



# Berkeley Zen Center



January-February 2018 Newsletter

## One-Day Sesshin: January 13

Sojun Roshi will be leading a one-day sesshin on Saturday, January 13, from 5:00 a.m. to 9:00 p.m. We encourage old and new sangha members to participate. Please sign up on the patio bulletin board by Wednesday morning zazen, January 10. 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, Peter Overton. The fee is \$35 and should be paid in advance (a discounted fee is possible for those in need; please speak to the director). Leave checks marked "January sesshin" in the mail slot in the courtyard laundry room door or mail to BZC Office Manager, 1931 Russell St., Berkeley, CA 94703. Those attending for the first time will need to fill out a Sesshin Information Sheet to let us know of food allergies or other health or physical concerns requiring accommodation. Please request this sheet by contacting the sesshin director: 510-325-2342 or [sesshindirectorbzc@gmail.com](mailto:sesshindirectorbzc@gmail.com).

## B Z C S C H E D U L E

### January

**Zendo Holiday**  
Monday, 1/1

**Founders' Ceremonies**  
Wednesday, 1/3, 6:20pm  
Thursday, 1/4, 6:40am

**Bodhisattva Ceremony**  
Saturday, 1/6

**One-Day Sesshin**  
Saturday, 1/13

**MLK Neighborhood Engagement**  
Monday, 1/15, 8:30am–1:00pm  
(no earlier morning sitting)

**Half-Day Sitting**  
Sunday, 1/21

**Beginner's Sesshin**  
Sunday, 1/28

### February

**Bodhisattva Ceremony**  
Saturday, 2/3

**Founders' Ceremonies**  
Monday, 2/5, 6:20pm  
Tuesday, 2/6, 6:40am

**Buddha's Parinirvana Ceremony**  
Saturday, 2/17, 11:15am

**Two-Day Study Sesshin**  
Saturday 2/17 to Sunday 2/18

**Zendo Holiday**  
Monday, 2/19



### 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.

## MLK Neighborhood Engagement

We will be commemorating the MLK holiday again this year by having a special program at BZC on Monday, January 15, from 8:30 a.m. to 1:00 p.m. Prior to that day we will do some outreach to our neighborhood and invite residents to participate in our morning discussion. *Instead of our usual 5:40 a.m. sitting, we will begin sitting at 8:30 a.m.* for 40 minutes followed by a short dharma talk. We will then have a period of Dharma dialogue, which will involve small group discussions reflecting on issues raised by Martin Luther King in one or more of his sermons and on how BZC can reach out to our neighborhood in constructive ways and more effectively promote diversity in our sangha.

After this we will have tea and social time. Some of us will then set up a table in the front yard and invite people to create messages to hang on the tree there to commemorate loved ones harmed by violence and hatred; others will participate in picking up trash in the neighborhood.

For further information and to get involved, contact Gerry Oliva at [gryoliva@gmail.com](mailto:gryoliva@gmail.com).

## Beginner's Sesshin: January 28

Sesshins are an essential part of our practice at BZC. This Beginner's Sesshin, led by Vice Abbot Hozen Alan Senauke, is organized as an introduction to sesshin and Zen forms and will take place Sunday, January 28, from 8:30 a.m. to 4:00 p.m. We will offer instruction in the basics—zazen, kinhin, service—while maintaining our ground in meditation throughout the day. Newer members are particularly encouraged to take part, but we also welcome older students to enjoy the sitting and model our practice. Bring a bag lunch, which we will eat informally in silence at midday.

- Fee for the day is \$20. Please pay in advance. Leave checks marked "sesshin fee" in the donation slot in the laundry room door.
- Deadline for signup is Thursday, January 25. Sign up on the bulletin board or email Hozen.
- Please do not wear perfumes, scents, or scented body-care products in the zendo.
- If you've never been to a sesshin at BZC, or have further questions, contact Hozen at [asenauke@gmail.com](mailto:asenauke@gmail.com) or 510-845-2215.
- There will be no refund for last-minute cancellations or no-shows.

## Sojun Roshi's February Koan Class

Sojun will continue with his series from *The Book of Serenity* on all four Monday evenings in February. *The Book of Serenity* is a collection of 100 koans, first published in the early 1200s, that is most identified with the Soto sect. Commentaries by contemporary Zen teacher Koun Yamada will accompany copies of the text. Along with each relatively short case is a verse by Hongzhi (1091–1157), commentary by Wansong (1166–1246), and voices of other prominent Zen teachers of that era as they weigh in from their own perspectives. The result is a lively and earthy collective approach to each case. We'll meet from 7:15–8:45 p.m. in the community room. Fee for the series is \$40, with discounts available if needed. A sign-up sheet will be posted on the patio bulletin board in the first week of January. Those not at BZC on a weekly basis may register with class coordinator Ron Nestor: [rnestor1@yahoo.com](mailto:rnestor1@yahoo.com).

