

when people talk about war
I vow with all beings
to raise my voice in the chorus
and speak of original peace.

Robert Aitken

from *Poets Against the War*



SUMMER 2003 BULLETIN

Dharma Talk Each Wed Eve 7:30 PM (NEW TIME)
following 7 PM zazen cost: donation
SEE BACK PAGE FOR ANY SCHEDULE DETAILS & CHANGES

Jun-Sept Rev. Teijo Munnich, ZCA - or guests:

Aug 13 - Stephanie Keach: Yoga and Zen Practice

Aug 20 - Larry Ward: America's Karma:
a Meditation on Compassion

Aug 27 - Daigu Randal Pride: Poetry as Practice

Sept 3 - Meredith McIntosh: Alexander Technique

Zazen Meditation Instruction 1st Saturday each
month. Instruction in zazen / temple protocol;
discussion. 9-10:30 AM, cost: donation

**Complete Zazen Schedule (morning-evening) and
Temple Cleaning** see complete schedule on back

All Day Sitzings 2nd Saturday each month.
see complete schedule on back - July 12, Sept 13.
Oct 11 (no Aug all day sitting scheduled)
cost: donation, please register - phone mail or email

Family Meditation Sundays: July 13, Sept 14,
3 - 4:30 PM

Dogen Study Group Tuesday after 7 PM zazen
Sept 6 - Oct 21 text: *Bendowa*

Community Retreat: Meditation Weekend Friday,
July 25 at 7 PM to Sunday, July 27 at 9 AM, Black
Mountain, NC. For details see enclosure.

Non-Violent Communication Workshop
Aug 15, 7-9 PM & Aug 16, 9 AM-5 PM / see inside

Rev. Munnich's Summer/Early Fall Itinerary
see inside for place, time, contacts & details.

All-Day Alexander Technique Workshop
led by Meredith McIntosh Saturday,
Sept 6, 10 AM-1 PM and 2-5 PM
Location: TBA Pre-registration (before Aug. 23):
\$60; \$70 for regular registration Pick up a
registration form at ZCA or contact Meredith at
merrci@yahoo.com or 258-8840

Fall Sesshin - "What is Just Sitting?"
Sept 17-21 at Southern Dharma Retreat Center
with Teijo Munnich and Rev. Shohaku Okumura,
Contact SDRC at: 828 622-7112

**Walking Meditation on the Appalachian Trail
with Rev. Shohaku Okumura** Sept 26-28
For details see enclosure.

Daishinji Fall Practice Period Sept 9-Oct 28

Requirements:

- ✦ Sign up on ZCA bulletin board or by sending
a letter or email to ZCA
- ✦ Attend opening tea on Sept 9 at 8 PM
- ✦ Sit three periods of zazen per week
- ✦ Attend Wednesday Dharma Talks
- ✦ Attend all-day sittings Sept 13 & Oct 11
- ✦ Schedule a weekly dokusan session
- ✦ Attend closing tea on Oct 28 at 8 PM

For additional information contact the Temple
Ino, Shinzen Marcus Chatfield

Jukai

Every two years, ZCA holds a ceremony for
receiving the precepts. The next ceremony will
take place in March 2004. Those who are
interested will meet to begin rakusu sewing on
Sat, Oct 4, 9 AM-4 PM. A regular sewing schedule
will be established at that time. Requirements for
participating include completing a rakusu,
attending a short sesshin prior to the Jukai
ceremony, and attending the ceremony. For more
information, contact the temple Ino, Shinzen
Marcus Chatfield, at 253-2314.

Dokusan Times

Teijo is making additional times available for
teacher-student interviews. The full schedule:

- ☞ Tuesday evenings during zazen
- ☞ Friday mornings during zazen
- ☞ Saturday mornings, 9-10:30 AM
- ☞ Afternoons during Saturday all-day sittings

Please sign up ahead of time for dokusan.
Dates Teijo is available will be posted along
with a sign-up sheet on the porch at ZCA. If
you need to set up an alternate time or have
any questions, please contact Myoko Katherine
Blackburn at 252-8346 or kb614@ioa.com.

