



Berkeley Zen Center



January-February 2017 Newsletter

First Sesshin of 2017 (January 14)

Taking the time to sit still after all the holiday and year-end activity is a great way to begin the New Year. The first sesshin of 2017 will take place on Saturday, January 14, from 5:00 a.m. to 9:00 p.m. We encourage old and new sangha members to participate. If this is your first sesshin at BZC, we recommend that you first participate in a full Saturday program and also speak with the sesshin director, Ken Powelson. Please check the patio bulletin board for the sesshin sign-up sheet, the sesshin information forms, and further information. The sesshin fee is \$35 (a discounted fee is possible for those in need; please speak to the director). Place checks marked "January 14th Sesshin" in the slot in the courtyard laundry room door or mail them to the BZC Office Manager, 1931 Russell St., Berkeley, CA 94703.

The deadline for sign-up and payment is Wednesday, January 11, after morning zazen. If you have questions, contact the sesshin director 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

January

Zendo Holiday
Sunday, 1/1

Founders' Ceremonies
Tuesday, 1/3, 6:20pm
Wednesday, 1/4, 6:40am

One-Day Sesshin
Saturday, 1/14

Bodhisattva Ceremony
Saturday, 1/14, 9:40am

Beginners' Sesshin
Sunday, 1/29

February

Founders' Ceremonies
Thursday, 2/2, 6:20pm
Friday, 2/3, 6:40am

Two-Day Sesshin
Saturday 2/11 to Sunday 2/12

Buddha's Parinirvana Ceremony
Saturday, 2/11, 11:15am

Bodhisattva Ceremony
Sunday, 2/12, 9:40am

Half-Day Sitting
Sunday, 2/19

Zendo Holiday
Monday, 2/20

February Study Sesshin (February 11-12)

There will be a two-day sesshin on February 11-12. The doshi and reading will be announced; please check the bulletin board for details. On Saturday, February 11, we will sit from 5:00 a.m. to 9:00 p.m., with a lecture in the morning and a study period in the afternoon. On Sunday, February 12, we will sit from 5:00 a.m. until 3:00 p.m. and have two study periods. We encourage old and new sangha members to participate. Please sign up on the patio bulletin board by Wednesday, February 8, after morning zazen. If this is your first sesshin at BZC, we recommend that you first participate in a full Saturday program and also speak with the sesshin director. The fee is \$35 per day and should be paid in advance (a discounted fee is possible for those in need; please speak to the director). Leave checks marked "Study Sesshin" in the mail slot in the courtyard laundry room door or mail them to the BZC Office Manager, 1931 Russell St., Berkeley, CA 94703. If you have any questions, contact the sesshin director, Ken Powelson, at SesshinDirectorBZC@gmail.com.

Celebrating 50 Years of Berkeley Zen Center!

We need your help. As part of the 50th Anniversary celebration we are taking a long look back at BZC's history to remember and share its remarkable journey from its beginnings on Dwight Way to its subsequent decades on Russell Street, with its unique blend of lay and priest sangha, residents and home-dwellers.

We plan to create a 50-years-of-memories book, and we would appreciate participation of as many people as possible. Do you have a story, photos, or reflections to share about the various aspects of practice at BZC over all these years? If you have digital versions of photos, that would be ideal, but we also can arrange to scan hard copies.

Please send texts or photos to Mary Duryee (maduryee@earthlink.net) or Andrea Thach (andrea.thach@gmail.com) or by snail mail to them at BZC.

Thank you, and see you at the party on September 30, 2017!

Celebrating Martin Luther King Day at BZC, January 16

We will be commemorating the MLK holiday this year by having a special program at BZC on Monday, January 16, beginning at 8:30 a.m. Instead of our usual early morning sitting we will have a sitting at 8:30 for 40 minutes, followed by a short dharma talk. Prior to this day we will do some outreach to our neighborhood and invite residents to participate in the morning discussion. We will then have a period of Dharma dialog which will involve small group discussion about the ways in which BZC can reach out to our neighborhood in constructive ways and more effectively promote diversity in the sangha. After this we will have tea and social time. Some of us will then set up a table in the front yard and invite people to create messages to hang on the tree to commemorate loved ones harmed by violence and hatred.

