SYDNEY ZEN CENTRE

NEWSLETTER

www.szc.org.au

Encouraging Words from the Teacher

Maggie Gluek

The Wholehearted Way

I walked past my bookshelf the other day and saw the above title, an English rendering of Dogen's term *bendowa*--the book itself is a translation of Dogen's essay, *Bendowa,* and Kosho Uchiyama's commentaries on same--and thought "What a wonderful evocation of the Zen path." Wholeheartedness is at once what you bring to the path and what you realise, the spirit of Zen and the essential fact of one heart-mind. Dogen called it practice enlightenment.

Again and again we are urged to singleminded focus. *Practice as if your hair were on fire.* That is to say, give yourself completely. Not sitting while thinking about other "things" and believing that is who you are, but just sitting. Just the koan, just the breath, each point single and limitlessly inclusive. Again and again we are urged to unite with that single point, with that barrier. The true barrier is thinking you are separate in the first place!

Zazen is not something that the self practices...zazen *is* the self. Not two! Right here in your own person you put paid to dualism. That's the reality. *It* is not outside. There is no self outside. You include the whole shebang. Whatever you may think. How freeing this totality! What a relief! How simple when there is no other option. Thoughts, feelings come and go, clouds in the sky mind, obscuring nothing, fine elaborations, not apart from the whole. When you sit, there's no need for the self you think of to be involved. If worries or concerns arise, you don't need to create complications. Hand them over to your zazen, hand them over to your koan. "Let the koan deal with it, worry for you" John Tarrant once suggested.

Thus you are gathered and resolved in openness. The Wholehearted Way is living you right here. And our sincere practice never ends. How fortunate we are!

Gassho, Maggie

New Teacher Appointment

We have a new teacher join the Australian Diamond Sangha Teacher's circle.

It gives both Paul Maloney and myself great pleasure to invite Jeff Ward from the Canberra Zen group to step into the role of a Zen Teacher in the Diamond Sangha. Continued page 2

Reports
Samu at Kodoji
Page 3

Coming Events
Concert, AGM, Memorial Ceremony, Rohatsu Sesshin
Page 3-4

News From the Board
Pledges due, change to Torei Zenji chant, Tanto on Mondays
Page 5

I have known Jeff since 1976 from when we lived on alternative neighbouring communities in the Northern Rivers. We have had an interwoven similar journey of dharma friendship, spiritual inquiry, study and practice both in the Theravadin and Zen tradition, which has spanned 36 years. It has been a privilege to work and engage in koan study with Jeff since 1996.

Jeff began his Buddhist practice in 1975, practicing with Thai Theravada monks in Sydney. At that time he attended a number of retreats and spent 4 months in retreat with Ajahn Boonyarith in Northern New South Wales. He attended university 1978-1982, studying psychology and then taught psychology until 1986 when he moved to Japan. He took up zen practice in Japan, practicing with two Soto groups in Tokyo. After returning to Australia in 1989, Jeff worked in clinical research in the area of HIV and injecting drug use, completing a PhD in this area. He moved to Canberra in the mid-90s, where he taught clinical psychology at the Australian National University until 2010. In 2002 he completed a three-year training in psychoanalytic psychotherapy and he has been in private practice as a psychotherapist since 2007.

Jeff attended the Canberra Zen Group after moving to Canberra and joined the Sydney Zen Centre in 1996, at which time he started attending sesshin once or twice a year until the present. In 2002, I invited Jeff to take up the position as practice leader of the Canberra Zen Group. Around 2010, he arranged for Paul Maloney to visit Canberra regularly to conduct zazenkai and he has been in weekly dokusan with Paul since that time. Since 2002, he has acted in a number of leadership positions at sesshin at Kodoji, including; jiki-jitsu, jisha and more recently tanto.

Jeff has a clear dharma eye, a deep joyous presence, a steady long commitment and an extensive knowledge base of the Buddha dharma. Due to his many years of studying psychology and psychotherapy, engaging in analysis and teaching in academic institutions, Jeff also brings a mature, wise and compassionate way of engaging and guiding fellow students along the path.

