



Sydney  
Zen  
Centre

## Newsletter

June-July 2007

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### **CITY RETREAT - MANJUSRI SESSHIN June 7-11**

This is a non-residential sesshin and ideal for newcomers. It coincides with the traditional celebration of Manjusri's birthday in China. Teacher will be Gillian Coote. Sesshin means to touch the heart mind, to receive the heart mind, to convey the heart mind and is an opportunity to wake up to our innate wisdom and compassion. Enquiries: Jean Brick (02) 9560 3632 email: [jeanbrick@yahoo.com.au](mailto:jeanbrick@yahoo.com.au)

### **WINTER TRAINING**

Consider, as well as sitting some or all of the **Manjusri Sesshin**, SZC's other winter training opportunities, including: a **Winter Sesshin at Kodoji** led by Paul Maloney from July 12-15; our **monthly zazenkai** at Annandale on July 22, when Sarah Walls will give the Dharma talk, and Paul will offer dokusan; and our **Winter Study Group**, from 1-3pm following the zazenkai, led by Gillian Coote, the focus being Hui-Neng (Chapter 3 of [The Roaring Stream](#)). And don't forget **samu - work practice** - on June 17 from 10 - 4pm (byo lunch) at Annandale.

**WINTER SESSHIN at KODOJI - July 12-15** led by Paul Maloney. It is said that there are three requirements for Zen practice: Great Faith, Great Doubt, and Great Perseverance. Zen challenges our basic beliefs. It requires us to doubt the validity of our subjective world view, the view that provides us with a secure haven against the world. At sesshin, as we sink into the silence, the barriers we have erected against reality gradually begin to fall away. Within this process there is an opportunity to have insight into our self-nature. But for this to happen we need great perseverance, particularly when we sit in the deep cold of Gorricks Run in the winter. Then we leave behind the comfort of the everyday, and experience the joy of openness. Enquiries: Jean Brick 95603632

### **KODOJI & ZEN ART EXHIBITION November 3 – December 29**

I am pleased to announce that Sydney Zen Centre has been invited to exhibit at St Alban's Art Gallery from November 3 until December 29, 2007. It will consist of contributions from SZC members *with particular regard to Kodoji and Gorricks Run, and how the area affects our creativity*. The aim is to demystify our zen practice there, and to show the locals our respect and inspiration from the local area. Any ideas for contributions would be gratefully received. Ideas so far include:- graphics, lino cuts, sculptures, photos, textiles, publications such as Subhana's poetry book, Kodoji Recipe Book (yet to be made) and greeting cards. We could have a card-making workshop in time for Christmas season. The artist prices each item, and the Gallery puts on 33% commission. Out of the artist's profit, we ask that 10% be donated to St Alban's Bush Fire Brigade to support the community. Members please send pictures or ideas to us for consideration. [janetselby@bigpond.com](mailto:janetselby@bigpond.com) Let's raise awareness and have fun, too! *Janet and Gail*

**KNITTING FOR EVA**

It is with great pleasure that we announce the birth of Eva Beatrice, daughter to Nigel Pearn and Sarah Kanowski on 23 April 2007. As Sarah and Nigel's families are in far-off Brisbane, Gilly suggested the women's group might create a knitted rug for the coming baby, and with Kerry's expert directions in the art of knitting and putting the pieces together, the rug was begun in January at the women's retreat and continued with gatherings at Kerry's to connect people's knitted squares.

