

# Monterey Bay Zen Center News

Fall 2018

## ENDLESS PRACTICE

We have recently become excruciatingly aware of the powerful divisions in our society. If we are lucky, we have simultaneously noticed the powerful divisions in ourselves. What we see “outside” – in our institutions, values, and systems – is simply a reflection of the divisions within each of us.

Not only are our multiple inner voices in continuous interdependency, arranging and rearranging themselves into ever-changing moments of being, but our “outside” lives are completely intertwined as well, social prospects for some resting on no prospects for others. One world – one planet – one human race – one dynamic, interconnected being.

When I noticed that my sympathies for Whites who were being beaten were different from my sympathies for Blacks who were being beaten, I saw again the delusion of separation. I saw it was based on ignorance, not only the deepest ignorance of oneness, but the simple ignorance of how others live. My imagination was impoverished. It stopped at the boundary of class or color.

The White mind in this society creates and recreates social and economic divisions. So does the Black mind. And so do the minds of Asians and Latinos and everyone else. As students of the Way we must ask ourselves to invite forth the mind that can begin to heal such a divided society, such a divided being. Not by doing anything extraordinary but simply by noticing and acknowledging, the profound absences, foggy presences, raging judgments, and dead ends within. In our own homes and communities we can begin the process of opening our hearts and looking and listening directly, trying to see and hear what we may never have seen or heard before. Direct seeing. Direct hearing.

Do you see anger or fear, frustration or humiliation in the eyes of others? See if you can find anger or fear, frustration or humiliation in your own heart and eyes. Breathe it in and breathe it out. Know your prejudiced mind. Let it go. Breathe it in; let breath carry it out.

When we come to the Zendo we make a contract with ourselves to sit quietly through whatever storms blow through us, through whatever passion arises in us, through whatever cloudiness settles over us. We allow ourselves to be unmoving, physically at least, in the midst of the passions and dramas of our body and mind. This exercise for 40 minutes is the beginning of seeing the world whole. Of seeing the world now. Of seeing the flow of all the energies through us, rivers of emptiness flowing through rivers of form. Within universal emptiness, we exist in universal form. The form side seduces us with

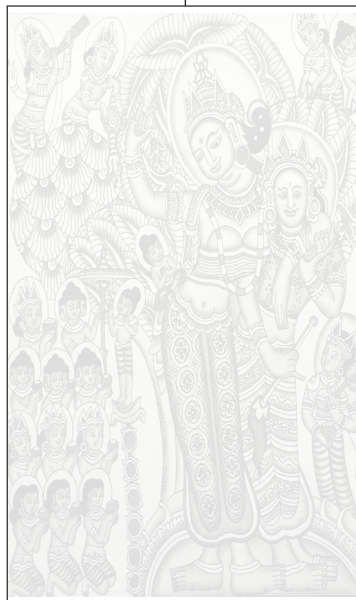
glitter, passion, and drama. The realization of emptiness or nondiscrimination settles us into equality, dispassion, nongrasping.

We walk the way of the ego – the world of form, discrimination and judgment – into the way of non-ego, the way of nondiscrimination. As we “just sit,” allowing everything to come forth from behind the ego’s guard, the way of ego and non-ego walk together. When we can look closely they disappear into each other’s realms.

How does this happen? Listen closely. Look deeply. Just sit. In whatever we do, let us stay “at home” with breath. Finding the courage to breathe in fear and breathe it out. Breathe in hatred and breathe it out. Breathe in peace and breathe it out. Endless practice.

The endless practice of one integrated being. One undivided body. One planet. One human race.

Katherine Thanas  
*Sangha* Newsletter, Summer 1992 Edition



## ANNOUNCING THE MCGOWAN HOUSE ZENDO!

The McGowan House, a multi-use spiritual community center attached to the St. James Episcopal Church in Monterey, is the site of Monterey Bay Zen Center’s new Zendo. The McGowan House Zendo provides a central location to host the expansion of our practice opportunities in Monterey. Featuring classic charm and a sense of history in its design, its best feature may be the inclusiveness and sense of community generated by the many groups who share its use. MBZC’s Zendo is just off the main entry, and includes a library and reception area, a formal Zendo, and a small room for private discussions, sewing classes or other small group meetings. The formal Zendo is left set up for zazen, and features an altar originally created as a gift to Katherine Thanas, recently rediscovered in storage.

