



## Encouraging Words

Subhana

### Continuous Practice of the Way, Until the Way Practices Us

*On the great road of Buddha ancestors there is always unsurpassable practice, continuous and sustained. It forms the circle of the way and is never cut off. Between aspiration, practice-enlightenment, and nirvana, there is not a moment's gap. Continuous practice is the circle of the way.*  
— Eihei Dogen

As we herald in the New Year, we kick start our practice with wholesome intentions to be kind, focused, grounded and to develop a wise and compassionate way of being in the world. It is a time to hold true to your intentions and prioritise what is important in your life, to not waste this precious life.

For decades now we have had a responsible, supportive caring Sangha who help one another sustain a practice. Showing up at your local Sangha is a two-fold blessing. We do need wise friends to help us face what is to come. In order to embody our Bodhisattva vows of caring for one another, abandoning greed, hatred and delusion we need to train the mind, guide the heart and find ways to live ethically, harmoniously and sustainably together.

For Zen Master Dogen, practice was not only a path to realisation, ultimately realisation manifests intimately as practice. Practice-realisation are inseparable. It represents the unity between embodied wisdom and the philosophy that all beings by their very nature are Buddha. The circle of wonder, of grace, of aspiration, and the joy of realising the empty one ground of mind is embodied here in this humble, ordinary, vulnerable being who sits down and wears clothes. Practice makes this genuine and real. Then the Way, the *Tao* practices us, enlivens us and flows naturally through us bringing this good heart-felt medicine into our daily lives. Let's sustain a practice together, so we all wake up together.



Meditating monk by Onda Akio

## Upcoming Events

### Autumn Samu

2-3 March 2024

Summer time and the rains been afa'll'n'  
Grasshoppers jumpin' and the is meadow is high  
Water tanks are bustin' and batteries cry *am I dry???*



Time, my sangha friends, to plan and come along to Autumn samu up the valley at Kodoji.

Saturday and Sunday, 2 and 3 March, the first weekend of autumn 2024.

Here we go again with mowers and snippers and brooms and hammers and duct tape and laughter and silence and wood chopping and great food and starry starry nights. Samu is lots of fun –

Let me know if you can come along.

Enquiries: Brendon, [stewarts34@bigpond.com](mailto:stewarts34@bigpond.com)

### Womens Retreat

9-10 March 2024

All women with a sitting practice are welcome to the next Women's Retreat at Kodoji. Autumn is a beautiful time of the year at Kodoji sitting with each other with the chorus of songbirds, connecting with land, sharing stories, expressing ourselves creatively, and an abundance of wholesome meals and joy.

Please let Jill Ball know if you plan to come and need a lift.

The cost is \$25 a night for SZC members and \$30 a night for others (deposited into SZC bank account).

You can sleep on the verandah, or take a tent if you wish. There are a few beds upstairs in the cottage.

We take food to share for the weekend and sleeping bags. We sit together, share together, walk and usually sing. A timetable is drawn up when we get there and jobs like meal making are allotted.

Remember it can be hot in the day and cool at night so bring appropriate clothing.

Enquiries: Jill Ball [jillianball@bigpond.com](mailto:jillianball@bigpond.com)

### Zen, Qigong and Being Here Autumn Sesshin

Kodoji, Thursday 28 March - Thursday 4 April 2024

SZC's Autumn Sesshin is a special offering from Subhana Barzaghi and Robert Rosenbaum. Bob is a senior Qigong teacher & Zen practice leader in the US.

Please join us to become immersed in the sitting meditation of zazen, the moving meditation of qigong and the beauty of sesshin life at Kodoji.

Applications are now open for Zen, Qigong and Being Here, with priority given to fulltime applicants. The interactive application form with details is available on the SZC website.

### Buddha's Birthday and Baby Naming Celebration

Annandale April 14, 11am

Please arrive by 10.45 am for our annual celebration of the birth of the Buddha, led by Gillian Coote. This is a family-friendly event when the Baby Buddha is bathed and offered flowers and there's sharing, songs and stories, followed by a potluck lunch. Please bring food and flowers. If you would like your baby named and/or welcomed to our sangha, or if you have any questions, contact Janet Selby:

[janetselby@bigpond.com](mailto:janetselby@bigpond.com)

## Reports

### Rohatsu, December 1-6, 2023

The Rohatsu non-residential sesshin feels like a sweet spot at the end of the year, a place for knowing deep silence in the midst of the general busyness of the world. Twenty five people brought this sesshin into being in early December 2023. We came and went as our work and home schedules allowed—never astray, of course. Everyone offered their sincere practice to benefit the whole. A consistently full dojo powered the weekend; thereafter a smaller number of stalwarts kept the sitting strong. Capable leaders held us. Bodhisattva jikis and jishas and especially the inos three passed the baton to one another, literally ringing the changes.

