



# NEWSLETTER

[www.szc.org.au](http://www.szc.org.au)

## Encouraging Words from the Teacher

Subhana Barzaghi Roshi



Wishing you all a Happy New Year, may you be peaceful, may you be happy. Let's hold this intention to cultivate a peaceful and happy heart throughout our days not just at the beginning of the year.

True happiness that arises out of the ground of our being does not rely upon having special experiences, ecstatic highs or trying to orchestrate the perfect circumstances or is even dependent upon everything flowing along well or finding your special mate, those things may bring a temporary happiness but true happiness is a way of being.

Cultivating the joyful and peaceful heart requires; mindfulness - a training of the mind, presence, openness, clarity of mind, a healthy attitude of mind, spaciousness and non-attachment. In order to flourish we also need to be mindful of the hindrances and negative attitudes of mind that constrict the heart from its natural, joyful abiding place. As Stephanie Dowrick says in her book, *Choosing Happiness* - "Your attitude to life is far more important in determining

your happiness than your money, appearance, social status or talent". Making a commitment to your zazen and practice is choosing happiness.

A simple verse in the Dharmapada 14.5 summarises the peaceful teachings of the Buddha Way.

Avoid doing harm  
Practice all good  
Purify your heart

Sitting together in our Annandale dojo, under a summer sky, planes droning overhead, dogs barking in the park, returning to the breath, attending to the mind, resting in your being is choosing to live a peaceful and happy way of being in the world.

Let's create a Happy New Year together.

With metta, *Subhana*



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# Reports

## Rohatsu Sesshin December 2013

Twenty earnest sitters attended our vast and spacious city dojo for a December non-residential Rohatsu Sesshin commemorating the Buddha's enlightenment; eight were there for the complete time from Thursday night to Sunday evening.

A number of students remarked in the final sharing on Maggie's gentle and wise guidance, and not just because of her decision to withhold use of the kyosaku other than in ritual; shoulder massage only was freely offered, and freely accepted. People



also reported that it "felt like a 'real' sesshin; they appreciated the practice opportunities offered by going home each day, driving to and fro and, for some, enjoying coffee mindfully.

After the teacher's words at 9pm on the last night, by rolling up the blinds behind the altar, just as Shakyamuni we were able to experience the Morning Star (aka the Evening Star) dancing in the tree and dripping light on our bodhimanda.

*Kim Bagott*

## Talk by John Seed Thursday 28 November

### Buddha Touched the Earth - an exploration of dharma and deep ecology

John Seed's wonderful talk opened up vast vistas for many of us, showing us how we and the world are not separate, and we need to LIVE this understanding. We are all in this together! as Roshi used to often say.



## Women's Group & Zabutons

*Random acts of kindness – Women's Group making zabutons from blankets, at Culburra.*

# Art Sale

Weekend 14-15  
December 2013

This weekend of Zen Art selling was a wonderful fundraising success thanks to the organisers and essential helpers. Artworks by sangha members transformed the Annandale Dojo into a gallery market place, where passers-by and sangha members dropped in to purchase unique gifts in time for Christmas.

The value of having an open Dojo was evident in that three of our neighbouring households came inside to see where the mysterious bell noises emanated each Monday and Wednesday evening. They left with gifts and SZC pamphlets.

In all, the sale of donated paintings, ensos, pottery, hand-made cards, and scarves came to \$850.

Thanks to artists Subhana, Glenys, Gail, Sarah, Janet and Helen for being generous with their creativity. And thanks to all those who purchased it.

