



WORDS FROM THE TEACHERS

Buddha, Dharma, Sangha

In the last newsletter, Subhana wrote eloquently about how, in painful and difficult times we can take refuge in the Dharma. This set me thinking about the three bows that we make as we enter the dojo, in front of our cushion and to our brothers and sisters in the dharma. Whenever I orient newcomers, I find myself explaining these bows in simple terms. I say that the first bow is to the Buddha, expressing our gratitude to the Buddha for his teachings, the second bow is to the Dharma, expressing our gratitude for the teachings themselves and the third bow is to the Sangha, expressing our gratitude to our brothers and sisters in the Dharma, who support us in our practice. I usually add that if any of this feels uncomfortable, they can simply bow; just put the palms together like this, just bend forward at the waist like this, just return to the upright position like this, all the time paying complete attention to each movement. To say that this in itself is a perfect expression of the Buddha's way will of course probably not mean much to beginners, but I say it anyway. We never know which seeds will blossom and which will fall on barren ground.

As we make progress on the path of liberation, what we understand by Buddha, Dharma and Sangha—known collectively as the Three Treasures—will inevitably change and deepen. We come to understand that the one who is doing the bowing is none other than the Buddha and that the body that bows is vast and unlimited, going far beyond our conventional sense of the Self. That limited body, that small limited mind, that small limited Self is merely something that we generate through the stories that, in our ignorance, we tell about ourselves. When our eyes are truly open the whole universe bows and this small limited self falls away. This is all it takes. One bow to our own Buddha-nature.

And where do we find the Dharma as we bow before our cushion? It is right there in *that* bow too. Although the word 'Dharma' is most commonly used to mean the teachings of the Buddha, including all aspects of practice—the cushion, the candles on the altar, dojo leadership, teaching and so on—it's more fundamental meaning is 'things just as they are.' Now bowing, now standing, now sitting. Now painful, now joyful, now tired, now full of energy. If we can take refuge in this—in things just as they are—we have already made great progress on the way.

And bowing to our Sangha companions, we remember that this vast empty body that bows as the Buddha is not only the Dharma body, but also the Maha-sangha, the community of all beings; the community of all things. The realisation that our true self is none other than the coming forth of the many beings, right here and now, is none other than the Buddha's realisation that all beings by nature are Buddha.

At a certain point, the distinctions between Buddha, Dharma and Sangha will blur and fall away, as we realise that the Buddha is no other than the Dharma and the Dharma no other than the Sangha. Nonetheless, we can continue to use each of these Three Treasures— Buddha, Dharma and Sangha—as an individual treasure that we take up and work with in our daily life and practice, bringing to each of them our own understandings of what they are and how we can take refuge in them. *Allan Marett*

REPORTS

SAMU at ANNANDALE 16 June 2013

Dancing with Dust Motes

Yesterday's samu at Annandale saw thirteen of us - Yvonne, Glenys, Bren, Greg, Diana, Julie, Sean, Larry, Sally, Will, Andrew, Tony and Gilly - after two periods of zazen and a dharma talk from Gilly - cleaning, sweeping, drilling, sawing, digging, concreting, scrubbing and sewing.

Two carloads of green matter were taken away, the brick garden wall was braced with a couple of steel wire ties, cracks were plastered, gutters cleared, windows and blinds cleaned, zafus and zabutons sewn, books catalogued, and a communal feast enjoyed by all. *Tony*

MOUNTAINS AND WATERS SESSHIN with Paul Maloney and Allan Marett

We started with fourteen, and finished with eight participants, which made for creative job sharing practice. Even though many people were new to sesshin practice and to Kodoji, the sitting was particularly settled and grounded. This was aided no doubt by the regular chanting of Ancient Ground with Allan Marett. Having two teachers offering

dokusan and teisho was rewarding, and the opportunities for dokusan plentiful.

