

Mt. Equity Zendo Zephyr- May 2010



Rev. Doyu Takamine and translator Rev. Tom Daitsu Wright from Japan

will be leading our main event of the year, the Long Summer Sesshin, from the evening of Sunday, June 20th through mid-afternoon Saturday, June 26th.

Doyu Roshi has been offering writings as well as bi-monthly teachings of his master, Uchiyama Roshi at Seitai-An Temple in Kyoto, Japan for many years to an international followership through the interpreting of Rev. Tom Daitsu Wright. Doyu Roshi will be lecturing on Uchiyama Roshi's final teachings, groundbreaking work that has never before been shared in English, a first in the United States.

Uchiyama Roshi's book, *Opening the Hand of Thought*, translated and edited by Rev. Tom Wright and others, as well as his translation of "*Refining Your Life: From the Zen Kitchen to Enlightenment*" by Zen Master Dogen and Uchiyama Roshi will prove helpful to understand the lectures. Researching "[Uchiyama Kosho Roshi](#)" and "[Sawaki Kodo](#)

[Roshi](#)" online also offers valuable background information on these vitalizing teachers.

Several Soto Zen teachers in the style of Uchiyama Roshi are coming to this Sesshin. Long-time students are asked to register **no later than May 15th**, through [Daijun Brenner](#) . After this date, accommodations will be opened up to first come/first served practitioners, according to length of stay.

For those of you living within easy commuting distance, consider signing up for the Dharma Talks from 9:30am to 10:20am, through lunch and more talks from 1:30pm to 4:15pm, including a tea break.

The **Tuesday and Thursday evening local groups** are welcome to come from 7:30pm. Rev. Wright will be taking your questions on Zen practice.

Priority is given to those able to stay for the whole week; however, partial attendance will be considered, circumstances permitting.

Coming and Going



Back Row: Jido Lindauer, Susan Gresens, Tomei Knapp, Nanshin White

Middle Row: Daijun Brenner, Tokuen Gray, Abbess Dai-En Bennage, Choen Blake. Front Center: Meigetsu Robishaw

Mt. Equity Zendo sends our sincerest thanks and appreciation to

Daijun Brenner for all her work on the board. The past six years she has served as President and Vice President and has seen MEZ through challenging times including the preparation for the Mountain Seat Ceremony in 2005. Her subtle energy and Big Mind have been a great blessing to the Board. We are grateful to Tokuen Gray for stepping up from Vice President into President and for Nanshin White in stepping up from Secretary to Vice President. We welcome aboard Jido Lindauer as our next Secretary of the Board. Misho Indelicarto and Tomei Knapp will continue to take on the positions of Treasurer and Assistant Treasurer.

Meigetsu Robishaw has expressed interest to NiOsho and the Sangha in the future possibility of ordaining as a Zen Nun and taking up residence at MEZ.

Thank you all for your hard work, aspirations, and dedication to the Dharma here in central Pennsylvania.

Parents' Corner

by Sangha Mom



Anyone who has children, works with children or watches children knows they are an abundance of joy, emotion, and energy. From the moment of conception they are a miraculous gift that heightens our awareness. From a practice perspective, our job as parents is to impart mindfulness to our children. However, often times our two children impart mindfulness to us. We sometimes refer to our 4 ½ year old son as a little Zen Master. He, like most children, has the ability to mirror our words, actions, inflections, and gestures, rarely missing a thing, saying things like, "Mama I have to take

good care of washing these vegetables because they take good care of me and make me wonderful."

Part of our spiritual practice includes being present with what is, neither trying to manipulate nor run away from that which we don't like. Sometimes children's behaviors are wonderful but sometimes they are not. Temper tantrums and sleepless nights test the resolve of our practice. As I work with my children I'm learning to flow with the energy of their ever changing moods rather than responding impulsively. I try to look deeply at the circumstances causing the behavior rather than responding out of habit. First, I breathe in and out with the myriad feelings that arise in me and try to calm those feelings. Second, I look at the assumptions I had regarding how my child should behave and/or the assumptions regarding how I feel I should be as a mother. Often this requires letting go of expectations I had for myself or my child. When I'm successful at this I find I can relax into the moment as-it-is. The practice of smiling during these difficult times helps me to let go of these expectations.

