



# Gay Buddhist Fellowship Newsletter

A Monthly Publication of the Gay Buddhist Fellowship, San Francisco

February 1996

## GBF Calendar

Call 415/974-9878 for news about GBF and GBF-sponsored events. To skip the recording and leave a message, press 5.

1 Feb., Thursday Sitting, 8 pm, at the home of Alan Oliver,

6 Feb. (Tue.), Steering Committee Meeting at the home of Clint Seiter,

8 Feb. Thursday Sitting, 8 pm, at the home of Lee Robbins,

10 Feb. (Sat.), GBF Newsletter deadline for calendar, news, and classifieds.

11 Feb., Sunday Meeting, 10:30 a.m. Open Discussion. This meeting will **not** be held at 273 Page Street. Call the GBF information line for location.

15 Feb., Thursday Sitting, 8 pm, at the home of Mark Marion,

22 Feb., Thursday Sitting, 8pm, at the home of Edward Sans,

25 Feb., Sunday Meeting, 10:30 a.m., 273 Page St., SF. Speaker: Petra McWilliams, co-director of The Foundation for the Preservation of the Mahayana Tradition.

10 March, Sunday Meeting, 10:30 a.m., 273 Page St., SF. Speaker: GBF member Samuel Schindler will speak about the Enneagram, a system of sacred psychology based on nine personality types. ♡

## Sunday Speaker Feb. 25 is Petra McWilliams

GBF welcomes Petra McWilliams as our guest speaker at the February 25, 1996, Sunday morning meeting. Petra is a student of Lama Zopa Rinpoche, and co-director of The Foundation for the Preservation of the Mahayana Tradition (FPMT), an international organization of over 70 retreat centers, monasteries, and teaching centers around the world in the Tibetan tradition of Lama Yeshe and Lama Zopa Rinpoche. ♡

## Vipassana G/L Retreat Set for April 3-7

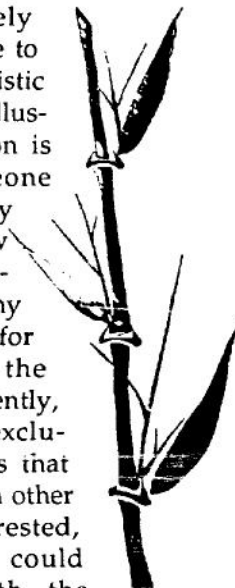
Due to the wonderful turnout at Spirit Rock's recent "Gay and Free" weekends and the considerable interest expressed by participants for a longer retreat together, a group of gay and lesbian vipassana students have organized a five-day retreat this spring. It will be held the week of April 3-7 at the Angela Center in Santa Rosa, and will be led by Eric Kolvig and Arinna Weisman.

There will be silent sitting, walking, and eating meditation; group discussions; and interviews. The cost (\$225) does not include payment to the teachers. Some scholarships are available. An effort will be made to accommodate persons with life-threatening illness. Angela Center is wheelchair accessible.

## Illustrator Sought for Newsletter

The GBF Newsletter is actively seeking someone to join our journalistic "team" as staff illustrator. Our vision is to find someone who would enjoy creating a few simple illustrations to accompany specific articles for each issue of the newsletter. Currently, we must rely exclusively on images that we can find from other sources. If interested, this individual could also work with the editor to shape the overall design of the newsletter.

Here is a creative practice opportunity for a member of our sangha who is artistically inclined. For more information, please contact Bob Hass



## Coming up...

Last month, members of the GBF steering committee and a couple of other GBFers participated in a two-day retreat at Sea Ranch, California, to plan for the future of our sangha. The March 1996 issue of the GBF Newsletter will highlight the deliberations, decisions, and tenor of the retreat.



## Dharma Centers

[Each center offers ongoing programs and activities. If interested, please call them directly.]

