



# Berkeley Zen Center



February 2015 Newsletter

## Sojun Roshi's Study Sesshin Saturday – Sunday, February 14 - 15

Sojun Roshi will lead us to a deeper understanding of our practice through a two-day sesshin where we will focus on the study of Dogen's Tenzo Kyokun. On Saturday, February 14 we will sit from 5am to 9pm with a lecture in the morning and a study period in the afternoon. On Sunday, February 15 we will sit from 5am until 3pm and have two study periods. Copies of the reading materials will be available on the bulletin board shelf prior to sesshin.

We encourage old and new sangha members to participate. Please sign up on the patio bulletin board by Wednesday morning, February 11 after 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 to the BZC Office Manager at 1931 Russell St., Berkeley 94703.

If you have any questions, contact the sesshin director, Gary Artim by e-mailing [sesshindirector@bzc@gmail.com](mailto:sesshindirector@bzc@gmail.com) or 510.525.2135.



## B Z C S c h e d u l e

### February

**Half-Day Sitting**  
Sunday, 2/1

**Founder's Ceremonies**  
Tuesday, 2/3, 6:20pm,  
Wednesday, 2/4, 6:40am

**Bodhisattva Ceremony**  
Saturday, 2/7, 9:40am

**Two-Day Study Sesshin**  
Saturday, 2/14 – Sunday, 2/15

**Buddha's Parinirvana Ceremony**  
Saturday, 2/14

**Zendo Holiday (President's Day)**  
Monday, 2/16

### March

**Half-Day Sitting**  
Sunday, 3/1

**All-Sangha Potluck – Budget**  
Tuesday, 3/3, 6:30pm

**Founder's Ceremonies**  
Tuesday, 3/3, 6:20pm  
Wednesday, 3/4, 6:40am

**Bodhisattva Ceremony**  
Saturday, 3/7, 9:40am

**One-Day Sesshin**  
Saturday, 3/14, 5:00am – 9:00pm

**Work Day**  
Sunday, 3/29, 8:30am – 5:00pm



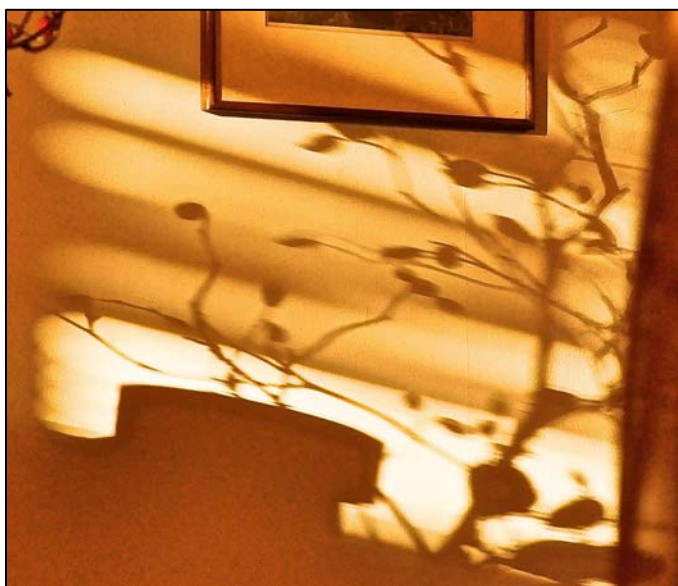
### Affirmation of Welcome

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.

## Half-Day Sitting

**Sunday, February 1, 8:00 am – noon**

Half-day sittings include five periods of zazen, kinhin, and an informal tea. Sojun Roshi asks participants to commit to the entire four-hour schedule. A \$10 donation is requested. If you have questions or if you cannot sign up on the bulletin board, contact the director Peter Overton [peterovrtn@gmail.com](mailto:peterovrtn@gmail.com) or 510.848.5239.



Longing for the snow flakes of my  
ancestral home. There! In the zendo  
window, a flurry of plum blossoms.

- Ross Blum

## Family Activities at BZC

### Saturday Morning Supervised Play

Supervised play is offered many Saturdays (schedule below) from 9:40 am zazen through lecture, supervised by Berkeley High student Lihong Chan. To use this service, or for coverage for 8:45 am zazen instruction, contact Laurie Senauke, 510.845.2215, or [lauries@kushiki.org](mailto:lauries@kushiki.org) by noon the Friday before.

