

SOUTHWIND SANGHA

7202 East 21st Street, Wichita, KS 67206 - An Affiliate of the Atlanta Soto Zen Center
www.southwindsangha.org www.aszc.org

September, 2010

SEPTEMBER 17-19 ANNUAL RETREAT

Southwind Sangha's Annual Retreat with Taiun Michael Elliston, Abbot of the Atlanta Soto Zen Center, begins Friday night with a joint presentation by Elliston-roshi and Rev. David Carter, minister of First Unitarian Universalist Church of Wichita. It takes place at 7 pm, Friday, September 17, at the church, 7202 E. 21st St. The presentation will illuminate two spiritual traditions, their differences and similarities and how they can help heal a broken world.

Rev. Carter was ordained a Hindu monk at the Bharati Center in Brooklyn, NY, and completed his seminary training in India. The two met last year during Southwind Sangha's annual retreat. This program is the fruition of their conversation at that time.

Each will speak on the topic, "Is the Way One? Buddhism, Liberal Religion and the Yoga Tradition," with a question and answer period following the formal presentations. A reception with light refreshments follows. This program is open to the public, with a suggested donation of \$5. Childcare will be provided upon advance request. The Friday event is co-sponsored by First Unitarian Church and Southwind Sangha.

Saturday, September 18, will bring opportunity for chanting, zazen and kinhin (sitting and walking meditation), beginning at 6:30 am. Dokusan (one-on-one teaching) will be offered during the retreat. These private meetings with Sensei, our Zen teacher, are a chance to bring up questions related to practice and daily life. The Saturday session will conclude at approximately 2 pm.

Two very special ceremonies, *Jukai* (Soto Zen Initiation) for David Angstead, and *Zaike Tokudo* (Lay Ordination Ceremony) for Evelyn Cash will also occur during the retreat. Find descriptions of these significant ceremonies on page 3 of this newsletter.

Sunday, September 19, we will return to the zendo at 8 am for meditation and a dharma talk from Sensei.

The longer retreat hours provide for a sustained effort, which settles down the restless mind more thoroughly than during short sitting periods. There will be silent breaks for meals between periods of meditation, of course. Zen is not extreme. The "Middle Way" connotes a pragmatic prescription for practice. Full participation is encouraged, but if that is impossible due to family or work schedules, please plan to enter Saturday on the hour or half hour.

RECAP: Friday: Public Talk, 7 pm; Saturday: 6:30 am-2 pm; Sunday: 8 am to approximately 10 am. If you have questions about your participation, please contact Senior Teacher Kathryn Spies, 684-8819.

"Out of compassion, the ancient masters, by precept and example, show us how to permanently waken from material 'inebriation' and enter into the eternal bliss that arises from a fully awakened and purified intelligence. Such is the path of Buddhism. Such is the path of Budhi Yoga."

Rev. David Carter.

"We are already intoxicated. We are intoxicated not only by the identified addictive substances of the world, but also by fame and fortune, family and society, even our senses, including the mind. The clinging mind is the most difficult of our obsessions. It is all craving and we are all addicts."

Taiun Michael Elliston-roshi.

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SENSEI

Zenkai Taiun Michael Elliston, Founder & Abbot, Atlanta Soto Zen Center

Sensei was born on a farm outside Centralia, Illinois in 1941, and grew up in that small town after a brief time in Chicago. Completing high school with honors, he returned to Chicago, attending the Institute of Design at the Illinois Institute of Technology, receiving a B.S. in 1964 and an M.S. in 1970. From 1966 to 1970 he taught art and design at the University of Illinois, Chicago, and at the School of the Art Institute of Chicago.

Sensei's involvement with Zen began in 1966 when he met Matsuoka-roshi, founder and head teacher of the Chicago Zen Buddhist Temple. After two years of training under Matsuoka-roshi's supervision and at his suggestion, he underwent a combined initiation and discipleship ceremony, and was given the dharma name Taiun, meaning "Great Cloud."

Sensei was registered with the Soto Shu in Japan July 13, 1969 (Priesthood Register No. 164, Soto Zen Headquarters, Tokyo, Japan) and ordained as a Zen Priest March 22, 1970. He continued his duties at the Chicago Zen Center until 1970, when he moved to Atlanta, at the same time Matsuoka-roshi moved to Long Beach, CA, leaving Kongo-roshi in charge of Chicago. In the early 1970s he began offering Zen meditation and teaching, and in 1977 he founded the Atlanta Soto Zen Center (ASZC).

Matsuoka-roshi presented the title of "roshi," which he called "the Ph.D. of Zen," to Sensei in a special ceremony at ASZC on September 20, 1983.