Regular periods of zazen are offered at the McGowan House Zendo on Monday mornings 7:00 to 7:40 and Wednesday afternoons 1:15 to 1:45. The space is also being used for classes including a recent series on Sunday morning discussing the book *The Truth of This Life* based on lectures by Katherine Thanas. Sewing Teacher Diane Wells is offering sewing instruction at the Zendo as well.

MBZC’s Board of Directors has established a standing committee to oversee the day to day operation and development of the McGowan House Zendo. Known as the McGowan House Organizing Committee, or McHOC, this committee has facilitated recruitment of volunteers to clean, paint, procure necessary supplies, and expand

our dharma offerings under the guidance of the Teaching Council. McHOC is also working to enhance the exterior of the McGowan house. Although still in need of donations of labor and supplies to complete this work, Nan Borreson, and Gary Gerard, assisted by volunteers, are creating a dry Zen garden alongside the side wall of the Zendo.



McHOC meets monthly to discuss development and to review how best to expand our practice opportunities through the McGowan House Zendo. These meetings are open to anyone who would like to help with this work. Please contact MBZC Board President, Jana Clark at [mbzc.pres@gmail.com](mailto:mbzc.pres@gmail.com) if you would like to participate on this committee.

Whether you have time to participate or just want to see what is happening, please come visit, look around, and let us know what you think. Everyone is welcome.

#### SUPPORTED FROM WITHIN Half Day Sitting

Diane Wells will be facilitating a half day sitting on Sunday, October 14th from 9 am to 1 pm at the McGowan House Zendo, southwest corner of High and Franklin Streets in Monterey. Diane is lay-ordained and has been practicing Buddhism and recovery since 1982. She is currently a sewing teacher at San Francisco City Center and MBZC.

The focus of this half day will be to look at the many points of convergence between 12-steps recovery and the teaching and practice of Buddhism. We will look at how our practice informs our everyday life in recovery. It seems so easy to participate fully in the dramatic highs and lows of our life, but how do we bring energy and commitment to our mundane, ordinary lives.

The schedule for the day includes gentle periods of sitting and walking meditation, a talk and discussion, and will be followed by a pot luck lunch. Soup, bread, and tea will be provided. The day is appropriate for both newcomers (to recovery and/or to Buddhism) as well as seasoned practitioners. There will be a brief meditation instruction available at 8:30 am before the sitting in the Zendo.

There is a suggested donation of \$40, with a sliding scale and scholarships available. Please contact Diane Wells at (831) 588-3787 or [wyl Dewelles@comcast.net](mailto:wyl Dewelles@comcast.net)

This program is part of Ordinary Recovery, a weekly meditation and study group focusing on Buddhist meditation and the 12-Steps of recovery. Meetings are held on Saturdays, 9-10 am the Carl Cherry Center for the Arts, 4th and Guadalupe, Carmel.

#### WEDNESDAY AFTERNOON SITTING GROUP

McGowan House Zendo is now hosting a new sitting group on Wednesday afternoons. It's simple. We welcome Sangha, old friends and new, Soto Zen practitioners, mediators of all traditions, and of none. At 1:15pm a bell rings ... we sit for 30 minutes ... a bell rings ... no dharma talk, no ceremony ... then off we go in this life. Don't know what it is, but something genuine, intimate and light remains. There has been a nice group attending the first five weeks, between seven and ten people. Perhaps, if your time allows, you will sit at McGowan House Zendo with us? Of course, if you're too busy, a cushion is saved just for you. Please, come as you are. If you have questions or comments, please contact Guy Riina at 277-0630 or [choan@guyriina.com](mailto:choan@guyriina.com).

#### MORNING MEDITATION

In the tradition of meditation halls and monasteries all over the world, you have the opportunity to begin the day with morning zazen. We sit on Mondays at 7 am at McGowan House Zendo, NE corner of Franklin and High Street, Monterey next to St. James Episcopal Church. On Thursdays at 7 am, we meditate at the Carl Cherry Center, NW corner of Guadalupe and 4th Ave., Carmel.

