



# Gay Buddhist Fellowship Newsletter

A Monthly Publication of the Gay Buddhist Fellowship, San Francisco

July-August, 1995

## GBF Calendar

**3 Aug., Steering Committee Meeting,** 7:30 p.m. at the home of John Krowka,

**7 Aug., Newsletter Committee Meeting,** 7:30 p.m. at the home of Mark Picciano.

**13 Aug., Sunday Meeting,** 10:30 am, 273 Page Street, SF. Speaker TBA.

**14, 22 Aug., Buddha and Boundaries Workshop.** Preregistration required.

**27 Aug. GBF Picnic,** Tilden Park. Meet 10:30 a.m. at Zen Hospice, 273 Page St., San Francisco. Info: Clint Seiter. The picnic is in lieu of the usual Sunday sitting.

**Late Aug., G/L Buddhist Anthology Meeting.** Info: Daishin David Sunseri, or John Krowka,

**10 Sept., Sunday Meeting,** 10:30 am, 273 Page Street, SF. Speaker TBA.

**11 Sept., Newsletter Committee Meeting,** 7:30 p.m. at the home of Mark Picciano,

**24 Sept., Sunday Meeting,** 10:30 a.m., 273 Page Street, SF.

## GBF to Consider Publishing G/L Buddhist Anthology

In late August there will be an exploratory meeting in San Francisco of persons interested in compiling and publishing an anthology that gives voice to the experiences of gay and lesbian Buddhists. If this idea interests you, please call Daishin David Sunseri or John Krowka for meeting time and location. ♡

## "Buddha and Boundaries" Workshop Scheduled for August 14, 21

Basic Buddhist teaching emphasizes seeing beyond the dualism of Western culture, beyond the boundaries of right/wrong, this/that, and me/you.

Dualism encourages the ego to separate itself from the moment-to-moment experience, often leading us away from the immediate moment to the past or the future. In that sense of separation from ourselves and our lives lies a powerlessness that prevents us from realizing our true potential. We build boundaries (and others help us), and then wonder why we feel cut off and ineffective.

If we recognize the boundaries we have created, we can build bridges over them. Then we are more likely to perceive the universe as being "radically open" and view all things as possible—or at least a lot more possible than we previously thought.

As background for our discussion, the workshop will use notes taken at workshops given by three leaders in the human potential movement: Dr. Leland Kaiser ("Beyond Boundaries"), Dr. Deepak Chopra ("Body, Mind, and Soul: The Mystery and Magic"), and Dr. Jennifer James ("All You Need for a New Universe is a New Mind").

The messages of these three experts about the nature of the world and its potential for each of us are remarkably similar to one another, and also to what the Buddha taught about dualism. Our discussion will attempt to find the common patterns from each of these experts and from Buddhist teachings, and relate them to our lives.

The workshop will meet on two consecutive Mondays, August 14 and 21, from 7:00 to 9:30 p.m. at the home of Alan Oliver. Space is limited. To regis-

ter, call the GBF voicemail line, 415/974-9878. A \$10.00 donation is requested for the two sessions to help pay for copying costs and to raise funds for GBF.

If you cannot attend but would like copies of the three sets of notes, send \$5 along with a note to GBF, and we will send them to you. An article based on the workshop discussions will also appear in the GBF newsletter this fall. ♡

## GBF Hosts Picnic in Tilden Park



On Sunday, August 27, GBF will host a potluck picnic in Tilden Park in lieu of the regular meditation and discussion at the Page Street Hospice. The picnic will be held at the Lake View Site, located on Wildcat Canyon Road.

This gathering of the Gay Buddhist tribe will provide GBFers a chance to socialize and relax in a natural setting away from the city. Anyone needing a ride can carpool with drivers who will be at the Zen Hospice on 273 Page Street at 10:30 a.m. Carpooling is encouraged.

To help defray the expense of renting the site, a \$5.00 donation is requested. However, no one will be turned away for lack of funds. For further information, call Clint Seiter ♡

## Thanks to...

GBF would like to take this opportunity to thank Maurice Dockrell, who has served as our capable, reliable database manager for over four years, and Ron Ginsberg, who has prepared the Local Dharma calendar for the past several months.