Paul Maloney and I welcome Jeff Ward into our Australian teaching circle. If you wish to contact Jeff, his email is

jeff.ward.psych@iinet.net.au

Subhana Barzaghi
Myo Un An Roshi

Transmission Ceremony in Perth

In the first days of October Subhana, Allan and Jean will be going to Perth for a sesshin and the Transmission Ceremony for our good friend Mari Rhydwen into Ross Bolletter's line of the Diamond Sangha. Subhana will be taking with her gifts and good wishes for Mari from all of us at SZC.

Reports

Samu at Kodoji August 30 – 31

We had a great time over the weekend up at Kodoji with a small group of samuers - Gilly, Tony, Jason, Kerry and Brendon. The creek was fine as was the river crossing, so access wasn't a problem. We did a bunch of things including cleaning, knife sharpening, weeding and mowing (the newly reconditioned mower worked a treat).

The under-stair store program progressed with the construction of new shelving - see the photo below. Eventually the storage area will be fully enclosed with a wall under the stair stringer and its own door. It will also be equipped with its own light. The furniture in the cottage dining room was re-arranged and Jason did a mighty job on the inventory, which included the disposal of out-of-date items - some going back to the time of the ancient seven Buddhas.

Wonderful food was cooked and eaten with good conversation around the potbelly in the evenings. The dojo was given a workout with zazen and kinhin.

Tony Coote

Spring Sesshin September 19 - 29

Report next Newsletter

Coming Events

Benefit Concert

11 October at The Old Darlington School, University of Sydney*

This is a SZC Benefit Concert, a meditation in itself. It features the formidable talent of the SZC woven into a continuous strand of classical, contemporary and avante garde words and music. Jane and Ricardo Andino, Drew Bourgoise, Maggie Gluek, Peter Bursky, Brian Gutkin, Leo Kram, Allan Marett, Thomas Rann, Sarah Sherringham are all taking part.

Cost $20 ($10 concession). Musical Director Allan Marett, Producer Brian Gutkin.

*Old Darlington School, Maze Crescent, University of Sydney Darlington Campus, off City Road (the small church-like building in the centre of the lawns, opposite the engineering building)

Bring along as many people as you possibly can!

The Annual General Meeting 19 October

Sitting 8-10am, start at 10.30am followed by a Sangha Meeting, then a potluck lunch.

ALL MEMBERS are asked to come to elect a new Board (up to 9 members), and role takers for 2014/15. People are urged to offer to stand for the Board thus committing to a monthly friendly meeting overseeing the affairs of SZC. We run on the dedicated work of many volunteers, and everyone is needed – it cannot just be left to the few.

The present Board hopes you come along willing to have a discussion about how our Zen Centre is working and with any ideas on how to improve things in the future.

Jobs that need to be filled include:

Sesshin Coordinators (4), Editors for MMC (4), Newsletter editor to take over from Janet, Publications Coordinator (Michael at present), Website (Lee at present), Library Coordinator, Samu Coordinator, (Tony C at present), Flowers (Glenys at present), Evening Roster (Sarah S at present), Cleaning roster (Sally at present) .

Memorial Ceremony 9 November

This annual Memorial Ceremony, always as close as possible to the traditional November 11 Remembrance Day that honoured the war dead, will be led this year by Maggie and will start at 10.30am. Come with flowers, photos of those you wish to honour, poems, songs, and a contribution to a shared potluck lunch. This is a wonderful opportunity to remember family members, friends, pets who are no longer with us. There will be an opportunity to share why this being was, and is so important to you, so we are all enlarged in this great shared life.

Rohatsu Sesshin 2014

December 4-8 with Allan Marett

This sesshin honours the Buddha's Enlightenment under the Bodhi tree from which ultimately all our practice flows. This is a non-residential sesshin, held at Annandale, starting the evening of 4 December. There will be four blocks: early morning (6-8am), morning (9.30-12.30pm), afternoon (2-5pm), and evening (6.30-9pm).

Bring your own lunches and we will have a shared soup supper.

More information to follow.

Sesshin Coordinator is Jane Andino janeandino@yahoo.com.au

News From the Board

IMPORTANT- OUR ANNUAL PLEDGES ARE NOW DUE.

