



Berkeley Zen Center



July-August 2016 Newsletter

Zazenkai - A Day of Just Sitting Sunday, July 12, 8am – 5:10pm

Sunday, July 12th, from 8:00am to 5:10pm, BZC priest Denkei Raul Moncayo will lead a silent one-day sitting. This will be a rare opportunity to spend a day doing nothing but zazen, kinhin, bowing and eating. We will maintain silence throughout, with the exception of bells to mark meditation periods, and chanting the Refuges aloud at 5:10pm.

Participants should plan to come for the whole day. A break from 12:20 to 1:00 will allow time for sack lunches to be eaten in the community room or, if we're enjoying fair weather, outdoors.

There will be a 10 minute period of bowing at your own pace prior to the lunch break, and we will have two periods of fast kinhin. Both of these activities can be adapted to harmonize with individual needs and abilities.

A sign-up sheet and further information will be posted on the courtyard bulletin board. The fee is \$20.

Please feel free to contact Raul Moncayo at drraulmoncayo@gmail.com if you have any questions.



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

July

Zendo Holiday/Interdependence Day
Monday, 7/4

Founders' Ceremonies
Tuesday, 7/5, 6:20pm
Wednesday, 7/6, 6:40am

Zazenkai
Sunday, 7/12

Bodhisattva Ceremony
Saturday, 7/16, 9:40am

Mountains and Rivers
Thursday, 7/28 - Sunday, 7/31

August

Founders' Ceremonies
Wednesday, 8/3, 6:20pm
Thursday, 8/4, 6:40am

Half-day Sitting
Sunday, 8/7, 8:00am – noon

Bodhisattva Ceremony
Saturday, 8/20, 9:40am

One-day Sitting
Saturday, 8/20

September

One-day Study Retreat
Sunday, 9/4

Work Day
Sunday, 9/18

Four-Day Mountains and Rivers Sesshin July 28 – 31

The annual Mountains and Rivers Sesshin will take place Thursday, July 28th through Sunday, July 31st at Point Reyes.

Leslie Bartholic and Laurie Senauke will be joining us as teachers and doshis (officiating priests). They will be leading our daily discussions of Dogen's "Mountains and Rivers Sutra," and will also be available for one-on-one practice discussions during our free time periods on Friday and Saturday afternoons.

The sesshin will begin with an orientation meeting Wednesday evening, July 27th at 6 p.m. in the community room. Thursday morning we will carpool to Point Reyes, then hike from the Bear Valley Visitors' Center to Coast Camp, moving at a moderate pace with frequent rest stops and lunch along the way. We will get back to Berkeley around 5 p.m. Sunday. All meals are provided and camping experience is not required. Everyone is encouraged to do the full four days, but provision will also be made for those who may have to arrive late.

The sign-up sheet will be posted on the BZC bulletin board as of July 4th. Your spot will be reserved after you submit all the information requested on the sign-up sheet. Sign-up deadline is Friday, July 22nd. The fee is \$75. If you have any questions, please contact Christy Calame at ccalame@earthlink.net.



Half-Day Sitting Sunday, August 7, 8:00 am - noon

Half-day sittings include five periods of zazen, kinhin (walking meditation) and an informal tea. We ask 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 at peterovrtn@gmail.com or 510.848.5239.



Investigating the Dharmas A note from Hozan on a coming class he will be offering.....

When I came to BZC some years ago, I was struck that Sojun Roshi was carefully teaching basic dharma as found in the Pali Suttas. Suzuki Roshi suggested, "...we have Hinayana practice with Mahayana spirit."

In late August and September I will offer a four-session class, studying the the Five Hindrances, and Seven Factors of Enlightenment which serve as practices to transform our hindrances.

Class dates are Thursdays— August 25th, September 1st, 15th, and 22nd from 7:15 to 8:45pm in the BZC Community Room. Study materials will be available in advance of the class, which will be held in symposium style. Sign up on the main bulletin board. Suggested fee is \$40 for the class.

Hozan Alan Senauke



On Meghan's Birthday

firmly rooted,
easygoing deliberateness,
Meghan walks her walk

with southern grace, New York edge
and California whatever,
Meghan talks her talk

showing us the path of continuous practice
in all seasons of life,
our friend.

