

sangha

Newsletter of Santa Cruz Zen Center ❖ Warm Jewel Temple - Summer 2021

FOUR GATEWAYS TO THE PRACTICE OF SOTO ZEN FORMS

by Rev. Patrick Teverbaugh

The bows, rituals, and ceremonies that we practice in Soto Zen are not just medieval Japanese traditions. The wholehearted execution of these practices is the practice/realization of the Way and the liberation of all beings.

I belong to a peer group through the Soto Zen Buddhist Association that meets monthly. We are a group of six priests, all from different parts of the country, that has been meeting through Zoom since the beginning of the year. At our last meeting we talked about the practice of Soto Zen forms and their meanings. At the end of the discussion one of the members summarized our meeting as comprising four gateways into the practice of the forms.

The first gateway is the idea of "**presence**". It is the enactment of wholeness, unity, and harmony. It is being fully in the body, accepting all that the senses are receiving, rejecting nothing. It is fully inhabiting the Eternal now. I am reminded of how Suzuki Roshi taught the forms. He said that we weren't bowing to any religious image or to someone of higher rank. But we were just entering our bodies and experiencing what muscles needed to be used for this prostration or gassho. It is mindfulness, the non judgemental acceptance of life as it is.

The next gateway is "**compassion**". When we are listening closely to the chanting of others and trying to harmonize in the service after our meditation, this is unity and compassion. We are "feeling with" the other Sangha members. I am always moved by everyone's sincere effort doing the meal practice during sesshin. There are so many moving parts throughout this 45-minute ritual. We are all so intensely focused as we chant and accept the food from the servers. We're like an opera company of movement and song. In fact the entire 3 days or 7 days of sesshin--sitting, chanting, bowing and prostrating--is a group effort. At the end I feel that we have been one body, with the intention of saving all beings. Throughout the sesshin I've experienced being supported by everyone there, and I hope that I have supported others in their practice. And I just love everyone!

The third gateway is "**refuge**". This is "flying home" and abiding fully in our Buddha Nature, our True Home. Our practice of sitting and chanting and bowing shows us the reality of wholeness and unity rather than the delusion of a world of objects that we might like or dislike. And when we can abide fully in that wholeness, it's coming back to our true home, taking Refuge. The sitting, chanting, and bowing that we do in Zen is called our "family style". This also fits into the metaphor of coming home. We are chanting and bowing with our family members who share our

intention to experience "reality as it is" and to save all beings. The last gateway into the practice of forms and rituals is "**devotion**". Some students of Zen have a difficult time thinking of participating in devotional practices. But I like to think of devotion as a way of expressing gratitude. Gratitude might be an easier concept to participate in than devotion, for some people. When I sit and chant with other Sangha members, I am grateful for the support that they give my practice. I in turn want to express my gratitude by harmonizing with them in the chanting, bowing with them in the ritual of our ceremonies. When I feel distress from all the suffering if I see in the world, the practice of the Buddha's and Ancestors to realize wholeness and compassion opens my heart. And I want to express gratitude for this way of life by bowing wholeheartedly towards the altar.

When I first began practice I was more easily drawn to meditation, but my appreciation for forms and rituals steadily grew. I hope that looking at forms through the lenses of presence, compassion, Refuge, and devotion will nourish and sustain your practice.

FROM SCZC BOARD PRESIDENT

Community Resiliency - Mari Tustin

In the last months of uncertainty, in terms of how our community could maintain its cohesiveness during the Covid pandemic, we've been ever so grateful to find that our membership and participation in activities has actually increased – through the unexpected avenue of Zoom! It's likely we will be continuing our full Zoom and hybrid (in-zendo practice partnered with at-home Zoom participants) teachings and training since we've found this avenue can provide greater inclusivity within our community, especially for those who are distant from our SCZC, or need to shelter at home. Thank you for your steadfast support and we look forward to seeing you in whatever format serves your needs!

