



# Gay Buddhist Fellowship

## Newsletter

NOVEMBER 1997

### GBF Calendar

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

#### San Francisco Events

**4 Nov., Steering Committee Meeting** 7:15 pm, at the home of Larry White,

**6 Nov., Thursday Sitting**, 7:45 pm: meditation, at the home of Bill Kirkpatrick,

**9 Nov., Sunday Sitting 9:30/10:30 am** SFBC, 37 Bartlett St. Speaker: Dashin David Sunseri. see articles on page 1.

**13 Nov., Thursday Sitting**, 7:45 pm: meditation, at the home of Lee Robbins,

**15 Nov., GBF's Feed-The-Homeless Project** at the Hamilton Family center. To participate, contact Clint Seiter,

**16 Nov., Sunday Sitting**, 9:30/10:30 am SFBC, 37 Bartlett St., see article page 1.

**20 Nov., Thursday Sitting**, 7:45 pm at the home of Mark Marion,

**23 & 30 Nov. Sunday Sitting**, 9:30/10:30 am SFBC 37 Bartlett St., see article page 1

**27 Nov. Thanksgiving**, see announcement, page 2

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### GBF: 4 Sunday Sittings Starting in November

The health and well-being of the GBF Sangha depends upon a number of interrelated factors: the strength and diversity of our individual traditions and practices, the friendships we have developed with each other over the years, and perhaps most importantly the time we spend together in the deep silence of meditation or quietly sharing the Dharma of our daily lives.

For the months of November and December, GBF is trying out an expanded and extended Sunday program—expanded in the sense that we will be meeting *every* Sunday (beginning Nov. 9) and extended in that we will have an optional early half hour period of sitting meditation and a short (fifteen minute) walking meditation beginning at 9:30 a.m. before our usual 10:30 a.m. starting time.

Our hope is that by going to a weekly Sunday format and an extended meditation schedule we will add an element of consistency to our Sangha's practice. If it seems to be catching on, we will continue this schedule into the new year.

The meeting dates for November and December are as follows:

November 9, 16, 23, and 30  
December 7, 14, 21, and 28

The Sunday morning schedule for these dates:

09:15—09:25 Arrive to help set up  
09:30—10:00 Sitting meditation  
10:00—10:15 Walking meditation  
10:30—11:00 Sitting meditation  
11:00—11:10 Break  
11:10—12:00 Dharma Talk / Discussion  
12:00—12:45 Tea ♦

### "Teachers, Our Spiritual Friends" November Talk

At the November 9th Sunday Sitting, we welcome back Daishin David Sunseri as our speaker. Daishin is a Zen monk in the Soto tradition of Shunryu Suzuki Roshi, and is a disciple of Issan Dorsey Roshi. He has practiced in the gay Buddhist community for the past 13 years, has done hospice care for 20 years, and is currently working with Buddhist practitioners who have been sexually abused as children.

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### American Academy of Religion Meets in San Francisco in November

Roger Corless informs us that the AAR, the largest professional society of academics in Religious Studies, will be meeting at the Hilton Hotel from November 22-25. The Gay Men's Issues in Religion Group is sponsoring two sessions, one of them on Buddhism and Homosexuality (Session A170) on Monday the 24th 9:00 a.m.-11:30 a.m. Parc Fifty-five, Parc Ballroom I. A person with imagination could probably get in to hear the session. Roger will be on the panel. ♦

## GBF Mission Statement

Gay Buddhist Fellowship supports Buddhist practice in the gay men's community. It is a forum that brings together the diverse Buddhist traditions to address the spiritual concerns of gay men in the Bay Area, the United States, and around the world. GBF's mission includes cultivating a social environment that is inclusive and caring.

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## GBF Calendar

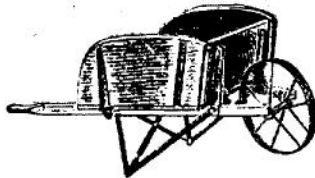
*(continued from page 1)*

### East Bay Events

2, 16 & 30 Nov., Sunday Sitting (East Bay), 10:30 am, at the home of Geoff McEnany,

### Sonoma Events

3, 10, 17 & 24 Nov., Monday Sitting (Sonoma) 7:30 pm, at the home of Avery,



## Contributors

Thanks to the following people who helped with this GBF Newsletter: Alan Oliver, Chris Alferitz, Scott Stalnaker, Clint Seiter, Jon Beanie, David Holms, Daishin David Sunseri, and Larry White. ♦

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## Meditation Class At Harvey Milk Institute

A four week meditation class will be offered by the Harvey Milk Institute starting November 15. The class, which will cater to beginners as well as seasoned practitioners, will be held at the SF Buddhist Center, 37 Bartlett @ 21st Street. The two hour class will meet on consecutive Saturday mornings (except 11/29) from 10:00 a.m. to Noon.

In addition to ample time on the cushion, there will be a variety of topics covered including: beginning instruction, styles of meditation, resistance to meditation, working with distractions, the deeper purpose of meditation, overcoming obstacles to practice, inspiration, commitment to yourself, discipline, meditation as a means to ending suffering, and liberation.

The instructor, Jon Bernie, is a GBF member and has had a wide range of training and practice in meditation. Jon started practicing meditation 28 years ago at the age of 16. His background includes three years of yogic meditation practice, eleven years of Zen Buddhist practice, seven years of Vipassana practice, and seven years of practice in the Advaita Vedanta tradition.

For more information or to sign up for the class, please contact the Harvey Milk Institute at 552-7200. There is a fee for the course. ♦



## Advertisements and Announcements

Returning from Maui to San Francisco on or around December 1st. Looking for a one bedroom/studio apartment. Would consider a roommate, short term rental, sublet and/or house/pet sitting. References.

**Thanksgiving Celebration:** Once again Thanksgiving is here, an opportunity to particularly appreciate and celebrate the Sangha we have in our lives. Traditionally GBF hosts a potluck feast for those members (and friends) who wish to spend this holiday together. If you want to join other GBF'ers for this holiday call Clint Seiter so that dishes can be coordinated. ♦

## "Teachers, Our Spiritual Friends"

*(continued from page 1)*

He is a long time member of GBF. His topic, "Teachers, our spiritual friends" is one that we revisit periodically and is one of the basic questions we have all asked at one time or another. Should I look for a teacher and how should I relate to a teacher? ♦

' "GREATNESS"  
EXISTS IN THE  
INCONSPICIOUS  
AND OVER LOOKED  
DETAILS.'

-LEONARD KOREN