Sensei continues to offer his services as the head teacher of ASZC, encouraging the numerous members to lead a Zen life, and to maintain a harmonious balance with the demands of family and livelihood. As abbot, he oversees the training of disciples and priests, as well as ministering to the needs of a growing group of members and newcomers. The Center has prospered owing to the sincerity of practice of its members, and the shared commitment and support of many qualified trainees and teachers who have adapted Sensei's ordinary-everyday style of Zen practice and training.

Sensei completed "Shuso" (head student) training and precepts ceremony with Seirin Barbara Kohn of Austin Zen Center (Suzuki lineage) and completed Transmission ceremony with Shohaku Okumura (Uchiyama lineage) in August of 2007.

Sewing Retreat, March, 2010

Left to right:
Standing: Luis Rodriguez, Don Deaton, Kathryn Riley, Kaaren Wiken, Harold Schlechtweg, Ann Glasmann, Evelyn Cash
Seated: Del Smith, Don Riley

Seiko Kaaren Wiken led a special Sewing Retreat March 12-14. Those pictured devoted a weekend to sewing *okesas* (robes) for Don, Evelyn and Ann. Other Sangha members who participated in the weekend retreat were Annie Harvey and Kathryn Vernon. Shigetsu Evelyn Cash, now residing in the Seattle WA area, will be in Wichita for the extended retreat. She will be ordained as a Disciple by Sensei on Saturday. (See article on page 3.)

(Editor's Note: Southwind Sangha is affiliated with Atlanta Soto Zen Center. Elliston-roshi has been coming to Wichita to lead annual retreats since 1996. Sensei's relationship to the Southwind Sangha is as mentor and guide to the practice leaders and as a resource to our stewardship of the Sangha. Several have traveled to Atlanta, GA, for extended retreats of 4 to 7 days. Others in the Sangha maintain regular contact with Sensei via telephone dokusan and e-mail. Those who are interested in hearing first hand accounts of the ASZC Extended Retreats are encouraged to talk to Don and/or Kathryn Riley. Del Smith can give perspective on how telephone dokusan has worked for her.)

GIVING CREDIT WHERE CREDIT IS DUE

By Del Smith, editor

If you've been to the zendo recently you probably noticed the very attractive poster on the front door. Or perhaps you've seen the poster publicizing the September 17 public talk in some coffee shops, bookstores, health food stores, libraries and other interesting places in Wichita and the area.

The posters are not signed. We want you to know who donated his time and talent.

David Angstead is a transplant to the Midwest from his native California. He may be new to Southwind Sangha, but not to Buddhism. David practiced in the Vajrayana Tradition of Tibetan Buddhism for five years. He'll take *Jukai* vows with Elliston-roshi on Saturday. (See accompanying article on this page.)

David studied Graphic Communications, Digital Photography and Silk Screening and was self-employed as a designer in Sacramento. He has opened his grassroots ElephantShoe Prints & Design Studio in Park City, where he focuses on graphic design for digital printers and websites, as well as logo design, digital photography and silk screening.

Anyone interested in knowing more about ElephantShoe Prints & Design can call 316-209-3242 or check out esprints.blogspot.com.

A personal note: David lives with his girlfriend Brittany in Park City and Buddy Holly, the dog.



SOTO ZEN CEREMONIES

Jukai, the Soto Zen Initiation ceremony, means a declaration of the individual's embrace of buddhadharma. The Initiate declares his/her vows to follow the way of Buddha and to do his/her best to live up to the Repentances and Refuges, the Three Pure Precepts, and five of the ten Grave Precepts of buddhas and bodhisattvas.

The Initiate receives the vestment (*wagesa*) and beads (*juzu*) as well as a dharma name.

Anyone who wishes to become an Initiate of Buddhism need only request it. Elliston-roshi is officiating at the ceremony for David Angstead during this retreat, but the ceremony can be conducted locally at other times of the year. See Kathryn Riley if you have questions.

Zaike Tokudo is the Lay Ordination Ceremony and signifies that the individual has entered upon the formal path of training as a Certified Zen Teacher, or that of Zen Priest.

The Japanese title of the ceremony, *Zaike Tokudo*, connotes "staying home, expounding the dharma." This is a lay practice designation and the first formal stage of training in the Silent Thunder Order. Our approach is designed for lay practice, which our founder Soyu Matsuoka-roshi saw as the future of Zen in the West.

Disciples of Zen Buddhism take vows to follow the way of Buddha and to do their best to live up to the three Pure Precepts and the ten Grave Precepts of buddhas and bodhisattvas. This is the personal and most important meaning of the ceremony.

How discipleship is actualized will be unique to the circumstances, causes and conditions of the disciple's life. There are certain expectations of Disciples, which will be explained by Elliston-roshi as he officiates at the *Zaike Tokudo* for Shigetsu Evelyn Cash.