Ron Nestor



Noon Zazen Bag Lunch

We are continuing the practice of sharing a bag lunch (BYO) and informal discussion with vice abbot Hozan Alan Senauke once a month after noon zazen. Upcoming dates are:

- Tuesday July 19
- Wednesday August 24
- Thursday September 22
- Tuesday October 25

Lay Ordination

On Saturday, June 4th, three members of the Berkeley Zen Center sangha received Lay Ordination (Zaike Tokudo) from Sojun Weitsman Roshi and Hozan Senauke Sensei. This ceremony takes place once a year at BZC and is a significant rite of passage for each participant and for the whole sangha. We have the feeling that we are all together witnessing and participating as the ordinees receive Buddha's precepts. We welcome these ordinees into the lineage of Shakyamuni Buddha and Suzuki Roshi's family.

Sojun Roshi's students

Afsaneh

Mei Un Sei Toku

Bright Cloud Quiet Virtue

Ben Clausen

Jun Sei Tai San

Purehearted Spirit Peaceful Mountain

Hozan Sensei's Student

Peter Wolak

Hô Kan Sei Dô

Dharma Determination Accomplish the Way



From left to right: Catherine Cascade (preceptor jisha), Afsaneh, Ben Clausen, Abbot Sojun Mel Weitsman (preceptor), Jean Selkirk (sewing teacher), Kika (ordinee jisha), Vice-Abbot Hozan Alan Senauke (preceptor), and Peter Wolak.

Caring for Buddha's Robe

If you need assistance (or simply time and space) with rakusu/okesa/robe repairs, replacement, or finishing already started rakusu, the following dates are on the calendar. Each session is from 1 to 5pm except as noted.

Please contact the sewing teacher, Jean Selkirk at 510.655.0820, before you attend the first time.

Any changes to the schedule will be made on the bulletin board.

Material fees only apply for envelopes or new (second or replacement) rakusu, and the usual class fee applies for new rakusu.

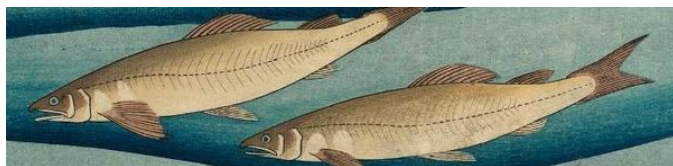
Starting first rakusu for Lay Ordination will begin in January as usual. If you are considering this, please speak with your teacher and then also speak with the sewing teacher before the winter break begins.

Sunday	July 17
Saturday	July 30
Sunday	August 7
Sunday	August 21
Saturday	September 10
Sunday	September 25
Sunday	October 9
Saturday	October 22
Saturday	November 5
Sunday	November 13



Caregiver Support Group Sunday, July 24, 4:00 - 5:30pm

Are you helping a loved one do things that they used to do for themselves? Many in our sangha are doing so. Being responsible for another can be an unrelenting practice. Sangha Support is sponsoring a gathering to share experiences, tips and resources to support your efforts, facilitated by Laurie Senauke and Debbie Schley. All are welcome to come on Sunday, July 24th, from 4:00 to 5:30 pm, at the Senauke house, 1933 Russell. Please RSVP at the contact info below (there won't be a sign-up sheet for this). Also contact us if you'd like more information, or if this topic is of interest but you will not be able to attend. Contact: Debbie at 503.505.4282 or debbieresearcher@gmail.com.



Board Party Fundraiser - Save the Date Saturday, September 24, after regular program

Please join us for Berkeley Zen Center's annual fundraising party Saturday, September 24th. Food, Music, and Fun! Raffle tickets will be on sale in August - there will be numerous prizes, including a \$150.00 gift certificate to REI and to Chez Panisse. All funds raised are to support the Building Fund. Look for more details in the September Newsletter.

One-day Sesshin Saturday, August 20

Sojun Mel Weitsman will lead a one-day sesshin on Saturday, August 20th, from 5 am–9 pm. We encourage old and new sangha members to participate. Please sign up on the patio bulletin board by Wednesday morning, August 17th 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 "August sesshin" in the mail slot in the courtyard laundry room door or mail to the BZC Office Manager at 1931 Russell St., Berkeley 94703.

