



# Berkeley Zen Center



May-June 2017 Newsletter

## Five-Day Sesshin, June 7-11

Our spring practice period will conclude with a five-day sesshin from Wednesday, June 7, to Sunday, June 11. The first four days' schedule is from 5:00 a.m. to 9:00 p.m. The final day's schedule is from 5:00 a.m. to 3:10 p.m., followed at 3:30 by the Shuso Hossen (dharma dialogue with the Shuso).

Please sign up on the patio bulletin board for a minimum of three days. Sign-ups close on Saturday, June 4, at 12:00 noon. The Shuso Hossen ceremony will begin promptly at 3:30 p.m., and will be followed by a reception. All practice period and sesshin participants are invited to support the Shuso (Mary Duryee) and our practice by bringing a question.

If this is your first sesshin at BZC, it is strongly recommended that you first participate in a full Saturday program; that you have oryoki instruction; and that you speak with the sesshin director. The fee is \$35 per day; advance payment is requested. Leave checks marked "June sesshin" in the laundry room door donation slot. If you have questions, contact the sesshin director, Peter Overton, at [sesshindirectorbzc@gmail.com](mailto:sesshindirectorbzc@gmail.com) or 510-325-2342.



### 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

Tuesday, 5/2, 6:20pm  
Wednesday, 5/3, 6:40am

#### Sangha Work Day

Sunday, 5/7

#### Bodhisattva Ceremony

Saturday, 5/13, 9:40am

#### Practice Period Dinner & Skit Night

Saturday, 5/20, 5:30pm

#### Zendo Holiday

Monday, 5/29

### June

#### Founders' Ceremonies

Thursday, 6/1, 6:20pm  
Friday, 6/2, 6:40am

#### Lay Ordination/Zaike Tokudo

Saturday, 6/3, 3:00pm

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

Wednesday 6/7 to Sunday 6/11

#### Bodhisattva Ceremony

Saturday, 6/10, 9:40am

#### Shuso Hossen

Sunday, 6/11, 3:30pm

#### Zendo Holiday

Monday, 6/12

## **Sangha Work Day, May 7**

Please join us for *Samu* (Sangha Work Day) on Sunday, May 7. Arrive at 8:30 a.m. for a warm cup and a casual bite in company; work circle at 8:45. Or join us at noon for a decidedly delicious outdoor lunch, with work circle at 12:45. Or join us whenever you can, to share this opportunity to support our cherished practice place.

If you have a pet project to promote, we are still taking suggestions! Please leave a note on the bulletin board or email John Lake at johnclake24@gmail.com.

## **Lay Ordination**

This year's *Zaike Tokudo* (Lay Ordination Ceremony) will take place on Saturday, June 3, at 3:00 p.m. in the zendo. John Lake and Matt Haug will receive lay ordination from Sojun Roshi. Tim Lane 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 for assistance with preparation and cleanup.

## **Reminiscences of BZC**

As part of BZC's 50th Anniversary celebration, we are working on a 50-years-of-memories book and would appreciate participation of as many people as possible. Do you have a story or some reflections to share about the various aspects of practice at BZC during any of those years? If you've been thinking about writing something but haven't quite gotten around to it, perhaps you'd prefer to have a conversation instead? If so, shoot an email to Andrea at

andrea.thach@gmail.com or give her a call and she'll arrange something for you.

## **Position Changes**

Hava Glick-Landes will assume the role of Head Jikido from Ben Clausen. Thanks to both of them. The Jikido crew tends to the cleaning and orderliness of our zendo Tuesday-Friday mornings. Please join them in our collective care of our sitting space. It does the body-mind good.

In addition to the zendo, another important place we sit at BZC is in the bathroom. Our attendant maintains a clean, well-stocked, and welcoming place for us throughout the week. John Writer has been performing this task and now turns over the responsibility to Tim Lane. Thanks to you both!

Tamar Enoch has served as Office Manager, with its myriad facets, including financial accounting, recordkeeping of our membership, keeping up with all the legal forms and requirements of maintaining our temple, and creating systems for both greater efficiency and savings in operating costs. She is currently training our new Office Manager, Bruce Coughran. Thanks to both of you.

## **Introduction to Buddhism**

In June and July Laurie Senauke and Susan Marvin will lead a class on the teachings and history of Buddhism, including the Four Noble Truths, the Eightfold Path, mindfulness, zazen, and other introductory topics. Suitable for beginners and experienced students; there will be plenty of time for discussion. The class will be held in the BZC community room from 7:15 to 8:45 p.m. on the following Mondays: June 19, June 26, July 10, and July 17 (no class on July 3). The class fee is \$40.