FALL 2021 PRACTICE PERIOD

Practice Leader: Reverend Eugene Bush

The theme will be "**Baizhang and the Fox**" Koan Study. The structure will involve a written commitment with Gene for participation in days of zazen, sesshin, Wednesday program, work practice, community service and classes taught by Beata Chapman, description below.



Events will occur via a hybrid format (in-zendo practice partnered with at-home Zoom participants) or via Zoom-only. Signups and additional details will be shared via our website at www.scsz.org.

*And when we
can abide fully
in wholeness,
it's coming
back to our
true home -
taking
Refuge.*

Calling all Turtles, Dragons, Phoenix Birds, and Tigers: Let's Play Together in the Empty Dharma Field, 5 Sunday classes: 6:40-8:00pm led by Reverend Beata Chapman

Looking North, East, South and West we will take up the little-explored Esoteric teachings of Zen that originated before the Buddha and are hidden in plain sight throughout everyday practice.

The Four Guardians are "real" and "mythical" beings we will embody and get to know, taking up their qualities and perspectives that individually and together serve as skillful guides to humans so that we can know our place and adjust skillfully to each moment. We will apply trauma-sensitive mindfulness practices relevant to each Guardian and its direction or location on the Dharma Wheel.

Beata Chapman trained at Santa Cruz Zen Center and was ordained by Katherine Thanas. She has a keen interest in the esoteric, its playfulness and its countless resources for reducing human suffering.

ROB HOOGNER BENCH DEDICATION, JULY 17

A wooden bench, handcrafted by John Edwards, was dedicated in loving memory to Sangha member Rob Hoogner at Jikoji Zen Center, on Skyline Drive in Los Gatos. A small group of SCZC Sangha members, friends & family - who joined in meditation, tea & talk, attended. The bench will provide a quiet place of contemplation and rest in the forest near Kobun Chino's memorial site for all those who visit. More information on visiting Jikoji can be found at www.jikoji.org.



Sharing memories around the bench.



Checking out memorial stones under the great trees at Jikoji.



Rane & Reverend Cathy Toldi



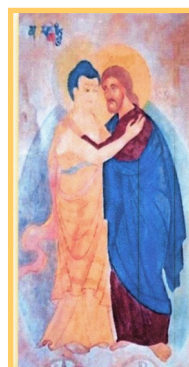
Reverends Eugene Bush, Patrick Teverbaught and friends honoring Rob Hoogner at Jikoji's Compassion Light Temple.

LAURIE BAIR MEMORIAL, JULY 22

An inter-faith memorial service took place on July at Holy Cross Parish Hall in Santa Cruz for our beloved friend and Sangha member Laurie. Laurie's spiritual and devotional life included both Catholic and Buddhist practices. She chose readings and rituals from both traditions to be included in her memorial service. A small contingent of Zen Center's teachers and Sangha members close to Laurie, slowly processed from School Street to the church, where participants were also invited to walking or sitting meditation preceding the service.



Laurie absorbed in the mystery, Holy Cross Labyrinth.



Memorial Procession from SC Zen Center with Rev. Dana Takagi

EKO

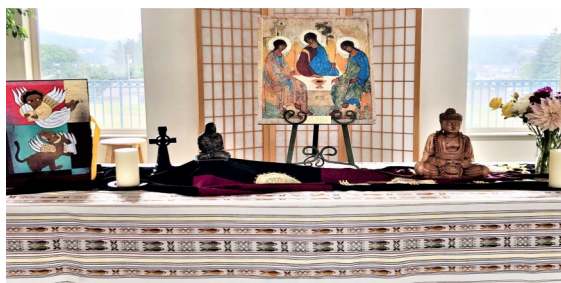
Life and Death come and go
like spring, summer, fall and winter
A bolt of lightning in the empty sky
Waves disappearing in the vast ocean

Now having participated in this memorial ceremony
We offer this accumulated merit for the sake of
Our great friend, Laurie Bair
Straightforward Heart, Blue Mountain

The light of this world has faded for her
She has entered the magnificent presence of the One Beyond All Names

Kindly we pray that in the realm of life and death this one person,
Laurie Bair, like the precious Dragon Jewel, will shine as the emerald sea,
Clear and complete, as the clear blue sky, in the dharma of the fullness of time and space
We pray for her peace, for her contentment, and for her freedom.