Sydney Zen Centre is a fantastic community. We provide for each other a wonderful spiritual home where our practice is encouraged and our lives cherished by our Sangha companions.

And yet it costs money to keep the doors of Annandale and Kodoji open. Our membership pledges are the Sangha's main source of income so please renew your commitment as soon as possible.

• Will Moon has taken on the role of liaising with Teachers, Board and the Sangha about future plans for SZC.

• When someone volunteers to be a zazen leader, Ino, Jiki etc please be responsible; turn up, stay for the entire evening and if for some reason you can't make it on any one night cover your self by getting some one else to do the leadership.

• Thanks to Maggie and Allan and Paul for taking the Introductions to Zen series which have been going very well and are valuable for both enquirers and Sangha members.

From the Teachers

Changes to *Torei Zenji: Bodhisattva's Vow*

Following extensive discussion and study of the original text, the teachers have agreed to a small change to one line of Torei Zenji: Bodhisattva's Vows.

Accordingly the line *'That very abuse conveys the Buddha's boundless loving kindness'* will be replaced by

'That very abuse creates an opportunity to practice the compassion of the bodhisattva.'

Tanto on Monday evenings

Subhana has reintroduced the role of Tanto on Monday evenings. The Tanto, who will be seated in the Tanto seat, to the right of the altar will offer words of encouragement and assist students, where necessary, with matters such as posture. The practice of not using the *kyosaku* on Monday evenings will continue as in the past.

Notice Board

Dokusan

MONDAYS:

Subhana Allan Marett	Oct 13, 20	Nov 10, 17, 24

WEDNESDAYS:

Gillian Coote	Oct 1, 15, 22	Nov 12, 19, 26

Dharma Café

October 6 & 8 7-9pm

Full Moon Ceremony

November 3 & 5 7-9pm Not Speaking Falsely

Zazenkai

Nov 16 8.30 – 12 Maggie Dokusan, Dharma talk

Board Meetings

Second Tuesday of each month, 6pm sit for 6.30 start: Oct 14, Nov 11

Women's Group

Oct 10 at Sarah Wall's
November 14-16 at Julie's at Culbirra

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 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

Wollongong Sitting Group
Meets on Tuesday evenings, fortnightly.
Please contact Pip Atkins for more details: 0414 496 414 or email pip.atkins@gmail.com

Contact Information

Brendon Stewart (chair) stewarts34@bigpond.com, Sue Bidwell (secretary) sue.bidwell17@gmail.com, Ameli Tanchitsa (assistant secretary) Ameli.tanchitsa@gmail.com, Jason Koh (Treasurer) zazender@fastmail.fm, Michael Tierney (publications) michaeltierney1@rocketmail.com, Glenys Jackson, Larry Agriesti, Helen Sanderson. Newsletter Editor: Janet Selby janetselby@bigpond.com

Sydney Zen Centre, 251 Young Street Annandale NSW 2038 (02) 9660 2993

SYDNEY ZEN CENTRE

SZC Calendar October-November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 28	29 Zazen 7-9	30	Oct 1 Zazen 7-9	2	3	4
5	6 Dharma Café 7-9	7	8 Dharma Café 7-9	9	10 Women's Group Sarah's	11 Concert At Darlington School
12	13 Zazen 7-9	14 Board Meeting 6.30	15 Zazen 7-9	16	17	18
19 **AGM**	20 Zazen 7-9	21	22 Zazen 7-9	23	24	25
26	27 Zazen 7-9	28	29 Zazen 7-9	30	31	Nov 1
2	3 Full Moon Ceremony Not speaking falsely	4	5 Full Moon Ceremony Not speaking falsely	6	7	8
9 Memorial Ceremony 10.30 + potluck	10 Zazen 7-9	11 Board Meeting 6.30	12 Zazen 7-9	13	14 Womens Group Julie's, Culburra	15 Womens Group Julie's, Culburra
16 Zazenkai 8.30-12 Maggie dokusan and talk	17 Zazen 7-9	18	19 Zazen 7-9	20	21	22
23	24 Zazen 7-9	25	26 Zazen 7-9	27	28	29