*Janet Selby*



Photos of art sale from Michael Tierney

## Fr. Ama Samy's Group

### Appointment of Carl Hooper as Sensei

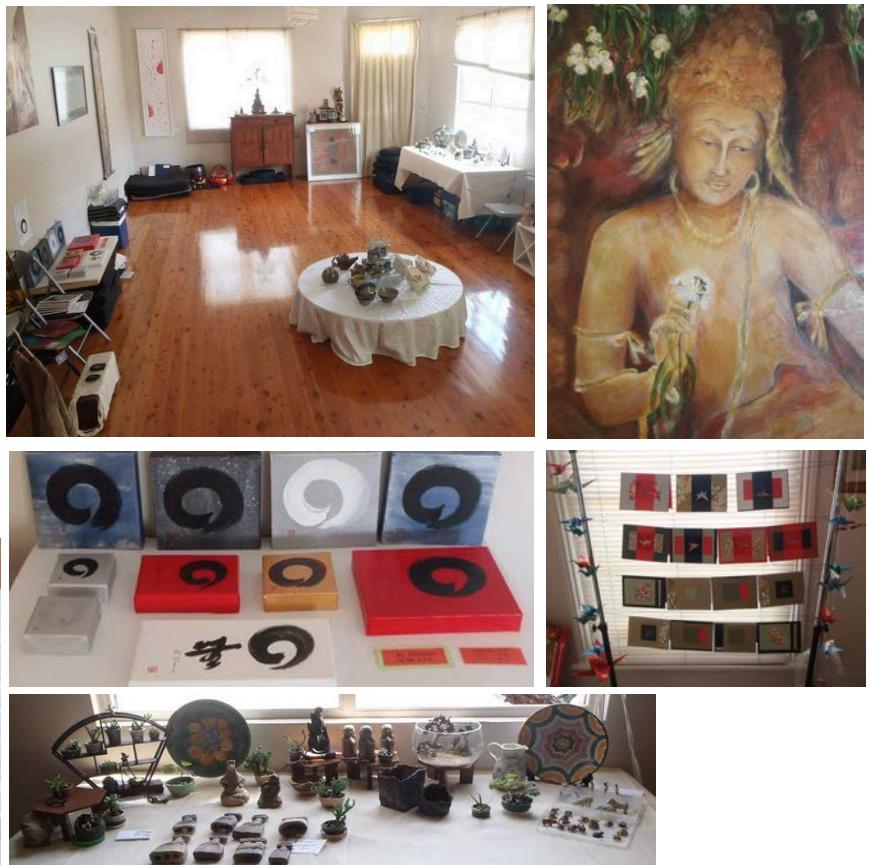
It was a significant and very moving ceremony on 5 December 2013, the last day of sesshin lead by Fr. Ama Samy, Gen Un Ken Roshi, at St. Mary's Towers Retreat Centre, Douglas Park, south of Sydney.

Ama Samy gave transmission to Carl Hooper as *Sensei* with the right to give teisho and hold dokusan, including teaching with koans.

As many of you will know, Carl has sat with both the Sydney Zen Centre and Ama Samy's Bodhi Zendo Group for many years, including a number of lengthy stays at Ama Samy's Bodhi Zendo in Perumalmalai, Kodaicanal, Tamil Nadu, India, as well as yearly sesshins with Ama Samy in Australia and a number of sesshins at Gorrick's Run.

As Ama Samy indicated during the ceremony, Carl has completed the full *Sanbo Kyodan* course of koans and in Ama Samy's opinion is of appropriate maturity, character and integrity to take on the role of Zen teacher.

On behalf of both the Bodhi Zendo Group and the Sydney Zen Centre I warmly congratulate Carl and wish him every blessing. Now both Carl and those students who take up Zen training with Carl may call Ama Samy our teacher! *Phil Long*



# Coming Events

## ANZDSTC 13-17 March at Kodoji

From March 13th - 17th, the SZC will hosting the next A & NZ Diamond Sangha Teachers Circle. This local chapter meeting is held approximately every 18 months. Twelve teachers plan to meet at Kodoji Temple at Gorrick's over three days.

These meetings are very enriching and offer a wonderful collegiate supportive environment to discuss the wide ranging affairs of Zen teaching from friendly check-ins to philosophical and ontological discussions, to administrative and Sangha management, as well as refining our understanding of koan study and how to work skillfully with our students.

