



Berkeley Zen Center



May 2005 Newsletter

Welcome...

to new Members Jane Mauldon and Susan Nesbitt, and to new Friends Catherine Cascade and Lance Shows.



Dharma Transmission...

Sojun Roshi will perform a Dharma Transmission ceremony for Mary Mocine and for Grace Schireson, the first week of May at Tassajara, Zen Mountain Center. Mary and Grace will have an opportunity speak to the *sangha* about their experience in the near future.



Practice Period!...

Our annual practice period will begin Saturday, 8th May and last through Sunday, 22nd June. Sojun Roshi invites everyone to increase their commitment to practice during this period while still minding those obligations "outside the gate."

Heishin Tando /Ordinary Mind Right Way Greg Denny will be *Shuso*/Head Student this year, sharing Sojun Roshi's seat as an example for all of us. If you are participating, please make sure to fill out the application form and return to the *Shuso* before 8th May. You should have received a Practice Period schedule in your April newsletter. You can also find applications and schedules at the community bulletin board.

May & June Schedule

Half-Day Sitting
Sunday, 5-1 8am to noon

Founders Ceremony
Tuesday, 5-3, 6:20pm
Wednesday, 5-4, 6:40am

One-Day Sitting
Opening of Practice Period
Sunday, 5-8 5am to 5:30pm

Bodhisattva Ceremony
Saturday, 5-21, 9:30am

Memorial Day
(*zendo holiday*)
Monday, May 30

Founders Ceremony
Thursday, 6-2, 6:20pm
Friday, 6-3, 6:40am

Kanzeon Sitting
Sunday, 6-5 8am to 5pm

Jukai/Lay Ordination
Saturday, 6-11

Bodhisattva Ceremony
Saturday, 6-18, 9:30am

Half-Day Sitting
Saturday, 6-18, noon to 4pm

Five-Day *Sesshin*
Wednesday, 6-22 to Sunday 6-26

Shuso Hossen
Sunday, 6-26

Kanzeon Sitting...

This special sitting, on **Sunday, 5th June, from 8:45 am to 4:30 pm**, is designed for those who have difficulty with the more rigorous typical *sesshin* schedule, but it is open to anyone. In fact, because the periods of *zazen* are shorter, it is a good opportunity to experiment with a more challenging posture. **Lunch is bag lunch – please bring your own.** Sign up on the bulletin board as usual. For more information, contact Laurie: 510.845.2215, lauries@kushiki.org .

- 8:45 Arrange seating
- 9:00 Zazen-robe chant
- 9:25 *Kinhin*
- 9:25 *Zazen*
- 10:00 *Kinhin*
- 10:10 *Zazen* or mindful walking and stretching outside
- 10:35 *Kinhin*
- 10:45 Lecture/Discussion
- 11:45 Service
- 12:00 Silent bag lunch and resting
- 1:00 Work meeting-*soji*
- 1:30 Clean up
- 1:45 *Zazen*
- 2:10 *Kinhin*
- 2:20 *Zazen*
- 2:45 Stretching in the *zendo*
- 3:15 *Kinhin*
- 3:25 *Zazen*
- 3:50 *Kinhin*
- 4:00 *Zazen*
- 4:25 Refuges
- 4:30 Clean up/end of day



New Member Entering Ceremony...

On **Monday Morning, 6th June**, we will have our ceremony to welcome new members. It will be held at 6:20 am, in place of the Monday morning talk. All are welcome to join this ceremony of incense offering, bows, a *jundo* where older members bow to new members, and words from Sojun Roshi.



Coming of Age Group...

Calling all pre-teens! Starting some time in late summer, BZC will gather a group of young people ages 11 - 13 to participate in a Buddhist Coming of Age group. The group will be led by BZC Member Marie Hopper and will likely meet once a month for about two years. The group will learn meditation, and study Buddhist precepts as they play out in our daily lives; members will have input into other topics the group will study. We're announcing this ahead of time, because it may take some time to assemble a group of six to ten young people; pass the word along to anyone you think might be interested. Contact Marie: deagin@california.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.

Kushin Seisho/Vast Mind Clear Shining Maylie Scott

I wanted to offer a poem and picture commemorating the fourth anniversary of Kushin Seisho Maylie Scott's passing – 10th May – and the occasion of Dharma Transmission of Houn Zenki/Dharma Cloud Mary Mocine and myself at Tassajara 6th May.

