



# Berkeley Zen Center



May-June 2018 Newsletter

## Spring Practice Period

Our 30<sup>th</sup> annual practice period will begin with a one-day sesshin on Saturday, May 5, and continue through the Shuso Ceremony on Sunday, June 17. Sojun Roshi invites everyone to increase their commitment to practice during this period while still tending to their obligations outside the gate.

Sojun has invited Honkyo Joso Ellen Webb to be the Shuso this year, sharing the Abbot's seat and setting an example for us all. Rondi Saslow will serve as Benji, assisting the Shuso.

For a practice period application and detailed descriptions of practice period activities, see the main bulletin board shelf. Please fill out the application and return it to Shuso Ellen Webb's mail slot on the community room porch by Monday, April 30.

Remember that in addition to signing up for practice period and turning in an application form, you need to sign up separately for all the individual practice period events. See the bulletin board for these sign-up sheets.



### 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

Thursday, 5/3, 6:20pm

Friday, 5/4, 6:40am

#### One-Day Sesshin/Open Practice Period

Saturday, 5/5

#### Half-Day Sitting

Sunday, 5/20

#### Bodhisattva Ceremony

Saturday, 5/26, 9:40am

#### Practice Period Dinner & Skit Night

Saturday, 5/26, 6:00pm

#### Zendo Holiday

Monday, 5/28

### June

#### Sangha Work Day

Sunday, 6/3

#### Founders' Ceremonies

Monday, 6/4, 6:20pm

Tuesday, 6/5, 6:40am

#### Lay Ordination/Zaike Tokudo

Saturday, 6/9, 3:00pm

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

Wednesday 6/13 to Sunday 6/17

#### Shuso Hossen

Sunday, 6/17, 3:30pm

#### Zendo Holiday

Monday, 6/18

#### Bodhisattva Ceremony

Saturday, 6/30, 9:40am

### **Practice Period Events**

Opening Sesshin: May 5, 5:00am to 9:00pm.  
Shuso Entering Ceremony: May 5, 4:00pm.  
Shuso talks/lectures: May 7, 12, 25, & June 2.  
Classes: Thursday evenings, May 10–June 7.  
Bansan (tea and dharma discussion with the abbot): Friday, May 11.  
Dinner and Skit Night: Saturday, May 26, 6:00pm.  
Sangha Work Day: Sunday, June 3.  
Shosan (dharma dialogue with the abbot): June 8 (5:40pm) and June 11 (5:40am).  
Lay Ordination: Saturday, June 9, 3:00pm.  
Five-Day Sesshin: June 13 to 17.  
Shuso Hossen (dharma dialogue with the Shuso): Sunday, June 17, 3:30pm.

### **Practice Period Sesshins**

Our Practice Period will begin with a one-day sesshin on Saturday, May 5, and end with a five-day sesshin June 13–17. For information on the one-day sesshin, please see the bulletin board or contact sesshin director Peter Overton (sesshindirectorbzc@gmail.com or 325-2342).

Sojun Roshi will lead the five-day sesshin (which will culminate with the Shuso Hossen ceremony). Please arrange your life commitments to *participate fully* a minimum of three days. The fee is \$35 per day and should be paid in advance. The signup list will be posted two weeks ahead of time. If you have never participated in a sesshin or if you have any questions, please contact sesshin director Gary Artim (gartim@gmail.com or 676-9756).

### **Tenzo Kyokun Class**

The subject of our Practice Period class will be the *Tenzo Kyokun*, Master Dogen's teaching for the head of the kitchen, as an example of complete engagement in the Way. The whole

of Dogen Zenji's *Shobogenzo* is expressed in this practical manual of day-to-day, moment-to-moment enlightened activity of continuous awakening—the special quality of nothing special. This is a great opportunity to find your way into Dogen's teaching, which is at the heart of our practice.

Classes will be on five Thursday evenings in the zendo, 7:15–8:45 pm. The dates are May 10 through June 11. The fee for the five classes is \$50, payable at our first meeting. Discounts are available if needed and can be arranged at the first class. This series is open to everyone, not just Practice Period participants.

### **Lay Ordination**

This year's *Zaike Tokudo* (Lay Ordination Ceremony) will take place on Saturday, June 9, at 3:00 p.m. in the zendo. Cheryl Gordon will receive lay ordination from Sojun Roshi. Rhiana Wiggins and Greg Smith 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.

### **Family Campout**

BZC's annual Family Campout is happening Saturday and Sunday, June 30–July 1. Join us for a night in Tilden Park! We have a potluck dinner, smores around the campfire, and BZC provides breakfast. Everyone is welcome, especially children. A signup sheet will be posted in June. For more info, contact Marie Hopper at marie\_hopper@sbcglobal.net or 559-8831.

## **Mountains and Rivers Sesshin**

When making your summer plans, please consider setting aside time to participate in our annual Mountains and Rivers Sesshin at Point Reyes National Seashore, Thursday, July 26, through Sunday, July 29. More details will follow in the July–August newsletter. Meanwhile, feel free to contact Zosie (Christy) at zosiec@zoho.com with any questions.

