



Gay Buddhist Fellowship

Newsletter

May 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.

2 May, Thursday Sitting, 8 pm, at the home of Bill Kirkpatrick.

4 May, Saturday Sitting (East Bay), 10 am, at the home of Geoff McEnany.

7 May (Tuesday), Steering Committee Meeting, 7:30 pm, at the home of Alan Oliver.

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

11 May (Sat.), Hike in Annadel State Park and Potluck. Meet at 9:00 a.m. at Zen Hospice, 273 Page St., SF. (Details, page 1.)

12 May, Sunday Meeting, 10:30 a.m., 273 Page St., SF. TBA.

16 May, Thursday Sitting, 8 pm, at the home of Mark Marion.

18 May, Saturday Sitting (East Bay), 10 am, at the home of Geoff McEnany.

23 May, Thursday Sitting, 8 pm, at the home of Edward Sams.

26 May, Sunday Meeting, 10:30 a.m., 273 Page St., SF. Open Discussion.

30 May, Thursday Sitting, 8 pm, at the home of Edward Sams.

Foundations of Buddhism Workshop to be Offered Again

A year ago GBF offered a seven-week series of meetings that addressed basic Buddhist information, concepts, and forms of Buddhist practice. This opportunity was particularly suitable for those new to Buddhism who wanted an overview of this spiritual practice. A conceptual framework is suspect in Buddhism, but it can establish some familiarity with language, concepts, and approaches that can aid in understanding readings, dharma talks, and Buddhist discussions.

Instead of a multi-week study group, we have streamlined the format into two sequential Saturday workshops. These two full-day sessions will be held on June 8 and 15. There will be a charge of \$10 per session for a total of \$20 for both parts of the Foundations Workshop.

The workshops will include readings, presentations, question-and-answer dialogue, and some sitting practice. There will not be as much time for free-

ranging discussion as in the past, but we will endeavor to address the same range of topics with time for some related questions and shared answers.

The first session on June 8 will focus on the Buddha, Buddhist history, The Four Noble Truths, The Precepts, and key concepts. The second session on June 15 will focus on the major Buddhist traditions and key practice questions.

If you are interested in participating in this two-part workshop, send a check for \$20 payable to GBF, along with your name, address, and phone number, to: GBF Workshop, 2261 Market Street #422, San Francisco, CA 94114.

The workshop is open to 25 participants and will be closed once that number have registered. Details on place and time will be sent to all participants, along with handouts to be read before the first session begins. ♡

Morning Meditation

GBF will sponsor a silent, half-day of meditation practice on Saturday, June 1, 1996, at 791 29th Avenue (at Cabrillo) in San Francisco, from 8:45 a.m. to 12:30 p.m. (The entrance is next to the garage.)

The moderate schedule will include sitting and walking meditation, sutra recitation, and a brief dharma reading. Please bring a meditation cushion or bench. Preregistration is required. To register, mail a check for \$5.00 payable to GBF to: GBF Sitting/6/1/96, 2261 Market Street #422, San Francisco, CA 94114. Please include your name and phone number. For more information, call Daishin David Sunseri

May Hike Planned to Annadel State Park

Due to the success of last month's hike, GBF is sponsoring a second hike on Saturday, May 11. This time we'll be traveling to Annadel State Park near Santa Rosa. On the trail, we'll pass through forests, meadows, and chaparral of Douglas-fir, bays, redwoods, and oaks. There will also be wildflowers to enjoy. We'll stop for lunch at picturesque Lake Ilnanjo.

This hike (5.5 miles) is longer than last month's, but again we'll take a leisurely pace. There will be a potluck

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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

May-June 1996

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

Special Events

6 May (Mon.) "The Life Story of Yeshe Tsogyal" with Lama Tharchin. Cost \$15. 7 pm, Open Secret Bookstore, 923 C St., San Rafael. 415/457-4191.

