



Gay Buddhist Fellowship Newsletter

September 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.

3 Sept. (Tuesday), Steering Committee Meeting, 7:30 pm, at the home of Clint Seiter,

5 Sept., Thursday Sitting, 8 pm, at the home of Bill Kirkpatrick,

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

8 Sept., Sunday Meeting, 10:30 a.m., 273 Page St., SF. Vipassana Teacher Howie Cohn will give a dharma talk on "Freedom: Near or Far?"

12 Sept., Thursday Sitting, potluck at 6:30 pm, sitting at 8 pm, at the home of Lee Robbins,

13-15 Sept. (Fri.-Sun.), Fifth Annual GBF Weekend Retreat, Vajrapani Institute, Boulder Creek, CA.

19 Sept., Thursday Sitting, 8 pm, at the home of Mark Marion,

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

22 Sept., Sunday Meeting, 10:30 a.m., 273 Page St., SF. Open discussion.

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Come Practice with Other Gay Men at GBF's Sept. Retreat

By this time GBF members should have received registration forms for the Fifth Annual Weekend Retreat to be held September 13-15, 1996, at the Vajrapani Institute in the Santa Cruz Mountains.

This year's retreat will combine traditional practices of sitting and walking meditation with dharma discussion and more free time than in past years. The weekend will be a great opportunity for us to practice together in a more focused way, and to create a space that supports our intention to follow the path of the Buddha.

We will need some volunteers to help with this retreat: timekeepers, bell ringers, and someone to welcome participants on Friday evening. If you'd like to volunteer, please call the GBF phone line and let us know.

If you haven't received a registration form and you want to attend the retreat, or if you simply want more information about this event, leave a message for Daishin David Sunseri on GBF's voice mail line, 415/974-9878. We hope to see many GBF members at this year's retreat. ♡

Tilden Park is Site of Annual Picnic Oct. 6

GBF will be hosting its annual potluck picnic on Sunday, October 6, starting at 11:30 a.m. The picnic will be held at the Lake View picnic site in Tilden Park—the same site as last year.

This is a potluck picnic, so please bring something that can be shared by

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Vipassana Teacher Howie Cohn to Speak September 8

Howie Cohn will give a talk on September 8 titled, "Freedom: Near or Far?" Howie is a Vipassana teacher who has conducted retreats since 1985, and leads ongoing meditation classes in San Francisco and Marin. He has studied with Asian and Western teachers of several traditions, including Theravada, Zen, Tibetan, and Advaita Vedanta. He incorporates a non-dualistic perspective in his teaching. Howie is a Ph.D. candidate in East/West psychology, and has a private practice in counseling.

GBF is always interested in receiving suggestions for future Sunday speakers. If there is someone you wish to recommend, please contact Tom Moon at



Two Co-Editors are Sought to Replace Newsletter Editor

At last month's Steering Committee meeting, Bob Hass announced he will be leaving the position of GBF newsletter editor at the end of November after almost two years of service. This gives the Sangha four months time in which to find a new editor or co-editors.

In the past, only one person has filled the volunteer job of newsletter editor. However, the Steering Committee now is recommending that two individuals serve together as co-editors, and is actively seeking

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Dharma Centers

[Each center offers ongoing programs and activities. If interested, please contact them directly.]