There are also times when it is more challenging for me to relax with a temper tantrum. At these times I practice "breather breaks" with my child. These are not "time outs". These help to calm both myself and my child, and also to prevent the collateral damage that often accompanies a tantrum. By taking at least 3 breaths or as many as it takes to settle down before talking about the situation, I change the channel of my mind, just as I would use a remote to change the channel on the TV. I've taught my son how to do this as well. He loves vacuums, especially his Hoover, and he calls his breather breaks "Hoover breaths" and sometimes we even add vacuum sounds.

We need to become creative with how we practice with our children. I was recently reminded of the teaching of "resting in the nano second"- to breathe and rest in the moments between forgetfulness. Everyone's lives are so full these days; however it is still possible not only to practice the Dharma but to do it in a way that is fun, age appropriate, and hands-on with children whether it's in the kitchen, cleaning, gardening, playing, homework, or driving. The possibilities are endless. As a parent, I am so deeply grateful to have encountered the Dharma. Our practice is in every breath of life, seeing and entering the Oneness that is always there. Just be present.

Life of Yuki



1990-2010

Sekko Yuki Bennage

On the morning of April 9th Yuki, our Temple cat of 20 years, “took off the tight shoe” and handed over all her Temple responsibilities to Daishin. “Enough all ready!” she exclaimed just before parting.

Yuki’s “way name” is Sekko. This means “Snow Light.” For 20 years she served MEZ tending to the needs of Rakuen Evelyn Bennage when she was sick and in the hospital, being the official greeter for all



the other animals and humans that came to Mt. Equity, and constantly exuding and demonstrating compassion to all those in her presence.

Above she is pictured a few days before her passing, working in the garden. She knew the meaning of the Zen Phrase, “A day without work is a day without food.”

A funeral service and burial was held for her on the 10th. We hold her in our daily service now for the next 49 days. This is to aid in the letting go of this body/life process.

Our treasurer, Audrey Misho Indelicarto, told of how Yuki helped her relax in her first day on the job. Misho was nervous about making a mistake on the

books. She laid some papers on the floor to get organized. Shortly after, Yuki came over to Misho and sat right down on her pile of papers and began meowing, “don’t sweat the small stuff.”

Myra K. Broach remarked at how Yuki passed away on Buddha’s Birthday. “She was a Bodhisattva in disguise,” said Myra K. In Buddhist lore there are many stories of how the Buddha took on the form of an animal in order to teach lessons of compassion. These are tales not to be taken literally but impart a symbolic meaning. In one such famous story the Buddha, in the form of an elephant, saw baby tigers and their mother starving to death. Out of compassion for the tigers he flung himself off a cliff in order to become food. This is a dramatic way of demonstrating the teachings of fearlessly offering one’s life for the benefit of others.

We wish to express our sincere thanks to Nanshin, Tomei, Meigetsu, Misho, Myra K and the Long River Sangha for their presence and offering of flowers to Yuki. We also thank Meigetsu for her donation of a future Peach Tree in memory of Yuki. “All sentient beings preach the Dharma.”

Thank You



“At such a (lousy) time as this-- let’s sing!” English translation from a calligraphy on exhibit in the Kyoto El Inn Hotel.

Mt. Equity thanks the following people for their contributions of food or work in the month of April: Dan Washington-computer help, gardening; Diane Hollis- apples, soup, lemon, potato casserole, parmesan, chili, corn chips, hummus, strawberries, asparagus salad with rice; Myra Kay

Broach- Books-2 vegetarian cookbooks, [Going Home](#), [Dictionary of Zen and Buddhism](#), [Buddhism After Patriarchy](#), [Buddha Facing the Wall](#), [Discourses of Rumi](#); Yong Plotts-brownie mix, chocolate icing; Nanshin/Tomei-bread, cookies, apples, tea, cleanser, sea vegetables; Annie Deighton-cookies; Misho-salad dressing bottle, Daijun-milk, cheese spread, asparagus soup, walnuts, bread, apples; Susan Gresens- mangoes, BDG-soup,cookies,bread, tomato sauce; Luu-eggplant parmesan, Susan/Kara- lasagna; and all those we might have inadvertently overlooked.

Up-coming Events



Murian Tran celebrates her Birthday while visiting in Vietnam with her family.

Buddha's Birthday Bash- May 2nd, 10:30-3:30 This event is for the whole family. We celebrate by pouring water over the Baby Buddha, singing songs, playing music, and having a potluck lunch. Please share your own talents with us. We'd love some singers and musicians.

Mount Equity Zendo Weekend Sesshin- May 14th-16th

Two Thich Nhat Hanh Nuns here from June 6th - 30th