



ENCOURAGING WORDS

Subhana

Finding peace in the midst of our troubled world

Beloved Vietnamese Zen master Thich Nhat Hanh passed away peacefully at his root temple Tu Hien Temple, in Hue, Vietnam at the age of 95 on January 22, 2022. Thay (Vietnamese for teacher) was a world-renowned spiritual leader, prolific author, poet, relentless peace activist. As a pioneer of engaged Buddhism, Thay adopted the slogan, “**There is no Way to Peace, Peace is the Way**”, which means the goal of environmental social activism is not separate from the practice of being peace. Thay himself was an embodiment of non-violence, being in his presence was like walking into a forcefield of peace.

Thay was also known as the ‘Father of Mindfulness’ who popularized mindfulness around the world. Among Buddhists Thay was considered second only to His Holiness the 14th Dalai Lama in the scope of his global influence. He authored 100 books and founded nine monasteries and dozens of affiliated practice centres around the world.

At the heart of Thay’s innovative and influential approach to Buddhism was his emphasis on ‘dependent arising’ or what he called ‘interbeing’. Altruistic love in the Buddhist tradition is based on our depth of understanding and insight into interconnectedness or inter-being.

If you are a poet, you will see clearly that there is a cloud floating in this sheet of paper. Without a cloud, there will be no rain; without rain, the trees cannot grow; and without trees, we cannot make paper. The cloud is essential for the paper to exist... So we can say that the cloud and the paper inter-are.

Thich Nhat Hanh



Thay’s teachings touched me profoundly and helped me to integrate Zen and Insight meditation from Theravadin Buddhism. Due to his breadth and depth of knowledge and wisdom he was able to link the teachings of dependent arising from the Pali Canon, the Mahayana Zen teachings on emptiness and the Huayen school’s vision of radical interdependence.

Thich Nhat Hanh made a simple request in how he wanted to be remembered and acknowledge after he died.

Thay said, ‘I have a disciple in Vietnam that wants to build a stupa for my ashes when I die. He and others want to include a plaque with the words “Here lies our beloved teacher”. I told them not to waste the temple land.

“Do not put me in a small pot and put me in there!” I said. “I don’t want to continue like that. It would be better to scatter the ashes outside to help the trees grow.”

I suggested that if they still wanted to build a stupa, they have the plaque say,

“I am not in here.” But in case people don’t get it, they could add a second plaque,

“I am not out there either.” If they still don’t understand you can write on a third and last plaque, “I may be found in your way of breathing and walking.”

Let’s take up this profound yet accessible practice of mindfulness of breathing and walking to find equanimity and peace in each step in the midst of life’s joys and travails.

With a deep bow of love, gratitude and veneration.

Upcoming Events

Dharma transmission for Jane Andino

It is my great pleasure to announce that I have decided to give Dharma Transmission to Jane Andino, the senior apprentice teacher of the Sydney Zen Centre.

Jane's qualities and achievements stand for themselves, and are well recognised by all members of the sangha. As such, they need no detailing from me, except to say, I am quite confident that Jane will continue to demonstrate the ability to positively support seekers in the Dharma, that she has demonstrated over many years.

The details of the occasion of the transmission ceremony will be announced in the near future.

Gassho, Paul Maloney



Kodoji Samu, 9-10 April

So, samu is coming up 9 and 10 of April.

But... as per the years of all things unprecedented we wait on the road, bridge and causeway to be okayed. With these continuing floods, the Wiseman's ferries have only just started again and the creek and causeway are a bit beyond a Land Cruiser. So we wait, sharpen your mower blades because as many mowers and wiper snipper as can fit in your cars will make the long grass tremble.

Who amongst us feels competent with simple carpentry - the task is too clad the pantry with ply wood in order to give our resident rat population a new intelligence course to work out with, in time for sesshin. Bring carpentry tools, a battery operated circular saw would be great!

I will keep us all up to date with the road conditions, in the meantime let's hope for a sun drenched, steamy weekend together at Kodoji.

Brendon Stewart

Winter Sesshin, 10 - 15 June

The winter sesshin will go from Friday June 10 to Wednesday June 15 (including Queen's Birthday June 13)

This sesshin is led by apprentice teachers Jane Andino and Peter Bursky, with Paul Maloney, roshi assisting. It will be held concurrently **at the zendo and online via Zoom**. As lay practitioners, we will have the opportunity to explore the connection of our zazen to our work, our home life, our place in the wider world, and our response in compassionate action.

This sesshin will also celebrate Jane Andino's path to becoming a roshi. A Transmission ceremony conducted by her teacher, Paul Maloney, and a celebration with the sangha will be held on the last day of sesshin.

Winter sesshin begins on Friday evening and closes at midday on Wednesday. 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 day.

Attending sesshin near to your home, or online in your home, is a wonderful opportunity to integrate your zazen and work/home practice: we find how to be unbusy in all our activities.

COST: SZC member - full time: \$150 (online)

SZC member - per block: \$10 (online)

Non SZC member - full time: \$220 (zendo)

Non SZC member - per block: \$15 (zendo)

Enquiries and bookings, Pablo Scodellaro: pablo.scode@gmail.com

News from the Board

New teacher Paul Maloney, roshi has announced the transmission from apprentice teacher to roshi of his student, Jane Andino. Jane is a very generous and committed member of our sangha living in the Blue Mountains. She has shown in her many clear eyed sesshin and zazenkaï talks, as well as through her kind thoughts and actions, how deeply she embodies the Dharma of compassion, equanimity and creativity. Congratulations Jane from the sangha! The ceremony will be held on the last day of Winter sesshin in June. Details will be given closer to the date.