- BPF: Buddhist Peace Fellowship, P.O. Box 4650, Berkeley 94704. 510/525-8596.
- BSC: Berkeley Shambhala Center: 2288 Fulton Street, Berkeley. 510/841-6475 or 510/549-1481.
- BZC: Berkeley Zen Center, 1933 Russell Street, Berkeley 94703. 510/845-2403.
- CDS: California Diamond Sangha, P.O. Box 2915, Petaluma, CA 94953.
- CML: Community of Mindful Living, P.O. Box 7355, Albany 94707. 510/527-3751.
- DI: Dudjom International, P.O. Box 40155, Berkeley 94704. 510/849-9928.
- EGZC: Empty Gate Zen Center, 5707 Oakgrove Ave., Oakland 94618. 510/653-5991.
- EHMC: Enlightened Heart Meditation Center. 415/255-0798.
- 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.
- 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.
- SBC: Saraha Buddhist Center, 3145 Geary Blvd. #515, SF. 415/731-5973.
- SCZC: Santa Cruz Zen Center, 113 School Street, Santa Cruz. 408/457-0206.
- SFBC: San Francisco Buddhist Center: 37 Bartlett St., SF. 415/282-2018.
- SFSC: San Francisco Shambhala Center: 1630 Taraval St., SF. 415/731-4426.
- SFZC: San Francisco Zen Center: 300 Page Street, SF. 415/863-3136.
- SMZC: Sonoma Mountain Zen Center, 6367 Sonoma Mountain Road, Santa Rosa. 707/545-8105.
- SR: Spirit Rock Meditation Center: 5000 Sir Francis Drake Blvd., Woodacre. 415/488-0164.
- TCL: Tse Chen Ling Center: 4 Joost Ave, SF. 415/333-3261.
- VI: Vajrapani Institute, P.O. Box 2130, Boulder Creek 95006. 408/338-6654. ♥

The Local Dharma

September 1996

[Note: Sometimes schedules change, so we recommend you call to confirm events.]

Special Events

4 Sept. (Wed.) "Escaping Into Life" with Shinzen Young. Young describes Vipassana meditation as a way to personal freedom, a way to go beyond our automatic reactions of emotion and suffering, so that life becomes more spontaneous and free. Broadcast on "New Dimensions", KPFA-FM, 12 noon (94.1 in Berkeley, 88.1 in Fresno).

7 Sept. (Sat.) Book Sale at the San Francisco Zen Center. Books on Buddhism, Eastern wisdom, and related cookbooks, children's books, travel, and art books will be on sale to benefit the libraries of Green Gulch, Tassajara, and the San Francisco Zen Center. SFZC

15 Sept. (Sun.) "The Body"; 5 Oct. (Sat.) "Emotions & Mental States"; 2 Nov. (Sat.) "All Dharmas" (Each retreat is being led by Gil Fronsda.) Each of these daylong retreats focuses in depth on a different aspect of the Four Foundations of Mindfulness as taught by the Buddha. ("The Breath" was the first session, on August 24.) On each day, sitting and walking practice, instructions, and dharma talk center on one of the four foundations. You are invited to attend one or more of the daylong retreats, which are suitable for both beginning and experienced students. 9 am-5 pm. Cost: \$25 (No lunch). Codes: GF2, GF3, GF4. SR

Gil Fronsda has practiced Zen and Vipassana since 1975 and is pursuing graduate studies in Buddhism at Stanford. He was a monk in Burma. He was trained by Jack Kornfield and leads classes and retreats in Palo Alto and the Peninsula. He is co-editor of Teachings of the Buddha (with Jack Kornfield) and editor of Voices from Spirit Rock.

20-22 Sept. (Fri., 6 pm-Sun. 2 pm) "Company Time" with Abbot Zoketsu Norman Fischer, David Levy, and Marc Lesser. This retreat is sponsored by a group of individuals who work in the business world and are concerned with the direction and tenor of business culture in America. What are we doing in our organizations—where are we going? The workshop will explore these questions, using Buddhist precepts as a focal point for discussion. The event will include gentle meditation periods, talks by the leaders, and discussions. Cost: \$150, commuters; \$\$225-\$250 accommodations. GGF

25 Sept. (Wed.) Gil Fronsda will be guest speaker after meditation and service at Kannon Do Zen Temple in Mountain View. (See adjacent biographical note). 415/851-0934.

GBF Seeking Second Meeting Site

At present, GBF's Sunday morning meetings at the Zen Hospice on Page Street draw approximately 40-50 people. There are times, however, when the attendance exceeds the seating capacity at the hospice. It would be helpful, therefore, to know of an alternative meeting space that is available on Sunday mornings, and that could be reserved in advance. This would make it possible, occasionally, for us to schedule speakers who are likely to draw larger numbers of Buddhist practitioners.

If you know of an appropriate space, or of someone who might be able to help us locate one, please leave a message on GBF's phone line, 415/974-9878. ♥

