



The Gay Buddhist Fellowship Newsletter

A Monthly Publication of the Gay Buddhist Fellowship, San Francisco

December, 1994

Queer Cookin



John Krowka

Since July GBF has been making a contribution to our community by preparing one dinner every month for the residents of the Hamilton Family Center (HFC). The first part of each dinner begins weeks before the actual event with a meeting to plan the menu and divide the work among the volunteers. Our primary goal is to provide a nutritious meal that the HFC residents will eat and enjoy. We are often tempted by culinary extravagance and reminders of the virtues of simplicity are often helpful. We are not, after all, trying to compete with Chez Panisse. An entree, vegetable, salad, side-dish, dessert, and beverages are chosen. Recipes are selected and the amounts of ingredients to feed about 70 people are calculated.

The Saturday of the dinner is busy for everyone involved. In the morning volunteers shop for groceries, usually at discount supermarkets to get the best prices. It really is amazing that a nutritious and tasty meal can be prepared for about \$2.00 per person. Early on Saturday afternoon one of the volunteers drives to the "Bakers of Paris" in South San Francisco to pick up their donation of bread for our meal.

At about 3:30 pm the cooking crew, which consists of 6 guys, assembles at the HFC. We walk through the communal sleeping/living rooms to get to the dining room and kitchen. Huge pots, pans, colanders, and the like are taken out from the supply shelves and the work begins. It is great to see everyone in the kitchen working together to make the dinner. Sometimes there is disagreement ("Blanche, dear, I really think the salad needs more tomatoes"), but it is always resolved amicably, and mindfully. The convivial banter in the kitchen leaves no doubt that this is a

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What GBF Means To Me

Daishin David Sunseri

I've been practicing with people in the Gay Buddhist Fellowship for over two years, and I feel very strongly that we function as a true sangha for our community in the most vital way.

In Buddhist organizations I've been associated with in the past, hierarchical power politics and manipulation for position, control and money have been common practices. Although GBF has had some problems with regard to differences of opinion and personal issues, there remains at its core an honest, compassionate, and sincere commitment by its members to provide a unique environment for gay men to experience the truth of the Buddha's teaching, and to share

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- BDSC Berkeley Dharmadhatu /Shambhala Center: 2288 Fulton Street, Berkeley 510/841.6475 or 510/549.1481
- GGF Green Gulch Farm (SF Zen Center) 1601 Shoreline Highway, Sausalito 415/383.3134
- HBC Healing Buddha Center/Medicine Buddha Healing Clinic [Two locations: (1) Unitarian Universalist Church, corner of Cedar & Bonita in North Berkeley - 2nd floor, Fireside Room - entrance through garden on Bonita; (2) 702 Solano Ave., Albany] 510/525.7835
- KDK Kagyu Drogen Kunchab: PO Box 170370, SF, CA 94117 415/752.5454
- LMB Land of Medicine Buddha: 5800 Prescott Road, Soquel 408/462.8383
- NI Nyingma Institute: 1815 Highland Place, Berkeley 510/843.6812
- ODD Orgyen Dorje Den / Bay Area Yeshe Nyingpo: 410 Townsend #406 SF 415/826.7181
- POL PÖL Pema Ösel Ling 2013 Eureka Canyon Road, Corralitos 408/761.6266
- RF Rigpa Fellowship: 816 Bancroft Way, Berkeley, CA 510/644.1858
- SFDSC San Francisco Dharmadhatu/Shambhala Center: 1630 Taraval St., SF 415/731.4426.
- SFZC SF Zen Center: 300 Page Street 415/863.3136.
- SR Spirit Rock/Insight Meditation West: 5000 Sir Frances Drake Blvd., Woodacre 415/488.0170 and 488.0164
- TCL Tse Chen Ling Center: 4469-23rd St., SF 415/641.0671.

Do you want a Dharma center's events listed here? Send a note with information on special events, or better yet, arrange for their mailings to be sent regularly, to:

Mark Picciano
Local Dharma Calendar

LOCAL DHARMA December, 1994

Sundays Introductory Open House Dharmadhatu is dedicated to promoting an uplifting environment for students to practice meditation and to study Dharma as taught by Chogyam Trungpa Rinpoche. The Sunday morning Open House is intended for new students and visitors, featuring various local speakers. Meditation instruction available. 9-noon. Free of charge. BDSC
Berkeley Schedule
4 Dec Jonathon Ransahoff
11 Dec Robert Horton
18 Dec Sheila Sabine
25 Dec Chris Keyser

Sundays Community Practice Day This includes open house, sitting practice session, and Shambhala Practice Session. Meditation instruction is available during any of these practice sessions. Talks are given at Open House and on Shambhala Practice Days. SFDSC
San Francisco Schedule:
4 Dec Open House. 9:30 am-12:00 noon
11 Dec Shambhala Practice. 9:00 am- 12:00 noon/1:30 pm-4:30 pm
25 Dec Sitting Practice. 9:30 am-12:00 noon

Tuesdays Guided Meditation on the Lam.rim Lam.rim, the Graduated Path to Enlightenment, is one of the most profound teachings of the Gelugpa Tradition. The Lam.rim presents a concise view of the entire Buddhist path, and is a timeless source of inspiration, appropriate for experienced students, as well as new students of Buddhist philosophy. 7 pm TCL

Sundays Sunday Morning Kum Nye Each session of this drop-in class introduces several practices for exploring a specific experiential theme, using the gentle movement exercises of Kum Nye. Both experienced and beginning students are welcome. 10 am-1 pm. \$25 per session. NI

Sundays Sunday Evening Practice and Dharma Talk Nyingma Institute welcomes visitors, students, and friends to join in a public meditation and talk every Sunday. Meditation and chanting at 5 pm and Dharma talk at 6 pm. No charge. NI

Sundays Weekly Vipassana Sitting with Eugene Cash. 45 minute silent meditation followed by discussion.
7 pm-9 pm

Tuesdays Weekly Vipassana Sitting with Howard Cohn.
7:30 pm-9:30 pm

Thursdays Weekly Vipassana Sitting with James Baraz. Albany United Methodist Church, 980 Stannage (at Marin), 2 blocks up from San Pablo, Berkeley. 7:30 pm-9:30 pm

Zen Center Classes The Zen Center organizes the study of Buddhism into a Five Root curriculum:

- I: Life of the Buddha and Early Texts
- II: Buddhist Psychology
- III: Buddhist Wisdom
- IV: Ethics and Compassion
- V: Zen

New students should begin with

