be led by two BZC priests, Gerry Oliva and Judy Fleischman. All BZC members, members of other Zen groups, and neighborhood residents are invited to attend. A more detailed description will be posted on the BZC courtyard bulletin board. There is no fee but offerings of dana are welcome. We will not have a sign-up sheet, but request that those attending let us know in advance so that we can have adequate supplies and refreshments. For more information or to let us know that you're coming, contact Gerry Oliva at [gryoliva@gmail.com](mailto:gryoliva@gmail.com) or 520-652-7217.

## Family Practice at BZC

Our Family Practice program is in transition; we are not sure what we will be offering during the rest of this year. We'd love to hear from you what you want and need.

We also have a Yahoo email group devoted to family practice issues. We only send at most one email a week. To join the group or to send any other comments or queries, please contact Laurie Senauke at [lauriesenauke@sonic.net](mailto:lauriesenauke@sonic.net).

### 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.

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

September 2	Hozan Alan Senauke
September 9	Issho Fujita Roshi
September 16	Sojun Roshi
September 23	Sojun Roshi
September 30	Walter Kieser
October 7	Hozan Alan Senauke
October 14	Gerry Oliva
October 21	Leslie Bartholic
October 28	Sojun Roshi (Sejiki)

## Friday and Monday Talk Schedule

September 1	Fri 5:50pm	Denise Forest
September 4	Mon 6:25am	Zendo holiday
September 11	Mon 6:25am	New Member Ceremony
September 18	Mon 6:25am	Shelley Brock
September 25	Mon 6:25am	Jake Van Akkeren
October 2	Mon 6:25am	Open discussion
October 6	Fri 5:50pm	Meghan Collins
October 9	Mon 6:25am	Ross Blum
October 16	Mon 6:25am	Carol Paul
October 23	Mon 6:25am	Jake Van Akkeren
October 30	Mon 6:25am	Shosan w/Hozan Sensei

## Like a Grinding Stone

Monks ought to behave like a grinding stone.  
Chang-san comes to sharpen his knife. Li-tsu comes  
to grind his ax. Everybody who wants to have their  
metals improved in any way makes use of the stone.  
Each time the stone is rubbed it wears out, but it  
makes no complaint, nor does it boast of its usefulness.  
Those who come, go home benefitted; some of them  
may not be quite appreciative of the stone,  
but the stone remains ever content.

*(Selected by Sojun from a traditional Zen text)*

**NEWSLETTER SUBMISSION DEADLINE**

Third Friday of the month before each  
issue. Submit items to  
[knabb@bopsecrets.org](mailto:knabb@bopsecrets.org).

November-December deadline:  
Friday, October 20

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