



Encouraging Words from the Teacher

Paul Maloney Roshi



In March this year I had the good fortune to be able to attend a 30-day retreat taught by Patrick Kearney. At the end of the second week I did some damage to my neck that resulted in intense pain in the right upper

back. I could not walk, stand sit or lie down without being in the most intense pain that I had felt in my life. I thought it was a muscular pain so I had massage treatment and saw a chiropractor a few times, to no avail. In fact I had unknowingly damaged a facet joint in my neck. The pain persisted 24 hours a day and, as such, became a great object

for mindfulness, and the following insight that occurred after several days.

“What a relief to know that there is nothing that can be done about my neck for at least a week! No short term fixes; no minor adjustments. It just is how it is. Get used to it. The end of hope is the beginning of freedom. Why? Because hope shifts the focus of attention from NOW to THEN, from the REAL to the IMAGINED. We become enchanted by our hopes for the future, and lose contact with the present. Therein lies the foundation of Dukkha.”

Christmas Day and New Year's Day both fall on a Wednesday and there will be no zazen then, nor will there be on Monday 27 January, which is the Australia Day holiday in 2014.

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Reports



Spring Sesshin 20-27 September

Spring Sesshin unfolded in beautiful weather at Kodoji, starting with a haiku sesshin-seventeen- and ending with a baker's dozen- thirteen. What great fortune is to practice in this wilderness valley with its enfolding cliffs, vast night sky, trees, birds, lizards, grasses and frogs, our companions on the Way, whose sutras have been recorded.

Click here to view [Sounds of Kodoji](#) and bring the Kodoji dawn into your city life.

Gassho. Gilly Coote

Bush Buddha passes through the fire.

Photos: Gilly Coote



Shakuhachi

Shakuhachi Concert by
Jim Franklin

Thursday 3 October
Old Darlington School

Longtime Sydney Zen Centre member and shakuhachi master, Jim Franklin gave a benefit concert of traditional honkyoku. These are the old 'original pieces' that evolved hand in hand with Zen practice, and they included one of Jim's composition in honkyoku style. The nine honkyoku were performed without a break to a wonderfully still, meditative audience. The Old Darlington School, which was loaned to us by Sydney University free of charge, was the perfect context to hear this music, and we are deeply grateful to Jim for his musical teisho, and for offering the door takings as dana for SZC. - *Allan Marrett*



Dharma talk by Subhana Barzaghi Thursday 19 September

On Thursday 19 September, Subhana gave a Dharma talk entitled '*Zen and Vipassana: Two flower arrangements and the Common Ground We Share*'. As many know Subhana has received transmission and is a teacher in both traditions; in the talk Subhana expressed her deep love of both of these ways of practice. Subhana expounded on the differences in approach of Vipassana and Zen but stressed that both traditions have the same goal: Zen students tended to come to realisation by way of emptiness, but the Vipassana students tended to come by way of empathy. Subhana outlined

some of the techniques used by Vipassana students and contrasted this with the Zen approach. Our teacher also noted that although the practice of the Vipassana students would have a stronger focus on empathy, the sense of community within Zen practice seemed to be stronger. It was postulated by some in the group that it may be our group actions, wearing the black, facing the wall and kinhin, that led to such a strong community. The talk was well attended by students of both Vipassana and Zen.

Michael Tierney

Introduction to Zen Buddhism October - November

The latest round of three-week introductory classes brought together a sincere group of inquirers. There were six to eight of us on each occasion—sitting zazen, and variously walking, chanting, drinking tea together. We met the figures on the altars, heard some stories, had time for questions and answers. *Maggie Gluek*

Talk by Patrick Kearney, Thursday 10 October

On Thursday 10 October, Patrick Kearney gave a dharma talk entitled *Satipatthana and Shikantaza: A Common Heritage* in which he explored common ground between the Buddha's teachings on meditation and those of Dogen Zenji. The questions and comments from the sangha that flowed through and around Patrick's formal talks was an indication of the deep engagement of the large and appreciative audience. It was wonderful to have Patrick back, expounding the dharma in our midst. *Allan Marrett*

Art Sale

Saturday 14 – Sunday 15 December

This is an opportunity to purchase unique gifts made by sangha members. Proceeds go to fundraise for SZC. Enquiries and donations of goods, Janet 0421 369 707

Memorial Day, Sunday 10 November

Memorial Days are for honouring sangha members, family members, friends, who are no longer with us. On this day of welcome rain, Peter Thompson spoke of his mother, who recently died, and the wonder of a human life, Jill Steverson of her father, Janet Selby of her past family, Maggie Gluek of her parents. Gordon Water's wife, Anna, joined us to speak of Gordon. She had already sent some of Gordon's photos of Kodoji (on the website). She read some of his poems, brought a book on Sengai from his bookshelf for our library, and gave the sangha his last painting. Gordon took jukai on December 24 last year, and died on 5 February of the brain tumour that he always knew would kill him. His painting, dated 29 December, and named "Jukai". It was done when only one arm would work, and that with difficulty. It is ALIVE and warm and holding everything. A great gift for us all. We are very grateful to Anna for her generosity, for making Gordon so present in our midst. We ate together, grateful for all the many lives that have so touched our own.

Sally Hopkins



Photos: Tony Coote

News From the Board

Robert Thompson is welcomed as a new member.