May she together with all beings realize the great awakened Way....



JUKAI CEREMONY, AUGUST 21

A jukai ceremony for Christine Marez was held Saturday afternoon, August 21st, outside in the Zen Center patio. She was given the Dharma name Nosan Kakuji-- Ancient Mountain, Awake Compassion-- by Preceptor Rev. Patrick Teverbaugh. In this ceremony, a student of the Way publicly vows to live her life in accord with Buddhist Precepts. Among those in attendance were Christine's husband J.P., her daughter June, and SZCZ sewing teacher Rev. Gene Bush.



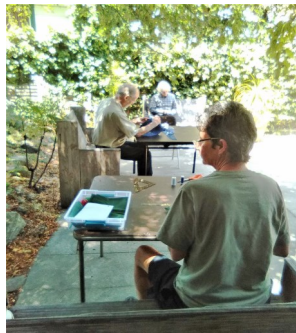
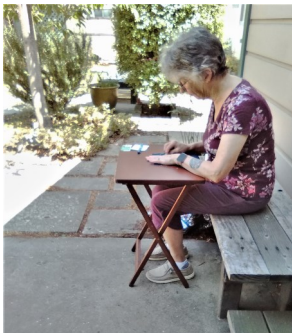
SEWING BUDDHA'S ROBE Led by Rev. Gene Bush

Anybody who is sewing a *rakusu* with the permission of their teacher is welcome to sew with us. Please come for instruction or community. Participation by those who need to sew an envelope, repair an old *rakusu* or robe, or wish to sew a robe as a gift, is also encouraged. Note that sewing has moved location for 2021. We will now meet in the SCZC community room at 113 School Street. Outdoor seating will also be available.

Sewing on Saturdays is 1:00 - 3:00pm, Tuesday evenings will be 6:40pm (after zazen and service) until 8:00pm.

Saturdays: 9/18, 10/9, 11/20, 12/18

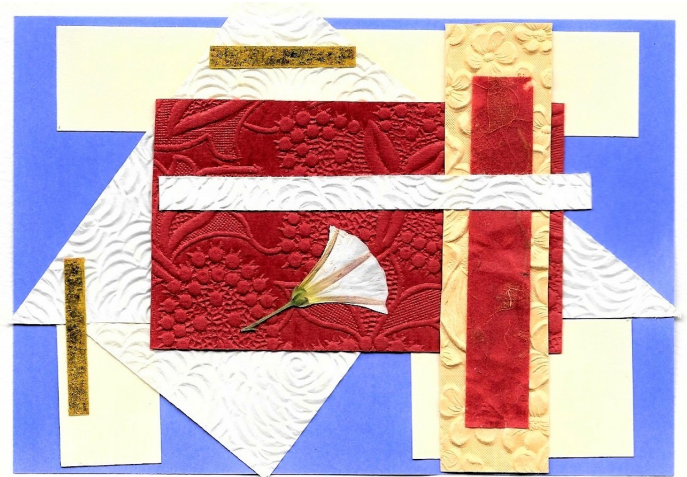
Tuesdays: 9/14, 10/12, 11/23, 12/21



Sangha sewing in Warm Jewel Temple garden



"Untitled ,Mixed Media" by Susan Smith



"Wild Morning Glory " collage by Reverend Ellen Richter



"Morning Light", pastel by Susan Smith

Little Bird, Listen

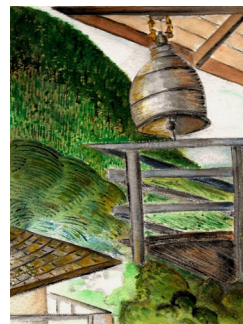
What do you hear, little bird?
Have you found the Dharma gate,
stone rolled away?
Morning and evening,
from this Douglas Fir
you warble.
Where does the night fall?

