



# Berkeley Zen Center



September-October Newsletter

## **Study Sesshin: The Dharma of Martin Luther King**

There are wonderful resonances between our Buddhist understanding and Dr. King's vision of interdependence, nonviolence, and Beloved Community. During our Study Sesshin on Saturday, September 7 (led by Hozan Alan Senauke) we'll have a chance to explore and discuss these resonances. We will sit from 5:00 a.m. to 5:00 p.m., and the day will include zazen, oryoki meals for breakfast and lunch, soji, and two sessions of study and discussion. Copies of reading materials will be available on the bulletin board shelf prior to the sesshin.

Please sign up on the patio bulletin board by Wednesday, September 4, 7:00 a.m. For more information, contact sesshin director Gary Artim: gartim@gmail.com.

## **Aspects of Practice**

Gerry Oliva, along with other BZC senior students, will lead our annual four-week Aspects of Practice. It will begin with a one-day sesshin on Sunday, October 6 (5:00 a.m. to 5:00 p.m.) and continue through the closing sesshin on Saturday, November 2 (5:00 a.m. to 9:00 p.m.). *(Continued...)*



### **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**

**Zendo Holiday**  
Monday, 9/2

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

**One-Day Study Sesshin**  
Saturday, 9/7

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

**Half-Day Sitting**  
Sunday, 9/15

**New Member Entering Ceremony**  
Monday, 9/23, 6:25am

**All-Sangha Potluck & Board Nominations**  
Tuesday, 9/24, 6:30pm

### **October**

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

**One-Day Sesshin / Open Aspects of Practice**  
Saturday, 10/5

**Bodhisattva Ceremony**  
Saturday, 10/12, 9:40am

**Jizo Ceremony**  
Saturday, 10/12, 1:00pm

**Half-Day Women's Retreat**  
Sunday, 10/20

**Sejiki Ceremony & Celebration**  
Saturday, 10/26, 10:15am  
*(Saturday program begins at 8:30)*

**Sangha Work Day**  
Sunday, 10/27

*(Aspects of Practice, continued from page 1)*

As always, this is an opportunity for new and old students to make or intensify their commitment to practice through an emphasis on following basic forms of zazen, participating in sangha activities, and studying the Dharma here at BZC. Participants are encouraged to sign up for practice discussion, attend weekly classes, participate in an entire Saturday program, and attend Friday afternoon tea. Information on the study topics will be posted on the bulletin board with copies of any reading materials.

This year there will be two opportunities to ask questions about Aspects and how to complete the Aspects sign-up sheet before the practice period starts: A senior student will be available in the community room after Saturday lecture on September 21 and 28.

Sign-up sheets for Aspects of Practice and the Thursday evening classes will be posted two weeks before the program starts. Please sign up for the October 6 sesshin on a separate sign-up sheet on the patio bulletin board by Wednesday, October 2, 7:00 a.m.

### **Special Lecture**

On Friday afternoon, September 20, at 5:40 Sensho Watanabe Roshi, a special lecturer sent to Zen centers in the U.S. by Soto Zen headquarters in Japan, will give a talk: "How to Live Here and Now – Engagement from the One and a Half Person Perspective." Rev. Watanabe is head priest at Toryuji Temple in Niigata, Japan. For twelve years he has served as Tokuha Fukyoshi, a teacher dispatched to convey principles of Dogen and Keizan Zenji to Zen communities around the world.

### **New Members Entering Ceremony**

Our annual Entering Ceremony for new members is on Monday, September 23, at 6:20 a.m. (*Note the change from the date previously announced.*) 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.

### **Women's Retreat**

There will be a half-day women's retreat on Sunday, October 20, led by Kenshin Catherine Cascade.

Catherine was ordained as a monk in the Order of Buddhist Contemplatives in 2000 and, following a Transfer of Discipleship, was re-ordained as a priest in the lineage of Shunryu Suzuki Roshi by Hozan Alan Senauke in 2004. She received Dharma Transmission from Hozan Sensei in 2012. Catherine is a former BZC resident who now lives in rural Oregon with her partner, John Mogeey. Together they offer a Zen practice program at their Bird Haven Zendo.

The retreat schedule will be 8:30 a.m. to 1:30 p.m. It will include periods of zazen and kinhin as well as a talk and followup discussion. Lunch will be served at the end of the morning. The fee is \$20. 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 Leslie Bartholic (lbartholic@comcast.net) or Mary Duryee (maduryee@icloud.com).

## **Sangha Potluck & Nominations Meeting**

All BZC members and friends are invited to attend our semi-annual potluck and sangha meeting on Tuesday, September 24, 6:30 p.m. In addition to celebrating fellowship, the Board will present the nominees for the three members-at-large Board positions that begin January 2020.

