

Monterey Bay Zen Center News

Spring 2017

The by-laws for Monterey Bay Zen Center say: "The emphasis of MBZC center is on integrating Zen practice and everyday life. Our tradition is Soto Zen as taught by Shunryu Suzuki Roshi." This legal document describes what we stand for, what our mission is, what our roots are. All activities and teachings we offer should have these mandates at their base. Katherine Thanas, our founding teacher, did not stray away from it — nor should we. We honor her by remembering her teaching with the following Dharma talk.

ENDLESS PRACTICE

We have recently become excruciatingly aware of the powerful decisions in our society. If we are lucky, we have simultaneously noticed the powerful divisions in ourselves. What we see 'outside' — in our institutions, values, and systems — is simply a reflection of the division within each of us.

Not only are our multiple inner voices in continuous interdependency, arranging and re-arranging themselves into ever-changing moments of being, but our "outside" lives are completely intertwined as well, social prospects for some resting on no prospects for others. One world — one planet — one human race — one dynamic, interconnected being.

When I noticed . . . the delusion of separation [between Blacks and Whites] . . . I saw it was based on ignorance, not only the deepest ignorance of oneness, but the simple ignorance of how others live. . . . As students of the Way, we must ask ourselves to invite forth the mind that can begin to heal such a divided being. Not by doing anything extraordinary but simply by noticing and acknowledging the profound absences, foggy presences, raging judgments, and dead-ends within. In our own homes and communities we can begin the process of opening our hearts and looking and listening directly, trying to see and hear what we may never have seen or heard before. Direct seeing. Direct hearing.

Do you see anger or fear, frustration or humiliation in the eyes of others? See if you can find anger or fear, frustration or humiliation in your own heart and eyes. Breathe it in and breathe it out. Know your prejudiced mind. Let it go. Breathe it in; let breath carry it out.

When we come to the zendo [and sit on our cushion], we make a contract with ourselves to sit quietly through whatever storms blow through us, through whatever passion arises in us, through whatever cloudiness settles over us. We allow ourselves to be unmoving, physi-

cally at least, in the midst of the passions and dramas of our body and mind. This exercise . . . is the beginning of seeing the world, now. Of seeing the flow of all the energies through us, rivers of emptiness flowing through rivers of form. Within universal emptiness we exist in universal form. The form side seduces us with glitter, passion, and drama. The realization of emptiness or nondiscrimination settles us into equality, dispassion, non-grasping.

We walk the way of ego — the world of form, discrimination and judgment — into the way of non-ego, the way of nondiscrimination. As we "just sit," allowing everything to come forth from behind the ego's guard, the way of ego and non-ego walk together. When we can look closely they disappear into each other's realms.

How does this happen? Listen closely. Look deeply! Just sit. In whatever we do, let us stay "at home" with breath. Finding the courage to breathe in fear and breathe it out. Breathe in peace and breathe it out. Endless practice.

The endless practice of one integrated being. One undivided body. One planet. One human race.

— Sobun Katherine Thanas Roshi
(March 17, 1927– June 24, 2012)
from *Sangha*, Summer, 1992

*Listen closely.
Look deeply!
Just sit.
In whatever we do,
let us stay at home
with breath.*

MEMORIAL SITTING FOR SOBUN KATHERINE THANAS ROSHI

*Going for a walk into the forest/into the mind
we learn the world is the way it is,
not how we might wish it.*

— Sobun Katherine Thanas

Sobun Katherine Thanas Roshi "took the Great Leap" June 24, 2012, five years ago. We honor her being, and all our Ancestors, by sitting zazen and practicing the precepts. Katherine carried forward the teachings of Suzuki Roshi and integrated Zen practice in our day-to-day lives. She offered her wisdom with warmth and good humor. Join us June 24 at Carmel Valley Zendo, 8:30- 3:30, oryoki lunch, full or half day. By donation. To reserve call (831) 915-4736.

—Sara Hunsaker, Guiding Teacher,
January-June, 2017



REFLECTIONS ON THE WOMEN'S MARCH

*Marching in many shades and shapes
Of woman born all legitimate
Walls of fear crumble*

— Ernest Stromberg



The Monterey Herald reported that over 2,000 people participated in the Women's March on the California State University, Monterey Bay campus, a record number of event attendees for the campus on which I have lived and worked for over 10 years.

As one of the marchers, I was moved by the sight of a vast sea of people of all ages and by their powerful expressions of community and solidarity. I was struck by the signs that read: "Women's rights are human rights, and human rights are women's rights," a quote from a Hillary Clinton speech to the United Nations that has been repeated so often, and it continues to bear repetition. One morning not long after the march, as news of a Supreme Court Justice nominee was delivered, I was struck by the possibility that Roe v. Wade, the 1973 Supreme Court abortion rights decision, may be overturned. Truth-

fully, I shed tears, as I again confronted the reality that my daughters might grow up in a country where women have fewer reproductive rights than I was afforded.