Great Tree Update Sunday, July 27, 11 AM

at Zen Center of Asheville

All sangha members are invited to attend this
update on plans for Great Tree, Rev. Munnich's
women's practice center, provided by the Great
Tree board. Snacks will be served!

Financial News

Each of us is supported by all beings! How
often I have heard Reverend Munnich remind
us of this. And, working in my garden this
spring proved her statement to be true. Worms,
bees, rich soil, composted vegetables, rain—all
of these to support the tiny yellow blossoms on
tomato plants gifted to me by a friend. We all
support the life of Zen Center and, in turn,
receive the Triple Treasure. With this in mind, I
would like to share some information about
our finances.

Between January and May of this year,
contributions to our teacher totalled less than
\$600. During the same months last year, dana
to Teijo Sensei totalled \$1,200. We need to
remember that Sensei's financial needs are
supported through dana received directly from
sangha members and through a small stipend
from ZCA, made possible by sangha donations
to the Center.

Currently, there are adequate funds in the ZCA
account, but we lack regular contributions to
maintain our balance. I encourage each of you
to read the membership information in this
newsletter and make a regular pledge, as the
consistency of pledged money provides the
Center financial stability. Any day is a wonder-
ful day to become a member of Zen Center.
However, becoming a pledged member today
would be especially helpful, as summer tends
to be a time of low income for us.

I wish each of you abundance in your garden.

Much gratitude,

Seishin Jenny Wallace - Fusu



Dear Sangha, June, 2003

As we begin the process of establishing more predictable funding for Zen Center of Asheville through a pledge/membership drive, I've been thinking more about the subject of dana paramita (perfection of giving). Supporting the Dharma is seen as a primary practice in Buddhism, and taking care of the Temple

is one of the most traditional forms of dana. But I think the most important point of this practice is not what or how much we give, but our intention when we practice giving, and the awareness of the many opportunities we have to practice dana in our lives. I'd like to share some of my thoughts on this subject with you.

When the subject of dana comes up, I often hear the questions "How much should I give?" and "To whom should I give?" It seems to be quite common to think only of material items when we think of giving; often in the case of dana we think of money. We cannot ignore the fact that in our culture money is a very important aspect of our lives. Yet I think it is also important to consider the spirit behind the giving that we call dana paramita. Maybe the questions we should be asking are "With what spirit am I giving?" or "What is my intention when I offer something?" And maybe by understanding giving as a practice, the specifics of how much and to whom will be more easily clarified.

Let's consider for a moment the meaning of the words *dana* and *paramita*. Dana is a Sanskrit word that means giving, offering, generosity. Paramita means perfection. Together, as I mentioned, they mean perfection of giving. I think that in this case *perfection* should be thought of as a verb, as the activity of practicing dana, rather than as a state of being we should aspire to. It should be considered as moment-to-moment practice, going in the direction of selflessness. In the book *The Heart of the Buddha's Teaching*, Thich Nhat Hanh says "The practice of the paramitas can be the practice of our daily lives," (p. 180).

The spirit of dana paramita is altruistic giving. Altruism is regard for others as the motivation for action. In other words, it's unselfishness, other-centeredness. In an article entitled "The Gift That Cannot Be Given," Marcia Rose says "The cultivation of dana offers the possibility of purifying and transforming greed, clinging, and self-centeredness, as well as the fear that is linked to these energies of attachment," (*Tricycle*, Summer 2003, p. 37). How can we practice giving in a way that transforms a greedy, clinging, and self-centered spirit into an altruistic spirit?

We can begin by considering what it means to give of oneself. Thich Nhat Hanh describes dana paramita from this perspective: "To give means first of all to offer joy, happiness and love—we don't keep anything for ourselves, we

only want to give." Then he suggests some ways that we can practice giving. He says "The greatest gift we can offer anyone is our true presence. 'I am here for you' is a mantra you can say when you practice this paramita. What else can we give? Our stability. Our freedom. Happiness is not possible unless we are free from afflictions—craving, anger, jealousy, despair, fear, and wrong perceptions. [We can give] Peace, Space, and Understanding. Dana paramita is the practice of love," (*The Heart of the Buddha's Teaching*, pp.182-184).