## **Caregiving Meeting**

Sangha Support is offering a gathering for helpers and caregivers on Sunday, May 13, at 4:00–5:30pm in the Senauke home at 1933 Russell St.

For our gathering, there will be the usual (unusual!) guided meditation by Laurie Senauke, time for checking in, and space to share ideas for how this caregiving practice can be met with kindness for all, including self.

Thank you for helping another person with doing things that they used to do for themselves; we recognize your courage in navigating this challenging practice.

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

## **Resident Changes**

Longtime BZC residents Ken Powelson and Katy Guimond are starting an exciting new chapter in their lives. They have purchased a new home in the El Cerrito hills.

Ken and Katy have been stalwart residents for many years, Ken serving in many of BZC's senior positions, including sesshin director and zendo manager, and Katy serving on the Board and rallying the neighbors to fight the ever-encroaching construction in our neighborhood. Although we are sad to see them go, we wish

them our warm blessings in their future endeavors.

Please join us in welcoming our new resident to BZC, Mahin Mahdevi. Mahin has a long history of Zen practice from Tassajara to Green Gulch. She will be residing at the newly vacant apartment previously occupied by Ken and Katy, along with a suitable apartment mate (yet to be found).

## **Oryoki Training**

Are you ready to deepen your formal meal practice in the zendo before the five-day end-of-practice-period sesshin? Would you like to explore and learn how to use oryoki bowls with cloths? The next training will be June 2 (after Saturday program from 11:30 to 12:15). Check the courtyard bulletin board for the signup sheet or just drop in. Contact Sue Oehser (510-339-0243 or soehser@earthlink.net) if you have questions or want to pick another date.

## **Zendo Fine Points**

When leaving the zendo:

- If Sojun is present to bow to you at the door, bow to him and then just exit the zendo. (There is no need to bow again before crossing the threshold onto the porch.)
- If Sojun is not present, then shashu bow before crossing the threshold onto the porch.
- If you're exiting the zendo at non-zazen times or before the final bow out to the altar (such as to go to dokusan or to use the bathroom), please bow to the altar and then shashu bow before crossing the threshold onto the porch.

## **BZC Board Nominations**

Every October the sangha elects three of six members-at-large to the BZC Board for two-year terms. There is a two-term limit. The next new term starts in January 2019. The Board will present its three nominees at the all-sangha membership meeting on Tuesday evening, September 25. Other nominations can be made from the floor.

Two current members-at-large, Mark Copithorne and Stan Dewey, are serving their second terms and will be leaving the Board at the end of this year, so these seats will be open. Jed Appelman has agreed to be a Board nominee for a second term. The Board will thus be considering whom to nominate to fill the two vacant member-at-large positions. We would like to receive suggestions from BZC members.

Among the skills that a nominee might add to the Board are: oral and written communication, organization, information technology, money management, fundraising, building maintenance and nonprofit law. Board members attend monthly morning meetings and an all-day retreat in February, and they serve on at least one working Board committee: finance, buildings, development, electronic communication, and nomination-elections.

If you have a suggested candidate for the Board or are yourself interested in being nominated, please contact the Board Nominations and Elections Committee chair, Stan Dewey, at [standewey@comcast.net](mailto:standewey@comcast.net) by June 9. Please include any relevant information about why you think the person you mention would be a good BZC Board member.

## **Library News**

The library has recently acquired the following books:

Robert Wright, *Why Buddhism is True: The Science and Philosophy of Meditation and Enlightenment*

Taisen Deshimaru, *Mushotoku Mind: The Heart of the Heart Sutra*

Zenju Earthlyn Manuel, *The Way of Tenderness: Awakening through Race, Sexuality, and Gender*

Zenju Earthlyn Manuel, *Sanctuary: A Meditation on Home, Homelessness, and Belonging*

Sung-Bae Park, *Buddhist Faith and Sudden Enlightenment*

Dainin Katagiri, *The Light That Shines through Infinity: Zen and the Energy of Life*

Dainin Katagiri, *Returning to Silence: Zen Practice in Daily Life*

Mu Soeng, *The Diamond Sutra: Transforming the Way We Perceive the World*

They can all be found in the "New Books" section on the top shelf of the bookcase directly to the right of the card catalog.

If you have suggestions for our library, please email the BZC Librarian, Greg Smith, at [gregorysmith2@gmail.com](mailto:gregorysmith2@gmail.com).

## **Calendar Changes**

Please note the following changes from the dates indicated in the BZC calendar: Practice Period opening sesshin is now May 5. All-Sangha Work Day is now June 3. All-Sangha Potluck and Board Nominations is now September 25.

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

### **Family Practice Schedule**

May 5:	Sesshin—no program
May 12:	Family Practice
May 19:	Family Practice
May 26:	Holiday—no program
June 2:	Family Practice
June 9:	Family Practice

(No further Family Practice meetings until September!)

