



ENCOURAGING WORDS

Maggie Gluek

Coming to Our Senses

Encountering the soundscape at Kodoji is one of the treasures of sitting in the magical valley. Bird songs, rain songs, wind songs, cricket songs, kitchen songs, to name a few—natural and naturally merging with the mind. With the sound of deep silence holding everything there. Only the occasional shrill ring of the telephone can be disturbing, setting up a scurry of thoughts, especially portending emergency as it often does.

Coming home from the recent sesshin to our rented flat in central Manly, I found myself longing again for the tranquility of that place, as I have sometimes longed for our old house in Mt Colah adjacent to bush. How can you sit in peace when there are cars and street cleaning and pedestrian traffic, even at 5 am? (Surfers get up early!) *For zazen, a quiet place is suitable*, instructs Dogen. Fair enough. But that's not always available. What about welcoming all sounds instead of considering some as distractions or impediments? What about letting the world in completely?

Bassui's wonderful koan "Who is hearing that sound?" or just "Who is hearing?" was prominent at sesshin, as the teisho on Day One and later as a field for practice instructions. In working with the koan you are counselled to open the windows of the mind, to let sounds come to you—not straining after them—and to remember the question, letting it naturally arise: "Who is hearing?" "Who?" On my cushion back here, there was an "aha" moment, realising that truly taking up this question allows for wholeness. If the mind is "busy," then the busy sounds "outside" are just part of that busy mind. If the mind is silent, the sounds are like ornaments—plumbing

upstairs, the high pitched noise of school kids, snippets of talk, whooshes and whirs and honks—all of a piece. Peace. (Even the accidentally activated fire alarm in the building last Monday and our agitated expostulations.)

Followers of the Way, declares Linji, *the mind is without form and pervades the ten directions.*

In the eye it is called seeing, in the ear it is called hearing,

In the nose it smells odours, in the mouth it holds converse,

In the hands it grasps and seizes, in the feet it runs and carries.

Fundamentally it is one pure radiance; divided it becomes the six harmoniously united spheres of sense. If the mind is void, wherever you are, you are emancipated.

It's the senses that bring us home, after all, when there's no filtering of self-concern, no names and forms intervening, no reactive setting up likes against dislikes. How is it to stop and see, without setting out to see, without doing? Moon and mist and clouds and trees and wagtail come forth. Who is seeing? Touching? Smelling? Tasting? Thinking? Get out of the way and dharma gates open. The revelation of non-duality is mutual and entire. But enough pontificating. Back to the afternoon's spicy tea and banana bread.

Maggie Gluek

Upcoming Events

Annandale Samu, Sunday 20 June

Please consider joining in this sangha opportunity to care for our community city dojo. We'll be busy pruning the garden, attending to any minor care, cleaning and maintenance. Our city dojo also needs our care and attention.

Brendon Stewart stewarts34@bigpond.com.au

Winter Sesshin June 11-16 Online via Zoom

The Winter sesshin will be led by apprentice teacher Jane Andino and Maggie Gluek Roshi. It will be held online via Zoom from Friday June 11 to Wednesday June 16 (including Queen's Birthday June 14). There are four blocks of zazen per day: Early morning, Late morning, Afternoon and Evening. Participants can sign up for any blocks, but are urged to take advantage of the long weekend and sign up for the full Saturday, Sunday and Monday sittings.

Attending the opening of sesshin on the Friday evening is mandatory unless there are exceptional reasons not to. The schedule will include zazen, walking meditation, sutra recitation, dokusan and a teisho every evening. A non-residential sesshin is an excellent opportunity to bring the practice into daily life and by signing up for whole days you will support your fellow meditators while strengthening your own practice. More information and application forms will be on the website closer to the application date.

If you have any queries, please email Pablo Scodellaro pablo.scode@gmail.com



Reports

Buddha's Birthday and Baby Naming Ceremony



Gilly Coote conducted a beautiful ceremony for the Buddha's Birthday on 11th April. Two babies from the extended sangha attended for Baby naming. Lily Lampis and her partner Adrian brought their 13-month-old Luna, and Jill Steverson came with Alia and Nick and their 7-month baby Arki for the ceremony. It was very fitting as Arki means son of the Sun, so we had both the Moon and the Sun present. It was a joyful ceremony with both the babies full of curiosity and happiness, they also greatly enjoyed meeting each other and eating the flowers. Beatrice (daughter of Greg Try) was present having attended her own Baby naming ceremony about 18 years previously. A deep gassho to Gilly for conducting the ceremony.

