



**Howard Smither, *Rinmon Tatsugen* — *Constant Listening, Penetrating the Source* (left) burning the Zen Center mortgage as Sangha members watch**

Our dear friend and sangha member, Howard Smither, *Rinmon Tatsugen* (*Constant Listening, Penetrating the Source*) passed from this world on February 1, 2020.

Howard began attending zazen with the Chapel Hill Zen Group in January 1995, and received the precepts as a lay person in 1996. Howard was very active serving on the Zen Center Board from 1996-2002, including three years as President at a time when the Zen Center was going through many changes: going from renting part of the

current Zen Center building in 1995, to buying the property with the help of a mortgage in 1999, and finally paying off that mortgage.

Howard also was an eminent musicologist, scholar, and author, who also loved jazz and playing the trumpet. We will miss the light of Howard's smile, the warmth of his being, and the joy he brought to whatever he did.

**Summer Sesshin June 12 to 17**

See Pages 6 & 7

## Dharma Talks

**Josho Pat Phelan** will give Dharma Talks at 10:30 on Sunday mornings, March 15, and April 19

**Zenki Kathleen Batson** will give a public Dharma Talk on Sunday morning, May 31

**Daitso Tom Wright** will give a public Dharma Talk at 10:30, on Sunday morning June 14

## Home Funerals & Green Burials

Sunday, March 8, at 11:30

by Sara Williams & Anne Weston

Home funerals can be done safely and legally, and many families want to continue caring after a death occurs by having a home funeral and/or a green (natural) burial. During this presentation, you will learn how to care for the body, honor the soul's journey, and create a ceremony to begin the mourning, as well as how to advocate for a burial that may be more in line with your economic, environmental, and spiritual values.

Sara Williams, M.A., of *Shrouding Sisters*, is a home funeral guide and funeral/memorial celebrant, offering end of life education, counseling, and services throughout the Piedmont.

Sara has been helping families care for their own dead since 2014 and is an *emeritus* Board member of the National Home Funeral Alliance and past Director of her local Funeral Consumers Alliance (FCA-Piedmont).

Anne Weston, M.A., is founder of Green Burial Project, a 501(c)3 dedicated to educating the community on the financial, environmental, and spiritual benefits of green/natural burial. She has been spreading the good news about Green Burial since 2016.

## Study Group

The Study Group meets weekly on **Thursday evenings, from 6:45- 8:00**. We are studying the Bodhisattva Precepts, by reading *Returning to Silence* by Dainin Katagiri Roshi, pages 67-95, and Kobun Chino Otagawa's talks collected in *Embracing Mind*, pages 172-213. Copies of the book are for sale in the entryway. Everyone is welcome and there is no charge.

## Study Hall

Study Hall is a time to read Buddhist materials in a quite atmosphere with others on Monday mornings, from 7:45 until 8:30 or 9 AM. Please feel free to join us for any of this time that works for you.

## All-day Sitting

An All-day sitting is planned for Sunday, March 15, from 6:00 A.M. until 5:00 P.M. The sitting will begin with orientation on **Saturday night at 7:30**, and will include instruction on the meal form and one period of *zazen*. The regular Sunday schedule, with *zazen* at 9:00 and 9:50 and **Dharma Talk at 10:30**, will be open to everyone. The day will include *zazen*, a lecture, *dokusan* and a work period, as well as breakfast and lunch. ***It is alright to sit half of the day, but please sign up in advance, and please speak to Josho Sensei if this is your first all-day sitting.*** For more information on the *oryoki* meal form see: <https://kannondo.org/getting-started/oryoki/>

The suggested donation is \$15 for members, and \$25 for others; however, if you are inclined to offer more, that would be very helpful in maintaining Zen Center. *Oryoki* sets are available for use by those who do not have their own, and a \$5 donation would be appreciated.

## Precepts Weekend

The Lay Precepts Ceremony, *Zaiko Tokudo*, or Staying Home and Accomplishing the Way, will be held on Sunday afternoon, April 19, at 1:30. The Sixteen Bodhisattva Precepts will be given. You are warmly invited to attend, to witness and support these ordainees, as well as renew your own vows. A reception will follow. There will also be a Dharma Talk at 10:30 this morning.

## Informal Sitting

In preparation for the precepts ceremony, there will be an **informal sitting** on **Saturday, April 18**, from 9:00–4:00. Everyone is welcome to attend any part of the sitting. Please enter and leave the zendo quietly, as you wish. Tea will be available, but lunch will **not** be served.