### KidZendo

BZC's Saturday program for children 3 and up is offered during the school year, typically on the fourth Saturday of each month, from 9:30 am to 11:15 am (see schedule below or online). BZC members create this program, which includes songs, stories, offerings, art activities and a snack. For more information, and to RSVP, contact Laurie.

### Theater Games

We are continuing our monthly Theater Games offering suggested by sangha member Thea Gold. It's a way to be silly and free together, while cultivating creativity, body awareness, spontaneity, relaxation, expressivity, trust, laughter, and concentration. It is suitable for all ages, and for the shy as well as outgoing. Through games, storytelling, and improvisation, we practice fully opening to each moment. It is held typically on second Saturdays (see schedule or online) from 9:30 am to 11:15 am. To RSVP, contact [lauries@kushiki.org](mailto:lauries@kushiki.org).

Family practice schedule:

|             |                          |
|-------------|--------------------------|
| February 7  | Supervised play          |
| February 14 | Sesshin - no program     |
| February 21 | <b>Theater Games</b>     |
| February 28 | <b>Kidzendo</b>          |
| March 7     | Supervised play          |
| March 14    | Sesshin - no program     |
| March 21    | <b>Theater Games</b>     |
| March 28    | <b>Kidzendo</b>          |
| April 4     | <b>BUDDHA's BIRTHDAY</b> |
| April 11    | <b>Theater Games</b>     |
| April 18    | Supervised play          |
| April 25    | <b>Kidzendo</b>          |

### Family Practice E-mail Group

Our Yahoo group makes it easier to communicate about family practice. We only send, at most, one event e-mail a week. To join, e-mail Marie at [marie\\_hopper@sbcglobal.net](mailto:marie_hopper@sbcglobal.net) or Laurie.

**Please RSVP for ALL family activities to [lauries@kushiki.org](mailto:lauries@kushiki.org). Thank you!**

# Big Mind

A Zen student came to Master Bankei and complained: "Master, I have an ungovernable temper. How can I cure it?"

"You have something very strange," replied Bankei, let me see what you have."

"Just now I can't show it to you," replied the other.

"When can you show it to me?" asked Bankei.

"It arises unexpectedly," replied the student.

"Then," concluded Bankei, "It must not be your own true nature. If it were, you could show it to me at any time. When you were born you did not have it, and your parents did not give it to you. Think this over."

Bankei makes it look like anger is an acquired taste. It can be delicious or bitter. The student says, "I have" something that is "ungovernable" (a feeling that has a life of its own), a "temper" looking for a "cure." Bankei was a very effective 17th century Zen teacher in Japan. The only thing that you really have is your Unborn Buddha Mind, was at the root of Bankei's teaching.

This Unborn Buddha Mind which we all share is also called Buddha Nature, Essence of Mind, or Big Mind, by Suzuki Roshi. Daikan Eno says, "In all circumstances don't stray from your essence of Mind." Suzuki Roshi says, "When small mind becomes calm, Big Mind starts its true activity."

To take refuge in Buddha is to return to Big Mind. It is a co-operation between small mind and Big Mind. Just like in zazen, the mind wanders off and we wake up, let go, and bring it back. Enlightenment is to recognize the dream as a dream. Anger arises in everyone. That's why it is such a juicy subject. When it arises we have a choice (a kind of koan): If I react I am caught by my reaction. If I don't react I may be disloyal to my feelings. To step back and respond with a calm mind going beyond reaction and loyalty is to save all beings.



*c. 1971. Shunryu Suzuki in public waiting room. From cuke.com.*

When small mind operates without the co-operation of Big Mind we call it ego or delusion; the root of suffering. Bankei admonishes us not to be a slave to our emotion-thought by trading off the freedom of our Unborn Buddha Mind for the addictions of greed, ill will, and delusion.

We read in the Dhammapada:

"He abused me, attacked me,  
Defeated me, robbed me!"  
For those who carry on like this,  
Hatred does not end,

"She abused me, attacked me,  
Defeated me, robbed me!"  
For those not carrying on like this,  
Hatred ends.

Hatred never ends through hatred,  
By non-hate alone does it end.  
This is an ancient truth.

- Sojun



## Zendo Managers

Dear Sangha,

Starting in January, Bruce Coughran and Sue Oehser are the new zendo managers. We look forward to learning the complexities of the position and finding our expression as we share this practice position.