We met Dharma gates in sometimes unexpected places, like the roar of planes relentlessly coming in to land (they can wipe “the mind” clean!), and enjoyed the bustle of the Annandale “market place.” Long-necked turtles were sighted in the wetlands at White Creek Park during outdoor kinhin and frog songs carried to the dojo at night. Glorious soups appeared of an evening, made by four different sangha members. And the early summer weather was Goldilocks-worthy.

In teishos we visited the old Chinese Zen worthies, explored the Buddhadharma together in dokusan. Naturally zazen was at the heart of “it all.”

A bow of gratitude to the Annandale residents who managed any disruption to their home life. And another to all those who participated. The wonderful spirit of sangha shone clear throughout sesshin.

Maggie Gluek





A turtle says g'day in Whites Creek.  
Picture: John Appleyard

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*FROM A DAILY TELEGRAPH ARTICLE, LONG NECK TURTLES NUMBER GROW IN ANNANDALE THANKS TO VOLUNTEERS BY DAVID BARWELL, MARCH 7, 2018*

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## News from the Board

### Kodoji

The Causeway into Gorricks Run has suffered a battering after several floods and needs repair. This is particularly concerning because it is not strong enough to carry the weight of fire trucks if we had a fire emergency. The Board contacted the Council and then the Mayor to urge them to fix it. They have agreed to replace the causeway completely. They have said that they will begin the rebuild in mid February this year, a little further up the creek. In the meantime, the old causeway will continue to be able to be used.

### Concert 2024

The Board is very pleased to announce that Jane and other performers are keen to have another concert later this year. She is in the process of talking to musicians and poets about taking part. So please contact her if you're interested. Can't wait!!

### Social Media

Thanks to the Board and particularly John for coordinator surveys of who looks at our social media accounts and organising a boost to our numbers. We will continue to do research and promote our wonderful centre to people who may be interested.

### Orientations

Every orientation has been at full capacity thanks to our social media efforts and our residents encouraging their friends to attend. Deep bow of gratitude to everyone.

## 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](mailto:info@szc.org.au) for details.

#### Mondays

**Annandale** - Subhana

#### Tuesdays online

##### Mini morning meditation

6.55–7.00am Join/welcome

7.00–7.25am Meditation

7.25–7.30am Great Vows

#### Wednesdays

**Annandale** - Gillian Coote

#### Thursdays online

With Jane Andino or Peter Bursky

7.00–8.00pm Meditation/walking

8.00–8.30pm Discussion/Great Vows

#### 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 Gillian by appointment

#### The Blue Mountains Zen Group

We usually meet on the 2nd and 4th Sundays of the month, 3-5 pm. However, the next meeting is October 29.

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

Email Jane [janeandino@yahoo.com.au](mailto:janeandino@yahoo.com.au) for more details.



Photo: Rohatsu sesshin, Maggie Gluek



## Members of the Board

Kerry Stewart (Chairperson) [stewartkerry4@gmail.com](mailto:stewartkerry4@gmail.com), Zoe Thurner (secretary), Joe Gaebel (treasurer), William Verity, John McLean, Julie Robinson.

**Newsletter Editor:** Janet Selby [janetselby@bigpond.com](mailto:janetselby@bigpond.com)

**SZC:** [info@szc.com.au](mailto:info@szc.com.au), [www.szc.org.au](http://www.szc.org.au)

# February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 ZAZEN Zoom 7-9pm Peter	2	3
4	5 ZAZEN Annandale 7-9pm Subhana	6	7 ZAZEN Annandale 7-9pm Gilly	8 ZAZEN Zoom 7-8:30pm Jane	9	10
11	12 ZAZEN Annandale 7-9pm Subhana	13 Board Meeting 6:30pm	14 ZAZEN Annandale 7-9pm Gilly	15 ZAZEN Zoom 7-8:30pm Peter	16	17
18 Zazen kai Gilly Coote	19 ZAZEN Annandale 7-9pm Subhana	20 Orientation	21 ZAZEN Annandale 7-9pm Gilly	22 ZAZEN Zoom 7-8:30pm Jane	23	24
25	26 FMC Not sparing the dharma assets 7-9pm	27	28 FMC Not sparing the dharma assets 7-9pm	29 FMC Not sparing the dharma assets Zoom 7-8:30pm		

# March 2024

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					1	2 Kodoji Samu
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10 Women's Retreat	11 ZAZEN Annandale 7-9pm Subhana	12 Board Meeting 6:30pm	13 ZAZEN Annandale 7-9pm Gilly	14 ZAZEN Zoom 7-8:30pm Peter	15	16
17 Zazenka Haiku with Diana Levy	18 ZAZEN Annandale 7-9pm Subhana	19 Orientation	20 ZAZEN Annandale 7-9pm Gilly	21 ZAZEN Zoom 7-8:30pm Jane	22	23
24	25 Dharma Cafe Annandale 7-9pm	26	27 Dharma Cafe Annandale 7-9pm	28 Autumn sesshin  ZAZEN Zoom 7-8:30pm Peter	29 Autumn sesshin	30 Autumn sesshin
31 Autumn sesshin						