8 May-26 Jun. (Wed.) "Reducing Stress, Working & Living Mindfully-A Course For Health Professionals, Caregivers, and People with Chronic or Life-Threatening Illness" presented by the Zen Hospice Project. This experiential course emphasizes mindful breathing and awareness of the body, gentle movement and stretching, guided meditations, exercises in awareness of everyday experiences, and presentation of research findings. Cost \$295. To register, send \$75 deposit to ZHP, 273 Page St. San Francisco CA 94102 or call 415/863-2910.

10-13 May (Fri.-Mon.) "Healing the Father Wound" with Gordon Clay. A boy's first impressions about men come from his early experience with his father. Their relationship shapes his opinions of what a "man's role" should be. Through movement and breath work, experiential exercises, appropriate emotional release, and ritual, participants will break down old barriers of competition, fear, and mistrust, and begin the healing process. Harbin Hot Springs. Cost \$450. Information & Registration: Dad, c/o Healing the Father Wound, P.O. Box 800, HHS, San Anselmo, CA, 94979-0800, or call 415/453-2839.

11 May (Sat.) "Practice and Single Life" with James Baraz, Steven Newmark, and Shoshana Alexander. This retreat will address the topic of attraction, passion, and sexuality, and whether they can be made conscious. It will include experiential exercises and group discussion. Contact Code: JB9. 10 am. SR

15 May (Wed.) "Diligence" with Jigme Rinpoche. Cost \$10. 7 pm, Open Secret Bookstore, 923 C St., San Rafael. 415/457-4191.

17 May (Fri.) "Spiritual People Don't Get Angry and Other Myths." Do you have ideas about how the "correct spiritual person" thinks, acts, and feels? Where do you get them? Are they true? What price do you pay for believing them? Spend an interactive evening with Soto teacher Cheri Huber exploring these and other questions. East West Bookshop, 342 Castro St., Mountain View. 415/988-9800. Cost \$8. 7:30 pm.

26 May (Sun.) "Working With Pain" with Eugene Cash & Adrienne Mohr. Meditation, movement, and small and large group process using the practice of mindfulness. 10 am-5 pm. Contact Code: EC2. SR

16-21 June (Sun.-Fri.) "Meditation of Fear and Fearlessness" with Senior Dharma Teacher Tenshin Reb Anderson. This retreat will consider what many of us find to be most frightening—just being and expressing ourselves. This is the core of Zen practice. Through meditation and discussion, there will be an opportunity to recognize, understand, and become free of fear and anxiety. Our studies will include the five forms of fear and three forms of anxiety. \$350 for commuters; \$500-550 for accommodations. GG

23 June (Sun.) "Meditation/Walk for the Earth." Come celebrate the summer solstice and confirm your gratitude to the earth for supporting our life and practice. We will silently walk the Green Gulch headlands (3-4 miles), stopping at points to chant and dedicate our practice to earth, air, water, and fire. Meet at the Green Gulch farm office. 2-6 pm GG

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Beyond the Bay

16 May (Thu.) "Jiva Goswami's Tattva-Sandarbha: Sacred India's Philosophy of Ecstasy" with Swami B.V. Tripurari. Swami's newest book is a medieval Sanskrit manuscript, eloquently explaining devotional Vedanta, and the philosophy and nature of nondual consciousness. No charge. 7 pm. Gateways Bookstore, 1018 Pacific Avenue, Santa Cruz. 408/429 9600. ♡

Conference on Buddhism in America

"Buddhism in America," a landmark conference on the future of Buddhist meditation in this country, will be held January 17-19, 1997, at the Park Plaza Hotel in Boston. Teachers from all major traditions will participate, including Professor Robert Thurman, Dr. Jon Kabat-Zinn, Lama Surya Das, Wes Nisker, John Stevens, Tetsugen Glassman Roshi, Rick Fields, Helen Tworokov, Dr. Miranda Shaw, Ven. Henepola Gunarantana, Toni Packer, Mu Soeng, and many others.

