



Gay Buddhist Fellowship Newsletter

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

4 June (Tuesday), Steering Committee Meeting, 7:30 pm, at the home of Edward Sams.

6 June, Thursday Sitting, 8 pm, at the home of Bill Kirkpatrick.

9 June, Sunday Meeting, 10:30 a.m., 273 Page St., SF. Discussion.

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

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

20 June, Thursday Sitting, 8 pm, at the home of Mark Marion.

23 June, Sunday Meeting, 10:30 a.m., 273 Page St., SF. Zen monk Daishin David Sunseri will give a dharma talk on the subject of intimacy.

27 June, Thursday Sitting, 8 pm, at the home of Edward Sams.

2 July (Tuesday), Steering Committee Meeting, 7:30 pm, at the home of Larry White.

Sunday Speaker

The speaker for our Sunday morning meeting on June 23, 1996, will be Daishin David Sunseri, a Zen monk, a disciple of Issan Dorsey-roshi, and a member of GBF. He has practiced in the gay Buddhist community for the past 12 years, and has worked with the sick and the dying for over a decade. He will give a dharma talk on intimacy.

Newsletter Schedule

The next issue of the *GBF Newsletter* will be a combined July-August issue, so please send in all articles and information by Friday, June 14. Those with computers are requested to submit articles on disk in Mac format using Word or WordPerfect, along with a hard copy.

Half-Day of Meditation Set for July 21

On Sunday, July 21, 1996, GBF will sponsor a silent morning of meditation practice at Kairos House, 2128 15th Street (near Market) in San Francisco from 8:45 a.m. to 12:30 p.m. The moderate schedule will include sitting and walking meditation and a brief Dharma reading. Be sure to bring your own meditation cushion or bench. Pre-registration is required. To register, please mail a check for \$10.00 payable to GBF to: GBF Sitting-7/21/96, 2261 Market Street #422, San Francisco, CA 94114. Include your name and phone number. If you have any questions about the sitting, call the GBF information line at 415/974-9878 and someone will get back to you. We hope to see you there. ♡

Space Still Available in Buddhism Course

The Foundations of Buddhism course will be offered on two consecutive Saturdays, June 8 and 15. The cost of the two-session course is \$20.

This is an opportunity to review the basic background and concepts of Buddhism and thus establish a stronger knowledge base for your practice. It is especially recommended for those who are new to Buddhism and want an overview of this spiritual path.

If you wish to attend, please call Alan Oliver or Daishin David Sunseri as soon as possible, so that course materials can be sent to you in time to be read before the first session. ♡

GBF Steering Committee

Below are the names and telephone numbers of the current GBF Steering Committee members. We encourage you to contact any of us whenever you have an idea or concern you want to discuss. Feel free to speak with us at GBF events or to call us at home.

- Paul Dalwigk
- Avery Freed
- Peter Goetz
- Bob Hass
- David Holmes
- Robin Levitt
- Ding-Hao Ma
- Tom Moon
- Alan Oliver
- Edward Sams
- Clint Seiter
- Larry White

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:** Dharma 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:** PÖL Pema Ösel 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

June-July 1996

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

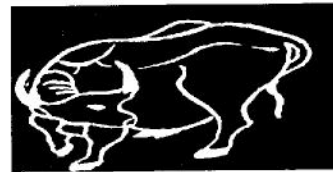
Special Events

7-9 June (Fri.-Sun.) "A Peaceful Heart."
A weekend mindfulness retreat led by Arnie Kotler and Therese Fitzgerald. This retreat will be a time to practice mindfulness together, in the setting of a lovely Tibetan Buddhist monastery, nestled in a serene redwood forest. It will be an opportunity to sit, walk, eat, enjoy tea, and share the Dharma in mindfulness. Fri. 4 pm-Sun. 2 pm. Cost: \$90-120. CML

7 June (Fri.) "The Quantum Paradigm and its Implications" with George Weissmann, Ph.D. This evening program is part of an ongoing series of lectures known as the Consciousness and Science Discussion Group, offered free-of-charge by the Bhaktivedanta Institute. The speaker will address what this new vision of the quantum theory implies for embodied beings, and will discuss some remarkable parallels with the views of Buddhism and Taoism. Room 300, Health Sciences West, UC San Francisco. 7:30-10 pm. 510/465-7618.

7 June (Fri.) "Jailing the Truth: An Evening of Inquiry With U.S. Army Capt. Lawrence Rockwood." An engaged Buddhist who was court martialed for voluntarily witnessing the conditions of political prisoners held in Haitian jails, Rockwood will speak about his own case, and the suffering of others that is often masked when society fails to address military issues. Berkeley Unitarian Fellowship, Cedar and Bonita Sts. 7:30 pm. BPF

8 June (Sat.) "The Beauty and Wisdom of the Buddhist Teachings" with the Venerable Lama Tharchin Rinpoche. This Dzochen master of Vajrayana Buddhism will discuss the basic principles of Buddhism and will be avail-



able to answer your questions regarding the Buddhist path. East West Bookshop, 342 Castro St., Mountain View. 415/988-9800. Cost \$8. 7:30 pm.

