

ARCATA ZEN CENTER NEWSLETTER
August, 2001

WEEKLY SITTING

Sundays the AZC meets at 8:10 AM at the Northcoast Aikido Center, located off the public parking lot at 8th & F Streets, Arcata. Two half-hour periods (second sit at 8:50), with kinhin in-between, are followed by reading and discussion. On the second Sunday, the sangha shares poetry and other readings brought in by individuals. On the fourth Sunday, there is a student talk. Weekday Sittings are held at Rin Shin-ji Temple (740 Park, Arcata). Monday through Friday mornings two 40-minute periods, with kinhin, begin at 5:30 AM (second sit at 6:20), followed by a short service. Thursday evenings two half-hour periods, with kinhin, begin at 7:30 PM (second sit at 8:10). Meditation Orientation, on Tuesday evenings from 7:30 to 8:30 PM, offers orientation to Zen meditation through instruction, guided meditation, and a question-and-answer period. This is open to both experienced students and beginners.

UPCOMING EVENTS

SANGHA MOVIE NIGHT

In order to continue Maylie's teaching of kalyanamitra(s) (good friends or good spiritual friends), the Arcata Zen Center is offering a series of video tapes, beginning Wednesday, August 22 and thereafter every third Wednesday of the month until we run out of interest. The first film is "Why Did Bodhidharma Leave for the East?"; the second is "Harp of Burma" (aka "Burmese Harp"). If no one objects, we will then move on to a little lighter film, "The Cup."

Videos will be shown promptly at 7 PM at 740 Park Avenue; discussion will follow. Popcorn will be served. Donations to the sangha are requested. We also need the loan of a large-screen TV and VCR. If anyone knows of one to use just for these evenings, please call Gael.

SEPTEMBER ONE-DAY RETREAT WITH MEL WEITSMAN

Sojun Roshi, Mel Weitsman will lead the September 8 one-day retreat. At the end of this retreat, there will be a service for Maylie in the memorial garden at Rin Shin-ji. The retreat and meals will be in silence. Meals will be oryoki style; bring three nesting bowls, chopsticks, spoon, towel, and napkin. Both oryoki and sitting instruction will be available. The sesshin cost is \$20/sliding scale /scholarships available. You must register for this retreat; please see the end of the newsletter for form. Registration forms are due by August 31. (See below) On September 9, Sojun Roshi will give a talk at the morning sit at the Aikido Center. The next one-day retreat will be November 10.

PUBLIC MEMORIAL SERVICE FOR MAYLIE

There will be a public memorial service Sunday afternoon September 9 from 1 PM - 3 PM at Redwood Lodge in Redwood Park (off 11th St.). The service will be from 1 - 2; reception and social gathering from 2 - 3. Please bring a finger-food potluck dish (and serving utensil, if needed) with your name and phone number on the plate. RSVPs are appreciated but not necessary. (Please call the Arcata Parks Department if you need directions and/or parking info.) Donations may be made in Maylie's memory to the Arcata Zen Center, 740 Park Avenue, Arcata CA 95521.

OCTOBER SESSHIN WITH DANIEL TERRAGNO

There will be a retreat from October 17 through 20 with visiting teacher Daniel Terragno at Rin Shin-ji Temple. Daniel is a teacher in the Diamond Sangha lineage, having received transmission from John Tarrant, one of Aitken Roshi's dharma heirs. (For more info on Daniel, see p. 25 in the Spring 2001 Turning Wheel.) Sesshin will begin at 7 PM Wednesday; daily sitting will be from 6:30 AM to 9 PM. Please consider sitting for the whole day; otherwise, come for a block of time. It is also possible to spend the night(s) at the Temple. The retreat and meals will be in silence. Meals will be oryoki style; bring three nesting bowls, chopsticks, spoon, towel, and napkin. Both oryoki and sitting instruction will be available. The retreat will end 5 PM Saturday, followed by clean-up. On Sunday, the group will meet as usual at the Aikido Center at 8:10 AM. The sesshin cost is \$20/sliding scale/scholarships available. You must register for this retreat; please see the end of the newsletter for form. Registration forms are due by October 10. (See below for form.)

On October 21, Daniel will give a talk in the Aikido Center at the morning sit.

LETTERS, ANNOUNCEMENTS, ETC.

