

Mt. Equity Zendo Zephyr-

October 2010



A monk asked the Zen master, “What about when the tree leaves fall on the ground?” The Zen master replied, “When things fall away, the golden beauty of their true nature appears.”

Reading the Sutras

Though there are many sutras written down, said to be the direct words of the Buddha, Zen Master Dogen reminds us that the sutras are much more than words to be read in a book. In his work *The Samadhi of Self-Enlightenment* he writes,

“What we mean by the sutras is the entire cosmos itself...the words and letters of beasts...or those of hundreds of grasses and thousands of trees.... The sutras are the entire universe, mountains and rivers and the great earth, plants and trees; they are the self and others, taking meals and wearing clothes, confusion and dignity.”

This is one of the most beautiful times of year in central Pennsylvania with the changing of the leaves. Take the time to include in your practice the “reading of the sutras.” Nature is a teacher. She teaches non-clinging to self just as the leaves do not cling to the trees when it’s time for them to fall. It is this non-attachment to self that is a central aim of Zen practice. We return to our True Self by following the example set down by the natural processes on our planet. How could we expect to return to our natural state by another means? The roadblock many of us have is the wrong belief that we are separate from Earth’s cycles. The practice of zazen, with the guidance of a teacher and Sangha, can greatly aid us in dislodging this false view from our minds. We find greater ease in our life as we become more skillful in “reading the sutras.” - Daishin (photo by N.)

Inter-Faith Dialogue on Water

October 13th



Photo of Susquehanna River by Kevin Gaughen

At Lycoming College in Honors Hall from 7-8:30pm

The United Nations predicts that by 2025, scarcely 15 years from now, approximately one third of the human species will be living under absolute water scarcity conditions, and that two thirds will be living under extreme water stress. How can our religious traditions help us to respond to this claim?

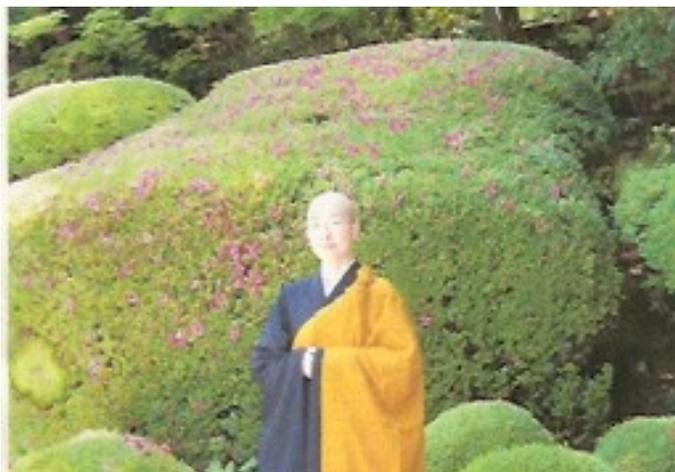
Thanks to science and modern technology, communication between religions, cultures, and countries is faster than it's ever been in the history of the world. We are increasingly witnesses to the interconnected nature of our globe. The serious problem of water shortage can not be affectively addressed by one academic discipline, faith, or country alone.

Interfaith dialogue, in which there is free exchange of ideas, can help us look at this vital issue of water shortage from multiple perspectives.

Our panel includes Prof. Richard Hughes, Prof. Mel Zimmerman, Sister Catherine Gilvary, Rev. Gwen Bernstine, Rabbi Shaul, Rev. Dai-En Bennage and Rev. Daishin McCabe. Prof. Steven Johnson will be our moderator.

Some of our Zen practitioners are coming from as far as Baltimore to participate. Please come and join us for this important evening of dialogue!

Anshouji Update



NiOsho's fellow practitioner at the Nisodo, Tokushin, stands in her home temple's azalea garden at Shisendo in Kyoto after a ceremony.

Tokushin's Poem on Anshoji

Yane wa kuzure
[The roof is falling]
kabe wa tobi
[The walls are flying]
yuka wa ochi
[The floor is crumbling]
kusa wa bou-bou
[The weeds are bursting everywhere]
Taihen na tokoro desu.
[It's a dreadful place]
Aru no ha kibou dake desu.
[What we do have is just Hope.]



Chains holding building and entrance gate keep them from collapsing.



Tokushin said, "This is where the original entrance was. It's so damaged we're preparing to tear it down. Before we do that, let's spare these flowers, okay?"

Up-Coming Events

SZBA Conference at Great Vow Oct. 6th-11th

NiOsho and Daishin attend the Soto Zen Buddhist Association meetings that are held once every two years. This year's meetings are held at Great Vow Monastery in Portland, Oregon. Guest speakers include Prof. Carl Biefeldt of Stanford, and Shohaku Okumura Roshi of Sanshin Zen Community. Prof. Biefeldt and Okumura Roshi will be speaking about the Zen teachings of the second founder of Soto Zen in Japan, Keizan Jokin. The conference concludes with the Heritage Ceremony, acknowledging American-trained Soto Zen priests which will include Daishin as one of the new Zen teachers recognized by SZBA.