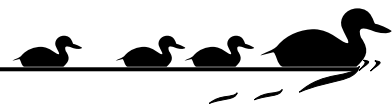
Another interesting perspective on this point is from Andrew Olendzki: "One of the most important acts of generosity involves Buddhism's five precepts. By giving up killing, stealing, false speech, sexual misconduct, and intoxicants, one 'gives to immeasurable beings freedom from fear, hostility and oppression,'" (*Tricycle*, Summer 2003, p. 36).

All of the above require constant effort in our spiritual practice. If we give for personal reasons, such as to feel good, or with expectations of a particular result, or to gain respect or love, we cannot be present or stable or free. My teacher, Katagiri Dainin Roshi, used to tell us that the purpose of our practice is to learn to live in peace and harmony with all beings. To do this, we have to give up a sense of self-importance and disengage from all notions of self and other. We have to realize the interdependence of life. Acting with awareness of the interdependence of everything is the most natural way to give. To give in this way, we need to practice non-attachment to ideas about self and other.

The spirit of dana paramita is based on life as it is. Through our effort of practicing non-attachment in our everyday lives, we can see life as it really is and discover the true spirit of giving. Robert Aitkin Roshi explains it in this way: "Dana is the practice of *pratitya samutpada*, mutually dependent arising. Everything is contingent upon everything else. Plants transpire, the moisture evaporates and returns as rain. The earth is dampened, allowing rootlets to absorb nutrients in the soil. The nutrients themselves are released by worms that eat the earth and by the casts of countless other beings as they give themselves in death. People, animals, and other plants flourish, and give themselves in turn. The Buddha suggested that human beings can get along best by following this natural way of things. Giving creates happiness; greed creates misery," (*Tricycle*, Summer 2003, p. 42).

The questions of "How much?" and "To whom?" cease to be the primary questions when we think of dana as a sharing of the self. Understanding the spirit of dana can help us understand that the answers to questions about giving cannot be answered with formulas. When everything in life expresses itself as it is, this is giving. When we are truly ourselves, this is dana paramita.

Teijo Munnich



Rev. Teijo Munnich's Summer / Early Fall Travel Itinerary

JULY 25-27 Community Retreat: Meditation Weekend for People of All Ages
Black Mountain location TBA (see enclosure for information)

JULY 27 Meeting for members of ZCA about "GREAT TREE" with the board of Great Tree. 11 AM at ZCA in Asheville, NC

AUG 9 All-day sitting in Knoxville, TN
(Contact: Barbara Roberts, 423 688-4093, biroberts@tva.gov)

AUG 14 Public talk in Des Moines, IA &

AUG 15-17 Sesshin in Des Moines, IA

(Contact: Deirdre Farr, 515 274-2840, Dfarr72464@aol.com)

SEPT 17-21 Sesshin at Southern Dharma Retreat Center

Reverends Teijo Munnich and Shohaku Okumura,

"What is Just Sitting?" (Contact: 828 622-7112)

Fall Shesshin at Southern DharmaRetreat Center

with *Teijo Munnich* &
Shohaku Okumura
Sept 17-21

WHAT IS "JUST SITTING?"

Eihei Dogen Zenji introduced the practice of *shikantaza* to Japan in about 1230A.D.

Shikantaza means "just sit." What is meant by "just sit?" Dogen Zenji wrote much about his experience of *shikantaza*. And our own experience of sitting meditation is a primary source of understanding *shikantaza*.

During this sesshin, we will be looking at "just sitting" from both Dogen's perspective and from our own inner awareness. And we will explore how the spirit of *shikantaza* is not limited to sitting meditation, but also applies to other daily activities, even such simple things such as walking, eating and working.

Rev. Teijo Munnich is a Dharma Heir of the late Dainin Katagri Roshi. She received formal training at Hokyoji in southeastern Minnesota; Tassajara Zenshuji in Carmel Valley, California; and Hosshinji Sodo in Obama, Japan. She is currently the spiritual director of Zen Center of Asheville, Magnanimous Mind Temple, in North Carolina.

