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Bamboo Leaves

Winter 2014



From the President

I am honored, humbled and excited to begin my new role as Bamboo in the Wind, board president. Bamboo in the Wind has remained very much a part of my practice since 2004 and with the steadfast direction provided by Reverend Val, her teaching has allowed my "monkey mind" to settle and to experience minor clouds and their formation versus storm clouds of yesteryear.

Serving as vice-president under Debra Dooley has allowed me to experience firsthand the remarkable leadership and dedication she has demonstrated in leading Bamboo in the Wind. Much hard work and dedicated resources by the Bamboo in the Wind sangha and friends has allowed us to grow, branch out to new locations and to embrace change.

Bamboo in the Wind is a community and as a focus of our mission is to create a vibrant and supportive Zen Buddhist community dedicated to integrating Zen practice in everyday life. Bamboo in the Wind has numerous community events, Zen teachings shared, and collective events for the sangha. In fact, please visit the Bamboo in the Wind [website](#) and experience a whole host of subjects to actively engage our sangha, friends and visitors. There is even a Zen yoga class conducted at the Bamboo in the Wind Zen Center in Sunnyvale, California and also for you who are active bloggers, there is a Bamboo in the Wind blog available to share your Zen practice experiences.

Bamboo in the Wind with your active participation, suggestions and financial support will continue to grow and serve an even larger community and meet our new challenges together.

One of the best ways to be of service and to serve the Bamboo in the Wind community in this position as board president is to listen. I openly request your suggestions and also your expressed concerns. The Bamboo in the Wind board is honored to serve the community and remain appreciative of our sangha, friends and visitors. Let us hear from you! We are listening.

gassho,

Don Clark, Bamboo in the Wind, Board President

Deepen Your Practice

In addition to regular sitting periods, Bamboo in the Wind offers many opportunities for deepening one's practice. Get in tune with your body in a Zen Yoga class, practice meal mindfulness at an Oryoki training, or deepen your knowledge of Zen in a class series. All of these opportunities await you during these winter months. Find a schedule of regular meeting times as well as a listing of special events on our [website](#).



How do you fold those cloths?

In preparation for our November weekend sesshin at Jikoji two Oryoki training sesshins were held at the Zen Center. We started at 10:00am with oryoki training for 45 minutes, then zazen and kinhin. Shortly thereafter we set up the room and were ready for lunch. Holger, our Tenzo in Training, prepared dishes for each bowl. We followed the full length meal chant and concluded our meal practice with the traditional bowl cleaning. Those who attended found the training to be instructive and, the lunch, delicious!

Join us for our next Oryoki training session on February 22. Please see our [website](#) for details.

What's for lunch?

As a Sangha we have always enjoyed the benefit of skilled cooks in the kitchen. Much of the Tenzo's work is planning and shopping for the sesshin, be it 1 day or a weekend. Complementary courses balancing grain, vegetables, protein and fruit (the six tastes) is the joyful work of the Tenzo. And, it has been the Board of Directors' top fundraiser idea to create a cookbook that offers our sesshin meal plans and recipes. Over the next year we will be creating the content.



Remembering Stewart

In early November we experienced the passing of a long time Bamboo in the Wind member, Stewart Bean. A memorial service was jointly held with Quaker Friends in their San Jose Meeting House. Many remembered Stewart's love of music and his spiritual interests. In our organization Stewart served as Doan and Assistant Tenzo. He held Dogen's teaching of 'One Bright Pearl' in his heart and shared his understanding in our weekly discussions.

I Take Refuge in Buddha

Robe Sewing with Cornelia Shonkwiler, Zen Teacher for Middle Way Zen in San Jose, CA, will begin in January at the Zen Center. Cornelia was transmitted by Les Kaye (Kannon Do) and has served as sewing teacher for that center and her own sitting group. Several Bamboo members are deepening their commitment to Zen Practice by sewing a Rakusu under Cornelia's guidance. Following completion of the sewing and instructional Precept classes, a formal ordination ceremony of taking the Bodhisattva Vows and receiving a Buddhist name will be held. We also have one member who will be sewing her okesa (priest robe) with Cornelia. In gratitude to all for following in the path of our ancestors!



A Guide to Zendo Forms - Part Three: Walking Meditation (Kinhin)

Turn to form a continuous circle inside the zendo. Place hands in Shashu, adjust ears to align with your shoulders, continue 45 degree downward meditative gaze. When 2 clappers sound begin to walk in the circle. Monitor spacing in front and behind of you so that no major gaps develop. Adjust your pace to close or widen the space. Walking meditation should be a continuous flow, not stopping and starting. When the single clapper sounds, stop where you are and bow from the waist with your hands in Shashu. When you pass the altar in walking meditation, bow from the waist with hands in shashu. Return to your seat walking quickly. When at your seat, stop and face the Sangha. Wait for the Doan's signal to bow. After the bow, turn right and return to your seat or prepare for service.

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