For further information and to get involved with this effort, contact Gerry Oliva at gryoliva@gmail.com.

BZC President Notes Board Transitions

As we begin the New Year, on behalf of the BZC Board I'm pleased to welcome recently elected Jed Appelman to the Board of Directors. Stepping down after serving one term is Troy DuFrene. Troy has been the implementer of BZC's electronic voting system, which has greatly streamlined the election process, and he is also a member of the party planning committee for our upcoming 50th Anniversary celebration. We thank Troy for his valuable work on the board.

Position Changes

With the turning of the year comes the proverbial turning of practice positions. It is no small thing to assume these roles and responsibilities, and to your no-gaining mind we thank all of you for saying YES!

- ◎ Peter Overton will assume the co-sesshin director role from Gary Artim, sharing this responsibility with Ken Powelson.
- ◎ Mark Copithorne will become our new co-zendo manager for well-being and memorial services. He will share the ZM position with Bruce Coughran, who will be responsible for ceremonies, taking over from Sue Oehser.
- ◎ Jed Appelman will tend to the Dokusan Hut, receiving the feather duster from Judy Fleischman, who has helped to maintain that space for our one-on-one talks with Sojun Roshi.
- ◎ With Jed's stepping down as Head Dishwasher, John Lake has stepped up to lead the dishwashing after our oryoki meals.
- ◎ John Lake is also taking over the Work Leader position (for sesshins and work days) from Paul Ridgway.

◎ Troy DuFrene will be assuming Tenzo duties while Kiká Hellein is at Tassajara for the winter practice period.

Sojun Roshi's Koan Class Series

Sojun Roshi will continue his koan class series from *The Book of Serenity* in January and February. The dates for his four classes are Monday evenings 7:15-8:45 on January 23, January 30, February 6, and February 13. Fee for the series is \$40, payable at the first class, with discounts available as needed. A sign-up sheet will be posted on the patio bulletin board the first week of January and class material will be made available prior to the series as well as before each class.

A Class on *The Buddha's Teachings on Social and Communal Harmony*

Suzuki Roshi said: "When the whole cloth is woven completely in various colorful threads, what you see are not pieces of thread; what you see is one whole cloth." The respected translator and editor Bhikkhu Bodhi recently published *The Buddha's Teachings on Social and Communal Harmony* (Wisdom, 2016), a collection drawn entirely from the Pali suttas. Hozan Alan Senauke worked on this with Bhikkhu Bodhi, contributing a prologue and epilogue to the book.

In these difficult days, social and communal harmony have never been needed more. Hozan Sensei will lead a five-session class on selections from this book on Mondays from March 20 to April 17. The class will be held in the BZC community room, from 7:15 to 8:45 p.m. The class fee is \$50. Materials will be available in advance and books will be available from the BZC book table.

Following the Wellness Guidelines: A Personal Experience

In last month's newsletter I described the revised Wellness Protocol, particularly recommendations on how we would deal with illness during sesshin. Little did I know that I would be the first case study. I began to cough and sneeze a little on day one of Rohatsu, but thought it was allergies. By day two the coughing got worse and I got laryngitis. I was very busy that day shopping and getting ready to be head cook the following day. When I spoke with Sojun, he suggested that I leave sesshin. "But who will cook tomorrow?" I argued. Hozan, who was also present, said, "You need to follow your own guidelines and stay home." Then he volunteered to take over as head cook, so I left sesshin. I got much worse by the next day and developed full-blown flu symptoms. I rested and was quiet at home during the rest of sesshin and felt much better after five days of rest and taking care of myself. Take-home message: If you are ill during sesshin, it REALLY is better to stay home and take care of yourself.