Contemporary feminist movements are, for the most part, attentive to the reality that women's issues are also immigrant issues, religious minority issues, people of color issues, gender issues, working class issues, etc. As a woman, a mother of two daughters, a wife, a Latina and daughter of Mexican immigrants, and an advocate/ activist for social justice, these

issues powerfully resonate with me. As women, our identities are not monoliths but dynamic, energetic webs, and present day calls for sisterhood, political action, and positive social change to achieve a more just country. For this I marched and will continue to march and to contribute in all the ways I can, for it is only in social justice that we can truly have peace for all beings.

— María Villaseñor

SITTING WITH BUDDHA ON HIS BIRTHDAY

Join us for zazen, talks and practice as we celebrate the birth of our original teacher, Shakyamuni Buddha. Zazen is the practice of sitting with awareness and experiencing whatever arises. Throughout the history of Zen, the practice of zazen has been considered the primary gate of awakening.

The sittings are suitable for both beginners and experienced sitters. There will be instruction in the details of posture, breath and establishing the mental disposition of experiencing whatever arises. There will also be an opportunity to ask questions about one's practice. Rev. Robert Reese will be teaching. Saturday, April 8, 8:30 am to noon, Carl Cherry Center for the Arts. Information: 920-8303. Suggested Donation: \$10.

CEMETERY WALK

Brown Bag Zen sponsors an annual cemetery walk on the Friday before Easter. This year on Friday, April 14, beginning at noon, we will walk in silence at the Monterey Cemetery near El Estero Park. We will walk at our own speed in this free form event. Please join us for all or part of the time. It is best to park either in the cemetery or behind the baseball field by the lake. For more information, contact Kathy Whilden, wildini@aol.com.

TRAINING IN ZEN FORMS AND CEREMONIES

Forms are at the heart of Zen practice as means of seeing the self and letting go into ever-flowing present moment. Join us to train in the forms of Zen ceremonies and service including ringing the bells, leading the chants, etc. Shogen Danielson will offer classes on Tuesdays, April 18, May 16 and June 20, beginning at 5:30 pm at the Cherry Center. If you are interested, please contact Shogen at 659-5381 or speak to him at the Cherry Center on a Tuesday evening.

ADVANCE DIRECTIVE WORKSHOP

Community Hospital (CHOMP) has begun a new program to assist people to prepare their Advance Directives. Advance Directives are legal documents that allow you, in case you are unable to speak for yourself, to plan and make your own end-of-life wishes known. It consists of a living will and a medical (healthcare) power of attorney. Through the thoughtful generosity of our local hospital, CHOMP, Joy Smith, RN, offers a "how to" workshop to be held at the Carl Cherry Center, Thursday, April 27 from 6:30-8:30 pm. Given freely.

LIVING THE PRECEPTS: THE ENACTMENT OF BUDDHA'S MIND

Living the Precepts, a series of classes exploring the practice of Ethics and Zen meditation, continues Sundays, 10:00 am on April 9, 23, May 14, 21, June 11 and 21 at the Carl Cherry Center, in Carmel. According to Suzuki Roshi, the precepts are an expression of our original nature, rather than rules or an abstract code of ethics. Studying the precepts heightens awareness of how they can inform

and enliven our daily words and actions, assist us at work, and in our interactions with friends, family, and the wider world.

Please call 920-8303 for more information. Robert Reese, Soto Zen priest the lineage of Shunryu Suzuki Roshi. By donation.

WALKS IN GARLAND PARK

MBZC will host two walks this Spring: Earth Day, April 22 and June 18, both held Saturdays and meet 8:30 am at the Visitors' Center. Please bring a poem (not epic) to read, a pen or pencil for making marks; paper will be provided. Once in a while we will stop. We will head for the grinding rocks or waterfall and come back. Call Sara Hunsaker for information: 915-4736.

BENDOWA SEMINAR CONTINUES

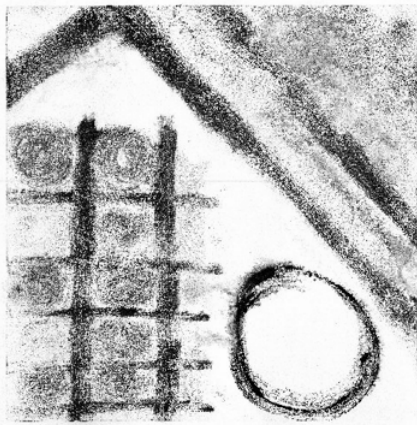
Transcending any particular school of Buddhism or religious belief, Dogen's profound and poetic writings are respected as a pinnacle of world spiritual literature. Bendowa, or A Talk on the Wholehearted Practice of the Way, written in 1231, expresses Dogen's teaching of the essential meaning of zazen and its practice. This edition contains commentary on Bendowa by Kosho Uchiyama Roshi and was translated by Shohaku Okumura Roshi. Sundays, April 2, May 7, June 4, 10 - noon; \$10 suggested donation. 484 Washington St. Mty, Davi Building Ste G, Monterey. Information/directions: 920-8303

UNDER ONE ROOF

Under One Roof returns to St. James Church in Monterey for its fourth anniversary. Zen students from Tuesday evening service at the Cherry Center, Ordinary Recovery on Saturday mornings, Brown Bag Zen on Fridays at noon, Carmel Valley sitting groups, are all invited to a potluck gathering at St. James Church, corner of High and Franklin Streets,

Monterey on Saturday, May 20, 2017 from noon to 3:00 pm. This is a wonderful opportunity for meeting Students of the Way that we otherwise might not encounter.