## Oryoki Training

Are you ready to deepen your formal meal practice in the zendo? Would you like to learn how to use oryoki bowls with cloths? Our next

trainings will be January 27 (after Saturday program, from 11:30 to noon) and February 2 (Friday afternoon, 4:30 to 5:00 p.m.). Check the courtyard bulletin board for the signup sheet or just drop in. Call or email Sue Oehser at 510-339-0243 or soehser@earthlink.net if you have questions or want to arrange another date.

### **January Caregiving Meeting**

Sangha Support is offering a gathering for helpers and caregivers on Sunday, January 28, at 4:00–5:30 p.m. in the Senauke home (1933 Russell St. at BZC). 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 oneself.

Thank you for helping another person to do 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](mailto:DebbieResearcher@gmail.com) or 503-505-4282.

### **Position Changes**

Greg Smith has woken up to his dream position as our Librarian by taking over the responsibilities from Gaila Allen.

Head Server Carol Paul's attention to detail and service will now be held by Ben Clausen.

Jed Appelman will carry on the co-zendo manager role from Leslie Bartholic.

Gary Artim will assume the role of co-sesshin direction from Ken Powelson. This will be Gary's second time fulfilling this role in his BZC noncareer. He will share the position with Peter Overton, who is in his second year of a two-year term.

Thanks to you all for your dedication! 🙏

### **Sewing Buddha's Robe**

If you are interested in preparing for Lay Ordination in 2018, sewing class starts on January 14. Classes are open to those who have asked their teacher if they may participate. Please speak with Sojun Mel Weitsman or Hozan Alan Senauke by the first week in January, and then promptly contact the sewing teacher, Jean Selkirk. Check the bulletin board for further announcements.

### **Welcoming New Members to BZC**

Every Saturday someone from our New Member Committee is available to meet with people considering membership at BZC. Our committee includes Sue O., Ed H., Penelope T., and Leslie B. Please feel free to talk to one of us on Saturday after lecture or contact us to set up a meeting at another time. Our contact information will be posted on the patio bulletin board. We'd be happy to speak with you.

We are also offering a new activity for anyone who is new to BZC and has questions about our practice. Once a month we will host an informal meeting in the zendo after Saturday lecture. This is an opportunity to ask anything you want to know about BZC but were hesitant to ask. Everyone is welcome. Bring your after-lecture tea and cookies and come join us in the zendo at 11:30 a.m. Our next meeting will be on January 20.

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### ***Rohatsu Haiku***

*Oriyoki time  
sitting together with joy  
carrots as flowers*

*(Rhiana Wiggins)*

## 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**

January 6:	Winter Break—no program
January 13:	Sesshin—no program
January 20:	Family Practice
January 27:	Family Practice
February 3:	Family Practice
February 10:	Family Practice
February 17:	Sesshin—no program
February 24:	Family Practice

## 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

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

January 6	Sojun Roshi
January 13	Sojun Roshi
January 20	Hozan Alan Senauke
January 27	Alexandra Frappier
February 3	Sojun Roshi
February 10	Karen Sundheim
February 17	Sojun Roshi
February 24	Hozan Alan Senauke

## Friday and Monday Talk Schedule

January 1	Monday	Zendo holiday
January 5	Fri 5:50pm	Mira Queen
January 8	Mon 6:25am	Open discussion
January 15	Mon 8:30am	MLK Day program (no earlier program)
January 22	Mon 6:25am	Leslie Bartholic
January 29	Mon 6:25am	Greg Smith
February 2	Fri 5:50pm	Sojun Roshi
February 5	Mon 6:25am	Open discussion
February 12	Mon 6:25am	Rhiana Wiggins
February 19	Monday	Zendo holiday
February 26	Mon 6:25am	Ken Powelson

## 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.



# New Year Letter

Dear Sangha,

2018 is the Year of the Dog. The emphasis is on the qualities of intelligence, faithfulness, fearlessness, and optimism, both now and going forward. This year, if you remember, has been the Year of the Rooster: the year of the wakeup call, the year the sky fell down. It was when lying became truth, when government agencies were disassembled, women came forward, and the Stock Market took off as the unthinkable became the law of the land. You must be feeling somewhat vindicated by now, Mr. Orwell, as 2017 became 1984.

This year we all got a little older. Having experienced the undulations and the awesome mood-like swings of life, we managed to celebrate our first 50 years of practice at BZC with a wonderful party that brought so many of our members, former members, and friends together to meet, reminisce, and enjoy each other's company for a very special evening. I once again wish to thank all those who volunteered their time, effort, expertise, and donations.

Although this is a trying time, a time of great uncertainty, our Center and our practice have held together quite well. The afternoon sitting seems to be the main doorway for newer sitters, and we are making an effort to be more attentive to them. The noon sitting, although recently established, is appreciated by those who are able to attend. The morning zazen, although a doorway to practice for some newcomers, remains the preferred time for most of the regulars. Rotation of the leadership positions and the service positions is a prominent aspect of our training, and I also want to express our gratitude to all of you who consistently contribute your time and energy. The same goes for the tenzo and the Saturday cooks as well as the dishwashers and cleanup crew and the head servers and servers who make our unusual oryoki meals so satisfying. Then there is the work leader and the work crew who show up for work meeting after breakfast on Saturday. The Practice Committee seems to be doing well with a number of observers on Monday mornings. I also want to acknowledge the various other committees who, relatively unseen, do many of the thankless tasks that make it all work. The project manager, along with helpful hands, completed some major projects, including the front path, a satisfying project indeed.