SDRC (www.southerndharma.org) - 828 622-7112 [cost - \$220.00]



Walking Meditation on the Appalachian Trail

with *Shohaku Okumura*
Sept 26-28

My idea of a walking retreat is rather like a pilgrimage (junrei) in Japan. Even though there are no Buddhist temples to visit on the Appalachian Trail around Hot Springs, as Dogen wrote in his Mountains and Waters

Sutra, "The mountains and rivers at this moment are the manifestation of the way of ancient buddhas."

We will "just walk" letting go of our thoughts, opening ourselves to being truly intimate with ourselves and nature. We will compose haiku, sketch, and paint. We will put our entire beings in the midst of nature instead of on the cushion facing the wall in the zendo. There will also be morning sesshin, delicious Sunnybank meals, and a visit to the hot mineral springs.

Rev. Shohaku Okumura was ordained as a Soto priest under Uchiyama Kosho Roshi in 1970 and trained at Antaiji in Kyoto, Japan. He practiced at Pioneer Valley Zendo in Massachusetts from 1975 to 1981. He taught at Kyoto Soto Zen Center and Minnesota Zen meditation Center. Currently, he is head teacher of Sanshin Zen Community and the director of the Soto Zen Buddhism International Center in San Francisco, California.

Sunnybank Retreat Association - 828 622-7206 [cost - \$190.00]

A Nebraska prison request: print and recorded media for inmates interested in Buddhism.

Books, audio and video tapes, pamphlets, and donations of Buddhist periodicals and subscriptions to magazines are all welcome. Items may be left in the box on the porch at ZCA. For further information, contact Jamie Reel, jitsudo@yahoo.com, 230-3142.



WESAK 2003's annual celebration brought together puppetry, props and players of many Buddhist traditions to enact the story of Buddha's birth, enlightenment and death. (Friend's Meeting House in Asheville)

More pics at:
<http://www.tambors.net/wesak/>

Life-Serving Communication: A Language of Compassion Rather than Domination

Introductory Talk/Demonstration: Friday, August 15, 7- 9 PM. Workshop: Saturday, August 16, 9 AM - 5 PM

This program, co-sponsored by Zen Center of Asheville, is open to everyone, not just the Buddhist community.

These events will be led by Gregg Kendrick of Charlottesville, VA. – Location To Be Announced.

To register for either or both events, please call Shindo Art Mandler at 225-8202 (day) or 298-1786 (eve).

Nonviolent Communication (NVC), is a language and consciousness of compassion that can dramatically improve our relationships, both personal and professional. NVC focuses our attention on what is "alive" in this moment; what you are feeling and the needs behind it, and what I am feeling and my needs; rather than focusing on who is right and who is wrong. NVC leads us to a deep connection between people that flows from honestly and vulnerably expressing our own "aliveness" and empathically listening to the "aliveness" in the other person, rather than being nice or polite. NVC leads us to holding everyone's needs equally and seeking solutions that meet everyone's needs and enrich everyone's lives, rather than meeting one person's needs at the expense of the other. NVC leads us to give to each other joyously, rather than to give out of duty, obligation, or guilt.

Especially recommended for parents, teachers, counselors, managers, and those seeking social change through compassion.

Connecting with What's Alive in Ourselves and in Others (Basic Non-Violent Communication) The workshop will include:

- Recognizing life-alienating language & thoughts
- Making observations without evaluations
- Identifying & expressing feelings
- Connecting feelings to our own needs
- Requesting what would meet our needs and enrich life
- Honestly expressing our own feelings & needs
- Empathically listening to others' feelings & needs

Location to be announced. Cost: \$75 (sliding scale available).