They help to forge and maintain our ties with one another and our bond with the wider Diamond Sangha tradition.

There will be a unique opportunity for Sangha members to meet with some of the visiting teachers on Monday 17th March at Annandale from 7- 9pm. There will be a panel discussion with Justine Mayer from Darwin, Ross Bolleter Roshi from Perth and Arthur Wells from New Zealand.

If you can & wish to offer some support for the meeting, please contact Brendon Stewart [stewarts34@bigpond.com](mailto:stewarts34@bigpond.com) for transport and accommodation, and

Jill Stevenson for food planning  
[jillstevenson@gmail.com](mailto:jillstevenson@gmail.com)

*Gassho Subhana*

The Monday night of 17 March is a TEACHERS FORUM from ANZDSTC including teachers Ross Bolleter, Justine Mayer, Arthur Wells.

From 7-9pm (taking the place of Full Moon Ceremony). All very welcome.

## Buddha's Birthday 13 April 9.30 Craft, 11 Ceremony

The celebration of the Buddha's Birthday is a family day especially for young children. A very joyous occasion! Janet offers craft work in the garden at 9.30 for the children, and then there is a ceremony in the dojo at 11, followed by a shared potluck lunch. If there are any babies to be named – always very special for everyone, please let Gilly know.  
[gillian@gilliancoote.com](mailto:gillian@gilliancoote.com)

## Easter Sesshin 2014

18-25 April at Kodoji with Subhana and Maggie Gluek



Sesshin is at the heart of our practice, the opportunity to give ourselves over entirely for a week and settle into our true home without our usual obligations and distractions. The mountains, trees and birds greet us, the crickets and frogs call, each moment is precious.

Applications can be found on the website [szc.org.au](http://szc.org.au) or hard copies at Annandale and should be sent to the Sesshin Coordinator at Annandale or emailed to Sue Bidwell [sue.bidwell17@gmail.com](mailto:sue.bidwell17@gmail.com) by 4 April for the Early Bird fee. No applications will be accepted after 11 April and there will be an additional 10% cost that last week. Part time is possible from day one, check with Sue.

# News From the Board

## Pledges to Pay

All members, who have not done so, PLEASE send in a membership form to the Treasurer and PAY your membership fees. SZC cannot run on fresh air, we really need your financial contributions. Thank you for being mindful about this. So far almost half the sangha is yet to do this.

## New Board Member

Helen Sanderson welcomed as a new Board member.

## Gordon's Painting Up

Thanks to Tony Coote, Gordon Waters' painting *Jukai* has been put up on the dojo wall (close to where Gordon usually sat) for all to contemplate. It was donated to us by his widow Anna, and is thought to be his last work before his death.

## New Signage

The SZC signage has been erected by the Annandale entrance and looks very elegant.

## Articles Changed

The changes to the Articles of Association agreed to at the AGM have now been appended to the Articles and filed in the hojo.

## Suggestions

There has been a suggestion that there be a section in the Newsletter for Responses from the sangha on particular issues e.g. different ways of paying SZC fees.

Also a suggestion that in the interests of introducing everyone to everyone, that the Monday night and Wednesday night teachers swap occasionally, maybe on Dharma Café evenings?

Any thoughts on this?

If so please contact Brendon as Chair  
[stewarts34@bigpond.com](mailto:stewarts34@bigpond.com)

## Generous Person Needed

Does anyone have, or know of a good refrigerator to offer to the Annandale temple? One is very needed at the moment.

Please let Brendon or a resident know if so.

## Random Acts of Kindness

Anna, Gordon's widow, has given Gordon's maroon zafu to SZC.

The Women's group, thanks to Jill Stevenson, made extra zabutons again during their weekend at Culburra- to ensure that there are always sufficient for 2 dokusan lines at Sesshin. (see photo page 3)

They have also donated \$396 to the Asylum Seekers Centre over the past year by everyone offering \$5 at each meeting, as they talk and feast together.

