



Berkeley Zen Center



March-April 2020 Newsletter

One-Day Sesshin

Sojun Roshi will be leading a sesshin on Saturday, March 21, 5:00 a.m. to 9:00 p.m. Sojun encourages sangha members and friends alike to come and participate, contributing to grounded and harmonious practice together. Sign up on the patio bulletin board by March 18.

The fee is \$35.00. You can pay online (<https://berkeleyzencenter.org/support-bzc/>) or by cash or check to Berkeley Zen Center (marked "March Sesshin"). Drop check or cash into the laundry door payment slot or mail to BZC Office Manager, 1931 Russell St., Berkeley 94703. *Please pay the fee before or upon your arrival to the sesshin.*

If this is your first sesshin, the best preparation is to come to BZC's Saturday program from 6:00 to 11:30 a.m. The Saturday schedule gives you a feel for the sesshin activities, and there are also short training periods offered every Saturday for oryoki (formal meals in the zendo) and zazen.

For further information, please contact the sesshin director, Kika, at sesshindirectorbzc@gmail.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

March

Women's Retreat
Sunday, 3/1

Founders' Ceremonies
Wednesday, 3/4, 6:20pm
Thursday, 3/5, 6:40am

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

Half-Day Sitting
Sunday, 3/15

One-Day Sesshin
Saturday, 3/21

Sangha Potluck & Budget Meeting
Tuesday, 3/24, 6:30pm

April

Founders' Ceremonies
Thursday, 4/2, 6:20pm
Friday, 4/3, 6:40am

Buddha's Birthday Celebration
Saturday, 4/4
(Saturday program starts at 8:30am)

Hills & Streams Backpacking Sesshin
Friday 4/10 through Sunday 4/12

Bodhisattva Ceremony
Saturday, 4/11, 9:40am

Class on Tung-shan (Tozan)

Ross Blum will teach a two-session class on Thursday evenings, March 12 and 19, from 7:15–8:45 p.m., on Tung-shan (Tozan), an outstanding ninth-century Zen teacher. Please sign up on the patio bulletin board if you plan to attend. The class fee is \$20. Ross describes the class as follows:

At our first meeting we will study a selection of stories compiled in *The Record of Tung-Shan*, translated by William Powell. In our second class we'll study Tung-shan's "Five Positions," a description of the unfolding of a Zen student's practice within the world of form and emptiness. Tung-shan and his disciple Ts'ao-shan were the founders of the Soto School. Note that the Five Houses (or schools) of Zen were not actually "founded" during the time of their namesakes, but rather some years later, as a way, I believe, to systematize these various teachings to form affinity groups that later generations could identify with. One could liken this to art critics "establishing" the various movements in art after their work had been in public view for a period of time. The progenitors of Zen, like these artists, were simply expressing themselves and typically had little interest in attaching themselves to this or that school or movement.



Sweet Pea embodies both the fourth and fifth positions.

Outdoor Zazen in Strawberry Canyon

BZC is offering monthly off-site outdoor zazen starting in March. The program will include alternating periods of silent walking and seated meditation. Our first meeting will be on March 8. We'll set off from the Strawberry Canyon parking lot off Centennial Drive at 10 a.m. Cycling is encouraged! Please see the bulletin board for more details and contact Helen Cheng (mankattan@yahoo.com) with questions. Come join us in our forest zendo.

Hills & Streams Backpacking Sesshin

BZC is happy to announce our annual "Hills and Streams" backpacking sesshin for young practitioners. The sesshin will take place at Coast Camp in Point Reyes from Friday, April 10, through Sunday, April 12, with a mandatory orientation meeting on Tuesday, April 7, 6:45-8:15 p.m. Carpooling will be arranged.

This sesshin involves significant hiking and camping while (to the extent possible) maintaining a sesshin atmosphere and mindful Zen practice in nature. It includes long periods of silence, zazen, and assigned responsibilities (cooking, cleaning, etc.), and is a wonderful way to meet other young sangha members and to experience practice in nature. 45 and younger ages are welcome. (If you're on the age cusp but newer to practice, shoot us an email and we can chat!) We hope to see many old and new friends there!

The fee is \$100 (sliding scale possible by prior arrangement; please pay in advance). Sign-up, payment, and cancellation deadline is March 27. If you are interested in going, please fill out the application at <http://bit.ly/Hills2020>. If you are new to hiking or to Zen practice, or if you have any questions, please contact the sesshin director: backpacksesshin@gmail.com.