## Dharma Centers

- **BSC** Berkeley Shambhala Center: 2288 Fulton Street, Berkeley. 510/841-6475 or 510/549-1481.
- **GGF** Green Gulch Farm (SF Zen Center): 1601 Shoreline Highway, Sausalito. 415/383-3134.
- **HSZC** Hartford Street Zen Center: 57 Hartford St., SF. 415/863-2507.
- **LMB** Land of Medicine Buddha: 5800 Prescott Road, Soquel. 408/462-8383.
- **NI** Nyingma Institute: 1815 Highland Place, Berkeley 94709. 510/843-6812.
- **ODD** Orgyen Dorje Den/Bay Area Yeshe Nyingpo: 410 Townsend #406, SF. 415/826-7181.
- **POL** PÖL Pema Ösel Ling: 2013 Eureka Canyon Road, Corralitos. 408/761-6266.
- **RF** Rigpa Fellowship: 816 Bancroft Way, Berkeley. 510/644-1858.
- **SFBC** San Francisco Buddhist Center: 37 Bartlett St., SF 94110. 415/282-2018.
- **SFSC** San Francisco Shambhala Center: 1630 Taraval St., SF. 415/731-4426.
- **SFZC** SF Zen Center: 300 Page Street, SF. 415/863-3136.
- **SR** Spirit Rock Meditation Center: 5000 Sir Frances Drake Blvd., Woodacre. 415/488-0170, 488-0164.
- **TCL** Tse Chen Ling Center: 4469-23rd St., SF. 415/641-0671.

Do you want a Dharma center's events listed here? Send us a note with information on special events, or arrange for mailings to be sent regularly to: Local Dharma, c/o GBF, 2261 Market Street #422, San Francisco, CA 94114. ♡



# The Local Dharma

July-August 1995

[Note: Sometimes schedules change, so we recommend you call to confirm events.]

## Ongoing Events

**Sundays Introductory Open House.** Meditation and study according to Tibetan Buddhist traditions, as taught by Chogyam Trungpa Rinpoche. 9-noon. Free. Meditation instruction available. BSC

**Sundays Community Practice Day.** Open house, sitting practice session, Shambhala practice session, and talk. Meditation instruction available. SFSC

**Sundays Weekly Vipassana Sitting** with Eugene Cash. 45-minute silent meditation followed by discussion. 2150 Lyon St., SF. Call 979-4879, 7-9 pm.

**Mondays-Saturdays Meditation and Services, 5-7 am.** Zazen/Evening Service, 6 pm. Zazen instruction at 5 pm on Mondays. HSZC

**Tuesdays Sitting, 7-8pm.** BSC

**Tuesdays Weekly Vipassana Sitting** with Howard Cohn. 675 Dolores St. (at 20th St.), SF, 7:30-9:30 pm.

**Wednesdays Shambhala Sitting Practice, 7-8pm.** BSC

**Thursdays Weekly Vipassana Sitting,** with James Baraz. Albany United Methodist Church, 980 Stannage (at Marin), 2 blocks up from San Pablo, Berkeley. 7:30-9:30 pm.

**Thursdays Sitting, 7-8pm.** BSC

**Saturdays Zazen & Dharma Talk, 9 am.** HSZ

## Special Events

**21-23 July (Fri.-Sun.) "Meditation on Fear and Fearlessness"** with senior dharma teacher Tenshin Reb Anderson. GGF

**21-29 July (Fri.-Sat.) Vipassana Retreat** with Jamie Baraz and Sylvia Boorstein,

Santa Rosa. \$360. Contact Paula Amsbury,

6, 20 July and 3, 17 Aug. **Ven. Robina Courtin** returns with a four-evening discussion series on "Knowing the Mind: What's on Your Mind?" Suggested donation: \$10/session. 7pm. TCL

4-6 Aug. (Fri.-Sun.) **August Desert Witness** in Las Vegas and at the Nevada Test Site. Interfaith commemoration of 50th anniversary of Hiroshima and Nagasaki. To register, contact the Nevada Desert Experience, P.O. Box 4487, Las Vegas, NV 89127. Then, to find out about a Buddhist caucus at the site, contact the Buddhist Peace Fellowship, 510/525-8596.

5 Aug. (Sat.) **Zen Sitting** with Ed Brown, 9am-5pm. GGF

6-13 Aug. (Sun.-Sun.) **Seven-Day Sesshin** led by Abbot Zoketsu Norman Fischer. GGF

9 Aug. (Wed.) **Medicine Buddha/Healing Meditation.** 7pm. TCL

11-27 Aug. **Sogyal Rinpoche** featured at the Rigpa Summer Retreat at Lerab Ling on "The Healing Power of Compassion." Based on his book, *The Tibetan Book of Living and Dying*. Call Rigpa at 408/454-9103.