—Gerry Oliva

BZC + Berkeley Men's Shelter x 20 Years

Over the years, many BZC folks have lent their hands to the twice-monthly offering of dinner at the Men's Shelter **on the 2nd and 4th Fridays from 5:00-8:00 p.m.** We don't just bring the guys food, we bring them a message — that people care about them, that they matter, that we want to support them as they navigate their life's path. This work does not preclude anything else we might do to address the conditions that contribute to homelessness (which is increasing rapidly on the West Coast due to housing shortages, among other causes).

We have a few people who come regularly, and we need a few more. Now don't everyone read this and immediately sign up for the next offering! Head cooks Lance Shows (lanceshows@pacbell.net) and Laurie Senauke (lauriesenauke@kushiki.org) keep a short list of willing helpers; email us to add your name to that list. We usually check in with folks starting the Monday before the dinner to find out who is able to come. If we get more than we need, we can let some of the regulars off early. It's also fine to use the sign-up sheet on the back porch of the community room.

This is love in action, active hope, medicine for despair. Please join us!

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. You may use that website form, or send an email to 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.

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 Marie Hopper (marie_hopper@sbcglobal.net) or Laurie (lauries@kushiki.org).

Family Practice Schedule

January 7:	Family Practice
January 14:	No program — sesshin
January 21:	Family Practice
January 28:	Family Practice
February 4:	Family Practice
February 11:	No program — sesshin
February 18:	Family Practice
February 25:	Family Practice

Please RSVP for ALL family activities. Thank you.

Saturday Speakers, 10:15 a.m.

January 7	Sojun Roshi
January 14	Sojun Roshi
January 21	Hozan Sensei
January 28	Shosan Victoria Austin
February 4	tba
February 11	Sojun Roshi
February 18	Hozan Sensei
February 25	Sojun Roshi

Friday and Monday Talk Schedule

January 2	Mon 6:25am	Kiká Hellein
January 6	Fri 5:50pm	Charlotte Shoemaker
January 9	Mon 6:25am	open discussion
January 16	Mon 8:30am	MLK event (no early sit)
January 23	Mon 6:25am	Teri Jo Tinus
January 30	Mon 6:25am	Laurie Senauke
February 3	Fri 5:50pm	tba
February 6	Mon 6:25am	open discussion
February 13	Mon 6:25am	Jeff Taylor
February 20	Mon 6:25am	tba
February 27	Mon 6:25am	tba

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



Pickling winter cabbage
Grandmother
still holding out —
pickling winter cabbage.

A haiga by Kazumi Cranney. Haiga is a form of painting that combines three traditional Japanese arts: haiku poetry, Japanese calligraphy, and watercolor painting.

The Year of the Fire Rooster

Dear folks,

According to the Asian calendar, 2017 will be the Year of the Fire Rooster. The prominent characteristic of the Rooster is announcing a new dawn, a wakeup call. What an appropriate symbol for this time! The previous year 2016 was the Year of the Monkey. Is this serendipity or what? The clever monkey. Monkey business on steroids!

Other qualities of the rooster (also known as the hen) are: Alertness — Readiness to take action — First to show up — Last to leave — Willingness to take a chance, but with precision — Awareness — Preparedness — Not easily giving up — Knowing when to wait — Knowing when to observe — Knowing when to act — Knowing when to rest.

All of these qualities will be necessary in order to confront and negotiate the topsy-turvy dismantling of our governmental agencies, which were originally meant to protect the environment and the Earth itself, for the sake of greed and wholesale unabashed exploitation. All of the public institutions that are the interdependently interwoven fabric of our lives are scheduled to be demolished. These are hard facts, not speculation. To our astonishment, they are being played out right in front of our eyes.

This presents us with a great challenge: to maintain our composure and our practice in the midst of difficult feelings, emotional pain, and mental strain.

On a positive note, I wish you, our sangha, your families, friends, and neighbors, and the entire world of suffering beings of which there are untold numbers, great happiness in this holy day, Whole Earth season and new 2017.

—Sojun

NEWSLETTER SUBMISSION DEADLINE

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

**March-April deadline:
Friday, February 17**

Berkeley Zen Center
1931 Russell Street
Berkeley, CA 94703