Hills and Streams is one of two annual

backpacking retreats offered by BZC. (The other one, Mountains and Rivers, is open to all ages and will take place July 30 through August 2.)

Tassajara Workweek

BZC is planning to apply for an April work-week at Tassajara. For more information, see this San Francisco Zen Center webpage: <https://www.sfzc.org/work-periods>. If you're interested in taking part, please contact Rob Lyons (dharmawork@yahoo.com, 510-655-6555) or Gary Artim (gartim@gmail.com, 510-676-9756).

Spring Practice Period

Our 32nd annual practice period will begin with a one-day sitting on Saturday, May 9, and continue through the Shuso Ceremony on Sunday, June 21. Sojun Roshi will lead this period, and is pleased to announce that Enzan Chotoku (Round Mountain/Clearly Genuine) Gary Artim has agreed to take the Shuso seat this year. Full details and sign-up sheets will be posted in April.

Reemerging Family Practice

We're having an informal picnic gathering at BZC on March 14 at 1:00 p.m. for people interested in reviving our Family Practice. This gathering will give new families a chance to explore BZC's temple and grounds, and give us all a chance to meet each other and envision what we may want for the future. To let us know you are hoping to attend, send an email to Laurie (lauriesenauke@sonic.net).

More specifically, we are looking for a *Program Facilitator/Teacher/Leader* for our Family Program (Saturday mornings, parents and children together). We have some

interested families, a space, and some resources, and we are looking for you to help us put it all together. This person will need to have:

- A feeling for Buddhist practice;
- Experience with young children; and
- A desire to share spiritual life with families.

This is an emerging program, which the teacher will have an opportunity to shape. For more information, contact Meredith (meredith.janson@gmail.com) or Laurie (lauriesenauke@sonic.net).

Sangha Potluck & Budget Meeting

On Tuesday, March 24, at 6:30 p.m., all members and friends are warmly invited to share potluck offerings of delicious food, which will be immediately followed by a review of the 2019 Financial Report, a discussion of the Board-recommended 2020 Budget, and development of fundraising goals.

The budget is our treasurer's best effort to project the financial goals and realities for BZC's current year. After discussion, the budget will be submitted for approval by those in attendance. Your presence at this meeting makes a difference. A sign-up sheet for the potluck will be posted on the patio bulletin board.

Buddha's Birthday

Join us to celebrate and appreciate the auspicious day of Buddha's birthday on Saturday, April 4. Family, friends, and especially children are encouraged to participate. The celebration will include bathing the baby Buddha and a wonderful birthday cake prepared by talented BZC cooks.

We will not have our usual early Saturday

program. Decorating the bower with flowers will begin at 7:30 a.m. Work period to prepare the grounds will begin at 8:30. The first period of zazen will be at 9:30, followed by a short lecture and the ceremony.

On Friday, the day *before* the celebration, donations of flowers from your garden, such as iris, daisy, ranunculus, sweet William, and camellia, are appreciated. There will be a sign-up sheet on the bulletin board for helping to trim flowers on Friday afternoon as well as helping with cleanup on Saturday after the celebration.

More more info, please contact head chiden Mark Copithorne at copithorne@hotmail.com or Carol Paul (caroljpaul@yahoo.com).

Position Changes

Over the past few months and moving forward we want to appreciate the efforts of departing position holders and welcome their replacements.

Yoni Ackerman has replaced Alex Senauke as Head Jikido.

Bill Graves (with help from Ellen Webb) has replaced Greg Smith as our Librarian.

Julie Eng replaces Laurie Senauke as one of two Men's Shelter dinner cooks.

Judy Fleischman is our interim Audio Archivist, taking over from Dean Bradley in making our Dharma talks accessible to others.

Gary Artim is our interim Webmaster, taking over from Troy Dufrene. Many thanks for the wonderful work Troy did over a long tenure maintaining and improving BZC's presence on the Web.

BZC functions because of the efforts of all sangha members. Deep gratitude to all of you for your dedication! 🙏

BZC Residency Changes

Everything changes. It's not just a good idea; it's the Dharma. In the last two months there have been resident departures and an arrival upstairs at 1933½ Russell Street.

Greg Smith has temporarily moved back to North Carolina, where he is looking toward the next phase of his life, which may be further academic studies, either in the U.S. or in Germany.