Welcome back to the zendo! We have been sitting at the Annandale zendo every Monday and Wednesday night for the last month and it's going well, apart from a few unscheduled rain events which stopped our best laid plans. So please come along to experience sitting and chanting together once again – it's a real treat after having to stay at home for so long! At this stage, Gilly and Will are doing dokusan in the hojo and Subhana is doing it online. Also, it will be great to have Maggie and Paul leading some meditation sessions on Mondays. Some Zoom meetings will continue so members unable to come to the zendo can continue their relationships with our teachers. Check on the website for the latest schedule: szc.org.au

Concert postponed – Saturday 8th October The Board had booked the Annandale Community Centre hall for a musical Concert in May, but due to the uncertainty of how many people could attend (because of Covid restrictions) we have postponed it till October this year. Hopefully by that stage many of our members and friends will be able to mingle more freely. So, put in your diaries Saturday 8th October for an amazing night showcasing our dharma buddies musical talents and hanging out together..

Saving Lives Thanks to Dr Helen for conducting a very informative evening instructing some members how to use our defibrillator. And thanks to Julie for organising the evening and following up with leaders being trained at sesshins.

Donations Many thanks from the Board and the sangha to our long-term member Jean for her beautiful gift of a large Buddha which has been sitting in the dojo at Annandale and will be taken to our peaceful bush zendo, Kodoji to meditate with the wattles and lyrebirds. Also, deep bow of gratitude to Brendon and Melanie for their very generous donations of money in these challenging financial times..

Women's retreat – Postponed The retreat scheduled for 2nd and 3rd April has been postponed because of damage to the road on the way to Kodoji. Please check the website for details of a new date. Kerry stewartkerry4@gmail.com

Regular Notices

Return 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.

Zazen at the zendo will be run according to the latest Covid advice from the NSW Department of Health.

Please go to the website for the latest information about the schedule: szc.org.au/classes/zazen

Mondays

Annandale - Subhana and other teachers on alternate weeks

Zoom - Senior students

Tuesdays

Mini morning meditation

6.55–7.00am Join/welcome

7.00–7.25am Meditation

7.25–7.30am Great Vows

Wednesdays

Annandale - Gillian and Will Moon on alternate weeks

Thursdays online

7.00–8:00pm Meditation/walking

8.00–8.30pm 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.

Dokusan for members

Annandale - Dokusan is offered to members by our teachers on some Mondays and every Wednesday

Phone - Dokusan is offered by Subhana on Thursdays and Gilly 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

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 ZAZEN Annandale 7-8.30pm Subhana Zoom 7-8.30pm senior student	5	6 ZAZEN Annandale 7-9pm Will	7 ZAZEN Zoom 7-8:30pm Peter	8	9 Kodoji Samu
10 Kodoji Samu	11 ZAZEN Annandale 7-9pm senior students Zoom 7-8.30pm senior students	12 Orientation	13 ZAZEN Annandale 7-9pm Gilly	14 ZAZEN Zoom 7-8:30pm Jane	15 Autumn Sesshin starts	16 Autumn Sesshin
17 Autumn Sesshin	18 ZAZEN Full Moon Ceremony Zoom Only 7-8.30pm <i>Not Sparing the Dharma Assets</i> senior students Autumn Sesshin	19 Board Meeting 6:30pm Autumn Sesshin	20 ZAZEN Full Moon Ceremony Zoom 7-9pm <i>Not Sparing the Dharma Assets</i> Will Autumn Sesshin	21 ZAZEN Full Moon Ceremony Zoom 7-8.30pm <i>Not Sparing the Dharma Assets</i> Peter Autumn Sesshin	22 Autumn Sesshin ends	23
24	25 ZAZEN Annandale 7-9pm Paul Zoom 7-8.30pm senior students	26	27 ZAZEN Annandale 7-9pm Gilly	28 ZAZEN Zoom 7-8:30pm Jane DSTC meeting	29 DSTC meeting	30 DSTC meeting



Flooding at Webbs Creek Ferry, March 7, 2022

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 ZAZEN Annandale 7-9pm Subhana Zoom 7-8.30pm senior students	3	4 ZAZEN Annandale 7-9pm Will	5 ZAZEN Zoom 7-8.30pm Peter	6	7
8	9 ZAZEN Annandale 7-9pm senior students Zoom 7-8.30pm senior students	10 Orientation	11 ZAZEN Annandale 7-9pm Gilly	12 ZAZEN Zoom 7-8.30pm Jane	13	14
15 Zazenkai Gilly	16 ZAZEN Dharma Cafe Annandale 7-9pm Subhana Zoom 7-8.30pm senior students	17 Board meeting 6:30pm	18 ZAZEN Dharma Cafe Annandale 7-9pm Will	19 ZAZEN Dharma Cafe Zoom 7-8:30pm Peter	20	21
22	23 ZAZEN Annandale 7-9pm Maggie Zoom 7-8.30pm senior students	24	25 ZAZEN Annandale 7-9pm Gilly	26 ZAZEN Zoom 7-8.30pm Jane	27	28
29	30 ZAZEN Annandale 7-9pm Subhana Zoom 7-8.30pm senior students	31				