## Changes in the HEAR Committee

The Harmony, Ethics, And Reconciliation (HEAR) Committee announces changes in our membership. New members of the committee are Penelope Thompson and Tom Painter. Chair Mary Duryee is taking a break during her time as Shuso, and Stan Dewey is stepping in as interim chair. So the current membership of the committee is: Meghan Collins, Stan Dewey, Mary Duryee (on a break), Gerry Oliva, Tom Painter, Hozan Senauke, and Penelope Thompson.

You can find the BZC Ethics Guidelines on the BZC website. If you have a disharmony or ethics concern with someone in the sangha, please feel free to talk to any of the HEAR Committee members, who may then bring the matter back to the full committee.

## Celebrating Marriage at BZC

Alexandra Frappier and Bruce Coughran were surrounded by family and friends on April 2 as Sojun Roshi presided over their wedding ceremony. The weather was perfect for an outdoor reception, where many first-time visitors to BZC experienced our garden in bloom with cake and libation in hand. All the very best to the newlyweds!



## A View from the Coordinator's Window

My old teacher Bernie Glassman used to admonish people in the zendo, "Don't look around, this isn't a museum!" As a new student I was taken aback, since it felt natural to note my surroundings and be mindful of the visual field before me. Of course his encouragement was for us to direct our attention inward and view *our* museum and the artifacts which comprised our life.

In the kitchen I share with Sojun Roshi, I have a nice vantage point to both the zendo and community room doors. This morning I saw our week's chiden coming and going with vases of flowers, and a little later our librarian entering her domain. I then returned to wipe down the cutting board, where this Rorschach



from preparing beets said, "It's okay to look around, just don't get caught by anything."

—Ross Blum



## Report on BZC's Third Annual 20s & 30s Hills & Streams Sesshin

The 2017 Hills & Streams sesshin was a great success. There were 15 participants, with more than half of those participants trying a sesshin for their first time. People from all over the Bay Area and from all types of meditation backgrounds came together in the Point Reyes wilderness to sit zazen, study the Dharma, create a mindful community, and experience practice together in nature. The Hills & Streams sesshins mimic BZC's Mountains & Rivers sesshins, but with a few adjustments meant to encourage first-time Zen practitioners and first-time backpackers to sign up. The feedback from participants was that they want more experiences that mix zazen and study with outdoor activities. In response to this feedback and that from previous years, we are planning to organize BZC day hikes with participants from this sesshin and others on our group list and beyond. For details or to stay in touch, please email Kelsey or Gerry at [kelseybrynn@gmail.com](mailto:kelseybrynn@gmail.com) or [gryoliva@gmail.com](mailto:gryoliva@gmail.com).



### Save the Date!

When making your summer plans, please consider setting aside time to participate in the annual Mountains & Rivers Sesshin at Point Reyes National Seashore, Thursday, July 27, to Sunday, July 30. Details to follow in the July-August newsletter. Meanwhile, feel free to contact Zosie (Christy) at [zosiec@zoho.com](mailto:zosiec@zoho.com) with any questions.



## Family Practice at BZC

### BZC Family Practice on Saturdays

BZC Family Practice is offered on almost all Saturdays (but check the calendar for details, and always RSVP so we can share late-breaking news), from 9:30 to 11:15 a.m., led by BZC member and Music Together teacher Ryk Groetchen. See details (*including a handy new sign-up form!*) at our section of the BZC website:

[www.berkeleyzencenter.org/family-practice](http://www.berkeleyzencenter.org/family-practice). You may use that website form or send an email to [ryk@groetchen.org](mailto:ryk@groetchen.org).

### Saturday Morning Supervised Play

Due to the expanded Family Practice program, we are no longer offering supervised play. We want to serve the needs of parents keeping the flame of practice alive, so don't hesitate to contact us with your questions, concerns, and wish list. Direct inquiries to Laurie Senauke at [lauries@kushiki.org](mailto:lauries@kushiki.org).