Contact Bruce if you would like to schedule well-being or memorial services or if you have suggestions for the physical space in the zendo. Bruce prefers a text message at 310.430.9744; you can also leave voice message on his phone or e-mail him at BruceBZCZM@gmail.com.

Sue will post the monthly calendars with events, Saturday speakers, and those scheduled for Monday morning and first Friday afternoon way-seeking-mind talks. Please say "yes" if possible when Sue asks you to give a way-seeking-mind student talk. Sue does not text message; please contact her at her land line at 510.339.0243 or e-mail soehser@earthlink.net.

We thank Ross for his extraordinary efforts as zendo manager over the past years.



## BZC Event Photos

Photos of BZC events are often taken and posted online by Ko Blix. Contact Ko at (KoFotoFactory@me.com) if you are not yet privy to our BZC Photo Site.

The latest on the site is a collection of images of Nancy McClellan's art, 181 photos and a slideshow of her life, her two zendo remembrances, and a statement written by Colleen, Sojun and Hozan.

## Self-Defense Primer Workshop

**Saturday, February 28, 12:30 – 3:00 pm**

We are hosting a Self-Defense Primer Workshop, February 28, from 12:30pm – 3:00pm, in the community room at BZC.

The workshop will be taught by Hand-to-Hand. Hand-to Hand...

"...provides traditional martial arts training and self-defense classes. (They) teach adults of all genders and are affiliated with the Kajukenbo Association of America... In a highly supportive environment, Hand to Hand classes explore the links between personal safety and community wellness because seeing this connection provides an opportunity for healing and encourages every individual to walk fearlessly in their lives.

Participants learn to assess potentially unsafe situations so that they can interrupt harassment, intimidation and violence. They learn to recognize signs of escalation and take action when necessary. The workshop offers a wide range of empowering verbal strategies and includes physical training as well as boundary-setting exercises."

This workshop is offered free by BZC. If you are moved to provide a dana gift, that would be gratefully received and would help offset the cost.

Sign-up will be limited by our space: we estimate we can accommodate 20 people. With sufficient interest we may offer this workshop a second time. For more information, contact Mary Duryee at maduryee@earthlink.net.





Midwinter Training  
The drenched kendo uniform --  
heavy training  
on a midwinter day.

-Haiga by Kazumi Cranney

### The Moon is Shining on All Beings and Oneself

"The family style of all buddhas and ancestors is to first arouse the vow to save all living beings by removing suffering and providing joy. Only this family style is inexhaustibly bright and clear. In the lofty mountains we see the moon for a long time. As clouds clear we first recognize the sky. Cast loose down the precipice, [the moonlight] shares itself within the ten thousand forms. Even when climbing up the bird's path, taking good care of yourself is spiritual power."

#434 Dharma Hall Discourse,  
Dogen's Extensive Record

- Submitted by Mary Duryee, who writes, "I think it is a great resolve for the new year."



### From the Tenzo

We give a BIG thank you to each of these folks for their talented contributions to the kitchen:

Dean Bradley built the new drawer above the big pots for lids and the new SLIDING shelf for the tea tray.

Paul Ridgway built the new spice rack.

Rob Lyons built the new shelf for the microwave oven by the sink.

### **Saturday Speakers, 10:15 am**

- Feb. 7 – Ross Blum
- Feb. 14 – Sojun Roshi (Two Day Sesshin)
- Feb. 21 – Hozan Sensei
- Feb. 28 – Sojun Roshi

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

- Feb. 2 Monday 6:25 am – Open Discussion
- Feb. 6 Friday 5:50 pm – Vince Nocito
- Feb. 9 Monday 6:25 am – James Kenney
- Feb. 16 Monday 6:25 am – ZENDO HOLIDAY
- Feb. 23 Monday 6:25 am – Ryk Groetchen

### **NEWSLETTER SUBMISSION DEADLINE**

**Third Friday of the month before each issue. Submit items to [bzcnewsletter@gmail.com](mailto:bzcnewsletter@gmail.com).**

**March deadline:  
Friday, February 20, 8:00 pm**

*Photos (except the photo of Suzuki Roshi) by Ko Blix.*

Berkeley Zen Center  
1931 Russell Street  
Berkeley, CA 94703