Gilly and Tony's grandson, Harper James Coote, arrived safely on the evening of the rug presentation. Photo courtesy S. Kanowski



**BUDDHA'S BIRTHDAY –  
BABY NAMING CEREMONY April 15**

**Welcome to Baby Marisol** For the first time, some effort went into creating a party atmosphere for the children on this special day, with input from Gillian, Janet, Brian, Greg and Nigel. Lily created an invitation which was sent out to sangha children, promising an enjoyable morning of craft. By ten o'clock, the back garden at Annandale was a hive of activity, Brian and Sha's daughters gracefully helping the younger children make origami lotuses, Janet and Lily organised colouring in Buddhist pictures and moulding playdough. The children joined the adults for Marisol's naming ceremony, strewing flowers and singing Octopus' Garden. Shauna's friend Jo sang a special Marisol song, "Deep Blue Sae", and Maggie a beautiful lullaby in a dojo alive with young life. A wonderful feast was then shared by everybody. Family groups included John Merson and his son Daniel, Cathy and Kym Lukeman and their daughter A'mei, Glenys' daughter Amanda with Lily and Quinn, Tony Miller's niece Ingrid Harse with Ellen and Hugo, Greg and Helena with Beatrice and many more. *Gillian*



*Imogen offers Shauna and Marisol a flower Photo T.Coote*

**HAZY MOON AUTUMN SESSHIN**

**Easter 2007** Thirty-odd (odd indeed) Bodhisattvas sat sesshin at Gorricks in April. Subhana led, Sexton Bourke - making his teaching debut, and Paul Maloney co-taught. Dokusan lines ran tandem, sometimes yielding surprises! with the teaching staff swapping shifts in the hojo, the cottage and in a venerable tent. Our companions through the week were a pair of young wallabies, recently released by WIRES, who followed our doings with interest. One evening at supper they hopped onto the dojo verandah to look inside. **KER-THUMP.** On the Thursday Subhana conducted a Jukai Ceremony. Yvonne Hales, Kim McShane and Tony Shields made vows before the assembly and received rakusus. The dojo looked festive - splendid flowers around the altar, the blue Aksobhya Buddha banner laid out on the floor. Sesshin was full of music, thanks to Allan Maret, tanto, who regularly sang the dharma, and to Gregory Goodluck from the Darwin Zen group, who brought his didgeridoo along. Every evening Allan led us in learning and chanting "Ancient Ground," "Brother Seabreeze", "Strong Wind", ceremonial songs from the Daly region of NW Australia, to the accompaniment of didge and clapsticks. On the final night we took the music outside, around a fire, under a sky full of stars. *Maggie*



## ZEN AND ARTS RETREAT April 26 – 29

Glenys and Janet were our artist guides over nearly four days. Participants literally made a Treasure Book on the first day and then faced twenty six empty pages. We went on to learn about lino cuts, wander in the valley, sketch, read poetry, write haiku and find treasures, gradually accumulating images and words for our books, pictured left. Whether we finished our books or are still making them, the creative process was challenging, deeply satisfying and enriching for all. Deep gassho to our guides. *Gillian*

Photo T.Coote

**AUTUMN STUDY GROUP - May 20** After a lovely quiet morning of zazen when Subhana offered a teisho on 'Miraculous action', some members stayed and shared lunch in the garden, and then attended a study group led by Maggie Gluek on Seng-ts'an's *Relying on Mind*, from the Zen Reader "*The Roaring Stream*". The next study group, on Hui-Neng, Chapter 3 in 'The Roaring Stream', will be held on July 22. These meetings, led by a teacher, are really valuable, and open to all. Many thanks to the leaders.

**SAMU at GORRICK'S** fire...smoke.....frost.... steam.... pure poetry! Larry Agriesti offers his visual report of the samu recently held at Gorrick's. Please have a look at these wonderful images of our work practice on [www.picasaweb.google.com/whatyoufind](http://www.picasaweb.google.com/whatyoufind)

## NEWS FROM THE BOARD

\* SZC has changed bank accounts from NAB to the Commonwealth Bank and we have restructured the building account as an "online saver" in an effort to save bank fees; we should be able to save several hundred dollars as a result. If you have been making regular payments into the SZC account, please ensure that you have the new account number. Email the treasurer - [tonycoote@acay.com.au](mailto:tonycoote@acay.com.au) if you are unsure.

\* It was decided to increase the suggested and minimum pledges for membership by \$10. There is no change to the minimum unwaged and out-of-town pledge amount. The new figures will appear on the 2007-2008 pledge form.