## Children's Program

The Zen Center's Children's program offers children four years and older a place in the Zen Center sangha through a variety of activities, including meditation, story, craft, song, and movement, as well as participation in Zen Center events and celebrations throughout the year. In each meeting, the children have the space and time to practice living mindfully and to learn about Buddhist teachings and contexts while giving their parents an opportunity to meditate in the concurrent adult program. The Children's Program meets the first Sunday of the month, from 8:50 until 11:00. Child care or informal meetings are often available on the other Sundays. For more information, please contact Maura High, the program coordinator, at [maurahigh@gmail.com](mailto:maurahigh@gmail.com). If you'd like to co-lead the program with Maura and lead the program occasionally, please contact Maura.

## Home Composting Workshop

Sunday, April 26th at 11:30am.

The Eco-Dharma Group welcomes you to a composting workshop where you will learn how to build different types of simple composting bins; various composting options, including composting subscription services; tips and tricks from experienced composters, and how composting is a part of Buddhist practice. There will be speakers, demonstrations, and hands-on learning activities. You will become more knowledgeable in how to set up your own composting system in your house/apartment. Refreshments will be provided!

For questions, please contact Chris Censullo at [ccensullo@yahoo.com](mailto:ccensullo@yahoo.com) or [chzc.zenki@gmail.com](mailto:chzc.zenki@gmail.com)

## Buddha's Birthday Celebration

Buddha's Birthday celebration will be held on Sunday morning, **May 3**, following regular zazen, beginning at 9:00 A.M. At 10:30, Zenki will give a short talk in the zendo directed to the children. The kids will then have a procession to an outdoor altar where they will offer incense and bathe the Baby Buddha. Following the ceremony, there will

be a *vegetarian* potluck picnic. Beverages and birthday cake will be provided.

Children, families, and friends are welcome! At 9:00 A.M. the kids will decorate the pagoda or "flower house" outside during zazen. Please bring balloons, bubbles, and banners for the procession and flowers for decorating the pagoda for the Baby Buddha.

## Work Morning

On Saturday, May 2, there will be a work period from 10:00 A.M. to 12:00 P.M. to clean the grounds and prepare for the outdoor celebration of Buddha's Birthday. *Everyone is encouraged to come to the work period, either for the whole session or for any part of it.* Please bring flowers if you can, either on Saturday, or by 9:00 A.M. on Sunday.

## Aging Gracefully, Befriending Death

Sunday, April 12, at 11:15

This is an informal discussion group that provides the opportunity to share readings and explore conversations among ourselves on these topics. Please contact Carol Klein at [carollyklein53@gmail.com](mailto:carollyklein53@gmail.com), Kris Garvin at [krisgarvin@gmail.com](mailto:krisgarvin@gmail.com), or Jeff Sherman at [jeffsherman3333@gmail.com](mailto:jeffsherman3333@gmail.com), if you have questions or would like more information. Everyone is welcome, regardless of age.

## Recovery Meeting

The Recovery Meeting meets on Tuesday nights at 7:30. This is a recovery group with a Buddhist perspective on the 12-Step Program which meets at the Chapel Hill Zen Center. The meetings begin with twenty minutes of silent meditation. For more information, contact: 919-265-7600 or [ZenandRecovery@gmail.com](mailto:ZenandRecovery@gmail.com).

## Sangha Network

The CHZC has a Sangha Network of volunteers to offer short-term assistance to those in the sangha who need help with simple tasks such as shopping, arranging for meals, or transportation, due to transitions in one's life including illness, disability, or death of a loved one. If you would like to volunteer or if you need assistance, please

contact Kris at [krisgarvin@gmail.com](mailto:krisgarvin@gmail.com), Jeff Sherman at [jeffsherman3333@gmail.com](mailto:jeffsherman3333@gmail.com), or Carol Klein at Carol Klein [carollyklein53@gmail.com](mailto:carollyklein53@gmail.com).