We sit facing the wall with our minds and lives for forty minutes. Then we chant and close up the Zendo. We are ready to start the day. The world is bright and crisp and clear. On Thursdays, we go to a coffee house in Carmel to talk, laugh and get to know one another. Join us!

For encouragement or more information, please contact Kathy Whilden at [wildini@aol.com](mailto:wildini@aol.com).

#### THE WAY OF TENDERNESS DISCUSSION GROUP (not the 10th as published)

Beginning Sunday, November 4, 2018, and continuing biweekly, Shogen Danielson will be leading a discussion group on *The Way of Tenderness*. *The Way of Tenderness: Awakening through Race, Sexuality and Gender* by Zenju Earthlyn Manuel is recently published. Discussion will focus on the issues of race, sexuality and gender from a Buddhist perspective. The group will meet at McGowan House, corner of Franklin and High Streets, Monterey, CA from 10 am to noon on every other Sunday. Suggested donation of \$10.00 per meeting. For more information, please contact Shogen at 659-5381. **CORRECTIONS!! Zenju Earthlyn spelling and our apology; beginning date is**

#### SEJIKI CEREMONY **November 4 not the 10th.**

MBZC will have a *Sejiki* ceremony in conjunction with our Tuesday evening service on October 30, 2018 from 6:30 to 8:30 pm. *Segiki* is the ancient and evocative ritual of "feeding the hungry ghosts." *Segiki* is a ceremony for remembering the dead and resolving our own karmic connections with those who have died.



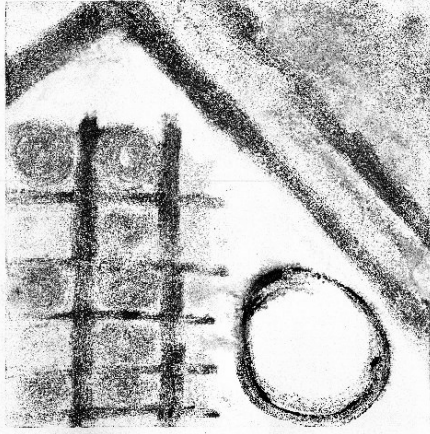
## UNDER ONE ROOF

Monterey Bay Zen Center's 30-Year Anniversary Celebration

Thirty years ago, Katherine Thanas agreed to teach a group of individuals in the Monterey Bay area about Zen Buddhist meditation in the tradition of San Francisco Zen Center and its founder, Shunryu Suzuki Roshi. Initially at the Unitarian Universalist Church and later at the Carl Cherry Center in Carmel, the group coalesced into Monterey Bay Zen Center.

To celebrate our 30th year, on October 27, 2018, the Board of Directors is inviting students, near and far, past or present, to celebrate the anniversary of Zen Center's founding and the legacy of Katherine Thanas. Our Under One Roof celebration will include students from the various practice venues of Monterey Bay Zen Center, including the new Zendo space at McGowan House in Monterey.

The event will be held at the Carl Cherry Center from 1 pm to 4 pm and will include entertainment such as Japanese flute playing and acoustic guitar. A silent auction will also be part of the event for those who might want to support MBZC activities. We are asking for those who are planning to come to bring finger foods to share. Beverages will be provided, including mock cocktails at the Zen Tiki Bar.



We plan to have an exhibit of some photos from the past of Katherine and other memorable events in MBZC history. The primary purpose will be to connect with Sangha members from our different venues and reconnect with old friends from over the years. To that end, admission is free.

Please contact Mark Orrisch at orrisch.markcharles@gmail.com or call at 659-7138 to register for the event. Early registration will help us plan for setting up the event. Clara Nieto will be coordinating the food offerings at ntclara@gmail.com. Donations for the silent auction, including fine art, should be directed to Susan Nine at nasusn@hotmail.com.

Just The Facts!