\* The question of early bird sesshin payments was discussed and it was agreed to change the sesshin application form to a Word document to make it easier for people to fill out the form and email it to the sesshin co-ordinator before the cut-off date. Early Bird cut off dates for sesshin payments are mainly to help with confirming numbers rather than getting all the money in early.

\* Sesshin co-ordinator Jean Brick noted that if the sesshin application forms are submitted after the early bird date, it might be due to the fact that people cannot print out a PDF file. We should have a Word file online so that applicants can apply online and save time.

\* Pledge Fee to rise slightly. First time this century.

\* Notice to be read at both zazen nights about donations from casual sitters who are not paid-up members. Notice would also mention whom to approach to become a member (dojo leaders). This will encourage more donations into the donation box, which will be affixed to the wall more prominently. Thanks to Tony Miller for leading this discussion.

\* New web site nearly ready for launching. Thanks to Selina, Glenys and Gilly.

\* Robert Aitken turns 90 on 19 June 2007. The board decided to send a special gift of special chocolates and some aboriginal clap-sticks obtained by Allan Maratt.

## NOTICE BOARD

**FULL MOON CEREMONY - June 4 & 6** *I take up the way of not misusing sex.*

**SAMU at ANNANDALE - Sunday, June 17, 10-4pm.** Bring your own lunch.

**CHANGE YOUR MIND, CHANGE THE WORLD July 14 – 15** This is the 4th Annual Conference organised by Mitra Youth Buddhist Network. It will feature eminent speakers such as Dr. Eng

Kong Tan, Ven. Christine Roberts, Ven. Heng Sure and Ven. Sujato. Subhana Barzhagi and Michael Dash will also be facilitating the group sessions. Lunch, entertainment and new friendships will be on offer throughout both days. Saturday 14 – Sunday 15 July, at Sydney Conservatorium of Music, Royal Botanic Gardens. Please visit [www.changemindchangeworld.net](http://www.changemindchangeworld.net) for more information and to register.

**ZAZENKAI at ANNANDALE - July 22.** Paul Maloney offering dokusan and Sarah Walls a talk.

**WINTER STUDY GROUP - July 22 1-3pm** *The Roaring Stream, Chapter 3* with Gilly Coote.

### **WALKING COUNTRY with Aboriginal Elder, Uncle Max (Dulumunmun)**

To Uncle Max's sacred mountains near Tilba. 4 days – Friday 26 October to Monday 29 October, 2007. Expressions of interest to [cjosephs@tpg.com.au](mailto:cjosephs@tpg.com.au).

### **Walking Country, Creating Country...**

A re-storative weekend workshop bringing storytelling, image and word to experience in landscape. Come to a wonderful artist property near Jamberoo for a weekend of silence, meditation, massage and expressive work in country....Saturday Nov 10th and 11th. Enquiries to [cjosephs@tpg.com.au](mailto:cjosephs@tpg.com.au)



**SPECIAL THANKS** Special thanks to Gail Burrell-Davis who is leaving at the end of May. Her quiet gracious presence at Gorricks will be greatly missed. It has been wonderful to know she has been keeping a loving eye on Kodji, and the Sangha have greatly benefited and Gorricks has flourished. We are sending her a small gift from us all to express our gratitude, and we wish her much joy in the future. Gail reported that WIRES had released 4 wallaroos in the Gorricks' area, and two young males have made their home around Kodoji.

Photo courtesy G.Burrell-Davis

### **HELP HOMELESS MEN**

An invitation to men to join a team of volunteers, who staff and sleep overnight at a refuge for homeless men on Saturday nights. The refuge provides protection and companionship to these men on what is the most dangerous night of the week on the street.