- **BPF:** Buddhist Peace Fellowship, P.O. Box 4650, Berkeley 94704. 510/525-8596.
- **BSC:** Berkeley Shambhala Center: 2288 Fulton Street, Berkeley 510/841-6475 or 510/549-1481.
- **BZC:** Berkeley Zen Center, 1933 Russell Street, Berkeley 94703. 510/845-2403.
- **CML:** Community of Mindful Living, P.O. Box 7355, Albany 94707. 510/527-3751.
- **DI:** Dudjom International, P.O. Box 40155, Berkeley 94704. 510/849-9928.
- **EGZC:** Empty Gate Zen Center, 5707 Oakgrove Ave., Oakland 94618. 510/653-5991.
- **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:** POL Pema Osel Ling: 2013 Eureka Canyon Road, Corralitos. 408/761-6266.
- **RF:** Rigpa Fellowship: 816 Bancroft Way, Berkeley. 510/644-1858.
- **SBC:** Saraha Buddhist Center, 3145 Geary Blvd, #515, SF. 415/731-5973.
- **SCZC:** Santa Cruz Zen Center, 113 School Street, Santa Cruz. 408/457-0206.
- **SFBC:** San Francisco Buddhist Center: 37 Bartlett St., SF. 415/282-2018.
- **SFSC:** San Francisco Shambhala Center: 1630 Taraval St., SF. 415/731-4426.
- **SFZC:** San Francisco Zen Center: 300 Page Street, SF. 415/863-3136.
- **SMZC:** Sonoma Mountain Zen Center, 6367 Sonoma Mountain Road, Santa Rosa. 707/545-8105.
- **SR:** Spirit Rock Meditation Center: 5000 Sir Frances Drake Blvd., Woodacre. 415/488-0164.
- **TCL:** Tse Chen Ling Center: 4 Joost Ave, SF. 415/641-0671.
- **VI:** Vajrapani Institute, P.O. Box 2130, Boulder Creek 95006. 408/338-6654. ♥

# The Local Dharma

February-March 1996

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

## Special Events

**3 Feb. (Sat.) "Who Dies?" with Stephen Levine.** The workshop will explore the levels of healing that are possible through living and dying with awareness. There will be guided meditations, lectures, and question-and-answer periods. The workshop will take place at the Scottish Rite Center, 1547 Lakeside Drive, Oakland. For additional information, call 415/753-5755 or fax 415/753-5700. 10 am-5 pm.

*Steven Levine is a teacher of Vipassana meditation and the author of several best-selling books. A colleague of Elizabeth Kubler-Ross, Levine has served people in the processes of healing and dying for over 25 years.*

**4-9 Feb. (Sun.-Fri.) "Men's Retreat" with Jack Kornfield, Robert Hall, Wes Nisker, and Ralph Steele.** Residential retreat at Camp Bothin, outside Fairfax. Cost \$285.

**26 Feb. (Mon.) "Death and Dying" with Lama Tharchin Rinpoche.** Open Secret Bookstore, 923 C Street, San Rafael. \$15. 7 pm.

**10 Mar. (Sun.) "Snow on the Mountaintop: a Day of Mindfulness Focused on Our Own Aging Process and Caregiving For Older Parents" facilitated by Tova Green and Paul Takayanagi with a Dharma talk by teacher Maylie Scott.** This all day event will feature meditation periods, guided meditations, and small and large group discussions. \$15 donation. 8:45 am-4 pm. Call 510/649-2566 to register or for more information. BZC

**16-17 Mar. (Sat.-Sun.) "The Art of Meditation" with Robert Hall.** Exploring the relationship between sitting/walking and creativity. Contact codes RH1 (3/16) & RH2 (3/17). SR

**24 Mar. (Sun.) "Day of Mindfulness and Movement" with Wes Nisker and Adrienne Mohr.** Contact code WN1. SR

## Beyond the Bay

**3-4 Feb. (Sat.-Sun.) "Tasting the Great Bliss: Introduction to Tantric Practice" with Tubten Pende.** Have you ever experienced problems with self-esteem or wallowed in worthlessness? These problems arise solely through our clinging to mistaken perceptions of ourselves and our reality. This uplifting program will help shatter these false and destructive notions we so often carry around. Sessions involve explanation about the connection between tantric practice and Buddhism, as well as guided meditations. 10 am (2/3)-4 pm (2/4) VI



## Contributors

Thanks to the following people who helped with this issue of the *GBF Newsletter*: Alan Oliver, Bob Hass, Chris Webster, Daishin David Sunseri, David Holmes, Greg Eichler, Harv Whitten, Jerry Gagnon, Joel Michael, John Krowka, Mark Marion, Rob Del Ré, Robin Levitt, Ron Ginsberg, and Trebor Onas.