### 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: [lauries@kushiki.org](mailto:lauries@kushiki.org).

### Family Practice Schedule

May 6:	Family Practice
May 13:	Family Practice
May 20:	Family Practice
May 27:	Family Practice
June 3:	Family Practice
June 10:	No program — sesshin
June 17:	tbd
June 24:	tbd

*NOTE: Family Practice will take a break for the summer and resume after Labor Day in September.*

**Please RSVP for ALL family activities. Thank you.**

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

May 6	Sojun Roshi
May 13	Shuso Mary Duryee
May 20	Hozan Sensei
May 27	Shuso Mary Duryee
June 3	Sojun Roshi
June 10	Sojun Roshi
June 17	Gil Fronsdal
June 24	Hozan Sensei

### Friday and Monday Talk Schedule

May 1	Mon 6:25am	Shuso Mary Duryee
May 5	Fri 5:40pm	tea & discussion w/Sojun
May 8	Mon 6:25am	chant practice w/Sojun
May 15	Mon 6:25am	tba
May 22	Mon 6:25am	tba
May 26	Fri 5:40pm	zazen refresher w/Sojun
May 29	Monday	zendo holiday
June 2	Fri 5:40pm	shosan w/Sojun
June 5	Mon 5:40am	shosan w/Sojun
June 12	Monday	zendo holiday
June 19	Mon 6:25am	tba
June 26	Mon 6:25am	Peter Overton

### Friday Tea Time

The Friday Tea now begins 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 question and discuss dharma practice while sipping tea and opening our body and mind to harmony and lightness of being.

### Come and Sit with Us

#### Monday through Friday

5:40-7:00am : zazen, service, soji

5:40-6:30pm : zazen, service

#### Tuesday through Thursday

noon-12:30pm : informal zazen

## Mindfulness Must Be Engaged

### — A Meditation —

The Buddha's teachings on mindfulness invite us to be mindful of the body in the body, feelings in the feelings, breath in the breath. This means becoming aware of actions and thoughts from within themselves, within ourselves. In just this way we are engaged with the world, aware that we are never apart from it. There is nothing outside oneself, or as an old Zen saying goes, "There is nowhere in the world to spit."

Explore this in meditation. Sit comfortably in an upright posture. Close your eyes and rest your hands lightly in your lap or on your knees. Breathe in deeply. Let the air fill your body, moving down from the chest, expanding your lungs, until the breath reaches your *hara* or abdomen, a few inches below the navel. Now breathe out slowly and steadily through your mouth, following the contraction of your belly and the air as it moves through your mouth and back out into the wide world. Again, breathe in deeply, then slowly breathe out. This kind of breathing brings a refreshing change.

You can try this whenever you have even a moment to meditate, settling your mind and body from the start. It is a simple way to bring mind and body together, to ground your thoughts and feelings in breath. If your out-breath is uneven, just begin again, without any judgment. Soon you will be able to feel some control over your thoughts, and over the muscles that control your breath.

Feel the air as it flows in and out of your body. Each breath brings life. When the motion of breath stops, life stops. And yet the air reaches everywhere, completely connected like a single seamless fabric spread across the world. The air we breathe this very moment is the same air that a woman sitting next to you is breathing. It is the same air breathed by a homeless boy on the Arizona border, wondering where he can safely sleep or get a meal tonight. It is the air that a mother and daughter are breathing as they wait for a doctor in a hospital emergency room, without health insurance or any way to pay for care.

Far away, on a Greek island in the Mediterranean, a Syrian refugee family camps in a detention center, not knowing when or if they will find a new home. The air they breathe smells of sea and fog. The same air sustains a Rohingya exile, fleeing with his family from the hateful ethnic violence of Myanmar's military. All these people value their lives, their children, their breath just as we do.

Thousands of miles from here, the vast rain forests of Brazil serve as lungs for the world, taking in carbon dioxide, exhaling the oxygen all beings need for life. Amazon Basin forests are disappearing at the rate of 150 acres per minute. Since the year 2000, 80,000 square miles—an area of forest the size of Nebraska—has fallen to fires and bulldozers, contributing to a massive release of CO<sub>2</sub> and global warming. The trees of Amazonia are our good friends. They are dying.

Each breath we take contains atoms breathed by Christ or Buddha, by Caesar or Hitler. The energy we transmute through our body into action is forever conserved. The physical molecules of breath and body are conserved. Form is endlessly changing. Nothing is lost.

In *Peace Is Every Step* Thich Nhat Hanh writes: “Mindfulness must be engaged. Once there is seeing, there must be acting. Otherwise, what is the use of seeing? We must be aware of the real problems of the world. Then, with mindfulness, we will know what to do and what not to do to be of help.”

Mindfulness *must* be engaged because it *is* engaged. We can enjoy our breathing because countless beings are breathing and being with us. We suffer because countless beings suffer and we are not apart from them. Mindfulness is being aware of the reality of interdependence. Awareness comes with responsibility — the ability to respond. No distinction of inside and outside. In this moment of silence just let us enjoy our breathing.

—Hozan Alan Senauke  
April 2017

**NEWSLETTER SUBMISSION DEADLINE**

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

**July-August deadline:  
Friday, June 16**

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