22 June (Sat.) "Zazen in Motion" with Darlene Cohen. We tend to pick and choose the moments that we think are worthwhile to be alive and then are numb to the rest. In this workshop, participants will learn to use ordinary daily tasks to develop mindfulness; practice gentle movements that facilitate body awareness; discuss strategies for dealing with pain; and explore the importance of pleasure in creating a generous spirit. 1-4:30 pm. SFZC

4 July-1 Aug. (Thursdays) "Buddhist Psychology" with Senior Dharma Teacher Reb Anderson. In this class, participants will deeply study the psychological processes that give rise to bondage and suffering, as well as the processes and practices of liberation. 7:30-9 pm. Register by phone. SFZC

Beyond the Bay

12-16 June (Wed.-Sun.) "Insight Meditation & Deep Ecology" with Wes "Scoop" Nisker. Through creative use of the traditional Buddhist "Four Foundations of Mindfulness," participants will examine their biological heritage, understand the animal body and survival aspects of their personalities, and finally examine the nature of consciousness itself. LMB

28-30 June (Fri.-Sun.) "Transforming the Mind" with Geshe Kalsang

(continued on next page)

Local Dharma

(from page 2)

Wangdu. The Tibetan method of thought transformation, *lo-jong*, is designed to free our thoughts from self-centered attitudes. Having then acquired a new frame of mind directed to the benefit of all beings, we shall be able to dedicate ourselves totally to their happiness. Check-in Fri., 5 pm. Cost: \$100. VI

5-7 July (Fri.-Sun.) "Practicing Compassion: An Exploratory Forum on Socially Engaged Buddhism." This is a workshop for Buddhists who are social activists, and for others interested in learning how Buddhist practice can invigorate social action, and how social action can invigorate Buddhist practice. It is being held on the weekend of the birthday of His Holiness The Dalai Lama, who is widely regarded for his life of compassion in action. Speakers to date include: Donald Rothberg, Diana Winston, Daishin David Sunseri, Don Marx, John Landaw, and Charlie Hinton. The weekend will include panel discussions, small group exercises, and sitting meditation. \$75-100 sliding scale. Info: Kate Savannah. VI ♡



The Gay Buddhist Fellowship exists to support Buddhist practice in the gay community, to contribute to the well-being of the larger community, and to support the growing network of gay practitioners in the U.S. and around the world. As an expression of our practice, it is our intention to create a spiritual home for our community that is accepting, open, inclusive, and caring.

The Gay Buddhist Fellowship Newsletter is published monthly by the Gay Buddhist Fellowship. It provides news of interest to GBF members. It also serves as a forum where gay Buddhist practitioners can address spiritual concerns regardless of their form of practice or tradition. All signed articles express the opinions of the author and do not necessarily reflect those of the GBF. © 1996 Gay Buddhist Fellowship. All rights reserved.

Meditation Retreat for Gays, Lesbians in NY

Vipassana teachers Eric Kolvig and Arinna Weisman will lead a retreat for lesbians and gays on July 18-21 at Zen Mountain Monastery in Mount Tremper, New York. Over the last few years they have led many Buddhist meditation retreats together around the country. Here is their brief description of the retreat, titled "Liberating Sexuality:"

"For lesbian and gay people, bringing together our lives and spiritual practice means forging freedom in the crucible of discrimination, AIDS, cancer, and institutions that often condemn us for who we are. We will use the spiritual tools of mindfulness and acceptance to work with the negative patterns that can impede our happiness. This retreat will be about wisdom and love: how to cultivate a clearer mind and more open heart, and how to live more empowered lives."

Participants will follow a rigorous monastic schedule, including silent sitting, walking, and eating meditation. There will also be time each day for talks and group discussion. For further information or to register, call or write: Zen Mountain Monastery, P.O. Box 197, South Plank Road, Mt. Tremper, NY 12457; 914/688-2228; fax: 914/688-2415. ♡

Ajahn Jumnie to Teach at Spirit Rock

Ajahn Jumnie, Thai forest monk and meditation master renowned for his metta (lovingkindness), returns to Spirit Rock this July. When Ajahn Jumnie taught here last year, he charmed and amazed everyone with his Dharma wisdom, energy, and lovingkindness. In turn, he was delighted to be at Spirit Rock to teach the Dharma.

Ajahn Jumnie teaches a daylong on Sunday, July 14; a weeklong retreat July 15-19; and a daylong on Saturday, July 20. The cost is \$25 per day (no lunch). Contact codes: AJ1 (7/14); AJ2 (7/15); AJ3 (7/16); AJ4 (7/17); AJ5 (7/18); AJ6 (7/19); AJ7 (7/20). ♡

Progress Report on GBF Incorporation

From a practice standpoint, it has been a challenging opportunity to remain mindful while dealing with the Secretary of State, the Franchise Tax Board, and a plethora of bureaucratic terminology during the preparation of application documents for GBF's tax-exempt status. Our application has now been submitted to the State of California, and we are hopeful that everything will go smoothly. We should hear from them within 60 days.

In the meantime, steering committee members Paul Dalwigk and Larry White have generously agreed to complete the documents required to apply for *federal* nonprofit status with the Internal Revenue Service. Anyone wishing to see GBF's Bylaws or Articles of Incorporation, or who would like to help with the federal application, should contact the GBF Steering Committee. While we do not yet have nonprofit or tax-exempt status, we are working towards attaining it before the end of 1996.

Tax-exempt status will likely encourage increased donations to GBF, enable us to obtain grants, and allow us to send out mailings as a nonprofit corporation at reduced postal rates. With it comes the added responsibility of adhering to state and federal regulations regarding nonprofit corporations, including filing annual tax forms. With its mindful application, however, tax-exempt status affords our sangha a skillful means to help fulfill GBF's mission of promoting and supporting the practice of Buddhism in the gay community. ♡



Spirit Rock Goes Online

Spirit Rock Meditation Center now has its own web page at <http://www.spiritrock.org>. It provides information about Spirit Rock, a calendar of events, and biographies and photographs of its teachers. ♡