Jill Steverson

Eco-Dharma course

The 8 week course Eco Dharma Training course - Fighting for Planet A, which was designed, facilitated and hosted by Zen teachers Subhana Barzaghi & Mari Rhydwen. The course was offered via zoom from 18th March to 13th May. Thank you to Janet Selby who created a fantastic flyer and Julie Robinson who took all the registrations and liaised with all the participants weekly to forward resources and references.

There was a resounding appreciation for the rich, layered, diverse and passionate presentations that tackled an engaged

Buddhist approach to addressing climate change and the ecological crisis. We had generally 34 - 40 people consistently attending over the 8 week evening sessions. People logged in from the Sunshine coast in Qld, Brisbane, Northern NSW, Sydney, South Coast, Canberra and Melbourne and Castlemaine in Vic.

The course covered, a range of themes delivered by experts in the field of psychology, ecology, communication, conflict resolution, ethics and non-violent principles of socially engaged Buddhism. I particularly want to thank all the presenters who volunteered their time and energy so generously and offered their professional expertise in guiding us in how to respond to this ecological emergency.

Mari introduced the series with What is Eco Dharma? Dr. Rosalie Chapple gave a scientific update on the ecological crisis and Dr. Sally Gillespie presented her research on the psychological and emotional responses to the climate crisis. Her book *Climate Crisis Consciousness* was a valuable resource and highly regarded. Subhana drew from Joanna Macy's work on honouring our pain for the world and outlined the 3 tenets of the Zen Peacemaker Order - Not Knowing, Bearing Witness and Compassionate Action. Mari led us into deep listening practices, Dadirri (indigenous deep listening), Bohmian dialogue and insight dialogue as ways to communicate and build community. Carol Perry outlined the 4 roles of the social activist and the importance of the positive rebel.

Professor Neil Gunningham and Sue Holmes tackled the big picture issues addressing, what it takes to achieve a rapid decarbonisation of the global economy. They challenged us to recognise what gets in the way of taking political action. Neil also presented on the work of 'Deep Adaptation' of building resilience, relinquishment, restoring and reconciliation in order to live in harmony with one another and our precious the earth household. Professor John Merson presented on the practical aspects of Low Carbon Living. Carol Perry delved deeper into mindful communication and how to develop empathy in conflict and difficult situations with people with opposing views. Gerrard Mazza and Sage Ellis, two younger activists inspired us with their brave non-violent actions with Contemplative Rebels and Extinction Rebellion.

Comments from the participants:

"Sally Gillespie's psychological map was very striking for me, it opened up a place for the feelings of grief, fear and overwhelm through imagery and archetypes".

"The course offered a place to share, learn, feel connection, intimacy and belonging".

"A highlight for me was the power of sharing with others and feeling empowered to take wise action."

"It's reassuring to know others feel the way I do about climate change, that I am not alone".

Samu, Kodoji - March 27 and 28

Our autumn samu weekend (just before the beginning of the delayed autumn sesshin was great fun. All up we were 19 hard workers, this included four kids and two dogs. Everybody pitched in and we shared most of the jobs; the big ticket items were to replace two step treads, mow and whipper snip the lawns, clean all of the rodent droppings from every corner, recover and stitch back some mattress covers, clean all of the windows, paint with decking oil the verandah, paint the skirting boards outside the dojo, putty and paint windows; especially the hojo. Oh yes, Will cut a few trees down and turned some of the branches into fire wood. The food was delicious, another joint effort, the washing up was a breeze and the windows of the hojo are now a bright green!

Thank you to: Sean, Jason and Chiaki, Dan, Zoe and Michael, Diana, Ruby and Adaline, and Ulayli, Will and Sue and Lily, Ameli, Kerry and Brendon, Joe and for a short time John and his son Lachlan.

Autumn Peacemaker Sesshin, Kodoji - May 1 - 8



Kodoji blessed us with stunning weather, gentle rain and sandstone cliffs that disappeared into the early morning mist. We were heralded by the dawn bird chorus, entertained by wagtails dancing on the head of the stone Buddha statue,

and watched a crescent moon breakthrough the clouds.

