



Berkeley Zen Center



September-October 2018 Newsletter

One-Day Study Sesshin

Hozan Alan Senauke will lead a daylong study sesshin on Saturday, September 1. We will be studying Dogen's "Eight Awakenings of Great Beings," translated by Kaz Tanahashi. This text was Dogen's last fascicle, written shortly before his death in 1253.

The sesshin will go from 5:00 a.m. to 5:30 p.m. and will include zazen, oryoki meals, soji, and two study sessions. A sign-up sheet is posted on the bulletin board, and materials will be available on the bulletin board shelf several days ahead of time. The fee is \$35, and should be paid in advance. Please leave payment in the donation slot (marked "Study Sesshin") by Wednesday, August 29. For more information, contact sesshin director Gary Artim: 510-676-9756 or sesshindirectorbzc@gmail.com.

New Members Entering Ceremony

Our annual Entering Ceremony for new members is on Monday, September 10, at 6:20 a.m. If you are a new BZC member, or if you are an older member but have never participated in this ceremony and would now like to, please contact Carol Paul: 510-206-5051 or caroljpaul@yahoo.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

September

One-Day Study Sesshin
Saturday, 9/1

Zendo Holiday
Monday, 9/3

Founders' Ceremonies
Tuesday, 9/4, 6:20pm
Wednesday, 9/5, 6:40am

Half-Day Sitting
Sunday, 9/9

New Member Entering Ceremony
Monday, 9/10, 6:25am

Bodhisattva Ceremony
Saturday, 9/22, 9:40am

All-Sangha Potluck & Board Nominations
Tuesday, 9/25, 6:30pm

October

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

One-Day Sesshin / Open Aspects of Practice
Saturday, 10/6

Jizo Ceremony
Saturday, 10/13, 1:00pm

Half-Day Sitting
Sunday, 10/14

Bodhisattva Ceremony
Saturday, 10/20, 9:40am

Half-Day Women's Retreat
Sunday, 10/21

Sejiki Ceremony & Celebration
Saturday, 10/27, 10:15am
(Saturday program begins at 8:30)

Sangha Work Day
Sunday, 10/28

Zen in the Age of Anxiety (a talk by Tim Burkett)

Tim Zentetsu Burkett, guiding teacher of Minnesota Zen Meditation Center, will offer a dharma talk and reading from his latest book, *Zen in the Age of Anxiety: Wisdom for Navigating Our Modern World* (Shambhala Publications), on Friday afternoon, September 14, from 5:45 to 6:30 p.m. at Berkeley Zen Center.

Tim began practicing with Suzuki Roshi in 1964, and in the early 1970s was a student of Katagiri Roshi in Minneapolis. Written in the style of an owner's manual for human beings, this new book focuses on areas of pain and anxiety as they tend to manifest in our lives: feelings of unworthiness and issues around sex, money, failure, and death. Tim's extensive background in Zen and his experience as a psychotherapist bring wisdom to our fears and anxieties, turning them into building blocks of a fulfilling life.

Please join us for this unique opportunity. Books will be available for purchase following the talk.

Potluck and Sangha Meeting

All BZC members and friends are invited to attend our semi-annual potluck and sangha meeting on Tuesday, September 25, 6:30 p.m. In addition to celebrating fellowship, the Board will present the nominees for the three members-at-large Board positions which begin January 2019.

We will also entertain additional nominations during the meeting. If you would like to nominate someone, please do two things: obtain their permission prior to the meeting, and let Stan Dewey (chair of the Nominations and Elections Committee) know in advance.

A great deal of care, time, and commitment have been put into the nominating process to

make it as fair and unbiased as possible. The Board extends much gratitude to Stan Dewey, Ed Herzog, and Stephanie Solar for all their work.

Aspects of Practice: October 6 through November 3

We invite you to join the 2018 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 and support our senior practice leaders.

This year we will draw from *The Hidden Lamp: Stories from Twenty-Five Centuries of Awakened Women*. 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 enclosed calendar and the zendo events bulletin board.

