



## Summer Events

**One Day Sittings at Jikoji** - July 12 and August 9. Please let the ino know if you can join us on either day. You are welcome for any duration.

**Annual Potluck-Picnic\*** - August 2, 11 am to 2pm at the Glen Oaks Clubhouse (10902 Sweet Oak St, Cupertino, 95014)

\*We are looking for a coordinator for this event.

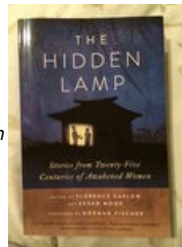
**Heart Sutra Writing** - August 18 at 7pm at EastWest Bookshop in Mountain View

**Mindfulness Month** - join us for an August class series focused on mindfulness. Classes meet on Thursday evenings from 7 to 9pm.

**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](#).

### Guest Speaker Rev. Florence Caplow Shines a Light on Women in Zen



On the evening of April 22, our sangha was fortunate to welcome Rev. Florence Caplow as a guest speaker. Her visit to Bamboo in the Wind Zen Center was part of an extensive book tour that Rev. Florence has undertaken since the publishing of her book, *The Hidden Lamp: Stories from Twenty-Five Centuries of Awakened Women* (Boston: Wisdom Publications, 2013). Following our Tuesday evening meditation practice, Rev. Florence discussed the evolution of the book and its significance for contemporary practitioners of Buddhism. The book's origins lie in Rev. Florence's desire to hear and know the stories of Buddhist women ancestors. As she explained, after years of waiting for a book that would fit the bill, she decided to take on the project herself. Working with her co-editor, Susan Moon, Rev. Florence sought out these stories, collected them and combed through them to choose one hundred for publication in her book. Persistence and serendipity played a role, as the books' editors followed various tips and trails to locate some of the more obscure koans.

To enhance readers' experience and ability to connect with the stories, the editors invited women priests and practitioners of various Buddhist traditions to provide commentaries on each story. In this way, each koan is paired with a reflection. Following each reflection are questions meant to provoke further thought. For Rev. Florence, these stories of women ancestors are significant on several levels. First, they give voice to a group of ancestors who have important insight to offer despite having often been overlooked in the standard canon of Buddhist teachings. Second, these women have a different type of wisdom to share than their male counterparts, one grounded in their experiences of daily life where they were often fully engaged in family living or even as servants or prostitutes. As is the case with followers of Buddhism in the Western world, most of these women were lay practitioners. While there were exceptions, many did not enter the monastery nor take ordination. Rather they integrated practice into the day-to-day and found realization in everyday encounters. Further, Rev. Florence pointed out that some of these women persisted in their practice despite great difficulty. From their stories, we can take heart: we, too, can persist despite the obstacles – sometimes great – that we face in our own journeys.

Copies of *The Hidden Lamp* are available for purchase at our Zen Center. Additional details regarding the book and tour are available on Rev. Florence's [blog](#). As a final note, in collaboration with editors Rev. Florence and Susan Moon, Tassajara Zen Mountain Center is offering a women's retreat centering on the stories in *The Hidden Lamp* from September 1 through 4. For more information, please visit the Tassajara [website](#).

### New Ways to Raise Funds: S.H.A.R.E.S and Amazon Smile

You can now make donations to Bamboo in the Wind as part of your routine shopping. To participate in the S.H.A.R.E.S. program, pick up a card at the Zen Center. 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. We are also participating in the Amazon Smile program. To participate, 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 - and this website

offers many of the same items as Amazon.com.) Click on items to see whether they're eligible for an Amazon Smile donation. Bamboo in the Wind will receive 0.5% of the price for each eligible item that you purchase. Please let your friends and relatives know - it's easy and we appreciate the contributions.

## Project Coordinators Needed

We are seeking coordinators for two fundraising projects: a calendar and cookbook. Please let Rev. Val know if you are able to serve as a coordinator - [val@bamboointhewind.org](mailto:val@bamboointhewind.org)



### Striking the Han

One of the traditional sounds of a Zen temple is the striking of the han - a sound you can now hear during visits to Bamboo in the Wind Zen Center. Tom Rauschke, an artist based in Palmyria, WI, created our han from red oak. Rauschke's han are also in use at Udumbara Zen Center and Jikoji Zen Retreat Center. Many han contain verses written either in Chinese characters or in English. An example verse is "Life and death is the grave matter. Everything is impermanent and changes swiftly." The sound of the han alerts

students that the time for meditation or Dharma talk is near. The han is played in a rhythmic sequence of three rounds. Centers vary in their use of the han with the initial round occurring either 15 minutes or 5 minutes before the start of meditation or Dharma talk. At Bamboo in the Wind, we strike the han five minutes prior to the start of our 7:30pm meditation period on Tuesday evenings and 15 minutes prior to the start of our Half Day Sittings. At the Jikoji Zen Retreat Center we strike the han - which hangs just outside the small zendo - 15 minutes before zazen begins.

