



On the Calendar

Morning Sittings - Monday-Friday, 6:30am-7:20am

Weekly Evening Program - Tuesdays, 7:30pm-9pm (with Zen Meditation Instruction for first time meditators from 7:00pm-7:30pm)

Buddha's Enlightenment Ceremony - Tuesday, Dec. 9 , during evening program

Half Day Sitting at Zen Center - Saturday, Dec. 13, 8:00am-12:00pm

Weekly Evening Program led by Rev. Jeff Goldfien - Tuesday, Dec. 16

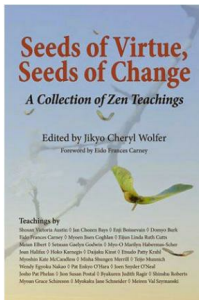
Year End Ceremony & Social - Wednesday, Dec. 31, 7:30pm



Rev. Val with Jiso Statue,
Great Vow Monastery, OR

Buddha's Robe Sewing - Periodic Saturdays at Bamboo in the Wind Zen Center. Join sangha members for Roku and Robe sewing under the guidance of sewing teacher, Rev. Cornelia Shonkwiler. Check the [calendar](#) for dates.

Access our calendar of recurring and special events [here](#).



Our Teacher, a Published Zen Scholar

We offer congratulations to Rev. Val, who is among 28 preeminent Soto Zen women teachers to be featured in the recently published book *Seeds of Virtue, Seeds of Change: A Collection of Zen Teachings* (Jikyo Cheryl Wolfer and Eido Frances Carney, eds., Olympia, Washington: Temple Ground Press, 2014). The book is available for purchase from our [website](#) as well as at the Zen Center.

Below is an excerpt from Rev. Val's essay, entitled "Cultivating Equanimity":

Study of Impermanence and Dependent Co-arising

Buddhist study and realization are interconnected. Impermanence and dependent co-arising are two Mahayana Buddhist teachings that have deep relevance for cultivating equanimity. We can study impermanence ourselves by observing the changes that happen to people, objects, feelings, beliefs, and ideas, as well as to our own senses. Still, we may not be able to recognize the change that occurs in life. At every moment, change is occurring in us, around us, and in the entire universe.

Not recognizing the impact of change can create problems in our relationships and life situations and can be a major block to our own progress on the path to awakening. As humans, we have a tendency to hold on to what we know and to turn away from change. When the direction of change is in our favor, then we like change. It is more difficult to accept change we don't like. This resistance to change is a pivotal moment in cultivating equanimity. Can we embrace everything that is, not just what we like?

Seeds of Virtue, Seeds of Change: A Collection of Zen Teachings

Reviewed by Don Clark, Nov. 2014

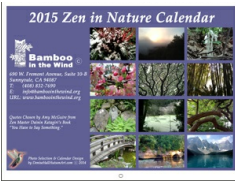
This book was a very fascinating insight into the practice of Zen and a gift for the reader. Soto Zen women's voices on the Dharma that resonates within the body-mind and remains very poignant to practice. Each voice resonates the teaching of Zen, yet each focus is respective of each author's transmission, their teachers as first generation Soto Zen masters in the West and the teachings of Zen Master Eihei Dogen.



Now Available: Bamboo in the Wind 2015 Calendar

Our 2015 calendar (left), with photos by sangha members and quotes from Zen Master Dainin Katagiri is available for purchase [online](#) or at the Zen Center. The calendar makes a lovely gift or addition to your home.

New Opportunities to Donate Online



Bamboo in the Wind is now accepting online donations. Visit our [webpage](#) to donate through PayPal or JustGive.org.

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You can now support Bamboo in the Wind with your everyday shopping through Amazon Smile and the S.H.A.R.E.S program.

Amazon Smile allows you to designate a non profit organization to receive a percentage of your purchases. To get started , visit smile.amazon.com and select Bamboo in the Wind as your nonprofit organization. Then proceed with shopping on the Amazon Smile Website. (You will use your existing Amazon.com account - no need to create a new account.) Bamboo in the Wind will receive 0.5% of the price for each eligible item that you purchase.

To participate in the **S.H.A.R.E.S** program, pick up a card at the Zen Center or [contact us](#) to request one in the mail. Each time you shop at Save Mart, Lucky, FoodMaxx or S-Mart Foods, swipe your S.H.A.R.E.S. card and Bamboo in the Wind will receive a percentage of your purchase. Please spread the word about these easy ways to support our sangha!

Our heartfelt thanks for your support in 2014!

Art from the Sangha

from Abby:
Once Only

Only this moment
spinning in time
always unfolding
always unfurling

only this spark of moving light
shooting a fluid arc
through beginningless space

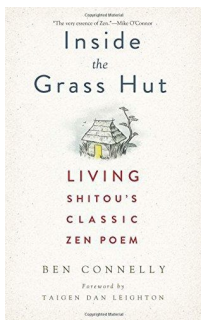
only this—
a sentience completely itself
never looking forward
never looking back

fully absorbed
in the rapture of
returningless spiraling energy

Val
lighting up
the formless dark



"Ocean" (in Seal Script) by Rev.



Special Guest, Rev. Ben Connelly, Urges us to "Shine the Light Within"

On November 18, our sangha welcomed special guest, Rev. Ben Connelly, author of *Inside the Grass Hut: Living Shitou's Classic Zen Poem* (Boston: Wisdom Publications, 2014). After joining us for Tuesday evening zazen, Rev. Ben led a discussion of his book which explores the poem line by line and provides cultural context as well as personal reflection from the author. To begin his discussion, Rev. Ben led us in chanting Shitou's 8th Century poem, formally titled "Song of the Grass-Roof Hermitage." He then drew our attention to the accessibility of the poem, noting that the straightforward language of the poem stands in contrast to the more esoteric language found in most works of Chinese Zen literature from the same time period. According to Rev. Ben, this poem's uniqueness stems from the fact that it is accessible while also being many layered. Then, too, it is laden with references to other important Zen literature.

During his discussion, Rev. Ben explained that the opening lines of the poem point, in part, to the benefits of living simply. He urged us to live mindfully in recognition of our connectedness to other beings; to hone our awareness of how our actions impact others. The joyful message of "Song of the Grass Room Hermitage" is also worth reflection. Rev. Ben drew our attention to the poem's assertion that we can let go of our conditioning and all of its burdens and learn, in the words of the poem, to "walk, innocent." By heeding Shitou's words (and examining them, with the help of Rev. Ben Connelly), we may find ourselves embracing our original innocence as we take our rightful place among the myriad beings of the universe.

Notes on the Author

Ben Connolly is a Soto Zen priest in the Katagiri lineage training with Tim Burkett at the Minnesota Zen Meditation Center. Connolly began teaching at MZMC in 2005, was ordained in 2009, was made shuso, or head monk, in 2012. He is also a professional musician and leads meditation/backpacking retreats in Montana. He lives in Minneapolis, MN.



Copies of *Inside the Grass Hut* are available for purchase at the Zen Center.

2014 Annual Summer Potluck



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