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Summer 2013



Bamboo Leaves

Meeting everything that arises with a warm heart and an open mind

Celebrating our Zendo's One Year Anniversary

Bamboo in the Wind sangha members celebrated our Zendo's one year anniversary at its current location on July 2. The evening began with zazen practice and concluded with a reception and refreshments.



The altar is readied for the anniversary gathering.



Celebrating our anniversary with conversation and cake.

Bamboo in the Wind at its Core

In this issue, we consider who we are as an organization with a reminder of Bamboo in the Wind's mission and an introduction to our board members.

Our Mission: What guides us as a sangha?

The specific purpose of the Bamboo in the Wind Zen center is to create a vibrant, supportive, self-sustaining Zen Buddhist community dedicated to teaching awakening and liberation of all beings through instruction and integrated Zen practice in everyday life. Our ideals are based on the example of the Buddha and guided by the teachings and lineage of the Soto School as conveyed to us by Dogen Zenji and Dainin Katagiri.

Our Board: Who grounds us in our

August is Mindfulness Month!

Mindfulness Classes

August 1, 8, 15, 22 & 29
7-9pm

Location:

Bamboo in the Wind Zen
Center

690 W. Fremont Ave. 10-B

Sunnyvale, CA
\$50 for the series or \$10 per
class

Join Rev. Val for a series of classes focused on cultivating mindfulness. Participants will practice a different mindfulness exercise each week and will reflect on each exercise during class. All are welcome!

Upcoming Events

One Day Sitting at Jikoji -
August 10, 9am -5pm

Heart Sutra Writing at East
West Bookshop
August 19, 7-9pm

Full Moon Ceremony at
Bamboo in the Wind Zen
Center in Sunnyvale
August 20, 8:20pm

Bamboo in the Wind
Picnic/Potluck at Glen Oaks
Clubhouse
August 31, 11am - 2pm
Family and friends invited

Our Zen Center's Online Resources

To stay informed about upcoming events and sangha news, please visit our newly designed [website](#).

To enjoy weekly posts from Zen priest and sangha member Stephen Damon, please visit our [blog](#).

A Guide to Zendo Forms by Rev. Val

This is the second in a three part set of guidelines for Zendo Forms.

Part Two: Before, During and After Zazen

Before Zazen

Bow to your cushion or chair

mission?

Rev. Val Szymanski, Director & Guiding Teacher

It was in June 1987 that Val first started sitting at the Los Angeles Zen Center and established a daily meditation practice. After reuniting with Diane Martin, founder of Udumbara Zen Center in Evanston, Ill, Val was lay ordained in 1997.

During the following years Val led Bamboo in the Wind Sangha in Sunnyvale and worked with both her primary teacher, Roshi Diane Martin and Taigen Dan Leighton, her California teacher. After years of committed service, Val was priest ordained by Diane Martin on December 8, 2002. Following continued intensive training and practice, in June 2010, Val was transmitted by Roshi Diane Martin in the Dainin Katagiri lineage, with the name, Meiren.

After retiring from her position as Director of Engineering in the corporate world in February 2012, Val has devoted her time to developing the Bamboo in the Wind Zen Center in Sunnyvale. She lives in Cupertino with her husband.

Rev. Stephen Damon, Director

Stephen has had a meditation practice since 1976 and became a Buddhist in 1996 when he took refuge with a Tibetan lama in San Francisco. He began his Zen practice in 1998 and took lay ordination in January of 2000. He was ordained a priest in September 2011 by Rev. Val. Since then he has led a weekly Zen meditation group in San Francisco. Most recently, his Zen practice has led him to volunteer at the Zen Hospice Project. Besides all that he has owned and operated a bookstore, Browser Books, in San Francisco since 1981. In February of last year he was asked to start a blog for our sangha, which he updates at least once a week.

Don Clark, Director

Don has been very active in religious studies over the past twenty-five years with a keen interest in Zen and especially Zen Master Dogen. He also serves as a board member, teacher and mentor facilitator for the Oriki Theater Rites of Passage Program assisting minority youth in their transition to manhood. Don holds the position of trade control manager at Ultra Clean Technology, a global leader in the design, engineering, and manufacturing of critical subsystems for the semiconductor capital equipment industry.

Debra Dooley, Director & Board President

Debra is a product engineering professional with more than 25 years of experience in large and small commercial software companies. She has managed software development projects, from product definition to maintenance and support at Rockwell Automation, Sun Microsystems, oDesk and for small start ups. She also was Executive Director at a nonprofit that specialized

(your seat of enlightenment) for zazen followed by a bow facing outwards to the Sangha. Turn right to sit down.

In the Zendo

When other Sangha members enter the zendo and sit next to you, the practice is to bow with them when they bow to the Sangha. Sometimes that is difficult to see happening so bowing when they bow to the cushion is also acceptable.

After Zazen

Fluff up the cushion after zazen before standing. Bow to your cushion or chair (seat of enlightenment) and turn right. Upon the Doan's cue, bow together with the Sangha and all beings.

in providing technology and tools to preserve our cultural heritage. Debra has been practicing Zen for over 5 years.

Gregory "Garyu" Gieber, Director

Greg is a retired Wall Street economist and equity research analyst who lives in San Francisco. He has been practicing zen since 1997 and took his lay ordination from Dr. Roan Osamu Yoshida, a Dharma heir of Dainan Katagi. Greg is a volunteer Medicare counselor with the California Department of Aging Health Insurance Counseling and Advocacy Program (HICAP) and also is a photographer. His dog Max has Buddha nature.

Joyce Kennedy, Director & Treasurer

Joyce is currently working as a home care provider. She has three clients with varying needs. She has been studying with Rev. Val for almost 5 years. She made a commitment to her practice and was lay ordained on June 11, 2011, given the name Doshin, which means Way Seeking Mind. She has been keeping the books for our organization with Quickbooks for Non Profits from Intuit.

Abby Young, Director

Abby has been engaged and involved in a personal practice of Zen Buddhism since the 1970s. She was initially introduced to Zen practice as part of her training in the martial art of Aikido, and it has continued to inform her daily life since then. From 2000-2005, she was involved with the Santa Cruz Zen Center under the leadership of Abbot Katherine Thanas, and she has also participated in Zen Practice at Jikoji Zen Retreat. Abby has an abiding interest in Buddhist-Christian dialogue, and is currently also Secretary of the Board for Progressive Missionary Baptist Church in Santa Cruz. Abby has also served in an administrative function for multiple local non-profits with a focus on cultural and environmental preservation. Abby is honored and delighted to have been invited to join the Board of Bamboo in the Wind since this represents continuation of her life-long direction and spiritual path.

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