The difference with this sesshin was that we were led on extended kinhin through the countryside on three occasions. Firstly along the main path through the gates, and then the longer walk was from Jacks Track, up fire trail, along an escarpment, ending in a packed lunch at Manjusri Rock. This walk has been developing into a sort of pilgrimage to Kanzeon, whose little statue is comfortably nestled in a natural alcove beneath the imposing Lion Rock, a natural formation with powerful resonances. The walkers returned with muddy feet to a welcome of warm soup and a pot-belly fire. Janet. Watercolour: "The Green Mountains are Constantly Walking"



COMING EVENTS

THURSDAY EVENINGS 7-9pm

1 August: Workshop on Orientation (for current and future orientators): Paul Maloney

15 August: Talk, TBA

22 August: Introduction to Zen Buddhism 1: Allan Marett

29 August: Introduction to Zen Buddhism 2: Allan Marett

5 September: Introduction to Zen Buddhism 3: Allan Marett

12 September: "Zen and Insight: two different flower arrangements and the ground we share." Talk by Subhana

SAMU AT KODOJI August 31 - September 1

This is a great opportunity for you and your family to learn the joy of working together, eating and laughing together, in a beautiful place, getting Kodoji ready for Spring Sesshin, looking after country. Bring yourselves and food to be shared with all. Tony Coote will give more information later. Tony Coote: 9817 3466 <tony@tonycootearchitect.com>

SPRING SESSHIN AT KODOJI September 20 - 27 with Gillian Coote

*Zazen is not a difficult task. It is a way to lead you to your long-lost home.**

Application forms are available at Annandale or szc.org.au. Enquiries to sesshin co-ordinator Sue Bidwell: 9810 1512, mobile 0419 607 434, suebazbi@bigpond.net.au

* Shaku Soen Zenji



NEWS FROM THE COLLEGIATE BODY OF TEACHERS

The collegiate teaching model endorsed by the Sydney Zen Centre allows for a number of teachers to operate within the framework of the SZC. Teachers work as a team and share the teaching workload and responsibilities, keeping one another informed about students' practice and relevant life issues. The aim and intention of sharing information about students' practice is to find ways that jointly best serve and assist students to develop fully, offering a consistent approach and minimising any potential conflicting or confusing spiritual guidance. Dokusan is confidential. The teachers do not discuss it with anyone else and it is requested that students keep their side private. The teaching given to you may be harmful medicine for someone else. Personal details students may disclose during dokusan that are not specifically relevant to their practice are not shared with other teachers.

Coordinating Teacher's Role

There was a clear decision to adopt a Collegiate Body of Teaching responsibilities and delegate and allocate various tasks and duties from the original Coordinating Teacher's role amongst the Collegiate. Board members can contact the following teachers for the various tasks below:

1. CALENDAR Allan Marett will be responsible for drafting the Calendar of events and schedule for 2014.
2. CEREMONIES Gillian Coote will be the organizer and contact person e.g. Buddha's Birthday, and Memorial Ceremony
3. LIAISON AND NETWORKING Subhana Barzaghi will be the contact person for liaising with the media, requests for public talks, liaising with the wider community and other Diamond Sanghas.
4. THURSDAY EVENING PROGRAMME Paul Maloney and Allan Marett will coordinate the Thursday night programme, lecture series, Introduction to Zen Buddhism, and various events on Thursday nights.
5. BI-MONTHLY TEACHERS MEETING Maggie Gluek will coordinate Teachers meeting. (July12, Sept 13, Nov1)
6. SESSHIN COORDINATION Each teacher will be responsible for liaising with Sesshin Coordinators, and Janet re flyers.

NOTICE BOARD

Benefit concert by Jim Franklin, scheduled for 3 October, details to be announced later.

Talk by John Seed Deep Ecology and the Dharma, details to be announce later.

Gift recipient status for SZC Building Fund: The Australian Tax Office has confirmed that we are a DGR, or Deductible Gift Recipient for a fund (the Sydney Zen Centre Building Fund). This restores the status of gifts to the building fund as tax deductible for the donor. If you would like to make a donation to the building fund, simply flag it as such and we will issue a receipt against which you can claim a tax deduction from your income.

Books for sale: *The Roaring Stream. A New Zen Reader*, ed. Nelson Foster and Jack Shoemaker is on sale at Annandale, along with Robert Aitken's books: *Taking the Path of Zen*, *Mind of Clover*, *The Dragon that Never Sleeps*, *Encouraging Words*, *The Morning Star*, *Vegetable Roots Discourse*, *Zen Master Raven* and *The Gateless Barrier*, plus new titles.