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥

## SF Mindfulness Community Now Meeting in Castro

The San Francisco Mindfulness Community invites all interested persons to sit with them every Monday evening from 7:30 to 9:00 at the Hartford Street Zen Center, 57 Hartford Street (near Castro & 18th Streets). After a 40-minute period of sitting and walking meditation, the group listens to a taped talk by its teacher, Zen master Thich Nhat Hanh, the founder of the Order of Inter-being. The talks, which center on how to apply mindfulness practice to everyday life, are followed by dharma discussions.

Once a month, members of the community recite together the Five Wonderful Precepts. They also regularly join other Bay Area mindfulness communities on weekend retreats.

### Newsletter Mailing Coordinator is Found!

GBF member Mark Marion has graciously offered to serve as the newsletter mailing coordinator for the next six months. Mark also serves as one of the hosts for the Thursday night sittings.

We encourage GBFers to support Mark by volunteering to attend one or more mailing parties.

### Gay-Friendly Buddhist Lodging in LA

GBF members planning a stay in the Los Angeles area are invited to stay at The Zen Hostel. The facility is affiliated with The Community Meditation Center. Private and shared rooms are available, beginning at \$18 per person. For more information and reservations, contact the hostel at: 310/204-6626 or 213/384-7817; fax: 310/204-0744; e-mail: qctp73a@prodigy.com. ♡

## "The Sower"

Adapted by Rob Del Ré

[The following dharma tale comes from a book titled *The Gospel of Buddha* by Paul Carus (Chicago: Open Court Publishing Company, 1917). It has been shortened and paraphrased for publication here.]

The saying, "You reap what you sow," reminds me of the story of the Brahman farmer and the Buddha.

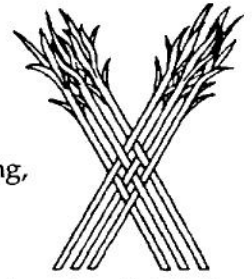
There once was a wealthy Farmer named Bharadvaja, who was busily celebrating his abundant harvest in the central marketplace. Suddenly Buddha appeared with his usual begging bowl.

Some in the crowd gave to him happily, but Bharadvaja the Farmer held back, finally saying angrily, "Sir, it would seem more proper to do some honest day's work, than to beg for one's subsistence. Do as I must do by working the field, first by plowing, then by sowing, and finally by harvesting. Then do I gain the fruit of my labor."

The Buddha, having listened patiently to the man, responded, "I, too, am a 'Farmer of the Soil' for I plough and sow, and having done that, I am able to reap the 'fruit of my planting' as well."

Bharadvaja, after hearing this, was taken aback, and rejoined, "Honorable Sir (looking around), then where are thy

bullocks, the seeds for planting, and the plough for working the soil?"



Buddha smiled, saying, "Truly I am here to show you and thereby liberate. Listen. 'Faith is the seed that I sow, and Good Works are the water that fertilizes it, while Wisdom and Modesty are the plough, and my Mind guides the rein. And Earnestness and Exertion are the willpower and drive of my oxen. Further, the ploughing that I do is to destroy the weeds of Illusion or Maya. And the harvest it all bears is the immortal fruit of Enlightenment or Nirvana.' "

Upon hearing all this, Bharadvaja bowed down, offering Buddha a golden bowl in place of his wooden begging bowl. Filling it up with sweet rice milk, he said, "Let the Enlightened One partake of this 'offering' for you. Verily, plough that which bears truly 'the fruit of immortality.' " ♡

*Rob Del Ré is a GBF member who is very interested in carrying his practice mindfully into his everyday life.*

## Classifieds Corner



### HOUSING SEARCH

Seeking shared living arrangement in northern part of SF beginning 4/1/96. Interested in creating greater sense of gay Buddhist community, mutual support, spiritual growth. If you know of a situation that fits this vision, call Alan Oliver,

### NEW CAREER NETWORKING

Beginning new career in ecology/environmental field. Would like to meet others working in this area to share my vision, explore the possibilities, and network. If this is you, or if you know someone I should talk with, please call Bob Hass,

### PENPAL

Gay Buddhist majoring in writing seeks another writer to exchange work and correspondence. Am also classical piano player, Tai-Chi enthusiast, total vegetarian. Sun Ying,

