



Dharma currents

N E W S L E T T E R

Reflections by Edith Rohde

Pain

Seated in half lotus on my cushion, endless days into my first sesshin, I was in excruciating pain. When the Jisha tapped me for my turn to speak with the teacher, I was excited to be allowed to stand up and walk, eager to ask how to deal with the pain which permeated my thoughts.

I stood up, relieved to find my legs supported me, walked to the dokusan room, bowed, sat and asked, "How can I sit mindfully when my mind is full of how I hurt?"

"Pay attention to the pain." I laughed. Wasn't that the problem? The pain had my full attention.

"Observe the pain," he said. I returned to my cushion, observed, and discovered that, far from my assumptions, the pain was not constant, did not increase incrementally, was not unbearable.

The pain came and went, increased and decreased, at times the sensation was not pain at all but intensity, a loud presence, solidness, pressure, actually interesting.

Now, my mind was not empty but full of thoughts about a sensation which once had been pain. I was no closer to enlightenment, but I was further from discomfort and in possession of a useful tool.

Later, no longer on my cushion, I wondered about applying this tool to emotional pain when angry or wounded by words that do not suit me, actions I deem inappropriate. Perhaps, observing my distress, I might discover these attacks to be other than they seem to be.

Pain is a message. My legs and knees scream to be free of the position I impose upon them.

My emotional pain comes from expecting others to take or hold positions they are not comfortable assuming.

If I choose to demand more of leg, knee, or person than they want to give, I had better be ready for the messages. "I am not up to this expectation." "I want to behave differently."

If I insist upon subjecting limbs and people to positions I take, I have a responsibility to accept the outcome, accept what I create by insisting upon my position.

Can I sit, observe, and perhaps experience a change of character? I'll practice.



Poetry by Emily Warn

The Poetry Lesson

Pull up a chair. Here's how to breathe life into a woman who every morning sweeps her porch clean of dust and spider webs, who waters lilacs planted in memory of her husband dead for twenty years.

Watch how she returns at dusk to wait for spring when the sun's arc lights purple torches for hummingbirds, a traveling flock with no preacher, her grief their nectar.

See how she repeats her task to pass a time filled with sadness. Time passes. Without knowing, she builds a bridge, connecting her to what she's missing.

Now begin.



"We tell ourselves stories in order to live... We live by the 'ideas' with which we have learned to freeze the shifting phantasmagoria which is our actual experience." Joan Didion in the *White Album*

By SPC Committee Rep. Kay Peters
Spring at the Practice Center

The garage is finished and now we need to agree on what to call it. Somehow, "garage" just doesn't fit anymore. Please email any suggestions to me (kayandlarry@gmail.com). Eric has done a remarkable job on the library and Jack has enhanced the dokusan room with a wall hanging.

This winter we have had to repair a sewage line break and do the work to divest our Dojo of rats. About 10 folks helped thoroughly clean the basement and our goal is to be more careful about how we store things.

Please do not leave any food items on the altar, kitchen table, counters or cupboards. All food in the cupboards must be in a metal tin. Thanks in advance for your cooperation in this matter.

I recently had a conversation with Tim O'Shea, the man who is developing the property to the north and northeast of us. He says that the city really wants that property, because it is zoned commercial, to become a 4-story warehouse, with big trucks coming and going.

He wanted to build a 'housing community' with cottages and more open/garden space but the city won't give him the curb cuts he needs in order to put parking under each unit.

They cite the need for street parking, which curb cuts usurp. Now he is faced with putting the housing around an asphalt parking pad with traffic coming into it from the alley.

The city also wants him to build with 13' ceilings, making the project taller than he'd wanted and that aesthetically doesn't fit the neighborhood.

As neighbors we may be able to affect this outcome by making some calls to the city planner. Watch your email for notes from me on this issue.

If you want to see it I have last years income/expense sheets done and a projected budget for 2006. Email me if interested.