Since zazen seems to be the main draw here, who wants to take on the unglamorous work of the Board of Directors? I say, "Hats off to the Board," the practice of the mature Zen student. Then there are the librarian, the oryoki cloth makers, the gardeners, the kitchen cleaner, the chidens, the morning zendo cleaners, the newsletter editor, the director, the teachers and student teachers, the Friday afternoon tea maker, the zendo managers, the sesshin directors, the shika, the zazen instructors, and on and on . . . and not least the Vice Abbot. Please remember that these are rotating practice positions rather than jobs, and constitute the "curriculum" of our "training." The Asian Zodiac represents twelve animals, each one epitomizing certain specific qualities common to all of us. Given the opportunity, those qualities can become valued teachers bringing out the best in us. Let's pay attention to the best qualities of the Dog this year. Looking forward to seeing you in the zendo on New Year's Eve, and wishing you a deeply joyful New Year.

—Sojun Roshi

## Bowing to Dr. King

*We must all learn to live together as brothers or we will all perish together as fools. We are tied together in the single garment of destiny, caught in an inescapable network of mutuality. . . . For some strange reason, I can never be what I am until you are what you ought to be.*

—Rev. Martin Luther King, Jr.  
(“Remaining Awake in a Great Revolution,” March 1968)

We are nearly fifty years down the road from Dr. King’s prophetic vision, and never has it seemed more possible that we might actually perish as fools. The fools and the greedy and the hate-filled have great influence in the U.S. and in many parts of the world. To the extent that we allow them power and take advantage of privileges for ourselves, we partake of their foolishness, in oppression of the disempowered and despoliation of the world itself.

Our hazardous situation is nothing new. Think of the twentieth century’s World Wars; think of our own Civil War, the extermination of native populations in the Western Hemisphere, the Crusades, the Mongol conquests, and so on. In the Buddha’s time, he sat under the branches of a dead tree and witnessed the massacre of his own Sakya tribe by the neighboring Kosalans.

Nations have always threatened nations. Within the U.S. there is racial and economic violence. It seems that the voices of Dr. King and other teachers of justice, equality, and nonviolence are lost—as if their bold words were never spoken and their brave deeds never happened. But their words and example continue to inspire us.

Each of us can take up just one thread in Dr. King’s “garment of destiny” and do our best to make the cloth whole. In “The World House,” Dr. King writes: “We are inevitably our brother’s keeper because we are our brother’s brother. Whatever affects one directly affects all indirectly.”

Drawing from Josiah Royce, the early-twentieth-century theologian and founder of the Fellowship of Reconciliation, Dr. King spoke of his own vision of Beloved Community. The Beloved Community resonates with the historical model of Buddhist *sangha*—community based on intention and vow to practice the Dharma. 2500 years after Shakyamuni Buddha’s life we celebrate *sangha* in Berkeley, vowing to practice together and to resolve our differences peacefully and nonviolently. Dr. King said:

*The aftermath of nonviolence is the creation of the beloved community. The aftermath of nonviolence is redemption. The aftermath of nonviolence is reconciliation. The aftermath of violence is emptiness and bitterness.*

Dr. King understood what Buddhists might call the illusion of self and other—one can strenuously oppose systems of oppression without hating the person of an oppressor. As we all know from our quotidian conflicts, this is a difficult practice. But it is the heart of spiritual practice. King said, “When the battle’s over, a new relationship comes into being between the oppressed and the oppressor.” This is the Beloved Community, which depends on diligent training and practice, transforming ourselves and others. Dr. King said:

*Somewhere somebody must have a little sense, and that's the strong person . . . the person who can cut off the chain of hate, the chain of evil. . . . Somebody must have religion enough and morality enough to cut it off, and inject within the very structure of the universe that strong and powerful element of love.*

A last word from King's 1967 essay "The World House":

*We can no longer afford to worship the God of hate or bow before the altar of retaliation. The oceans of history are made turbulent by the ever-rising tides of hate. History is cluttered with the wreckage of nations and individuals who pursued this self-defeating path of hate.*

We must do our Zen practice with determination. We must take on the work of love deeply, swiftly, and decisively. Otherwise we will soon find ourselves among that sad wreckage. We do have a choice. Each of us.

—Hozan Alan Senauke  
December 2017



***Cranes Are Crying***

*Crying of cranes —  
in his sling, my baby arches back  
and cries with them.*

(Kazumi Cranney)

**NEWSLETTER SUBMISSION DEADLINE**

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

**March-April 2018 deadline:  
Friday, February 16, 2018**

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