**Please RSVP for ALL family activities.**

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

May 5	Sojun Roshi
May 12	Shuso Ellen Webb
May 19	Hozan Alan Senauke
May 26	Sojun Roshi
June 2	Shuso Ellen Webb
June 9	Sojun Roshi
June 16	TBA
June 23	Hozan Alan Senauke
June 30	TBA

### **Friday and Monday Talk Schedule**

May 4	Fri 5:40pm	Sojun Roshi
May 7	Mon 6:15am	Shuso Ellen Webb
May 11	Fri 5:40pm	Bansan w/Sojun
May 14	Mon 6:15am	Chant practice w/Sojun
May 18	Fri 5:40pm	Zazen instruction w/Sojun
May 21	Mon 6:25am	TBA
May 25	Fri 5:40pm	Shuso Ellen Webb
May 28	Monday	Zendo holiday
June 4	Mon 6:25am	TBA
June 8	Fri 5:40pm	Shosan w/Sojun
June 11	Mon 5:40am	Shosan w/Sojun
June 18	Mon 6:25am	TBA
June 25	Mon 6:25am	TBA

### **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.

### ***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

# Spring Practice Period

What are we endeavoring to accomplish during these six weeks of concentrated and peaceful abiding? A student asked Suzuki Roshi what he meant by a non-gaining mind, to which he replied, “You are perfect just the way you are, and you also could use some improvement.” Practice is focused more on what we don’t need than on what we think we need or what we are told we need or want. There may be some value to self-improvement, but our true Self is not subject to gain or loss or improvement. Practice period is a time to set aside as best we can our “needy side” and to “settle the self on the Self,” taking off the cover and allowing our Big Self to breathe easy. It is a peaceful and harmonious abiding for six weeks and a renewal of our practice intention, setting a tone for the rest of the year.

The practice period has some minimum requirements, but within these requirements each person can create his or her own schedule. This is the nature of lay practice. Some will be able to do only the minimum, while others may have the opportunity to extend or stretch themselves much more. Find the right rhythm for this period of time and make adjustments as appropriate. Be mindful of your obligations while honoring your practice commitments and balancing and integrating zazen with your daily activities. This means creating a reasonable schedule without cherry-picking based on personal preference or convenience. This helps to create an edge: something to push against but not so much as to be discouraging. Give yourself space by letting go of some minor activities. It may not be possible to add more zazen to a busy schedule, but if you can, all the better. It is important to pay attention to your home and work practice and to ask for your family’s support.

It should also be clearly understood that in no way is any sangha member required to participate, nor is there any pressure to do so. You should all feel free to continue to come to BZC as usual and to attend any of the classes and talks and other events even if you have not committed to taking part in the practice period. We will all still be practicing together.

Here are some practices you can do at any time as the occasion arises:

- Patience: Find your center and settle on the present moment.
- Complete one activity before going on to the next.
- Always be aware of being centered.
- Continuously return to abdominal breathing.
- Engage each activity wholeheartedly.
- Honor your intention.
- Choose one clear-mind precept to work with. (This is good for dokusan.)
- Be an example for harmony. Be aware of, and helpful to, others.
- Feel free to ask questions.

If we pay attention to the elements of this simple outline, we will be sure to have a successful and satisfying practice period.

—Sojun Roshi

**NEWSLETTER SUBMISSION DEADLINE**

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

**July-August 2018 deadline:  
Friday, June 15, 2017**

Berkeley Zen Center  
1931 Russell Street  
Berkeley, CA 94703

# BZC Spring 2018 Practice Period Schedule 4.18.18

*Schedule subject to change; please check bulletin board for updates.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	MAY 1	2	3	4	5 Open PP Shuso Entering Lecture:-Sojun
6	7 6:15 Talk: Shuso	8	9  Wed night group	10 Class 7:15pm Sojun Roshi	11  Bansan 5:40pm Sojun Roshi	12  Lecture: Shuso
13 <i>Mother's Day</i>	14 6:15am Chant w. Sojun Roshi	15	16  Wed night group	17 Class 7:15pm Sojun Roshi	18  5:40pm Zazen instr Sojun Roshi	19  Lecture: Hozan
20 Half-day sitting	21 AM Talk: TBA	22	23  Wed night group	24  Class 7:15pm Sojun Roshi	25  Talk 5:40pm Shuso	26  Lecture: Sojun PP Dinner & Skit Night
27	28 <i>Memorial Day</i> <i>Zendo Closed</i>	29	30  Wed night group	31  Class 7:15pm Sojun Roshi	JUNE 1	2  Lecture: Shuso Lay Ord Rhrs
3 Work Day	4 AM Talk: TBA	5	6  Wed night group	7  Class 7:15pm Sojun Roshi	8  5:40pm Shosan Sojun Roshi	9  Lecture: Sojun  Lay Ordination
10	11 5:40am Shosan: Sojun Roshi	12	13 Sesshin	14 Sesshin	15 Sesshin	16 Sesshin Sun 17 June Sesshin Shuso Hossen