Volunteer participation is vital to the success of the event. Please contact June Poe at juneipoe@gmail.com to register and volunteer. If you have an item for the silent auction or plant sale, please contact Susan Nine at nasusnine@hotmail.com. Volunteer coordinators are needed for: set-up, coordination of the potluck and clean-up.



CALL ME BY MY TRUE NAMES Breakfast with Poetry Benefit

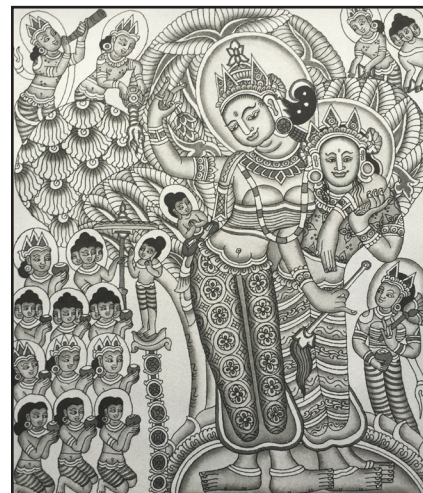
*Please call me by my true names,
so I can wake up
and the door of my heart
could be left open,
the door of compassion*

Elliot Ruchowitz-Roberts and Alison Atwill will read poetry and prose based on themes from the last stanza of Thich Nhat Hanh's poem Call Me By My True Names, at Earthbound Farm stand on Saturday, July 15, 2017.

The reading will be preceded by a delicious, organic breakfast prepared by the Earthbound Farm kitchen staff and cook. The breakfast will start at 10:00 am and the event will run until 12:00 noon. Donations support the Monterey Bay Zen Center and its activities.

Thich Nhat Hanh's message of inclusion and compassion for all beings is central to Zen Buddhist practice. Elliot will weave new and old poems that express the experience of connection with each other and all others. Alison is a teacher with the Pacific Zen Institute and works with koans (Zen stories). She will be visiting from Santa Barbara where she leads a practice group there.

Earthbound Farm, 7250 Carmel Valley Road, Carmel, CA (3.5 miles east of Highway One). Donation: \$35.00 for each adult and \$10.00 for each child, children under 6 are free. Please RSVP to Mark Orrisch at 659-7138 for advance invitations or email: mbzc.pres@prodigy.net. Participation is limited to 50 individuals.



Deep in the forest of Lumbini, Queen Maya reaches for a tree branch. Her dream of a white elephant prepared her for this special moment. From her side, Prince Siddhartha emerges—the boy who will become The Awakened One.



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tos, and more, go to MBZC
FACEBOOK

MONTEREY BAY ZEN CENTER

PO Box 3173, Monterey, CA 93942

831-915-4736

WEEKLY SCHEDULE

We meet Tuesday evenings, Monday and
Thursday mornings at the Cherry Center,
4th and Guadalupe in Carmel.

Tuesday evening schedule:

Zazen 6:30
Kinhin (walking) 7:10
Service 7:20
Lecture/discussion 7:30-8:30

Monday, Thursday mornings:

Zazen 7am
(followed by service and soji)

Zazen instruction first Tuesday of
each month at 5:30pm

Ordinary Recovery, Sats, 9-10am
Cherry Center, Carmel

Fearless Fathers, Tuesdays, 5:30
p.m. (415) 531-2090

Brown Bag Zen, Fridays 12:15-1:15
St. James Church, Monterey

Mountains and Rivers Meditation,
2nd & 4th Weds 7-8:30pm
Patricia 659-3042

Chicken Coop Zendo, Thursdays
5:30-7:00pm - 659-2365

Buddha's BirthDay Sitting

BBZ Cemetery Walk

Forms Training w/Shogen

Earth Day: Walk

Advance Directive

Tassajara Weekend

Forms Training w/Shogen

Under One Roof

Introduction to Zen

Super Soji/ Potluck

Walk in the Woods

One-Day Sit/Oryoki Lunch

Katherine Thanas Memorial

Breakfast with Poetry

Sat. Apr 8

Fri. Apr 14

Tues. Apr 18

Sat. Apr 22

Thur. Apr 27

Fri-Sun. May 5-7

Tues. May 16

Sat. May 20

Sat. May 27

Sat. June 3

Sun. June 18

Sat. June 24

Tues. June 27

Sat. July 15

8:30-noon, Cherry Center

12:15-1:15 Mty by El Estero

5:30-6:15, Cherry Center

8:30-10:30, Garland Park

6:30-8:30, Cherry Center

Tassajara, Carmel Valley

5:30-6:15, Cherry Center

11:30-3:00, St James Church

10:30-noon, Cherry Center

10:30-1:00, Cherry Center

8:30-10:30, Garland Park

8:30-3:30, CV Zendo

6:30-8:30, Cherry Center

10-noon, Earthbound Farm,
CV

Art Credit: Under One Roof illustration by Angel Look