For a conference brochure, contact: Buddhism in America Conference, 369 Pleasant Street, Northampton, MA 01060; 413/586-4269; fax: 413/586-1188; e-mail: allonezen@aol.com. ♡

Gay Men's Retreat June 19-23 in Sonoma County

"Sustaining Heart and Spirit," a retreat for gay men, is being held June 19-23, 1996, and again September 18-22, 1996, at Anvil Ranch in western Sonoma County. The purpose of the retreat is to facilitate the experience of true strength, wisdom, and love that gay men can access through spiritually-focused community.

The program will include a balance of silence, personal sharing, discussion, outdoor time, creative expression, and guided meditation. It is also a place for gay brothers who have not yet found a way to nourish their spiritual nature. Cost for the four days is \$265 (indoor accommodations) or \$205 (camping). For more information, contact David Carr, Retreat Coordinator,

Hamilton Family Center: Opportunity for Engaged Buddhism

As has been described in past issues of this newsletter, on the third Saturday of every month a team of GBFers gets together and prepares a dinner for the residents of the Hamilton Family Center, a San Francisco shelter for homeless families. Currently we are looking for new volunteers who would be interested in participating in this event. This involves spending a Saturday afternoon and part of the evening in the center's kitchen with other GBF members cooking a meal for up to 50 residents, half of whom are young children.

Most of the volunteers find the experience tremendously rewarding. The preparation of a nourishing, delicious dinner can be a deeply loving act between the cooks and those who enjoy it. The project personalizes the experience of homelessness. It allows us to meet with the residents of the shelter and to get a better sense of their humanity. Also, working with fellow GBFers is a great opportunity to build sangha—not to mention the fact that it's fun.

Most of us see the suffering around us and wish there were some way we could ease it. This is one way. If you are interested in participating, please call Clint Seiter

May Hike

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picnic, so please bring something to share with others. Carpools will leave the Zen Hospice at 9:00 a.m. (273 Page Street, SF) and will return to the city about 5:00 p.m. Maps will be available that morning. Bring a sweater or jacket, water, a blanket, and sunblock. Rain cancels.

Afterwards, hikers are invited back to Bob Hass' home in Sonoma to relax, and to prepare and enjoy a meal together. If you plan on participating in the evening meal, please let Bob know in advance. However, you do not need to worry about bringing ingredients for the evening meal; your appetites and culinary skills will suffice. For more information, call Bob Hass

GBFers Trek to Chimney Rock

Last month's annual pilgrimage to Chimney Rock in the Point Reyes National Seashore was a case in point of the universe conspiring to create a near-perfect day. The weather was warm and, unlike the gale force winds of last year's hike, there was nothing but gentle breezes to keep the day cool.

Best of all, the wildflowers were in full bloom, carpeting the fields with different colors, shapes, and sizes. Thanks to Larry Alegre, the group's unofficial amateur botanist, we were able to identify blue-eye grass (small blue flowers with yellow centers); mule ears (bright yellow, miniature-like sunflowers); Indian paint brush (brilliant orange-red blooms on spikes); Douglas irises (ornate deep purple to pale lavender blossoms); California buttercups (five-petalled yellow flowers); marsh mallows (dark pink flowers); and, of course, hundreds of California poppies.

All of us spent the greater part of the day camped out on the point, eating the shared food we had brought, talking, relaxing, sunning, snoozing, and soaking in the views of the Pacific from the nearby cliff tops. Afterwards, we took a side trip to the Point Reyes Lighthouse, descending and later ascending all 330 stairs to the rock spur on which the lighthouse is perched. A few of us spotted migrating whales and families of sea lions playing in the ocean below. My thanks to everyone who showed up and helped make it such a special day.

—Clint Seiter ♡

Thanks...

Thanks to David Sunseri, who is leaving the steering committee after a lengthy period of service. His contributions are too numerous to mention. He now plans to concentrate his efforts on supporting practice opportunities within GBF. We also thank him for coordinating our recent fundraising letter mailing.



