



Gay Buddhist Fellowship

Newsletter

A Monthly Publication of the Gay Buddhist Fellowship, San Francisco

June, 1995

GBF Calendar

2 June, Friday, GBF Potluck Dinner, 7:30 p.m. Information: call Ruhl,

6 June, Tuesday, GBF Steering Committee Meeting, 7:30 p.m. Call Clint Seiter

11 June, Sunday Meeting, 10:30 a.m. Special Guest Speaker: Eric Kolvig, Vipassana teacher since '85, student of Joseph Goldstein, has led meditation retreats for lesbians and gay men and is a long time friend of GBF.

12 June, Monday, GBF Newsletter Committee, 7:30 p.m. Information: Mark Picciano,

25 June, Sunday Meeting, 10:30 a.m. Open discussion on Sexuality and the Dharma.

8 July, GBF Potluck Dinner, 7:30 p.m. Information: call John Krowka,

14-16 July, 4th Annual GBF Retreat. Vajrapani Institute in Boulder Creek. Details in this issue of GBF Newsletter or call GBF voicemail number for details.

GBF voicemail line: 415/974-9878

...Still looking or a location for a weekly meditation/discussion group. Got any ideas? Call David Holmes,

GBF Sponsors Foundations of Buddhism Study Group

David Holmes

GBF's Foundations of Buddhism Study Group met last Thursday, May 18th, for the first of seven weekly meetings. The series was organized by David Sunseri and Alan Oliver, who are also serving as facilitators. The group is composed of fifteen men, some of whom are new to Buddhism, others new to GBF—as well as a few seasoned practitioners. The meeting was held in Alan Oliver's home.

The topic of the first meeting was the Buddha's life and background. We began the evening by introducing ourselves and talking a little bit about our practice and interest in attending the study group. David and Alan then gave a brief introduction to the life of the historical Buddha, pointing out that much of what is recorded of his life may have been embellished and expanded during the first centuries after his death, when the canon was transmitted orally, and that although these records may or may not represent literal truth, they nonetheless have great value to us as a story of the awakening of a human being and the realization of his true nature.

Some stories were cited which underscored the human qualities which the Buddha possessed. In the discussion that followed, it seemed to be the opinion of most present that it was this very "humanness" that makes the story of the life of the Buddha at the same time so accessible and so inspiring to us in our own struggle for liberation and realization.

The group seemed to gel right away, and a lively and thoughtful evening of conversation and sharing ensued. I am looking forward to the next six weeks. Look for updates written by other participants in the next editions of the GBF newsletter.

GBF Summer Retreat July 14-16, 1995

The fourth annual Gay Buddhist Fellowship Summer Retreat will take place the weekend of July 14-16, 1995 at Vajrapani Institute near Boulder Creek in the beautiful red-woods of the Santa Cruz mountains.

This silent time of meditation and mindfulness will be an opportunity for us to practice together, deepen our relationships and support our Sangha. The moderate schedule,

combining elements of Theravadan, Zen and Tibetan traditions, will include sitting and walking meditation, Dharma talks and readings. We will open the retreat on Friday night, July 14, with a general orientation followed by a period of meditation. We'll practice together all day Saturday, gathering around the stupa in the evening for a memorial service for our partners, family and friends who have died. We will continue our practice or

continued on page 3

Dharma Centers

- **BSC** Berkeley 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.
- **HSZC** Hartford Street Zen Center: 57 Hartford St., SF. 415/863-2507.
- **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.]
- **KDK** Kagyu Drogen Kunchab: PO Box 170370, SF 94117. 415/752-5454.
- **LMB** Land of Medicine Buddha: 5800 Prescott Road, Soquel. 408/462-8383.
- **NI** Nyingma Institute: 1815 Highland Place, Berkeley 94709. 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. 510/644-1858.
- **SFBC** San Francisco Buddhist Center: 37 Bartlett St., SF 94110. 415/282-2018.
- **SFSC** San Francisco Shambhala Center: 1630 Taraval St., SF. 415/731-4426.
- **SFZC** SF Zen Center: 300 Page Street, SF. 415/863-3136.
- **SR** Spirit Rock Meditation Center: 5000 Sir Frances Drake Blvd., Woodacre. 415/488-0170; 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: Ron Ginsberg, 2215-R Market Street, Box 230, San Francisco, CA 94114. K

The Local Dharma

LOCAL DHARMA June, 1995

(Note: Sometimes schedules change because of special events; we recommend that you call first to confirm events.)

Ongoing Events

Sundays Introductory Open House
The purpose of the Dharmadhatu is to promote an uplifted environment for students to practice meditation and to study Dharma according to the Tibetan Buddhist Kagyu and Nyingma traditions as taught by the Vidyadhara, Chogyam Trungpa Rinpoche. 9-noon. Free of charge, meditation instruction available. BSC

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. SFSC

Sundays Weekly Vipassana Sitting
with Eugene Cash. 45 minute silent meditation followed by discussion. 2150 Lyon St., SF 7 pm-9 pm

Sundays Sitting 9am-12 noon, meditation instruction available at 10am. BSC

Mondays Zazen Instruction 5:00 pm call first. HSZC

Mondays-Saturdays Zazen/Evening Service 6:00 pm. HSZC

Mondays-Saturdays Meditation and Services 5:00 am- 7:00 am. HSZC

Tuesdays Lam Rim Meditation 7pm TCL

Tuesdays Sitting, 7-8pm. BSC

Tuesdays Weekly Vipassana Sitting
with Howard Cohn. 675 Dolores St. (at 20th St.), SF. 7:30 pm-9:30 pm

Wednesdays Shambhala Sitting Practice 7pm-8pm. BSC

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

Thursdays Sitting 7pm-8pm. BSC

Saturdays Zazen & Dharma Talk 9:00 am. HSZC

Special Events

3,4 Jun (Sa-Su) Vipassana Day Longs with Ajahn Juminien (Thailand) \$30/day incl lunch, contact codes AJ3/AJ4, SR

5 Jun (Mon) Ven Geshe Lobsang Tsephel "Spontaneous Kindness: How to Develop It." 7pm, \$10 donation, TCL

10 Jun (Sat) Introductory Sitting with Green Gulch Senior Zen Priests 9am - 5pm, \$20, \$15 members, incl lunch, GGF

12 Jun Sulak Sivarska at Berkeley Zen Center - Author of Seeds of Peace and founder of International Network of Engaged Buddhists. 1933 Russell St, 7.30 pm, donation, sponsored by the Buddhist Peace Fellowship.

13 Jun (Tu) Sakadawa Buddha's Birth, Death and Parinirvana. Sun-

Special Events

(continued on page 3)

