

Zen Center

OF SAN DIEGO

ZCSD Newsletter

September 2019



ZCSD News

FaithTrust Institute is currently continuing its investigation and hopes to provide the ZCSD Board with a report and recommendations in October. The Board will then decide which steps need to be taken.

At the Zen Center, the regular sitting program is continuing, with practice leaders Chuck Sweet and Kate Watson-Forbess seeing students in interviews on Wednesday evenings and Saturday mornings. One modification: The Center remains open for sitting on the first and third Sundays of the month, but there will be no interviews on Sunday mornings until further notice. For the full schedule, including Tuesdays and dawn sittings, please see the ZCSD website, www.zencentersandiego.org.

Practice Period

With Kate and Chuck still adjusting to their new roles, ZCSD is not holding a formal Practice Period this year. There won't be afternoon workshops or extra Sunday sittings with interviews. However, there will be a two-day zazenkaï on September 14–15, and October sesshin will take place as scheduled on October 3–6. We hope students will

October Sesshin starts on Thursday evening, October 3 and ends on Sunday, October 6. Applications are now being accepted.

[Announcements](#)
[Sesshin Application](#)

treat these events as “bookends” in a period of heightened practice, placing particular emphasis on sitting in community at the Center. Registration is now open for the October sesshin.

Practitioners are not asked to submit a Practice Period agreement, but people may find it helpful to complete a form for their own benefit and to use it as a tool to help them intensify their practice commitment. The form is available on the [website](#). Full [Practice Period guidelines](#), along with specific practice techniques (like menu items and pauses in time), are also posted on the site.

In this challenging time, we can all benefit from inquiring into where we may be currently stuck—where our awareness is distorted or inadequate. As we do that, let’s ensure that our efforts are guided by a compassionate heart, and let’s seed the intention to support one another in deepening our practice. Sitting together as a sangha is one way we can do that.

Council Training

Anne Seisen Saunders from Sweetwater Zen Center and Nicolee Jikyo McMahon of Three Treasures Zen Community have kindly offered to provide Council training for the ZCSD sangha on September 14, 10am–noon. The usual Saturday program will be modified to accommodate this, and everyone is welcome. Experienced Council trainer Jared Seide describes the technique this way: “Council offers a way of communicating that encourages attentive listening, as well as honest and compassionate expression. It makes room for new insights and understandings, wisdom in decision making, and healing. As a personal practice, a group process and a life-pathway, Council is an intrinsic ingredient of our education at any age.”

Volunteers Needed

The Board is requesting volunteers to fill these roles at ZCSD: website overseer (about 10 minutes per week), kitchen overseer (a few hours a year) and facilities overseer (occasional projects). The Center also needs volunteers to sell books and CDs (after Saturday sittings), arrange flowers (for Saturday mornings) and maintain supplies (paper products, etc.). If you can support the Center by taking on one of these roles, please contact Angela Milana at milana.angela@gmail.com.

When you really pay attention, everything is your teacher.