Sleepover volunteers are rostered once a month. We arrive around 7/7.30 pm, and the shelter opens at 8 pm. It caters to a maximum of ten homeless men, screened and referred by the Homeless Persons Information Centre. A group of early volunteers sets up the hall and prepares a simple supper. The two or

three sleepover volunteers then chat with the men, sleep in a hall with them, offer them breakfast, and clean up, closing the shelter by 8 am. Guests include regulars and semi-regulars, who are long-term homeless, and one-offs, perhaps new to the city or just out of jail. The majority suffer from some form of mental illness and/or addiction. They come from many backgrounds and bring many histories. The refuge is in the hall of Christ Church St Laurence at Railway Square. Several SZC members have volunteered there for some time: Tony Miller, Nigel Pearn, Brendon Stewart, and Peter Thompson. Most other volunteers are Christ Church parishioners, a group that has quite a few affinities with Zendoids. The experience builds satisfying friendships and community. The refuge is under the umbrella of Cana Communities, a volunteer organisation of Catholic origin, but highly unofficial, with no church or government funding. Its moving spirits, Sister Anne Jordan and Father Brian Stoney, bodhisattvas who have lived in the Redfern community for fifteen years, running a range of programs to support "those who are the most rejected and most powerless". If you wish to volunteer, or to know more, contact Tony (9987 4312) or Brendon (9879 7290).

### **INVITATION TO PARTICIPATE IN STUDY ON MINDFULNESS**

The Board of Sydney Zen Centre would like to invite you to participate in a study about mindfulness being conducted by Karen Davis, one of our members. The purpose of the study is to examine and test the properties of several questionnaires that have been developed to measure mindfulness. Many of these measures have not been adequately tested with people who practice mindfulness and zen meditation. You will be asked about your experiences of mindfulness. Karen's study is part of the requirements for the degree of Bachelor of Science – Psychology (Honours). Participation in the research will take about 20 minutes of your time. No identifying information will be requested and your participation will be completely anonymous. The study is located at the following web page and you can find more information about the study there: [http://www.webresearch.mq.edu.au/honours\\_survey/](http://www.webresearch.mq.edu.au/honours_survey/)

Once you have completed the survey you will be eligible to enter Macquarie University Department of Psychology's monthly draw for a \$50 AUD cash prize. If participating in this research has been interesting for you, could you please forward the link to this survey to a friend who practices mindfulness

meditation or zen meditation, and who is not a member of Sydney Zen Centre. Kind thanks for your time and participation,

*The Board of Sydney Zen Centre*

**WOMEN'S GROUP** The women's group is open to SZC female members. If you are interested in joining, and want to find out more about the nature of the group and how we operate, please just link into the group and ask any questions. Next meeting is scheduled for June 15 at Helen Redmond's, then at Caroline Joseph's place on July 6.

*The women's group knitted a patchwork blanket for baby Eva Beatrice. It is made of colours that reflect the sea, textures that are reminiscent of kelp and sand, and embodies the love of many hands. (see report on page 2)*

Photo courtesy C.Josephs.



**ROBES FOR SALE** Bronwyn Hamilton - beason@paradise.net.nz - has been making robes for the Diamond Sangha and for the Mountains and Rivers Order for many years. She lives in Nelson, New Zealand.. If you would like more details contact Yvonne Hales (who has one) on 0413 809 011 or yhales@ozemail.com.au

**ORIENTATIONS** Orientations are available at 6pm on Monday evenings by appointment with Kim McShane. Phone 9560 9781, email k.mcshane@itl.usyd.edu.au, and on Wednesdays call Janet Selby on 9589 4636 or Glenys Jackson on 9519 9063 or just turn up at 6.45pm for an introduction to the practice.

**USE OF GORRICK'S RUN ZENDO** Gorrick's Run 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 Gorrick's Run is essential and it is also essential to receive instructions about use of the facility before going there. Enquiries to Brendan Stewart - phone 9879 7290, email br.stewart@uws.edu.au

**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 (in our case 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.