Discipleship ceremonies are conducted upon invitation of Elliston-roshi.



The Precepts:

**First Pure Precept –
Not creating evil – Do no harm**

**Second Pure Precept –
Practicing good – Do only good**

**Third Pure Precept –
Purifying intentions – Do good for others**

SANGHA FINANCES
By: Don Riley, treasurer

Below please find the Southwind Sangha's expenses for the year 2009 and for the first 8 months of 2010. This should give you an idea where your contributions go to the support of the Sangha. We also received many in-kind contributions such as transportation and meals for Sensei, food at retreats, and cleaning of the zendo. We are grateful to all who contribute to the Sangha.

2009 Finances

| | |
|--|------------|
| Contribution to 1 st Unitarian Universalist Church..... | \$1,175.00 |
| Supplies such as postcards and postage, copies, office supplies and Welcome Packets..... | \$267.90 |
| Insurance..... | \$471.00 |
| Abbot Michael Elliston for Skype presentations..... | \$100.00 |
| Abbot Michael Elliston honorarium for Retreat..... | \$400.00 |
| Website..... | \$120.35 |
| Non-Profit Corporation Fee and address change fee..... | \$ 60.00 |

2010 Finances through August

| | |
|--------------------------------------|----------|
| Contribution to Church..... | \$800.00 |
| Supplies..... | \$165.60 |
| Insurance..... | \$513.00 |
| Abbot's Skype presentations..... | \$350.00 |
| Website..... | \$127.35 |
| Nonprofit Corporation fee..... | \$ 40.00 |
| Honorarium to sewing teacher***..... | \$600.00 |

*** Approximately one half of this was paid by special contributions made by workshop participants

It is our hope that the Sangha continues to operate with the motto, "No donation required. No donation refused." We want to keep our activities free to all and that donations to us be free-will. If a monetary gift is within your means and you would like to contribute, please make a check payable to Southwind Sangha. Your donation is deductible from taxable income as provided by law: the Sangha is recognized by the I.R.S. as a 501(c)(3) Religious Organization. You can put your donation in the "Donations" box outside the Zendo door or you can mail it to the Sangha. We accept cash, too!! Let us know if you need a receipt.

Thank you for your continued support of our activities.



SANGHA LIBRARY

A small lending library is maintained in the zendo. If you wish to check out an item, please arrange to do so after a service. There's no time limit, but if you checked out a book a long while ago, please return it as soon as convenient. The library is free of charge, but we do ask that we have your phone number on record when you check out a book, magazine, video or recording. You may leave the book or other item in the church office if the zendo is not open when you return it.

CONTACT LIST

We want to serve the members and friends of Southwind Sangha in the way most convenient for them. Most of our communication is done by e-mail and postcard, but once a year we do a first-class mailing. We want to keep our contact list up to date.

If you wish to be removed from the contact list, please let us know. If you wish to change from postcard notice to e-mail notice, please let us know. (Or vice-versa.) We've enclosed an index card and a self-addressed envelope for your convenience in replying.

If there is something else you wish to communicate to us, feel free to use the self-addressed envelope. You may either send it through the mail or bring it to the zendo next time you visit.

AROUND THE ZENDO

Those of you who are regulars at Southwind Sangha services may have noticed that the disciples who take turns as Ino (leading services and teaching the Introduction to Zen Meditation classes) are fewer in number this year. Gekko Kathryn Riley is senior teacher. The other disciples are Yanagi Do Delphine Smith and Nento Don Riley.

Ku Wasan Ann Glasmann and Bimio Ni Joanna Nordine no longer live in Wichita. Ann and her husband, Bob Glasmann, have retired from Wichita State University and are now full-time residents of Montana. Joanna currently resides in Puerto Rico.

Bob Glasmann, webmaster from afar, and Roman Gheesling, administrator of the Sangha's Facebook, are of great service to the Sangha and deserve everyone's thanks.

Our website is: www.southwindsangha.org. Bob keeps it very up-to-the-minute. If you haven't done so already, sign up to be our Friend on Facebook. Roman is meticulous about listing activities. It's useful for us to know who is planning to attend such events as the monthly half-day retreats.

An Event of Interest

Will Tuttle will speak at 1st Unitarian Universalist church, 7202 E. 21st St. N at 7 pm, Tuesday, October 12. Tuttle, who trained in Korea as a Zen Buddhist monk, is the author of *The World Peace Diet*, which makes explicit the invisible connections between what we eat and our broad range of problems—psychological, social and spiritual, as well as health and environmental. Reception (with great food!) following the presentation. Open to the public; donations accepted. Contact Dianne Waltner at 316-946-1115.