NEW EVENING HOURS

ZEN CENTER OF ASHEVILLE - ONGOING SCHEDULE

LOCATION AND CONTACT INFO

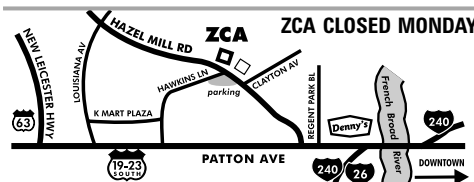
ZEN CENTER OF ASHEVILLE

MAIL: PO Box 17274, Asheville, NC 28816-7274

TELEPHONE: 828-253-2314

www.main.nc.us/zca zcasheville@hotmail.com

295 HAZEL MILL ROAD - WEST ASHEVILLE



TEACHER: Rev Teijo Munnich - Dokusan (Interview):

- Tuesday evenings and Friday mornings during zazen
- Saturday mornings, 9-10:30 AM
- Afternoons during the monthly Saturday all-day sittings

Please sign up ahead of time for dokusan. Dates when Teijo is available will be posted along with a sign-up sheet on the porch at ZCA. If you need to set up an alternate time or have any questions, please contact Myoko Katherine Blackburn at 252-8346 or kb614@ioa.com.

DAILY ZAZEN and ACTIVITIES

MORNING

TUE thru SAT

6:00 - 7:30 AM

zazen 40 min
kinhin 10 min
zazen 40 min
choka 10 min
soji 15 min

Try to be seated 5 minutes prior to zazen. Enter / leave during kinhin.

EVENING

TUE 7 - 8:30 PM

zazen 40 min
kinhin 10 min
zazen 40 min

DOGEN STUDY GROUP

(replaces 2nd sitting)
8 weeks Spring and Fall

WED 7 - 9 PM

7-7:30 - Zazen
7:30-8:30 - Dharma talk & Discussion, followed by Announcements & Sangha informal visiting
cost: donation

THUR 7 - 9 PM

Classes - see calendar

2ND SATURDAYS - ALL DAY SITTING

MORNING

6:00 zazen
6:40 kinhin
6:50 zazen
7:30 choka
7:40 soji
8:15 oryoki
9:30 zazen
10:10 kinhin
10:20 zazen
11:00 samu

EVENING

12:00 lunch
1:20 zazen
1:50 dharma talk
2:40 yoga
3:10 tea
3:30 zazen
4:10 kinhin
4:20 zazen
5:00 end

zazen-sitting meditation, **kinhin**-walking meditation, **choka**-chanting heart sutra, **soji**-temple cleaning, **oryoki**-formal meal, **samu**-communal work

enter/leave at kinhin or breaks
participate as much as you wish

cost: donation - register by phone, mail or email

Family Meditation - Sunday dates listed at front sidebar

Update Your Email--If your email address has changed recently and you'd like to continue receiving email notices from us, please send us an update: ZCAshville@hotmail.com

ZCA BULLETIN BOARD

MEDITATION INSTRUCTION

1st Sat of month
9-10:30 AM Instruction in zazen;
temple protocol and discussion.
Cost: donation

ALTAR FLOWERS:

Bring your flower donations and leave on kitchen table. Doans will use them to replenish the altars' vases. - Gassho

MOWING-KEEPING UP WITH THE GRASS!

Could use several volunteers to spread this out
Contact Randal Pride: 687-1750 or look for sign up schedule calendar on porch.

TEMPLE CLEANING - SATURDAY MORNINGS:

If you're interested in an easy way to become involved in work practice at Zen Center of Asheville, please consider joining us for Saturday morning temple cleaning. We begin at approximately 7:45 AM, immediately following zazen and the chanting of the Heart Sutra. Cleaning lasts for about 30 minutes, and it's followed by optional tea and conversation.

WISH LIST

- Grounds Items: Picnic Table; Storage Shed 8 ft x 10 ft or larger

Thank you Kyoki Roberts for the weedeater and Barbara Roberts for the fax machine.

PARKING REMINDER: Please respect our neighbor's driveway access by parking across the street (or behind ZCA if staying overnite-and avoid the roots of the magnolia tree). Always close gates behind you after entering. - Gassho

... even if only one person sits for a short time, because this zazen is one with all existence and completely permeates all time, it performs everlasting buddha guidance within the inexhaustible dharma world in the past, present, and future. [Zazen] is equally the same practice and same enlightenment for both the person sitting and all dharmas.