A deep bow of thanks to Stephen Crump who has organised and re-organised sesshin 3 times now since last year and sadly was unable to attend. After the cancellation of the Easter sesshin due to flooding out at the Hawkesbury and road damage, all things went ahead for sesshin in May. Unfortunately only half the number of people were able to attend with 12 full timers & 3 part-timers making it an intimate, deep and delicious sesshin. I nick-named the sesshin 'delicious' as Lindy Lee arrived and made the most delicious mushroom soup on the first night and the delicious food prepared by cooks continued to roll on. A special thanks to Taido for being lunch cook and Tenzo.

Huddled around the early morning fire, a wonderful team of leaders held the dojo space beautifully. Maggie was a Kuan Yin Tanto with a 1,000 arms personified as there was one day in sesshin where she ended up doing all 4 leaders' roles in one day. She also offered a fabulous Teisho on 'Not knowing'. Alex was Ino, Ameli was Jiki while Lindy was Jisha. Lindy was called away urgently on the 6th day as her husband Rob was admitted to hospital.

Diana Levy led a much appreciated Yoga session over the weekend. Stretched limbed bodies found relief in unravelling knots of tension and stress and greater ease in sitting.

We had 3 new people - Joe, Aeven and James who dived into the practice on their first 7 day sesshin.

There were some delightful musical offerings in this sesshin, we were serenaded at the end of the evening by Alex playing the serene shakuhachi and Brian Gutkin on the flute. Alex had been preparing and waiting for 2.5 years to do Jukai, so the ceremony on Friday was a fulfilment of his aspirations and intentions and a highlight for our Peacemaker sesshin. Alex's intentions were reflected in his inspiring vows of a socially engaged practice of, 'Not knowing, Bearing witness and Compassionate Action' and being a member of the International Peacemaker Order. His dharma name is 'Peaceful Mountain' - Tai san.

News from the Board

OUR RETURN

We've had a very positive response to returning to Annandale over the last couple of months. Newcomers and old timers are enjoying chanting and re-engaging with the Full Moon Precept and the Buddha's birthday/baby naming ceremonies. And our apprentice teachers Peter, Will and Jane have done a wonderful job connecting with our sangha when Subhana and Gilly are Zooming. Thank you!

CONTRIBUTE NOW!

We urgently need some more leaders in the zendo – Ino, Jiki and Jisha - so if you'd like to take up this very important job and contribute to the sangha please talk to Alex so he can arrange some instruction alexbudlevskis@gmail.com

ECO DHARMA COURSE

Deep bow of gratitude to Subhana and Mari for running an incredibly successful Eco Dharma course and opening our eyes to what it means to care for our planet and the many beings living here. Thanks also to Julie, coordinator extraordinaire, and the many contributors to the course.

NEW BODHISATTVA

Congratulations to Peter and Olivia on the birth of their gorgeous new baby boy – Hart Mulic!

ONLINE WINTER SESSHIN

When the winter weather starts and you're feeling a little chilly, there's a great way to warm your inner being - the Online Retreat! Jane will be leading the five day sesshin via Zoom from Friday 11th to Wednesday 16th June. Don't miss out on sitting with the sangha and listening to some Zen teachings from the comfort of your own home: <http://szc.org.au/classes/winter-sesshin/>

SAMU ANNANDALE

This is a wonderful opportunity to hang out with your Dharma buddies and contribute to the community by coming to the samu at Annandale on Sunday 20th June: <http://szc.org.au/classes/samu-annandale/>

SAMU KODOJI

Thank you to everyone who came to the Samu at Kodoji in April, and a special acknowledgement of Brendon who organised the many jobs and people. Also, for making a couple of special trips to take the broken fridge to the Central Coast and return it refreshed and not smoking to Kodoji.

WALK

Will is organising another fabulous walk in the land near Kodoji. It's scheduled for August, so in the next couple of months put your trekking shoes on and get your body ready! <http://szc.org.au/classes/walking-weekend/>



At Buddha's Birthday and Baby Naming Ceremony- meeting of Arki "Son of the Sun" and Luna.

Regular Notices

Transition back to Annandale Zendo / Continuation of on-line meditation

Please see the regular SZC email reminders for Zoom links, or email info@szc.org.au for details.