Yvonne Hales has given the Annandale garden a good pruning, and the residents have given continual care. Helen Sanderson has brought fresh herbs from her garden for herbal tea.

Lee Nutter and Michael Tierney keep our website up to date.



## Clay and Meditation Workshop

with Janet Selby, Sunday 23 March

10.30am - 2.30pm at Annandale  
 Cost \$100, \$80 concession (% goes to SZC)  
[janetselby@bigpond.com](mailto:janetselby@bigpond.com)

First of four planned during the year.

# Notice Board

## Dokusan

MONDAYS:

Subhana February 10, 24 March 3, 10, 31  
 Allan Marett February 3

WEDNESDAYS:

Gillian Coote Feb 5, 12, 26, March 5, 12, 26

## Dharma Café

February 17, 19 7-9pm

## Full Moon Ceremony

March 19, 24 Not Defaming the Three Treasures  
*Note: Monday 17 is Teachers Forum instead*

## Zazenkai

February 16 Gillian Coote talk, dokusan  
 March 16 Dharma Talk Sue Bidwell,  
 no dokusan

# 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

## Board Meetings

Second Tuesday of each month, 6pm sit for 6.30  
 start: February 11, March 11

## Women's Group

February 14 at Jill's  
 March 8-9 Womens Retreat at Kodoji, contact Sally  
[hopkins\\_sally76@dodo.com.au](mailto:hopkins_sally76@dodo.com.au)

## 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 mornings from 6-7.30am in Ashfield. Contact either Allan Marett [allan.marett@gmail.com](mailto:allan.marett@gmail.com) 04097127767 or Kim Bagot [kimballb7@gmail.com](mailto:kimballb7@gmail.com) 0402321277.

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](mailto: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  
[gcaitcheon@gmail.com](mailto:gcaitcheon@gmail.com)

### **Wollongong Sitting Group**

Meets on Tuesday evenings, fortnightly from Feb 4. Please contact Pip Atkins for more details: 0414 496 414 or email [pip.atkins@gmail.com](mailto:pip.atkins@gmail.com)

# Contact Information

Brendon Stewart (chair) [stewarts34@bigpond.com](mailto:stewarts34@bigpond.com), Sue Bidwell (secretary) [suebazbi@bigpond.net.au](mailto:suebazbi@bigpond.net.au), Ameli Tanchitsa (assistant secretary) [Ameli.tanchitsa@gmail.com](mailto:Ameli.tanchitsa@gmail.com), Jason Koh (Treasurer) [zazender@fastmail.fm](mailto:zazender@fastmail.fm), Michael Tierney (publications) [michaeltierney1@rocketmail.com](mailto:michaeltierney1@rocketmail.com), Glenys Jackson, Larry Agriesti, Helen Sanderson. Newsletter Editor: Janet Selby [janetselby@bigpond.com](mailto:janetselby@bigpond.com)

# SZC Calendar February - March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feb 2	3 Zazen 7-9	4	5 Zazen 7-9	6	7	8
9	10 Zazen 7-9	11 Board Meeting 6.30	12 Zazen 7-9	13	14 Women's Group Jill's	15
16 Zazenkai 8.30-12 Gilly talk, dokusan	17 Dharma Café 7-9	18	19 Dharma Café 7-9	20	21	22
23	24 Zazen 7-9	25	26 Zazen 7-9	27	28	March 1
2	3 Zazen 7-9	4	5 Zazen 7-9	6	7 Women's Retreat Gorrick 	8
	10 Zazen 7-9	11 Board Meeting 6.30	12 Zazen 7-9	13 Start ANZDSTC 	14	15
16 Zazenkai 8.30-12 Sue talk, No dokusan 	17 Teachers Forum 7-9	18	19 Full Moon Ceremony Not Defaming Three Treasures	20	21	22
23	24 Full Moon Ceremony Not Defaming Three Treasures	25	26 Zazen 7-9	27	28	29
30	31 Zazen 7-9	April 1	2 Zazen 7-9	3	4	5