## Poetry from the Sangha

*from Peter:*

Fields brown and bare  
Snow falls on distant high peaks  
Harvest's endowments.

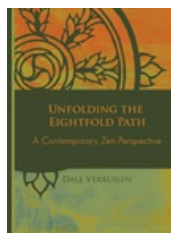
Clouds filling the sky  
Invisible light and wind  
Illuminated.

Notice each moment  
So many in an hour  
Imagine a year.



*from Amy:*

Against a pure blue canvas  
Palm tree sways, its fronds loose in the wind  
Heart quickens at the sound of a seagull's cry



## Book Review: *Unfolding the Eightfold Path: A Contemporary Zen Perspective*

**Author: Dale Verkuilen Paperback: 224 Pages Published: 3/2014 ISBN: 978-0-9830972-3-5 [Firethroat Press](#)**

This work presents a unique interpretation of the dynamic nature of the "right" elements of right view, thought, effort, concentration, mindfulness, speech, action, and livelihood. Taizen Dale Verkuilen has penned a wonderful text reviewing his journey into Zen Buddhism with the focus on the Eightfold Path. In this text, Taizen introduces his Eightfold Path Charts which offers us as readers a frame of reference for the inherent interconnections of our lives by viewing and revisiting previously unnoticed relationships and instructing us through mindfulness how to replace old habits of thought with an understanding of intimate communications with nature, other people, and our own intimate practice of Zen.

The Eightfold Path as taught in Buddhism concentrates on morality, meditation, and wisdom. I've come to learn the ordering of the path as: Right Thought, Right View, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, and Right Concentration.

The subjects of concentration are categorized as:

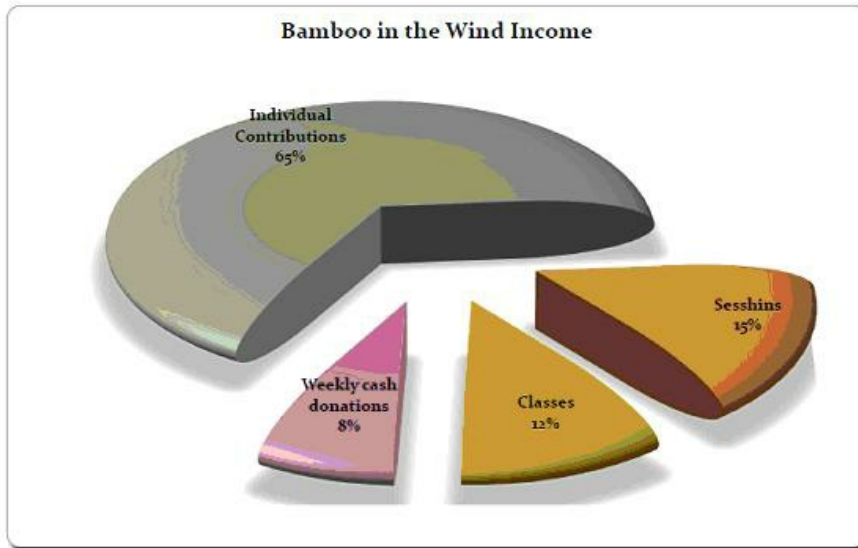
1. Morality – Right Speech, Right Action, Right Livelihood
2. Meditation – Right Effort, Right Concentration, Right Mindfulness

### 3. Wisdom – Right View, Right Thought

With each section within the text, Taizen presents information about form and the basics of Zen practice through the Eightfold Path. The Triad of Morality, Meditation, and Wisdom is expanded in detail with labeling of “P” expressing the personal aspect and “U” as the universal aspect. Personal awakening seeks individual liberation, addressing our unique practice requirements. The Universal awakening recognizes the interconnectedness of all beings and addresses the collective and ultimate characteristics of our Zen practice. The text and the charts presented by Taizen are a study in themselves. The text presents those questions, answers, thoughts and anecdotes as Taizen has traveled the path. The charts illustrate “P” and “U” thought processes. The text provides us as readers a much detailed study of the Eightfold Path from the perspective of Taizen as he travels a Zen Buddhist path and becomes a Zen priest.

Reviewed by Don Clark, May 2014

Income Fiscal Year to Date	Amount
Individual Contributions	\$ 8,500
Sesshins	\$ 2,000
Classes	\$ 1,500
Weekly cash donations	\$ 1,000



Thanks so much for your support this past year!

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