



Gay Buddhist Fellowship

Newsletter

May 1996

GBF Calendar

Call 415/974-9878 for news about GBF and GBF-sponsored events. To skip the recording and leave a message, press 5.

2 May, Thursday Sitting, 8 pm, at the home of Bill Kirkpatrick.

4 May, Saturday Sitting (East Bay), 10 am, at the home of Geoff McEnany.

7 May (Tuesday), Steering Committee Meeting, 7:30 pm, at the home of Alan Oliver.

9 May, Thursday Sitting, 8 pm, at the home of Lee Robbins.

11 May (Sat.), Hike in Annadel State Park and Potluck. Meet at 9:00 a.m. at Zen Hospice, 273 Page St., SF. (Details, page 1.)

12 May, Sunday Meeting, 10:30 a.m., 273 Page St., SF. TBA.

16 May, Thursday Sitting, 8 pm, at the home of Mark Marion.

18 May, Saturday Sitting (East Bay), 10 am, at the home of Geoff McEnany.

23 May, Thursday Sitting, 8 pm, at the home of Edward Sams.

26 May, Sunday Meeting, 10:30 a.m., 273 Page St., SF. Open Discussion.

30 May, Thursday Sitting, 8 pm, at the home of Edward Sams.

Foundations of Buddhism Workshop to be Offered Again

A year ago GBF offered a seven-week series of meetings that addressed basic Buddhist information, concepts, and forms of Buddhist practice. This opportunity was particularly suitable for those new to Buddhism who wanted an overview of this spiritual practice. A conceptual framework is suspect in Buddhism, but it can establish some familiarity with language, concepts, and approaches that can aid in understanding readings, dharma talks, and Buddhist discussions.

Instead of a multi-week study group, we have streamlined the format into two sequential Saturday workshops. These two full-day sessions will be held on June 8 and 15. There will be a charge of \$10 per session for a total of \$20 for both parts of the Foundations Workshop.

The workshops will include readings, presentations, question-and-answer dialogue, and some sitting practice. There will not be as much time for free-

ranging discussion as in the past, but we will endeavor to address the same range of topics with time for some related questions and shared answers.

The first session on June 8 will focus on the Buddha, Buddhist history, The Four Noble Truths, The Precepts, and key concepts. The second session on June 15 will focus on the major Buddhist traditions and key practice questions.

If you are interested in participating in this two-part workshop, send a check for \$20 payable to GBF, along with your name, address, and phone number, to: GBF Workshop, 2261 Market Street #422, San Francisco, CA 94114.

The workshop is open to 25 participants and will be closed once that number have registered. Details on place and time will be sent to all participants, along with handouts to be read before the first session begins. ♡

Morning Meditation

GBF will sponsor a silent, half-day of meditation practice on Saturday, June 1, 1996, at 791 29th Avenue (at Cabrillo) in San Francisco, from 8:45 a.m. to 12:30 p.m. (The entrance is next to the garage.)

The moderate schedule will include sitting and walking meditation, sutra recitation, and a brief dharma reading. Please bring a meditation cushion or bench. Preregistration is required. To register, mail a check for \$5.00 payable to GBF to: GBF Sitting/6/1/96, 2261 Market Street #422, San Francisco, CA 94114. Please include your name and phone number. For more information, call Daishin David Sunseri

May Hike Planned to Annadel State Park

Due to the success of last month's hike, GBF is sponsoring a second hike on Saturday, May 11. This time we'll be traveling to Annadel State Park near Santa Rosa. On the trail, we'll pass through forests, meadows, and chaparral of Douglas-fir, bays, redwoods, and oaks. There will also be wildflowers to enjoy. We'll stop for lunch at picturesque Lake Ilnanjo.

This hike (5.5 miles) is longer than last month's, but again we'll take a leisurely pace. There will be a potluck

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