30 Year Anniversary Celebration.

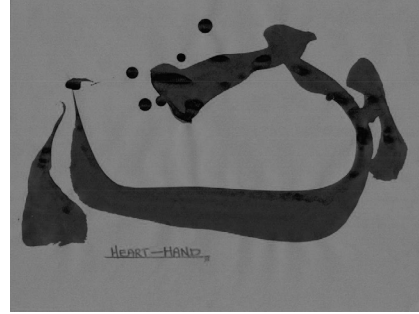
Location: Carl Cherry Center for the Arts,  
NW corner of Guadalupe & 4th Ave., Carmel, CA.

Date: October 27, 2018.

Time: 1:00 pm to 4:00 pm.

Admission is free.

We hope to see you there and then!



## REVOLUTION

*-for Mickey and Kathy in celebration of their marriage  
on February 16, 2004*

I had thought revolution's core was rage and hatred,  
Robed in ideals pristine and unattainable, like freedom,  
Or dictatorship of the proletariat, or all power to the people, but never  
Until now have I known love as revolution's heart,  
And such joy. Yours is not a revolt but a revolving,  
An axial turning, the way the earth revolves on its axis;  
An orbital turning, earth revolving around sun  
And moon around earth. Love's gravity sweeps me  
Into this revolution so we have become brother and sisters.  
Sister, you are writing and rewriting history, for is not love,  
Hidden and much maligned, at the heart of all revolution?  
Your love turns our world on its axis; now we can  
See you, bathed in light, entire—no dark side of the moon  
Any longer. And so, dear sisters, here's to love that makes history;  
To revolutions that bring such joy to our hearts;  
To acts that dispel darkness; to revolving planets and moons  
And all your art has set in motion: a spinning  
In my own heart and these whirling words, testament  
To this tangible freedom of spirit, this dictatorship of the heart,  
This power to all people who open themselves to love.

Elliot Ruchowitz-Roberts

"Revolution" first appeared in *Fire and Ink: An Anthology of Social Action Writing* (2009) and then in *White Fire: Poems by Elliot Ruchowitz-Roberts* (2017).



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For event information, photos, and more, go to MBZC FACEBOOK

MONTEREY BAY ZEN CENTER PO Box 3173, Monterey, CA 93942 831-915-4736

### WEEKLY SCHEDULE

We meet Monday mornings at the McGowan House Zendo in Monterey and Tuesday evenings and Thursday mornings at the Cherry Center, 4th and Guadalupe in Carmel.

#### Tuesday evening schedule:

Zazen 6:30  
Kinhin (walking) 7:10  
Service 7:20  
Lecture/discussion 7:30-8:30

#### Monday, Thursday mornings:

Zazen 7am  
(followed by service and soji)

**Zazen instruction** first Tuesday of each month at 5:30pm

**Ordinary Recovery**, Sats, 9-10am  
Cherry Center, Carmel

**Brown Bag Zen**, Fridays 12:15-1:15  
St. James Church, Monterey

Soto Zen Class	Sat, Oct 13	10:30-noon Cherry Center.
Supported from Within	Sun, Oct 14	9-1pm, McGowan House
Full Moon Ceremony	Tues, Oct 23	6:30-8:30pm, Cherry Center
MBZC 30 Year Anniversary	Sat, Oct 27	1-4 pm, Cherry Center
Hungry Ghost Ceremony	Tue, Oct 30	6:30-8:30pm, Cherry Center
The Way of Tenderness	Sun, Nov 4	10-noon, McGowan House
Soto Zen Class	Sat, Nov 10	10:30-noon, Cherry Center
The Way of Tenderness	Sun, Nov 18	10-noon, McGowan House
Introduction to Zen	Sun, Nov 18	12:30- 2pm, McGowan Hse
The Way of Tenderness	Sun, Dec 2	10-noon, McGowan House
Rohatsu One-Day Sit	Sat, Dec 8	9-5pm, McGowan House
The Way of Tenderness	Sun, Dec 16	10-noon, McGowan House
Closed	Tues, Dec 25 and Tues, Jan 1	
New Year's Celebration	Tues, Jan 1	6:30-8:30pm, McGowan Hse
New Year's One-Day Sitting	Sun, Jan 6	9-4pm, Mc Gowan House
Soto Zen Class	Sat, Jan 12	10:30-noon, Cherry Center