Tell me how your life
is too short to see
the way this forest will change,
how this all will fall, crack
boil, break, melt.
Is your lament, just another verse?

Tell me not to despair-
sing as though the earth
knows what it knows.
I complain, you chirp.

Half moon,
two birds
I and Thou.

Ziggy Rendler-Bregman 2020



"Densho", watercolor by Reverend Ellen Richter

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DAILY meditation Schedule

See www.sczc.org for Zoom link



Mornings M-F: in-zendo & via Zoom

6:00am Zazen
6:40am Morning Service (chanting)

Noon - M/W/F: outdoors in garden

12:00pm Zazen

Evenings M/T, Th/F: in-zendo & Zoom

6:00pm Zazen
6:30pm Service

Wednesday Evening: via Zoom only

6:00pm Zazen
6:30pm Kinhin
6:35pm Lecture/discussion

Saturday Morning: via Zoom

8:30am Zazen
9:10am Morning Service

Sunday Evening: via Zoom

6:00pm Zazen
6:30pm Evening Service

See sczc.org for other weekly
and monthly events including ses-
shins and Dharma discussion
groups.



SCZC is on
Facebook

*2021 Sesshin and Zazenkai (Retreats and One-Day Sitzings):

January 9 (half day) Zazenkai (Eugene Bush)
February 19-21 (3 day) Parinirvana Sesshin (Patrick Teverbaugh)
March 20 (half day) Zazenkai (Eugene Bush)
April 9-11 (3 day) Buddha's Birthday Sesshin (Patrick Teverbaugh)
June 19 (half day) Eugene Bush
July 11 (half day) Cathy Toldi
August 7-8 (2 day) Mountains and Waters Sesshin (Cathy Toldi)
October 23-24 (2 day) Sesshin (Eugene Bush) # **Hybrid**
November 13 (1 day) Zazenkai (Eugene Bush) # **Hybrid**
Dec 5-11 (7 day) Buddha's Awakening -Rohatsu (Patrick Teverbaugh) #**Hybrid**

*2021 Practice Period:

Spring Practice Period: Feb. 18 - April 10 (7 weeks) led by Patrick Teverbaugh
Fall Practice Period: Oct 17 - Dec 19 (9 weeks) Baizhang & the Fox Koan Study
led by Eugene Bush #**Hybrid**

*2021 Class Series and Workshops:

February 28, March 7, 14, 21 (4 Sun AMs): Loving Kindness (Patrick Teverbaugh)
October - December (5 classes 6:40-8pm): Lets Play Together in the Empty Dhar-
ma Field (Rev. Beata Chapman) 10/17, 10/24, 11/14, 11/21, 12/19 **online**

*2021 Weekly and Monthly Study and Practice Groups:

Monday: Breakfast Study Group, 7:45-8:30am (Patrick Teverbaugh) **online**
First Tuesdays: Awakening Together, 6:45-8pm (Val Miranda with P.Teverbaugh) **online**
Third Thursdays (usually) Foundations of Practice: Precepts Study 6:35-8pm
(Patrick) 1/21, 2/18, 3/18, 4/22, 5/20, 6/17, 7/15, 8/19, 9/16, 10/21, 11/18 **online**
Friday Evening: Ordinary Recovery, 7-8pm (Patrick Teverbaugh) **on hiatus**
Third Saturdays: Intro to Zen, 10-11am (except for November) **in-zendo**

*Many events are held online via Zoom. Check www.sczc.org for latest updates.
Hybrid = in person and online via Zoom, in-person events sign up required.