Eihei Dogen Zenji -from *Bendowa*
-Talk on Wholehearted Practice of the Way

*The dead do not want us dead;
such petty errors are left for the living.
Nor do they want our mourning.
No gift to them—not rage, not weeping;
Return one of them, any one of them,
to the earth,
and look: such foolish skipping,
such telling of bad jokes, such feasting!
Even a cucumber, even a single anise seed:
feasting.*



Jane Hirshfield
from *Poets Against the War*

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deep gratitude

Dear Zen Center of Asheville Sangha,

Many of you contributed generously this past fall, when we faced a financial crisis, and we are grateful. We would now like to ask you to help ensure that we do not face a similar crisis in the future by becoming a member of ZCA. Reverend Teijo Munnich has long made it clear that dana (giving), in the form of money and time, is a vital part of practice. In addition, dana is necessary to keep the Zen Center of Asheville (ZCA) functioning.

ZCA needs a dependable source of income to pay rent on the temple building; to fund workshops, all-day sittings, sesshins, and travel and accommodations for guest speakers; to pay office expenses; and to pay Reverend Munnich's small stipend. Fees for various events help defray some but not all of ZCA's operating expenses. Volunteer time is necessary to keep the temple and grounds clean, to produce and mail the newsletter, and for other special tasks.

Providing the resources and help necessary to keep ZCA open and flourishing benefits both the Center and the sangha.

Becoming a ZCA Member

Members are asked to join on an annual basis and to contribute both money and service at whatever level is appropriate for them. We have a suggested range of monthly pledge and specific ways to participate in work practice; they're outlined on the enclosed card. But these are simply suggestions. If you would like to become a member, we encourage you to contribute regularly in whatever way you can.

Membership benefits include discounts on workshops, classes, and sesshins and the ability to vote in annual elections.

Other Contributions

Those who do not wish to become members are most welcome to continue their giving in any way they like. ZCA mailings will continue to go out to all who want them, and temple functions are open to everyone.

The compassion evidenced through such immediate response to our plea for emergency help last fall is a demonstration of our sangha's generosity and heart. Now, we ask those who can to translate that generosity and heart into a steady and predictable flow of income for a place that sustains the practice of so many.

Gassho to all of you who continue to share your abundance.

ZCA Temple Administrators

Zen Center of Asheville – Membership Card

Yes, I would like to ___ begin / ___ renew my ZCA membership.

[ZCA annual membership runs from July to July]

\$ ___ enclosed. *Suggested Monthly Pledge Range: \$25-\$50*

Name _____

Address _____

Phone _____

Email _____

PLEASE RETURN BY JULY 31

Work Practice Activities (please check how you plan to contribute)

___ Temple cleaning - Temple cleaning takes place every Saturday morning following zazen. Special projects are tackled on Work Days twice a year; the dates are announced in the ZCA newsletter.

___ Yard work - Mowing, raking, etc.

___ Garden work - Planting, weeding, watering.

___ Newsletter mailings - We fold & stamp newsletters 3 times a year. We'll contact you for help when we have a mailing ready to go.

___ Other - If you have specific talents you'd like to share or ways you'd like to help, please let us know: _____

Community Retreat: Meditation Weekend for People of All Ages

Friday, July 25, 7 PM - Sunday, July 27, 9 AM, Black Mountain location TBA.

This is an opportunity for adults and children to share a modified retreat experience. The schedule will include meditation, group discussions, cooking, eating and cleaning together, games & art activities and campfire. Be prepared to camp. Some other accommodations available on request.

The retreat will be led by Rev. Teijo Munnich of Zen Center of Asheville and Great Tree Zen Women's Temple. This fund-raising event is to benefit Great Tree Zen Temple.

Fee: Individuals: \$25.00 Family of two or more: \$50.00.

Fee covers food and incidental expenses.

Dana contributions requested for Great Tree Zen Temple.

Community Retreat

Please enclose entire fee with this form.

Make checks payable to: Great Tree Zen Women's Temple.

Send by July 22 to: Great Tree Zen Women's Temple

PO Box 282, Matthews, NC 28106

Name _____

Address _____

Phone(s) _____

Email _____