For those attending for the first time you will need to fill out a Sesshin Information Sheet to let us know of health problems, food allergies, or physical problems requiring accommodation. Please request this by contacting the sesshin director.

You can contact the sesshin director, Gary Artim, at gartim@gmail.com or 510.676.9756.



Changing Hands

This month we report a huge transition in roles at Berkeley Zen Center. After several years in the position as coordinator, Leslie Bartholic is stepping down. Leslie brought a thoughtfulness, attention to detail, and equanimity to this responsibility that would have made Shakymuni smile. Fortunately for us, the Cal Ripken (or Lou Gehrig, if you

prefer) of BZC, Ross Blum is taking over. Innumerable gasshos to them both.

We offer our thanks to Ross as well for serving as Head Doan for the past year and a half. Paul Ridgway will be stepping into this position.

Paul has been our Art Coordinator for several years now. He has cared for and displayed the art pieces you see in the zendo and in the community room. We are grateful for his service and welcome Alexandra Frappier to this position.

Stephanie Seaborg has been our Head Chiden for the past two and a half years, with Jeanne Courtney assisting this year. We thank them both for their devotion to this practice. They have been overseeing the care of our altars on a day to day basis as well as for our ceremonies. We welcome Alexandra Frappier to this position.

Marie Hopper has been our newsletter distributor for the past two years. She's been responsible for making sure the newsletters get addressed, stamped and mailed, as well as distributed at BZC. We're very grateful for her service and welcome Heather Burns to this position.

And finally, Greg Denny is passing newsletter editor duties to the very capable Ken Knabb.

VALLEJO ZEN CENTER'S JAZZ and GARDEN PARTY! Saturday July 26 this year, 3-6 p.m.

It is that time of year again. We are offering our fundraiser party at 607 Branciforte St., Vallejo.

Great jazz, food, drink, door prizes, silent auction and a grand raffle of dinner for two at Greens.

(Need not be present to win the raffle.)

Raffle/doorprize chances are \$5 per chance or \$20 for five chances.

Admission for adults is \$15 per person. Kids under 12 free. You can purchase tickets from Ko Blix or Steve Treagus at BZC.

Family Practice at BZC

BZC Family Practice on Saturdays

BZC Family Practice is offered on almost all Saturdays (still check the calendar for details, and always RSVP so we can share late-breaking news), at the usual time, from 9:30 to 11:15. BZC member and Music Together teacher Ryk Groetchen will be taking the lead. See details on our section of the website: berkeleyzencenter.org/family-practice.

New Sign-up Form

Check out our handy new sign up form on the website (berkeleyzencenter.org/family-practice) - you may use this form, or send an email to ryk@groetchen.org.

Saturday Morning Supervised Play

Due to the expanded KidZendo program, we will not be offering supervised play. We want to serve the needs of parents keeping the flame of practice alive, so don't hesitate to contact us with your questions, concerns, and wish list. Direct inquiries to Laurie Senauke (lauries@kushiki.org).

Family Practice E-mail Group

Our Yahoo group makes it easier to communicate about family practice. We only send, at most, one e-mail a week. To join, e-mail Marie (marie_hopper@sbcglobal.net) or Laurie (lauries@kushiki.org).

Family Practice Schedule

July 2:	No program
July 9:	Family Practice
July 16:	Family Practice
July 23:	Family Practice
July 30:	Family Practice
August 6:	No program - summer break
August 13:	No program - summer break
August 20:	No program - summer break
August 27:	No program - summer break

Please RSVP for ALL family activities. Thank you.

Saturday Speakers, 10:15 am

July 2	Mushim Patricia Ikeda
July 9	Ron Nestor
July 16	Denkei Raul Moncayo
July 23	Hozan Alan Senauke
July 23	tba
August 6	tba
August 13	tba
August 20	tba
August 27	tba

Friday and Monday Talk Schedule

July 1	Fri 5:40pm	Karen Sundheim
July 4	Mon 6:25am	zendo holiday
July 11	Mon 6:25am	open discussion Leaving ceremony for Ko Blix
July 18	Mon 6:25am	Mary Beth Lamb
July 25	Mon 6:25am	Ross Blum
August 1	Mon 6:25am	open discussion
August 5	Fri 5:40pm	Hannah Meares
August 8	Mon 6:25am	Gerry Oliva
August 15	Mon 6:25am	Rhea Loudon
August 22	Mon 6:25am	Gary Artim
August 29	Mon 6:25am	Bruce Coughran

NEWSLETTER SUBMISSION DEADLINE

Third Friday of the month before each issue. Submit items to bzcnewsletter@gmail.com.