## A Moment of Eco-Dharma

*“What happens to the old shirt?” the King of Kosala asked Ananda. “It becomes a coverlet.” “The old coverlet?” “Becomes a mat.” “The old mat?” “A towel.” “And what about the old towel?” “Sire, it is not permitted to waste the gifts of the faithful; so we chop up the old towel, and mix the bits with clay, which we use for mortar in building our houses. We destroy no gifts, but all are used somehow.” (Jataka Tales, no. 157)*

Vowing to see all things as gifts, we can reduce consumption, reuse various items, and recycle many items locally. The following hazardous household wastes can be disposed of safely and locally: aerosol cans, antifreeze, batteries (alkaline, car, lithium-ion, etc.), cooking oil, electronics, fluorescent light bulbs, garden chemicals and fertilizers, gasoline and petroleum-based products such as motor oil, household cleaners and chemicals, paints.

Durham County Household Hazardous Waste Center 2115 East Club Blvd., Durham

Orange County Solid Waste Convenience Centers 1514 Eubanks Rd., Chapel Hill, and

3605 Walnut Grove Church Rd., Hillsborough Wake County Household Hazardous Waste Collection Facility 6150 Old Smithfield Rd., Apex

For things not in this list and for other answers about solid waste, check the county websites.

Durham: <https://www.dconc.gov/government/departments-f-z/general-services/solid-waste-recycling-and-litter-control>

Orange: <https://www.orangecountync.gov/1149/Waste-Recycling-Centers> Wake: <http://www.wakegov.com/recycling/division/Pages/default.aspx>

This message is brought to you by CHZC’s Eco-Dharma group. Stay tuned for more useful information you can use to take care of *this dewdrop world*. (Issa).

## Library Additions

The Members’ Library has received these recent additions: *Seeking Shakyamuni, South Asia in the Formation of Modern Japanese Buddhism*, by Richard Jaffe and gifted by Richard.

## Richmond Zen Group

Joshō Pat Phelan plans to visit the Richmond Zen Group on Wednesday evening, **March 16**, for zazen at 7:00 PM followed by a Dharma Talk at 7:40. Everyone is welcome. For information, contact Stan at (804) 833-1009 or visit [richmondzen.org](http://richmondzen.org).

The Richmond Zen Group will hold its first Practice Period from April 12 - May 22, with Eden Kevin Heffernan serving as *Shuso* or Head Monk. There will be daily zazen, Way-seeking Mind Talks, Practice Period Teas, and Eden will begin giving Dharma Talks. I am very pleased that we can do this – something I have been wanting the Richmond Sangha to do for many years.

*Joshō*

## Looking Ahead

We are planning to have a four-week Practice Intensive during the month of June.

Rohatsu Sesshin is planned for December 4-11.

## Sangha Life

by Dainin Katagiri Roshi (1928-1990)

According to Zen Master Dogen, there are three aspects to functioning in the Buddhist community we call the sangha. We practice (1) to benefit others, (2) to develop the sangha, and (3) to follow the ways of the Buddhas and ancestors.

The sangha is not a place to practice Buddhism just for ourselves; we practice to do something for others. Our practice is not to enhance our personality or deepen our character but to express our deepest gratitude for all beings, by which our lives are already supported and helped. If we don’t practice in this way, our practice is consciously or unconsciously based on egoism.

A short time ago, I received a journal from Eiheiji Monastery. In it, a professor of education wrote

of his impressions when he visited Eihei-ji. From observing the monks, he felt very deeply how focused their life was. But he also found arrogance. A monk showed him all the buildings, explained their functions, and described the strictness of daily life, but this monk never expressed his gratitude for all beings.

Monks cannot practice at Eihei-ji without the help of all beings. Many people work in order to support the monastery and the monks, growing vegetables, working at jobs, and serving society. To create just one grain of rice takes a lot of effort. Without expressing our deepest gratitude for these people and these things, we cannot practice. This is why the professor said he found a sense of arrogance. This is really egoism. Though we practice very hard, if we don't express our deepest gratitude for our lives, we cannot practice as Buddha taught. Practice must go on very quietly, not showing off, with humility, gracefulness, even shyness sometimes, with nothing to say, quietly, with no comment.

So remember the real meaning of practice. Particularly in the Buddhist sangha, we have to practice not for ourselves, but for others first. Otherwise, egoism and self-centered ideas will always come up. "For others" means not only for human beings but for all living beings, for a piece of toilet paper, our clothes, our cushions, vegetables, pans, for everything. Help all living beings. This does not mean to give them something material or psychological. Giving lots of material things to others isn't necessarily helpful. To help all living beings means to deal with them wholeheartedly whenever we encounter them, with compassionate, kind attention. This is the way to help others and all things around our lives, vegetable, books, tables, floors, lights, water — all things, visible or invisible.