We will also accept 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 Ed Herzog (chair of the Nominations and Elections Committee) know in advance.

A great deal of care, time, and commitment has been put into the nominating process to make it as fair and unbiased as possible.

## **Jizo Ceremony**

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 12, 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 a loved one, particularly the loss of a child. Jizo's vow is to remain in the world until all beings are free from suffering. She/he accompanies the dead 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 some 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 510-652-7217.

## **Sejiki**

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 26. 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 the ceremony at 10:15.

Both children and adults are encouraged to

participate, to wear costumes and bring noise-makers. If you bring your children, please come directly to the zendo at 10:15 as there is no childrens' program prior to that time. Please direct any questions about the childrens' participation to Hannah Meara at [hmeara@gmail.com](mailto:hmeara@gmail.com). For more information about the program, please contact Carol Paul at [caroljpaul@yahoo.com](mailto:caroljpaul@yahoo.com) or 510-206-5051. 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.

### **Walk to Feed the Hungry**

BZC is pleased to be one of the hosts for this year's Walk to Feed the Hungry, organized by Buddhist Global Relief, a worldwide social welfare project begun in 2007 by Bhikkhu Bodhi. The Berkeley date is Saturday afternoon, October 5. Please register, donate, and join us for the whole march, or come and greet the marchers at BZC around 3:00 p.m.

Registration is from 12:00 noon to 12:45 p.m. at Dharma College, 2222 Harold Way, Berkeley, near the downtown Berkeley Post Office. The walk (2.5 miles) will begin at 1:00 p.m. We will stop for rest, refreshment, and brief presentations at the Berkeley Buddhist Temple and Berkeley Zen Center, then return to Dharma College, concluding about 4:30.

For information and registration, or to make a donation, see:

[www.firstgiving.com/event/BuddhistGlobalRelief/2019-Berkeley-CA-Walk-to-Feed-the-Hungry](http://www.firstgiving.com/event/BuddhistGlobalRelief/2019-Berkeley-CA-Walk-to-Feed-the-Hungry) or contact Dhammadipa Konin Cardenas: [bk\\_walk@buddhistglobalrelief.org](mailto:bk_walk@buddhistglobalrelief.org)



*Sentei Kokyo Susan Marvin & Seishi Tetsudo Ross Blum with Sojun Roshi*

### **Lay Entrustment**

In the quiet dawn hours of July 22, 2019, a Lay Entrustment ceremony was held for Seishi Tetsudo Ross Blum and Sentei Kokyo Susan Marvin, performed by Sojun Roshi and Hozan Sensei. The ceremony was a recognition of two seasoned practitioners' commitment and deep understanding of the Dharma. Ross and Susan received green rakusus and each gave a short talk and responded to formal questions. Here are some words from our new Lay Entrustees:

Ross: "Having finally gone through this bamboo tube I feel I can both rest in the stillness of this acknowledgment and trust Sojun Roshi has bestowed, and continue the activity of supporting our temple in the myriad forms available to us."

Susan: "I very much appreciate practicing with Sojun and our Sangha through thick and thin. May we continue to practice together with heart and humor and continuous effort."

## **Sangha Support Network: List Renewal and Updating**

The Sangha Support Network email list needs to be rebuilt, due to a computer glitch that deleted many people off the list. *Whether you've been on the email list all along, or are interested in joining for the first time, please email me at eahorowitz1@gmail.com with your name and email address and I'll put you (back) on the list.* And please be sure to add me to your email Contacts list so my emails don't land in your spam folder!

For those of you unfamiliar with the Sangha Support Network, here's what it is:

When a sangha member needs temporary assistance or support, usually due to a medical issue, we recruit members to help out. Assistance may include driving to an appointment, doing errands, preparing a meal, helping in the home, or assisting with child or pet care. Support may include visiting someone at home or in the hospital, providing caregiver relief, or providing emotional support.

Requests for assistance are generally infrequent, and you will never be expected to respond unless the spirit moves you. Even if you doubt you'll ever have time to volunteer, you can be on the email list just in case someday a request feels like the right thing for you to take on. *Nobody is ever asked to help out more than they're comfortable doing.*

Here is what one sangha member who received help from the Sangha Support Network (and who subsequently has volunteered to help others) wrote about that experience:

*"Thanks for organizing this. This is a deeply important job for all of us—both by making help available to those who need it and also by making the jobs okay/manageable for people to do them. I received monumental amounts of help. . . . It's such a special skill to*

*be able to offer the opportunity to help to the degree one is comfortable and to stop or draw lines when that feels appropriate. That kind of thing is so hard to manage when the person needing help has to ask people directly. . . . Sangha Support provides all of us a great service: Those who need assistance can get it; those who want to help others but are not comfortable signing on for open-ended situations, can offer specific and limited help."*

Liz Horowitz, coordinator  
Laurie Senauke, assistant coordinator

## **CPR/AED Class**

### **"Life Is Too Important Not to Be Prepared"**

On October 12 LifeSaver CPR will offer a class on CPR and the use of our AED unit. The class will be held in the zendo from 1:00 to 2:30. BZC has used LifeSaver CPR before, and participant response has been overwhelmingly positive. Participants will receive CPR certification, which is valid for two years.