Kushin Myoan Grace Schireson



The Sisterhood Of Coming and Going

For the one not here today:
Seisho, Clear Shining, your light abides
Right here with Mary and me
Joined once more in Dharma

You may ask us
How have we passed these four long years
While you went on ahead of us?
With tears, sweat, and a river of longing
Awash in female fluids
Delivered to this Dharma body.

Together, we three sisters held one another
Identically dressed at the Three Sisters Inn
Cooked in Kyoto's tubs
Full of *kaiseki* and *sake*.

Following the scent of our ancestors
Returning to the root,
Who could know that today
We would again embrace as one?

On Practice Period

By Sojun Roshi

The following, are items to be aware of during our practice period. One may be more pertinent to you than another. But each one is an important element to be aware of. I suggest selecting at least one to practice with and bringing it as a subject for *dokusan*.

Not in competition: Don't attach to comparing.

Limiting your activities: Stay with the essentials.

Spring cleaning: Create a clear path.

Review and balance your activities: Create a reasonable schedule.

Home and work practice: Equal effort.

Harmonious family and *sangha* practice: Your partners are all practicing Buddhas.

Helping others: Not withholding spiritually or materially.

Paying attention to how greed, ill will, and delusion arise as well as when loving kindness, compassion, sympathetic joy and equanimity arise: Make an effort to transform the former into the latter.

Taking time to study: Even a short time each day is beneficial.

Being mindful: Awareness is an aspect of enlightenment.

Being aware of self-centeredness and letting go: Enjoy the relief.

Taking on a particular personal practice such as one precept.

Integrating practice and daily life activities, with *zazen* as the fundamental touch-stone:

Stillness within activity, and activity within stillness. Back and forth:

Finding the right rhythm and making adjustments: It makes everything work more easily.

Possible practice choices:

Opinionated – Taking over (control, overbearing) – retreating – critical mind – value judgments – gossip – inability to say yes – inability to say no – awareness of habitual problematic behavior – forgiveness – repentance.

Practicing with vow of intention rather than being pulled around by *karma*.

Doing one thing at a time: One act *samadhi*, full absorption. Not treating anything as an object.

Patience. Continuously returning to composure.

Being centered: Continuously abiding in big Mind.

Engaging thoroughly and wholeheartedly: Fully filled, (fulfillment).

Setting an example: You are the teacher. What are you communicating?

Maintaining an awareness of breath: Wherever you are you are home.

Practicing *shikantaza*: Beginners mind. Letting go and renewing your life moment by moment.

Practice period is like a tune up: Even the Bodhisattva Vehicle needs periodic renewal.

Work secretly like a fool or an idiot. To do this continuously it is called the host within the host.



Thank You...

Our beautiful temple, apartments, and grounds would not thrive without the endless offerings of skill and labor by myriad members and friends. While it's impossible to note every person's contribution, once in awhile we try.

Thanks to **Ross Blum and Dean Bradley** for masterminding repair and maintenance projects. Dean saved BZC beaucoup bucks by installing three waters heaters herself, replacing and water sealing the skylight in 1933 ½ A, and crawling around under 1929 looking for leaks.

Thanks to **Sojun Roshi, Greg Denny, Ross, Dean, and others** who installed the gorgeous zendo patio.

Thanks to **Marie Hopper, Ron Nestor and Ross** for sanding and re-finishing Sojun's office floor.

Ross stayed up really late one night during *rohatsu sesshin* dealing with sludge in our collapsed sewage pipe.

Bill Milligan inspected the temple drainage system.

Alan Block inspected all the apartments to help determine future maintenance projects.

Lauren Wholey is tackling the installation of a new irrigation system.

Thanks to **Ron** for persistent watering of the barrier plants.

A deep bow to all...



Saturday Childcare

Childcare is offered on Saturdays from 9:15 to 11:15. The cost is \$5 per family. Note that the childcare schedule is tentative. Childcare is not offered if no one's planning to come, so please call Laurie the Thursday before to let us know if you're hoping to attend. For more information, call Laurie Senauke, 510. 845.2215.

May 7	Childcare
May 14	Childcare
May 21	Childcare
May 28	Childcare
June 4	Childcare
June 11	Childcare
June 18	Childcare
June 25	Sesshin - no childcare

**Berkeley Zen Center
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