25-27 Aug. (Fri.-Sun.) **The Meaning of Prayer**, a weekend retreat with Zen lay householder priest Yvonne Rand, at Land of Medicine Buddha. 408/462-8383.

25-27 Aug. (Fri.-Sun.) **Teachings with Ven. Ponlop Rinpoche** on "Distinguishing the Provisional from the Definitive Meaning," a song from Jetsun Milarepa. KDK

Sept. **Thich Nhat Hanh** will be in the Bay Area for a "Day of Mindfulness" at Spirit Rock Center and other events. Call the Community of Mindful Living, 510/527-3751. ♡

# Indra's Net and GBF

by Alan Oliver

One of the classic stories of Hindu/Buddhist origins is Indra's Net. The story refers to the vast net over Indra's Palace where, at each connecting point in the net, there is a precious gem with many facets. In each gem can be found the reflection of every other gem in the net. Thus what seems, at first glance, to be a separation among the gems is an illusion. There is the whole net and the whole net in every individual gem.

As we build a communications system for GBF, we are part of "Indra's Net." Preparing and mailing the newsletter, picking up the mail and responding to correspondence, and answering requests from the GBF voice mail line are specific tasks that are part of practice and that create additional opportunities to practice.

In fact it could be said that all of our programs, including Sunday meetings, potlucks, retreats, etc., are a continual "net" of practice and exchange. We invite each one of you to take part in this net of practice. We urge everyone who finds value in the GBF community and its activities to offer some service to our communications net.

Recently a core group of people involved in GBF communications activities met to more clearly define the crossing points of our newsletter process. We agreed that no one person should have to bear the full responsibility for this function. The following newsletter roles require a coordinator and others to help out. Call us (415/974-9878) to indicate where on our "net" you would like to practice.

- *planning*: finding articles in magazines and by cruising the Internet; finding graphics and illustrations to accompany articles; working on a "series" of articles related to a theme (e.g. "Practicing With or Without a Teacher"); finding others to write specific articles.

- *writing*: writing about a topic that interests you; coordinating a column on Buddhist parables (stories that teach a lesson about Buddhism).
- *editing and proofreading*: editing articles for clarity, length, and mechanics.
- *layout/design*: using PageMaker to format issues of the newsletter.
- *illustration*: finding graphics and illustrations; creating illustrations to accompany specific articles; building a computer library of visual images that can be used in future newsletters.
- *data entry*: inputting articles into the computer.
- *calendar*: preparing "The Local Dharma," "GBF Events," and "Beyond the Bay" calendars.
- *transcription*: transcribing taped talks from GBF meetings.
- *database*: maintaining the growing GBF database of almost 500 members, and generating mailing labels once a month.
- *mailing*: coordinating the mailing of the newsletter; holding a monthly mailing party; finding mailing volunteers.

There is a larger communications function in our network that involves increasing contact between GBF and other gay Buddhist individuals and

groups in the Bay Area, in California, on the West Coast, across the country, and even around the world. GBF is often looked to as one source of information, insight, and contact for a gay Buddhist flowering that is taking place within the Buddhist community, in the gay community, and in the larger community.

We need to know who in GBF would like to help us facilitate this flowering of communication. Whether you live in the Bay Area or on the other side of the world, you can participate in our communications practice. Just let us know that you are interested and we'll find some way for you to "practice" with us.

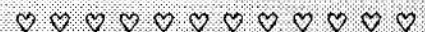
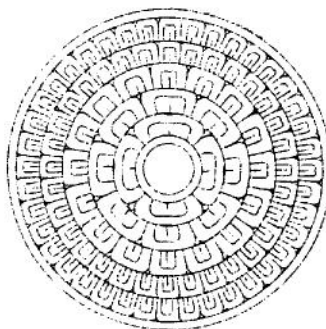
As we work on our inner practice, we also can work on our outer practice. The division or boundary between the two is an illusion. ♡

## Database Managers Make Better Lovers

See? It worked. Now that we've got your attention, we're looking for someone to take over the job of maintaining our computer database of almost 500 members.

Whether you are computer literate or a computer novice, we can teach you how to keep the GBF database up-to-date. Your only other job would be to print out a set of mailing labels each month so we can send out this newsletter.

Sound intriguing? Want to learn new skills? If so, call the GBF voice mail line at 415/974-9878 and leave a message. ♡



## Contributors

Thanks to the following people who helped with this issue of the GBF Newsletter: Maurice Dockrell, Ron Ginsberg, Bob Hass, John Krowka, Alan Oliver, Roger Osborne, Clint Seiter, and Daishin David Sunseri.