This is a wonderful way to help ensure the well-being and safety of our sangha members.

The class has been funded by BZC and is free for all BZC members and friends, although dana of \$40 is suggested to help offset the cost of the class.

To take the class, you need to do two things: (1) sign up on the patio bulletin board with your email address, and (2) send an email to Health & Safety Coordinator Jake Van Akkeren (jvanakkeren@comcast.net) so that he can send an email link for you to complete your registration online with LifeSaver CPR. The online registration process is required by LifeSaver CPR. The sign-up sheet will be posted by September 10.

The sign-up deadline is October 2. A minimum of ten participants is required to hold the class, and class size is capped at 24.

## Walkway Upgrading

BZC volunteers joined together in August to rebuild the brick walkway alongside the zendo wheelchair ramp. The walk was widened to 36" and flattened out, to make it easier for people using wheelchairs and walkers to move smoothly into the zendo. Thanks to Ross Blum, Cheryl Gordon, Matt Haug, Rob Lyons, Susan Marvin, Ron Nestor, Alex Senauke, Laurie Senauke, and Lance Shows for their contributions!

## Oryoki Training

I invite you to take advantage of the next oryoki training, especially before Aspects of Practice. I will be offering it Saturday, September 21, and Saturday, October 19, either in the zendo or in the community room, from 11:30 to 12:15 after morning program, or by appointment. Please contact me, Sue Oehser, at 510-339-0243 (voice, not text), or text 510-541-3264, or soehser@earthlink.net for questions or to arrange another time to meet.

Briefer oryoki instruction is also offered before breakfast at all full Saturday morning programs, except during sesshins.

## Friday Tea Time

Every Friday at 5:00–5:30 p.m. (just before the afternoon zazen period) BZC welcomes members and friends for tea, tasty treats, and informal discussion, hosted by a rotating team of BZC senior students. Weather permitting, we meet in the garden; otherwise, in the community room.

## Family Practice at BZC

Our Family Practice program is dormant at this time. Please direct inquiries and suggestions to Laurie at lauriesenauke@sonic.net.

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

|              |              |
|--------------|--------------|
| September 7  | Hozan Sensei |
| September 14 | Sojun Roshi  |
| September 21 | Ellen Webb   |
| September 28 | Mary Mocine  |
| October 5    | Gerry Oliva  |
| October 12   | TBA          |
| October 19   | TBA          |
| October 26   | Sojun Roshi  |

## Friday and Monday Talk Schedule

|              |            |                                 |
|--------------|------------|---------------------------------|
| September 2  | Mon 6:25am | Zendo holiday                   |
| September 6  | Fri 5:40pm | TBA                             |
| September 9  | Mon 6:20am | Open Discussion                 |
| September 16 | Mon 6:25am | Leslie Bartholic                |
| September 20 | Fri 5:40pm | Guest: Sensho<br>Watanabe Roshi |
| September 23 | Mon 6:20am | New Member<br>Entering Ceremony |
| September 30 | Mon 6:25am | Mark Copithorne                 |
| October 4    | Fri 5:40pm | Sojun Roshi                     |
| October 7    | Mon 6:25am | Open Discussion                 |
| October 14   | Mon 6:25am | TBA                             |
| October 21   | Mon 6:25pm | TBA                             |
| October 28   | Mon 6:25am | TBA                             |

## *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

# Circling the Hall

When everyone else was meditating,  
I'd be outside circling the hall.

Finally, I went to confess.  
"I'm hopeless," I said.

The elder nun smiled.

"Just keep going," she said.  
"Nothing stays in orbit forever.  
If this circling is all you have,  
why not make this circling your home?"

I did as she told me  
and went on circling the hall.

If you find yourself partly in  
and partly out –  
if you find yourself drawn to this Path  
and also drawing away –  
I can assure you,  
you're in good company.

Just keep going.

Sometimes the most direct path isn't a straight line.

*Poem by the nun Vijaya*

(From the *Therigatha*, a collection of poems written between the 6th century and 3rd century BCE by elder nuns. This translation is from *The First Free Women: Poems of the Early Buddhist Nuns*, by Matty Weingast.)

**NEWSLETTER SUBMISSION DEADLINE**  
is the Third Friday of the month before each  
issue. Please submit items to  
[knabb@bopsecrets.org](mailto:knabb@bopsecrets.org).

**November–December 2019 deadline:**  
Friday, October 18.

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