Alex Senauke is now doing an extended residency at Sogenji in Okayama, Japan—a Rinzai Zen training monastery directed by his teachers Shodo Harada Roshi and Daichi Storandt Zenni.

Greg and Alex gave us their warm hearts and passionate practice. We will surely see them again.

Kika has been accepted to live in the apartment above Sojun's office by invitation of the residents and the BZC Residency Committee (Sojun Roshi, Hozan Sensei, Head Resident Ten Bartholomew, Susan Marvin, and Ron Nestor). Kika is moving in this week and we welcome her strong practice and daily presence in the zendo. She has already been practicing at BZC since 2009 and recently returned from 2½ years at Tassajara. She now has the position of co-sesshin director and currently supports herself with freelance gardening and sewing projects.

—Hozan Alan Senauke

Oryoki Training

If you would like instruction in learning or reviewing oryoki practice (how we use our bowls, utensils, and cloths to eat our formal meals in the zendo), please contact Sue Oehser: (510) 339-0243 (voice, not text) or text (510) 541-3264 or soehser@earthlink.net. Upcoming dates: Saturdays, March 28 and April 25 from 11:30 a.m. to 12:15 p.m.

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

If you have eaten several meals in the zendo using guest bowls, consider purchasing your own oryoki set. They are available for \$55 at the book table after the regular Saturday morning program. If you want to purchase just the cloths for \$30, contact Ellen Webb at ElWeb@sbcglobal.net.

Friday Afternoon Tea

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 discussion, hosted by a rotating team of BZC senior students. These teas are an opportunity to get to know each other, ask questions, and discuss topics of interest in a relaxed and informal setting.

As springtime comes and the weather gets warmer, we can meet in our beautiful garden. When it is rainy or cold, we meet in the community room.

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.

March 7:	Hozan Sensei
March 14:	Carol Paul
March 21:	Sojun Roshi
March 28:	Sojun Roshi
April 4:	Hozan Sensei
April 11:	Sojun Roshi
April 18:	Karen Sundheim
April 25:	Denkei Raul Moncayo

Friday and Monday Talk Schedule

March 2	Mon 6:25am	Open Discussion
March 6	Fri 5:50pm	Ten Bartholomew
March 9	Mon 6:25am	Bruce Coughran
March 16	Mon 6:25am	Kelsey Chirlinn
March 23	Mon 6:25am	Rob Walker
March 30	Mon 6:25am	Raghav Bandla
April 3	Fri 5:50pm	Sojun Roshi
April 6	Mon 6:25am	Open Discussion
April 13	Mon 6:25am	Yoni Ackerman
April 20	Mon 6:25am	Sandeep Lehil
April 27	Mon 6:25am	Kabir Nabi

Letter from Sojun Roshi

Dear Sangha,

I want to express my gratitude to all of you and wish you a satisfying and healthy year in 2020. Although I have nothing against happiness, I avoid using that word here, and maintain that a healthy and satisfying life is a happy one.

I am greatly encouraged by the constancy of your practice and the way the temple has been taken care of while I was on sabbatical last year, and during my recent illness since mid-September. I want to express my gratitude to our board of directors and the leadership of the Vice Abbot, who pay attention to the maintenance, infrastructure, finances, and major issues that effect all of us.

I want to thank all of you members for your willingness to pay your dues and to make contributions: the support that keeps us rolling along. And of course the balance of daily participation among the practice leaders and members willing to take positions, have dokusan and practice discussion, attend classes, dharma groups, and *teisho* (lectures). All of this has made for a strong sangha based on mutual encouragement, which has been a great support for me at this time.

Currently I have been tolerating my chemotherapy without side effects, which enables me to move around easily and continue my practice at the zendo. Given the situation of being a 90-year-old with cancer, I do need my fair share of rest. So I sleep a bit late most mornings and have been attending afternoon zazen. I see members mostly semiformaly in my office, or informally. I make appointments online.

I remember Suzuki Roshi saying that when what you have to do and what you want to do are the same, your discriminating mind is under control. This is shikantaza: just doing, and a secret of happiness.

—Sojun

NEWSLETTER SUBMISSION DEADLINE
for the May–June 2020 issue is
Friday, April 17.

**Please submit items to
knabb@bopsecrets.org.**

Berkeley Zen Center
1931 Russell Street
Berkeley, CA 94703