Use of Kodoji: Kodoji is available for use by members of the SZC and guests (if accompanied by a member). It can also be hired by other groups if approved by the Board. Fees are \$15 per night for members and \$25 for non-members. There is a \$100 booking fee for non-member groups. Booking of Kodoji is essential and it is also essential to receive instructions about use of the facility before going there.

Try giving the family a wonderful weekend, or yourself a few days of private retreat.

Enquiries to Brendan Stewart, phone 9879 7290, email stewarts34@bigpond.com

Blue Mountains Zen: The Blue Mountains Zen Group meets on the second and fourth Sunday of each month, from 3-5 p.m., at Paul Maloney's home, 19 Russell Road, Leura. Phone 4784 2136. The meeting is occasionally held at another venue, so it is best to check some days before,

Canberra Zen Group: Meets at Wat Dhammatharo on Wednesday evenings.

Please contact Gary for more details: mobile 0429 635 412; email gcaitcheon@gmail.com

RECIPIES FROM ZOE

Flourless chocolate cake

125g slivered almonds or walnuts or hazelnuts (works with all)
125g butter, chopped
2 tablespoons strongly brewed black coffee
200g good-quality dark chocolate (see note), chopped
1/3 cup cocoa powder
3/4 cup caster sugar
5 eggs, separated
cocoa powder to serve

1. Preheat oven to 180°C. Grease and line base and sides of a 6cm deep, 23cm (base) springform cake pan.
2. Place almonds on a tray and bake for 5 to 10 minutes or until light golden. Allow to cool. Place almonds in a food processor and process until finely chopped (not ground).
3. Meanwhile, combine butter, coffee and chocolate in a heatproof, microwave-safe bowl. Microwave, uncovered, on MEDIUM-HIGH (70%) for 2 to 3 minutes, stirring every minute, until almost smooth. Add cocoa and whisk until smooth. Add 1/2 cup sugar, egg yolks and almonds. Stir to combine.
4. Using an electric mixer, beat egg whites until soft peaks form. Add remaining 1/4 cup sugar, 1 tablespoon at a time, beating constantly until thick. Fold meringue into chocolate mixture until just combined. Spread into prepared pan. Bake for 40 to 45 minutes or until a skewer inserted into the centre has moist crumbs clinging.
5. Cool cake completely in pan. Release side and transfer to a plate. Dust with cocoa and serve with cream.

CONTACT INFORMATION SZC (02) 9660 2993 www.szc.org.au

Members of the Board: Brendon Stewart (chair); Lee Nutter (assistant chair); Meghan Hay (treasurer); Michael Tierney (assistant treasurer); Sue Bidwell (assistant secretary); Harry Tamvakeras; (assistant secretary); Kim Bagot; Adrian Clement; Jason Koh **Teachers:** Subhana Barzaghi, Gillian Coote, Paul Maloney **Apprentice Teachers:** Maggie Gluek, Allan Marett **Newsletter editor:** Janet Selby janetselby@bigpond.com

SZC Calendar AUGUST-SEPTEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 August	5 Zazen 7-9pm	6	7 Zazen 7-9pm	8	9	10 Womens Group Diana's
11	12 Zazen 7-9pm	13 Board meeting 6pm sit for 6.30 meeting	14 Zazen 7-9pm	15 Talk tba	16	17
18 Zazenkai 8.30-12 Allan Marett Teisho and dokusan	19 Dharma Cafe 7-9pm	20	21 Dharma Cafe 7-9pm	22 Introduction To Zen (1) Allan Marett 7-9pm	23	24
25	26 Zazen 7-9pm	27	28 Zazen 7-9pm	29 Introduction To Zen (2) Allan Marett 7-9pm	30	31 Samu at Kodoji
1 September	2 Zazen 7-9pm	3	4 Zazen 7-9pm	5 Introduction To Zen (3) Allan Marett 7-9pm	6	7
8	9 Zazen 7-9pm	10 Board meeting 6pm sit for 6.30 meeting	11 Zazen 7-9pm	12 Talk Zen and Insight Subhana	13 Women's Group Jean's	14
15 Zazenkai 8.30-12 Paul or Carl teisho, Paul dokusan	16 Full Moon Ceremony Not Praising Myself	17	18 Full Moon Ceremony Not Praising Myself	19	20	21
22	30 Zazen 7-9pm	1 October	2 Zazen 7-9pm	3	4	5