Aspects of Practice will begin with a **one-day sesshin on Saturday, October 6**, led by Gerry Oliva, and end with a **one-day sesshin on Saturday, November 3**, led by Hozan. For more information on either sesshin, please contact the sesshin directors, Peter Overton (for October 6) or Gary Artim (for November 3): sesshindirectorbzc@gmail.com. Peter can also be reached at 510-325-2342 and Gary at 510-676-9756.

Women's Retreat

There will be a half-day women's retreat on Sunday, October 21, from 8:00 a.m. to 1:00 p.m. It will include periods of zazen and kinhin as well as a talk and follow-up discussion. Lunch will be served at the end of the morning.

A sign-up sheet will be posted on the bulletin board two weeks prior to the retreat. You can also sign up via email.

If you have any questions, please contact the retreat director, Penelope Thompson (penelopethompson9@gmail.com), or Leslie Bartholic (lbartholic@comcast.net).

Jizo Ceremony for Those Who Have Died

The loss of a loved one often opens a well of profound grief. No matter how the loved one dies, suddenly or slowly, whether through illness, accident, violence, 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 13, 1:00–3:00 p.m. Jizo, the Earth Store Bodhisattva, one of the four great bodhisattvas in the Mahayana school, is viewed as a wise and compassionate guide and protector for those who are enduring the loss of loved one, particularly the loss of a child. Jizo's vow is to remain in the world until all beings are free from suffering. S/he accompanies children when they pass out of this world.

Before the ceremony we will spend time in the community room making a personal memorial token for a lost one, by writing a message or by making a simple necklace, a robe for our garden 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: gryoliva@gmail.com or 520-652-7217.

Sejiki Ceremony

Sejiki is a popular Buddhist festival that highlights the connection between our world and the worlds of spirits. At BZC, we offer it as a sort of Buddhist Halloween. The ceremony is a mixture of spooky and solemn—there will be costumes and noisemakers, but we will also recite the names of departed friends and family and make offerings to appease our own hungry ghosts. This year's Sejiki ceremony will be held on Saturday, October 27. To allow preparation time for the ceremony, we will not be having early morning zazen or breakfast. Instead, we will begin with a work period at 8:30 a.m. to prepare our temple for the ceremony. The formal program will start with zazen at 9:40, followed by a short lecture, and then the ceremony at 10:15.

Both children and adults are encouraged to participate, to wear costumes and bring noisemakers. If you bring your children, please come directly to the zendo at 10:15, as there is no children's program before that time. Please direct any questions about children's participation to Hannah Meara: hmeara@gmail.com.

For more information about the program, please contact Carol Paul at 510-206-5051 or

caroljpaul@yahoo.com. You can also give Carol names of departed ones to be recited during the ceremony of whom we might not be aware or if you will not be able to attend.

New Residents

We would like to welcome our two new residents to BZC. Ten Bartholemew will be sharing the apartment at 1933½ Russell with Greg Smith, and Mahin Mahdavi will be sharing the apartment at 1929 Russell with Hannah Meara.

Position Changes

Mahin Mahdavi has assumed the role of Head Gardener. Thanks to Mira Queen and Sue Marvin, for overseeing our flora these past years.

Judy Fleischman has concluded her term as Co-Saturday Director. Please welcome Tom Painter to that position who will co-direct with Dean Bradley.

Mark Copithorne has succeeded Alexandra Frappier as Head Chiden. (He also continues to be our Candlemaker.)

Heiko John Lake, who is our Sesshin and Work-Day Work Leader will add Saturday Work Leading from Ken Powelson.

Andrea Henderson will assume the Saturday Head Dishwasher role from Heiko.

Jed Appelman and Mark Copithorne have passed on their roles as Co-Zendo Managers to Carol Paul and Hannah Meara. Hannah will be responsible for scheduling well-being and memorial services. Please contact her at hmeara@gmail.com if you wish to have one.