Diego Oliverio, resident at Annandale, has given us an olive tree that is now planted in the street, so we can watch it grow. Thank you, Diego!

The New Board for 2013-14 is:

Brendon Stewart (chair), Sue Bidwell (secretary), Ameli Tanchitsa (assistant secretary), Jason Koh (Treasurer), Michael Tierney, Glenys Jackson, Larry Agriesti, Helen Sanderson.

The New Grievance Committee is: Jill Steverson, Larry Agriesti, Diana Levy (and in case of a clash of interests, back ups - Janet Selby, Neryl Grady, Glenys Jackson)

In accordance with the wishes of the Sydney Zen Centre's AGM on 27 October, the following paragraph for the Articles of Association has been ratified:

"If upon winding up or dissolution of the Company there remains, after satisfaction of all debts and liabilities, any property whatsoever, the same shall not be paid or distributed among the members of the Company but shall be given or transferred to some other Zen Buddhist body or bodies having objects similar to the objects of the company at the discretion of the Board at the time."

There is now a Register of Sangha Treasures, thanks to Kerry Stewart. The Red hard folder is at Annandale. Please look through it and add info to the details for each piece if you know about the item. This can be in long hand, just let Kerry know so she can update our records.

It was agreed a box would be put in the entrance hall at Annandale for gifts of Zen books, to be sent to Cessnock Prison as requested by a Buddhist teacher there.

Annual General Meeting, 27 October

Brendon Stewart, as our chair, gave his report, thanking especially those who were on the 2012-13 Board and left, or are leaving:- Gordon Waters, whose death deeply affected everyone; Meghan Hay, our wonderful Treasurer, who left to have another baby (little Henry!); Will Moon, who left to travel Australia and lost his home in the bushfires. Our thoughts to them, and their tenants; Harry Tamvakeris, needed by his aging family; Lee Nutter who has worked so hard on the website; Kim Bagot with his good advice. There were also many thanks to the many sangha members who take on jobs, and to the Teachers. By working together it all works! A new Board was elected, and a new Grievance Committee

(in place in case of any serious complaints arising). There were reports from the Teachers, and word of a possible Australian-New Zealand Diamond Teachers Circle meeting in March. Discussion followed on the re-wording of the Articles of Association (see under), on the changes to the logo, and we were shown the splendid new sign to go up outside the zendo. People volunteered for the many jobs required to be done and then every one enjoyed a potluck lunch and chatting to each other.

Teachers Report 2012/13

At the AGM, Subhana reported on behalf of all the teachers. Her extended report is available to read on this link to the web site. <http://szc.org.au/archive/2013-agm-teachers-reports/>



Rohatsu Sesshin

5 - 8 December at Annandale Zendo with Maggie Gluek
Cut off date was 29 November.

This is an opportunity to take time out at an especially busy season of the year. Precious time in which to honour in one's own person the Buddha's path of practice and realisation. Enquiries: Maggie.Gluekmagpiewarble@yahoo.com

Notice Board

Dokusan

MONDAYS:

Subhana December 2 & 9, January 13 & 20
 Allan Marett December 23 & 30, January 6

WEDNESDAYS:

Gillian Coote December 4 & 11, January 22 & 29

Dharma Café

December 16, 18 7-9pm

Full Moon Ceremony

January 13, 15 7-9pm Not indulging in Anger

Zazenkai

December 15 postponed (Art Sale instead)
 January 19 8.30-12 Dharma Talk and dokusan
 Allan Marett

Board Meetings

Second Tuesday of each month, 6pm sit for 6.30
 start: December 10 and January 14

Women's Group

January 10 Sarah Wall's.

Early Morning Zazen

Ashfield. SZC members living in or close to the inner west who are interested in early-morning zazen and dokusan are invited to join a small group that sits regularly on Tuesday and Friday morning from 6.00-7.30am in Ashfield.

If you are interested in joining us please contact either Allan Marett allan.marett@gmail.com 04097127767 or Kim Bagot kimballb7@gmail.com 0402321277.

Regular Notices

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. Please note that the local Fire Brigade has advised restrictions during Summer.

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 on Wednesday evenings.
 Please contact Gary for more details: 0429 635 412
 email gcaitcheon@gmail.com

Contact Information

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SZC Calendar December 2013 – January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 1	2 Zazen 7-9	3	4 Zazen 7-9	5 Rohatsu Sesshin 	6	7
8 	9 Zazen 7-9	10 Board Meeting 6.30	11 Zazen 7-9	12	13	14 Art Sale 10-3pm
15 Art Sale 10-3pm (no zazenkai)	16 Dharma Café 7-9	17	18 Dharma Café 7-9	19	20	21
22	23 Zazen 7-9	24	25 No Zazen (public holiday)	26	27	28
29	30 Zazen 7-9	31	Jan 1 No Zazen (public holiday)	2	3	4
5	6 Zazen 7-9	7	8 Zazen 7-9	9	10 Women's Group Sarah Wall's	11
12	13 Full Moon Ceremony Not indulging in anger	14 Board Meeting 6.30	15 Full Moon Ceremony Not indulging in anger	16	17	18
19 Zazenkai 8.30-12 Dharma Talk & dokusan Allan Marett	20 Zazen 7-9	21	22 Zazen 7-9	23	24	25
26	27 No Zazen (public holiday)	28	29 Zazen 7-9	30	31	Feb 1