Wherever we live, our lives are supported by all beings. We should express our deepest gratitude for this support, but at home and at work, we often are too busy, and we don't pay attention to things and express our gratitude. This is why sangha life is very important and why we have places to gather and practice. In them, we try to

take care of everything with compassionate, kind attention, and with gratitude.

This is an important aspect of our practice. The sangha is not a place to build ego or promote self-centered ideas. Instead, we should do something for all beings, not only humans but all beings. For this, we have to give life to a vegetable as it is, to water as it is, to our clothes as they are, whenever we encounter them.

Secondly, to practice in the sangha we have to develop the Buddhist community. How can we do this? To help all living beings is to develop the sangha. This is not a matter for discussion. Day after day, from moment to moment, when we encounter a piece of paper, we should deal with it with kind, compassionate attention and with gratitude. This is a great way to develop the sangha.

The third aspect of practicing in the sangha is to try to follow the way of the Buddhas and ancestors. After hearing about the practice of the Buddhas and ancestors in ancient times, you probably complain, saying that their circumstances were completely different from ours, that we can't live that way. But sometimes, we need to read about the lives of great people — spiritual leaders, politicians, or philosophers. It is important for us to read about and study their lives. Then, if we really want to create our lives and reach what they reached, consciously or unconsciously, we have to follow their examples. I don't mean that we should follow them exactly but that we should live according to their spirit. There are many ways to give life to these great people of the past right now, right here. We shouldn't forget to follow the example of these people; we should try to approach their lives as much as possible.

Day-by-day, as we live our lives, we practice with the sangha. As we do, we should always remember to follow Zen Master Dogen's way of functioning: benefitting others, developing the sangha, and following the ways of the buddhas and ancestors.

Reprinted from *The Nebraska Monkey*

## Sesshin led by Daitso Tom Wright

Friday night, June 12 – Wednesday, June 17

Daitso Tom Wright will lead a 5-day Teaching Sesshin which will begin at 7:00 on Friday evening with orientation and job assignments. In order to help all of us settle into the schedule and our zazen practice, please arrive on time for orientation on Friday night. Following orientation, silence will be observed. The zendo will be open by 4:00 P.M. on Friday; so please plan to arrive in time to settle in before 7:00 p.m. It may be possible to sit part of the sesshin, but priority will be given to those sitting the full sesshin.

The sesshin day will include zazen, beginning at 6:00 A.M., kinhin, two talks a day, a work period, and formal meals served in the zendo. Dokusan, an individual meeting with Daitso Roshi, will be available. The day will end around 9:00 P.M.

Fees are \$60 per day for Participating Members, and \$70 per day for others. However if you are able to offer more, it would be very helpful; the additional funds can be considered a tax-exempt donation. There will also be an opportunity to offer a donation to the teacher. *It is our intention that no one be turned away for financial reasons. Partial scholarships are available.* If you would like to request a scholarship, please contact Ken at [kenneth.wilson@duke.edu](mailto:kenneth.wilson@duke.edu). In the past, contributions received for scholarships were very helpful in allowing people to attend sesshin here and at the San Francisco Zen Center. Please return your registration form by **June 1**, with a \$40 deposit.

You are welcome to sleep in the zendo, and there will be some space available in members' homes nearby. Please bring a portable bed or pad for the floor, a sleeping bag, pillow, a towel and wash cloth, slip-on shoes, work clothes, and layered clothing. It is also helpful to have an older wash cloth to clean your feet with throughout the day. Opportunities for bathing are limited. For more information, please contact Zenki at [info@chzc.org](mailto:info@chzc.org). The Zen Center emergency phone is 919-933-0776.

Daitso Roshi will be talking about why we practice and what motivates us to practice, by looking at the teachings of our Founder, Eihei Dogen Zenji. He will also look at connections between what our Hwa-yen ancestors discovered centuries ago and what scientists are discovering today about what we call the "universe" we're living in, or, actually creating, as well as looking at the bodhisattva as the next step in the evolution of humankind.

Daitso Roshi began practicing with Uchiyama Roshi in 1968, and was ordained by him in 1974. Daitso continued practicing with Uchiyama Roshi for 24 years, until Uchiyama Roshi passed away in 1998. Daitso helped edit and translate Uchiyama Roshi's teachings and commentaries in *Opening the Hand of Thought*, *How to Cook Your Life*, and *Deepest Practice, Deepest Wisdom*. Daitso Roshi considers practicing zazen and translating Dogen Zenji, along with Uchiyama Roshi's commentaries, to be his lifework. He considers zazen to be the practice of giving up trying to get ahead, as well as the purest practice of becoming our true self, prior to all the nonsense that goes on in our heads or in our society.