Zosie Calame and Hosei-Kelsey Hermann, who have coordinated Mountains & Rivers and Hills & Streams sesshins, will pass the camp stove on to a yet TBA person for 2019.

Thanks to you all for your dedication! 🙏

Library News

The library has recently acquired the following books: Ed Brown, *No Recipe: Cooking as a Spiritual Practice*. Kazuaki Tanahashi, *Painting Peace: Art in a Time of Global Crisis*. David R. Loy, *Money, Sex, War, Karma: Notes for a Buddhist Revolution*. Joan Halifax, *Standing at the Edge: Finding Freedom Where Fear and Courage Meet*. Susan Murphy, *Red Thread Zen: Humanly Entangled in Emptiness*. Bhikkhu Bodhi, *Fostering Social Harmony*. Buddhadasa Bhikkhu, *Dhammic Socialism*. Maha Ghosana, *The Buddha of the Battlefield*.

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 literature for our library, please email the BZC Librarian, Greg Smith: gregorysmith2@gmail.com.

Revisions to BZC's Ethics Guidelines

Two substantive changes have been made by the Board to our Ethics Guidelines. The first change is a clarification about the expectations for maintaining boundaries between people at BZC. The second change is the addition of a section about avoiding abusive speech.

These changes are the result of many discussions in the HEAR committee, which made recommendations to the Board. At the last Board meeting these changes were ratified.

Here is the full text of the two sections rewritten for clarity:

Teacher Relationships to Students

Over the years, as we look at ourselves and other practice communities, we have come to understand that spiritual and psychological harm can often result when teachers and students become sexually involved, violate trusts, or use power and/or position for per-

sonal gain or manipulation. Such harm can damage the whole community.

At Berkeley Zen Center, all the priests and the lay practice leaders (i.e. lay leaders who offer practice discussion and/or give dharma talks) have made a commitment to conduct relationships in accord with the Bodhisattva precepts. Because of this commitment, the responsibility for maintaining appropriate and clear boundaries always rests with the priest/practice leader. They will respect and protect the personal autonomy of all students, and refrain from sexual involvement with students.

If a priest or lay practice leader decides nevertheless to pursue a sexual relationship with another sangha member, a process will be initiated to determine what changes in her/his role in the community may be necessary. It is in the interest of all concerned that both parties first seek guidance and counsel from their teacher, the HEAR Committee, and/or the senior student group.

Relationships with Students New to BZC Practice

We want to offer an environment where new practitioners can develop their own relationship with practice and with the sangha, free from discrimination or social pressure. We request all BZC members to be mindful of the benefit for a new student in not being distracted from the primary activity of establishing their own practice.

All members in leadership positions, and those who have responsibilities which could reasonably be perceived as leadership roles (for example, members and officers of the BZC Board of Directors; members of the HEAR Committee; BZC residents and priests; Saturday directors; sesshin directors; the coordinator; the office manager; the tenzo; the zendo manager; shusos; benjis; senior students; front seat persons) are expected to abstain from sexual relationships with new BZC students during the new students' first year of practice.

Anyone having questions about how this guideline is implemented may speak with their teacher, or any member of the HEAR Committee.

And here is the new section:

Avoiding Abusive Speech

BZC members should reasonably expect to practice in a supportive and harmonious environment. How we speak and act with one another is an expression of that harmony. Toward that end, we make every effort not to use words that create discord, and to reconcile and resolve our conflicts, small or large.

Verbal abuse and violence are not acceptable at BZC. Verbal abuse includes shouting, chewing out, blowing up, threats, humiliation, undermining, verbal manipulation, and *ad hominem* attacks. Abusive speech has wide effect, both for parties to the conflict who may be traumatized, and for witnesses. Members are not expected to work with other sangha members who demonstrate an ongoing pattern of harsh or hostile language.

This applies to everyone at BZC, irrespective of position or seniority. Those holding a practice position are expected to understand that abusive speech and anger are not acceptable expressions of direction or leadership. Failure to uphold a standard of patience and kindness is a ground for suspension of sangha responsibilities.