## REGULAR DATES

<b>Dokusan – Mondays:</b>	Subhana	June 18	July 2, 9, 16
	Maggie Gluek	June 4, 25	July 23, 30
<b>Wednesdays:</b>	Gilly Coote	June 13, 20, 27	July 4, 11, 18, 25

*Subhana is away teaching a Vipassana retreat in Byron from June 1- 15*

**Full Moon Ceremony** – June 4 & 6 – *I Take Up the Way of Not Misusing Sex.*

**Zazenkai at Annandale** – **Sunday, July 22.** Paul Maloney offering dokusan and Sarah Walls a talk.

**Blue Mountains Zen** Blue Mountains Zen Group. At Patrick Kearney's place, Woodford. Contact Paul Maloney, for meeting times. Phone 4784 2136 or 9514 2519.

**Canberra Zen Group** Wednesday evenings fortnightly at 7.45 at the Orana School in Weston. Contact Tony Shields for details – email: tshields@netspeed.com.au, phone 6262-5150

**Braidwood Zen** meet weekly on Tuesdays at 5.30pm. Casual trippers through Braidwood of course particularly welcome. Contact Nicola on (02) 4846 1075 or email: [geemonga@bigpond.com](mailto:geemonga@bigpond.com)

**Board Meetings** are held on 2nd Tuesday of the month at 7pm (with zazen at 6.30pm beforehand). All SZC members are welcome and encouraged to attend. Next meetings are on June 12 and July 10.

*Full minutes of every board meeting are posted on the notice board at Annandale for public perusal.*



## CONTACT INFORMATION

SZC (02) 9660 2993    [www.szc.org.au](http://www.szc.org.au)

**Members of the Board:** Nigel Pearn (Chairman), Tony Coote (Treasurer), Sally Hopkins

(Secretary), Janet Selby (Minutes), Sarah Walls, Greg Try, Andrew Judge, Britta Beidermann, and Sarah Kanowski. **Teachers:** Subhana Bazaghi, Gillian Coote

**Apprentice Teachers** - Paul Maloney (w) 9514-2519; Maggie Gluek 9987 4312

**Practice leaders** – Kim McShane 9560 9781 (Monday nights); Sarah Walls, Janet Selby 9589 4636, Glenys Jackson 9519 9063 (Wednesday nights), **Editor newsletter** - Janet Selby [janetselby@bigpond.com](mailto:janetselby@bigpond.com)

Left: *Baby Marisol and mother Shauna at Baby Naming Ceremony.*

## SZC Calendar June-July 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 27 <b>SAMU at Gorrick's</b>	28 Zazen 7-9pm	29	30 Zazen 7-9pm	31	JUNE 1	2
3	4 <b>Full Moon Ceremony</b> Not misusing sex	5	6 <b>Full Moon Ceremony</b> Not misusing sex	7 <b>MANJUSRI</b> Sesshin begins	8	9
10	11 <b>MANJUSRI</b> Sesshin ends	12 <b>Board Meeting</b>	13 Zazen 7-9pm	14	15 <b>Women's Group (Helen's)</b>	16
17 <b>SAMU Annandale 10-4pm</b>	18 Zazen 7-9pm	19	20 Zazen 7-9pm	21	22	23
24	25 Zazen 7-9pm	26	27 Zazen 7-9pm	28	29	30
JULY 1	2 Zazen 7-9pm	3	4 Zazen 7-9pm	5	6 <b>Women's Group (Caroline's)</b>	7
8	9 Zazen 7-9pm	10 <b>Board Meeting</b>	11 Zazen 7-9pm	12 <b>WINTER SESSHIN</b> At KODOJI 7pm	13	14
15 <b>Winter Sesshin ends</b>	16 Zazen 7-9pm	17	18 Zazen 7-9pm	19	20	21
22 <b>Zazenkai</b> 8.30-12 Paul Dokusan Sarah W talk <b>Study Group</b> 1-3pm led by Gilly	23 Zazen 7-9pm	24	25 Zazen 7-9pm	326	27	28
29	30 Zazen 7-9pm	31	AUGUST 1 Zazen 7-9pm	2	3	4

*This newsletter is available on our web site: [www.szc.org.au](http://www.szc.org.au)*