**September-October deadline:
Friday, August 26, 8:00 pm**

The Tragedy in Orlando

Comments from Sojun Roshi

When I was a boy I acted like a boy. I loved playing with guns. Cowboys and Indians, cops and robbers. It was the era of the cowboy movie, and cowboy movies had a great influence on our lives. The more realistic a toy gun, the more it promoted a boy's romance with it; the weight of it, the feel of it in your hand. I remember taking it to bed with me when I went to sleep and laying it next to me on the pillow. We were always making up plays and scenarios to fit our love affair with the guns. The influence of our soldier-play in the thirties was the First World War. But there was a psychological barrier that kids understood and didn't go beyond. I remember finding my dad's 32 Smith and Wesson short barreled pistol in the closet and carefully putting it back and not touching it again. It was unheard of for a kid to bring a gun to school, much less shoot someone with it. Long before I grew up, I let go of that childish play and followed more mature pursuits. Too many never grow out of it.

It is not hard to see how grown men are easily seduced by the gun industry and its front, the NRA, to cherish such ugly and beautiful weapons. The beauty of ugliness. The trademark, Glock, brings forth an image of someone whose throat is filled with blood, taking their last breath. The mystique can be fascinating; holding in your hand the power over life and death. The arms industry since the end of World War Two has swelled to enormous proportions and its insidious and corrupting influence on our society is hardly questioned. Both children and adults are subject to continuous 'round the clock free advertising for mayhem on television, not to mention the obscene brutal video games. How could this not influence behavior?

Sometime between the 70's and the 80's the line between playing with toy guns and real gun-play on our streets was crossed, and continues to escalate at the alarming rate we see today. There is an old saying that when the rulers are kind, generous, and benevolent, the populace follows this role model and there is peace in the land. When the opposite is true, there is untold suffering. One significant result of our offensive mistake in violently upsetting the Middle East has been the emergence of the suicide bomber. If you hit a hornet's nest with a stick, watch out. Just as we called forth Ben Laden through our careless aggression, we have been a contributing cause to the new phenomenon known as the suicide bomber. Pushed up against the wall, in a seemingly helpless situation, you sacrifice your life with honor. The suicide bomber does not simply kill people. The suicide bomber must also kill him/herself as well.

I don't think we should underestimate the influence of the suicide bomber on those in our society who perpetrate mass murder/suicides. Suicide bombings happen every day and are so common that it is now the norm in some parts of the world. There are of course different reasons for mass murder, but this pattern of suicidal behavior could be a kind of self-justification or twisted atonement or an escape. For some this can be a kind of role model. The leadership of government should provide a role model for the populace. The mayhem in the streets is a reflection of what goes on at the top. The stranglehold of the NRA on the Congress and its influence on our children must be addressed. This is a difficult time we are in right now. People kill people with guns, which are an extension of our hand, and a bullet is a messenger of our intentions. Our emotions must be under the control of our reasoning.

Alienation, criticism without compassion, feelings of ostracism and marginalization are a basis for destabilizing people to indiscriminately take it out on the public by getting even. (Now you know how I feel!)

In addressing this situation I realize how overwhelmed we all are given the latest tragic event of the murder of twenty children and six teachers in a public school. Given our collective and personal feelings of helplessness and frustration, what can be done? A not-crazy person when provoked can, in an unguarded emotional moment, reach for the most convenient response: a nearby gun. Gun control can be addressed. Emotional control is more difficult. It is not an either- or- situation, but making firearms unavailable and out of reach is a good and possible beginning. When one wheel is addressed the other wheel will also be turning.

At this time as our world is being turned upside down, we are feeling what is hard to feel and must bear the unbearable and the uncertainty for what is next. Let us find and maintain our composure so that we can remain open and compassionate while helping to stabilize our surroundings.



Drawing by Utagawa Kuniyoshi, 1855.

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