Conflict, of course, is inevitable and can be creative. But violence of any kind divides and traumatizes. How we work together is as important as accomplishing the task at hand.

You can find the complete Ethics Guidelines at our website: berkeleyzencenter.org. A copy is also located on the courtyard bulletin board. If you have questions, please feel free to talk to any member of the HEAR committee: Stan Dewey (chair), Gerry Oliva, Thomas Painter, Penelope Thompson, Mary Duryee, Vice Abbot Hozan Senauke, *ex officio*.

Doan/Fukudo/Kokyo Refresher

Sojun Roshi will be holding a Doanryo Refresher at 11:30 a.m. on September 22 (right after the Saturday program). Doans, fukudos, and kokyos: Please try to attend this meeting to refresh and refine your practice, especially if you did not attend the previous refresher on August 25.

Oryoki Training

The next lesson in our formal meal procedures (“oryoki”) will be Saturday, September 22, 11:30 a.m. to 12:15 p.m, in the community room. If you would like to schedule another time to learn or fine-tune your oryoki practice, contact Sue Oehser at soehser@earthlink.net or 510-339-0243 (voice only).

Family Practice at BZC

Note: Family Practice will be on a hiatus until January 2019. We look forward to seeing you then!

Saturday Speakers, 10:15 a.m.

September 1	Hozan Alan Senauke
September 8	Sojun Roshi
September 15	Mary Duryee
September 22	Sojun Roshi
September 29	Mary Mocine
October 6	Gerry Oliva
October 13	Judy Fleischman
October 20	Karen Sundheim
October 27	Sojun Roshi

Friday and Monday Talk Schedule

September 3	Monday	Zendo holiday
September 7	Fri 5:50pm	Sojun Roshi
September 10	Mon 6:25am	New Member ceremony
September 14	Fri 5:50pm	Tim Burkett
September 17	Mon 6:25am	Ten Bartholomew
September 24	Mon 6:25am	Ron Nestor
October 1	Mon 6:25am	Open discussion
October 5	Fri 5:50pm	TBA
October 8	Mon 6:25am	Susan Marvin
October 15	Mon 6:25am	Denkei Raul Moncayo
October 22	Mon 6:25am	Penelope Thompson
October 29	Mon 6:25am	Shosan w/Hozan Sensei

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.

True Faith

Sometimes I hear someone grumble about not getting enough out of practice. When I hear this I realize that we need to remind ourselves every day of the meaning of practice. Although we can't avoid the desire for material well-being and the necessity of food, shelter, clothing, and good supportive friends, it is important to remember that instead of giving us something, zazen taketh away our materialistic blinders, leaving us free from that which binds. And even though we talk a lot about wanting freedom, it is not always easy to know what we want freedom from (or for).

One purpose of practice is to free us from our addictions, of which we are often unaware. We are all in some way victims of our wants, and of our excessive needs. As we practice zazen over time, we have the opportunity to discover the joy of letting go. The effort we put into this practice is one with the satisfaction we experience. What better reward? Each moment of sincere effort is a moment of satisfaction.

The purpose of ordination for both priest and layperson is to cut off our habitual karma and to find ourself as a newborn being. We don't have to be bound by the past. We can practice with this intention moment by moment. Even though we still find ourselves drawn to our attachments, the time we spend in zazen while letting go is a great gift that can break the spell of enchantment for that moment in time. Through continuous practice we can step back from reactivity and step forward to find ourself new and fresh in each moment, free from clinging to anger, resentment, and all other unwholesome dharmas as they arise. This is the beginner's mind—open, unassuming, receptive, and full of vitality. It is also the life of appreciation and thanksgiving. It is the true gift, the bottomless well that never dries up.

– Sojun Roshi

NEWSLETTER SUBMISSION DEADLINE

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

**November-December deadline:
Friday, October 19, 2018**

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