We have re-opened the Annandale zendo to regular Monday and Wednesday meditation evenings, with the program now including sutras, and the opportunity for private interviews with a teacher.

We are also continuing a Zoom program, so on some Mondays and Wednesdays there will be two different meetings, with the option to attend either at Annandale or online.

If you wish to attend the Annandale zendo, you must pre-register via info@szc.org.au, and you must comply with our COVID-19 conditions of entry which can be found on www.szc.org.au/classes/zazen. This includes bringing a mask to wear during sutra chanting.

The Board is also committed to maintaining an on-line meditation program, with Thursdays being the regular weekly evening. We will continue Zoom meetings on Thursdays after the Eco Dharma course is finished.

Mondays

Alternating online and Annandale

7.00 pm with Subhana Barzaghi.

Tuesdays Mini morning meditation

6.55–7.00am Join/welcome

7.00–7.25am Meditation

7.25–7.30am Great Vows

Wednesdays

Online first Wednesday of the month

Annandale on others

7.00pm, with Gilly Coote

Thursdays online

7.00–7.30 Meditation/walking

7.30–8.00 Meditation/walking

8.00–8.30 Discussion/Great Vows

The Blue Mountains Zen Group

We will be meeting via Zoom on Sunday afternoons.

All are welcome to join us for zazen with either a talk or Dharma Café.

Please email Jane at janeandino@yahoo.com.au for more details.

Phone dokusan for members

Subhana is offering dokusan to SZC members on Thursday evenings.

Gilly is also offering dokusan to members by appointment.

Members of the Board



Kerry Stewart (Chairperson) stewartkerry4@gmail.com; Stephen Crump (secretary); Jason Koh (treasurer); Helen Sanderson; Zoe Thurner, Julie Robinson, Pablo Scodellaro; Joe Gaebel.

Newsletter Editor: Janet Selby janetselby@bigpond.com

SZC: info@szc.com.au, www.szc.org.au

June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 ZAZEN Zoom 7-9pm Gilly Annandale 7-9pm Will	3 ZAZEN Zoom 7-8:30pm Jane	4	5
6	7 ZAZEN Zoom 7-9pm Subhana	8 Board meeting 6:30pm	9 ZAZEN Annandale 7-9pm Gillian	10 ZAZEN Zoom 7-8:30pm	11 WINTER SESSHIN Annandale	12 WINTER SESSHIN Annandale
13 WINTER SESSHIN Annandale	14 WINTER SESSHIN Annandale	15 WINTER SESSHIN Annandale	16 WINTER SESSHIN Annandale	17 ZAZEN Zoom 7-8:30pm Peter	18	19
20 Annandale ZAZENKAI 10am Gilly	21 ZAZEN Zoom Dharma Cafe 7-9pm Subhana Annandale 7-9pm Peter	22 Orientation	23 ZAZEN Annandale Dharma Cafe 7-9pm Gillian	24 ZAZEN Zoom 7-8:30pm Jane	25	26
27	28 ZAZEN Annandale 7-9pm Subhana	29	30 ZAZEN Annandale 7-9pm Gillian			



Bredon and Diana at Samu, Kodoji.

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 ZAZEN Zoom 7-8.30pm Jane	2	3
4	5 ZAZEN Zoom 7-9pm Subhana Annandale 7-9pm Senior students	6 Board Meeting 6.30pm	7 ZAZEN Zoom 7-9pm Gillian	8 ZAZEN Zoom 7-8.30pm Jane	9	10
11	12 ZAZEN Annandale 7-9pm Subhana	13 Orientation	14 ZAZEN Annandale 7-9pm Gillian	15 ZAZEN Zoom 7-8.30pm Peter	16	17
18 Annandale ZAZENKAI 10am Teisho Will	19 ZAZEN Zoom 7-9pm Subhana Annandale 7-9pm Peter Full Moon Ceremony <i>Not lying</i>	20	21 ZAZEN Annandale 7-9pm Gillian Full Moon Ceremony <i>Not lying</i>	22 ZAZEN Zoom 7-8.30pm Jane	23	24
25	26 ZAZEN Annandale 7-9pm Subhana	27	28 ZAZEN Annandale 7-9pm Gillian	29 ZAZEN Zoom 7-8.30pm Peter	30	



Autumn Peacemaker Sesshin, Kodoji 2021