Daishin to Japan Ango Oct. 29th- Jan. 26th

Daishin will be joining the 3 month international training period at Shogoji in Kyushu, Japan. As part of certification in becoming a Zen teacher recognized by Japan, Soto Zen requires participation in at least two-three month practice periods. This will finalize Daishin's requirements.

Signing Up for Weekend Events

The way we sign up for an event is itself mindfulness practice. Please notify our limited staff of your intentions at least one full week in advance of the retreat you plan to come to. This greatly facilitates us in creating a program that is appropriate to the needs of the attendees.

Thank You's

Gratitude to the following people who offered gifts to Mt. Equity in the month of September: Diane Hollis, Nancy Cleaver, Karin McCabe, Prudence McCabe, Deb Weiskopf, Bob Myers, Daijun Brenner, Susan Faeder, Tokuen Gray, Koen Hunter, Nanshin White, Jan Hambridge, Tom Knapp, Misho Indelicarto and all others who have offered secret gifts.

Handling Family Conflicts Compassionately



Would you like to be able to communicate better with your children? Have you given up on trying to explain your needs to your father? Are the holidays a major time of stress for your family? How we handle family disagreements can make a big difference to our personal and collective health and well being. In this workshop Tokuen offers practices and guided meditation exercises that help you awaken to your role within your family and to uncover your innate ability to find creative solutions to family problems.

Tokuen Gray, MEZ senior student and Director of the Center for Conflict and Negotiation at Penn State will be offering this workshop on Sunday, **November 6th from 10am-4pm.**

October/November

[sign up for events here](#)

Sunday	Monday	Tue.	Wed.	Thurs.	Friday	Saturday
					1	2
3	4	5 Evening Zazen 7:15-9:30	6 NiOsho and Daishin To Great Vow Monastery for SZBA meetings	7 Evening Zazen 7-8:30 with Misho	8	9
10	11 NiOsho and Daishin return from Great Vow Monastery	12 Evening Zazen 7:15-9:30	13 Interfaith Dialogue on Water 7pm~8:30pm Lycoming C.	14 Evening Zazen 7-8:30	15 Sesshin begins 7:00pm	16 Silent Sesshin
17 BDG Precepts Ceremony Sesshin ends 3:30pm	18	19 Evening Zazen 7:15-9:30	20 Daishin teaches at F & M	21 Evening Zazen 7-8:30	22	23
24	25	26 Evening Zazen 7:15-9:30	27	28 Evening Zazen 7-8:30	29 Daishin to Japan for 3 months training	30
31	1 (November)	2 Evening Zazen 7:15-9:30	3	4 Evening Zazen 7-8:30	5	6 Half Day of Mindfulness 1:30~4:30pm
7Handling Family Conflicts Compassionat ely w/Tokuen 10am~4pm	8	9 Evening Zazen 7:15-9:30	10	11 Evening Zazen 7-8:30	12	13

Next Year's Basic Calendar-Special Events TBA

2011 Mt. Equity Zendo Events Calendar Programs subject to change

Sesshin start Fri. 7:30pm. Late entry: Sa. 9am. End:3pm.

January Silent Sesshin - 1/21 ~ 23 (only Jan. wknd. event)

February Nirvana Sesshin - 2/18 ~ 20

Jesus & Buddha Class: 2/24, 3/3,10,17,24th 7pm-8:30pm

March Sesshin - 3/18~3/20

April Sesshin - 4/15 ~ 4/17 MEZ's 20th Anniversary

May Sesshin - 5/20 ~ 5/22

June Long Summer Sesshin - 6/18 ~ 6/25

July Sesshin - 7/22 ~ 7/24

August Obon Sesshin 8/19 ~ 8/21 "Candles on the River"

September Sesshin - 9/16 ~ 9/18

October Sesshin - 10/14 ~ 10/16

November Sesshin - 11/18 ~ 11/20

Dec. Perseverance (One Day) Sesshin -12/10 (9~10 overnite ok)

Year End Sesshin - Dec.12/30 ~ January 1st noon, 2012

Half Days of Mindfulness - 1st Saturday 1:30~4:30pm

2nd Sat. in July (9th)...(none in May but in April 2nd and 30th)

Full Days of Mindfulness-1st Sun.10am~4pm

(May 1st Buddha's B'day Bash 11:am ~ 2:30pm

Bring friends, backyard flowers, and a potluck!)

July Day of Mindfulness - Sun., July 10th