## Sesshin Guidelines

Follow the schedule completely. If you are unable to do so, please speak to Josho Sensei before signing up. If you become sick, or if a difficulty arises during sesshin, please speak with Josho, the Director, or the Ino at that time.

Please maintain a quiet atmosphere on breaks and during work time.

Meal Practice. Please take some of each food being served unless you have a bad allergy to a particular food. Our meal practice is to accept what is offered. If you have a problem with, or allergy to, any food, please indicate that on the registration form.

Tea, coffee and water will be available during breaks and before zazen in the morning.

Please do not use deodorants, aftershave lotion, or other cosmetics that are perfumed.

No smoking in the building or on the decks.

# Chapel Hill Zen Center Newsletter — March & April, 2020

<http://www.chze.org>

PAGE 7

## Summer Sesshin Registration Form June 12-17, 2020 — Applications Due June 1

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

Emergency contact person: Name \_\_\_\_\_ Phone \_\_\_\_\_

**Liability waiver:** *prior to sesshin, you will be required to sign a waiver whereby you release the Zen Center from any liability for accident or injury, and agree not to sue. You may request a copy of the form in advance.* Do you have a **medical condition** (e.g., diabetes, heart condition, pregnancy) or **dietary restrictions**? If so, please attach a short statement of explanation:

I need a chair for zazen Yes

I have an oryoki I can bring Yes  No

I plan to arrive at \_\_\_\_\_ on \_\_\_\_\_ I plan to leave at \_\_\_\_\_ on \_\_\_\_\_

I can help set up (4:00 P.M.—6:00 P.M.)  I can help clean up

I have enclosed my deposit/sitting fees \$ \_\_\_\_\_

I would like to donate toward a scholarship fund \$ \_\_\_\_\_

If this is your first sesshin with the Chapel Hill Zen Center, please attach a short statement about your zazen practice and history: How long have you been sitting zazen? How often are you currently sitting? Have you sat a one-day sitting or longer sesshin before? If so, when and with whom?

Do you have room in your home for someone from out of town to stay? Yes  No

Where do you plan to sleep?

Checks payable to  
**Chapel Hill Zen Center**  
P.O. Box 16302  
Chapel Hill, NC 27516

# Chapel Hill Zen Center



P.O. Box 16302  
Chapel Hill, NC 27516  
(919) 967-0861

## Schedule

### *Sunday Morning      Tuesday Evening*

|               |              |
|---------------|--------------|
| 9:00 zazen    | 7:00 zazen   |
| 9:40 kinhin   | 7:40 kinhin  |
| 9:50 zazen    | 7:50 zazen   |
| 10:30 service | 8:20 service |

### *Monday to Friday*

|                         |                 |
|-------------------------|-----------------|
| <i>Thursday Evening</i> | 6:00 A.M. zazen |
| 6:00 P.M. zazen         | 6:50 A.M. zazen |

Meetings at 5322 NC Highway 86  
2.5 miles North of I-40 exit 266  
Josho Pat Phelan, Abbess

Nonprofit Organization  
U.S. Postage Paid  
Permit No. 166  
Chapel Hill, NC

RETURN SERVICE REQUESTED

## 2020 CROP Walk to End World Hunger

Sunday, March 29

"Keep a thought for those less fortunate... Walk for all of them and walk for all of us across the world.  
We walk together."

— Bonita, CROP Hunger Walk volunteer

Please join fellow sangha members for the 33rd Annual Chapel Hill/Carrboro CROP Hunger Walk. This is an opportunity to join with other religious congregations in our area to help hungry and impoverished people locally, and around the world. You can simply make a donation, walk with us, or both! For more information, contact Tim at: [tmwst01@gmail.com](mailto:tmwst01@gmail.com). Contributions can be made on-line at: <https://www.crophungerwalk.org/chapelhillnc/Team/View/127118/Chapel-Hill-Zen-Center>.

Embracing diversity, the Chapel Hill Zen Center expresses the fundamental connection of all beings by welcoming everyone to the practice of zazen.  
May all beings realize their true nature.