Lecture by Lama Tsering Everest

On Tuesday, August 14 from 7-9 PM at the Unitarian Universalist Fellowship (3471 Jacoby Creek Road in Bayside), Lama Tsering Everest will lecture on "Transforming the Poisons of the Mind into Wisdom." Lama Tsering Everest, a student of His Eminence Chagdud Tulku Rimpoche, is a Western lama in the Tibetan Buddhist tradition.

Currently she is the resident lama of the Chagdud Gonpa center in Sao Paulo, Brazil. Admission is \$10.00. This event is sponsored by the Arcata Center of Chagdud Gonpa. You are advised to arrive early, as seating is limited.

Wilderness Heritage Hike

The next Wilderness Heritage hike will take place from August 24 - 26 in the Siskiyou. For more information, call Bill.

Kitchen Items Needed

The following is a list of kitchenware the group is seeking for preparing food at retreats. Donations should be commercial grade and size if possible:

- | | | | |
|--------------------|----------------------------|-----------------|---------------|
| Large mixing bowls | Tupperware | Large saucepans | Serving bowls |
| Large baking dish | Serving trays | Serving spoons | Ladles |
| Spatulas | Knives, paring and carving | | |

Please drop donations off at 740 Park Avenue or call Pete for pickup.

AZC ACTIVITIES

PRACTICE COMMITTEE

June 3: The September memorial service, student talks, and newsletter and website policy and process were discussed. Rose and June are working together as co-chair of the memorial committee (see item above). Student talks will be on the fourth Sunday of the month at the morning sit in the Aikido Center. If students would like their talk published in the newsletter and/or on the website, they should submit it to Suzanne. Recommended length is approximately 1½ pages for the newsletter.

August 5: A bronze plaque will be created to be placed near Maylie's stone in the memorial garden. It was decided to ask the Board of Directors to purchase a refrigerator to better meet the food storage needs of larger session. The use of the AZC property by other groups is a concern to some the members of the practice committee and needs to be discussed further. Diana and Michael offered to form a web site sub committee to assist Suzanne to expand our website, which in the future may include MP3 files of Maylie's talks. The practice committee will provide more Beginner's Handbooks so they will be available at the Aikido Center.

The next meeting of the practice committee will be August 26.

BOARD OF DIRECTORS

In meetings in June and July, the Board worked with a number of issues including:

Two of the rooms at 740 Park will be rented out, one immediately to Erika. The Board is seeking a second tenant.

Various forms of insurance were discussed, decided upon, and will be purchased.

The budget, with modifications, was passed unanimously.

ed's note: complete minutes for these meetings are available Sundays at the Aikido Center; practice committee meetings are held at 11 AM the first Sunday of the month at Maylie's, board meetings the third Sunday- all are welcome to attend.

NEXT NEWSLETTER

The next newsletter deadline is October 8. Mail your practice-related announcements, articles, reflections &/or poetry to Suzanne

Registration Form		* Registration Form
September 8 One Day sesshin	*	October 17 - 20 Three-Day sesshin
with Sojun Roshi, Mel Weitsman	*	with Daniel Terragno
NAME _____	C	NAME _____
PHONE _____	U	PHONE _____
ADDRESS _____	T	ADDRESS _____
_____		_____

What meals do you plan to attend?
(Please circle)

Breakfast Lunch

The sesshin cost is \$20/sliding scale;
scholarships available.

Please mail to:
Arcata Zen Center
740 Park Ave.
Arcata CA 95521

Must be Received by August 31

DATES TO REMEMBER

AUGUST: 14
 22
 24-26
 31

Lecture by Lama Tsering Everest
Sangha Movie Night #NEW!
Wilderness Heritage Hike
Registration Deadline, September Retreat

SEPTEMBER: 8
 9

One-day Retreat with Sojun, Roshi
Public Memorial for Maylie

OCTOBER: 8
 10
 17-20

Next Newsletter deadline
Registration Deadline, October Retreat
Three-day sesshin with Daniel Terragno

H What meals do you plan to attend?
(Please circle)

E Thursday: Breakfast Lunch Dinner

R Friday: Breakfast Lunch Dinner

E Saturday: Breakfast Lunch

* The sesshin cost is \$20 per day/sliding scale;
scholarships available.

* Please mail to: Arcata Zen Center,
740 Park Ave., Arcata CA 95521

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Must be Received by October 10