Please join us for the Garden of Light retreat the first weekend in April. (*see details below*)



Announcement from Kay Peters

News about the Upcoming Garden of Light Retreat

This year our Garden of Light retreat will take place on April 1 (this is no joke!) and 2. Appropriately, daylight savings time begins on the 2nd so change your clock and don't be late.

This retreat is free but we do need you to register with Ace (Candacedavis@yahoo.com) in order to determine meal amounts. It is a good chance to practice with others while working.

Please consider coming and helping maintain and enhance our practice space. Bring gloves and hand tools. We will do much needed gardening as well as some indoor jobs.

Here's the schedule for the retreat:

- SAT** 6:30-8 Zazen with dokusan
- 8 Breakfast
- 12:30-1 Zazen
- 9-9:40 Zazen period
- 10-12:30 Work
- 12:30-2 Lunch break
- 2-4:30 Work
- 4:30-5 Clean-up
- 5-7 Dinner and break
- 7-8:30 Zazen with dokusan
- SUN** Same as Saturday until 12:30
- 1:00 Close and Potluck



"Not to do evil really means not to separate yourself from your daily life, the world as it unfolds around around you. Separation means the denial or negation of our true-nature, and it is in our true-nature that all purity, all goodness, all virtue, reside." Roshi Philip Kapleau in *Awakening to Zen*

Keeping in Touch

Sangha Contact Information

Dharma Currents Newsletter

The newsletter is published three times during the year. With submissions or questions, contact the designer and editor, Cindy at cindy@w-link.net or 933-8100. E-mail submissions to Cindy within the message section (*no attachments*). Dharma and practice-related articles are to be previewed by either Jana at zeedyk@integraonline.com or Rebecca at rossrm@comcast.com prior to sending to Cindy. Instructions and schedule are posted on the web (<http://three-treasures-sangha.org>).

Three Treasures Sangha Membership

If you aren't sure of your membership status and dues payment record, please contact Jan Mikus, bookkeeper for Three Treasures, by calling 363-9650 or emailing jam2@drizzle.com. Remember that the reduced rates offered to members for sesshin registration are predicated upon applicant's dues being current. Please confirm if not certain.

Sangha Lists: Mail, E-Mail and Telephone

Mail, e-mail and/or telephone are used to contact sangha participants. To be added or update your information, contact the list coordinator, Barbara at bbreck@nwlink.com or call 425 775-2715. Last minute schedule revisions and/or events reminders are communicated via e-mail or telephone.

Three Treasures Sangha on the Web

Visit us at <http://three-treasures-sangha.org>. General sangha news, updated event information and the orientation literature series are posted on this web site along with current and past issues of the *Dharma Currents* newsletter. Please contact the webmaster and site editor, Jeff at jeffj@oz.net or 783-3980. with any additions and questions.

Contacting the Sangha by Telephone

Call Three Treasures at 206 324-5373. Leave a message on the machine and your call will be returned.

Recurring Throughout the Year

Sangha Activities



Orientation to Three Treasures Sangha

Introductory orientation is offered monthly to all those new to zazen and/or new to our sangha to overview our meditation practice and sangha customs—all followed by a period of sitting. Contact one of those listed for *Orientation* under Sangha Contacts or call 324-5373 to leave a message.

Weekly Zazen Opportunities

AT THE PRACTICE CENTER. Sittings during the week: Wednesday evenings 6:30-8:30pm (dokusan is available when Jack Duffy is present which is usually the last Wednesday of each month) Friday mornings 6:30-7:30am (followed by coffee as well as dharma discussion on first Fridays)
UP NORTH. Daily sittings at Mountain Lamp 6:30-8:30am with dokusan at 7am followed by breakfast on Fridays at 8:45am. (contact 360 592-5248)
DOWN SOUTH. Regular sittings are held at the Open Gate Zendo in Portland. (contact 503 225-1390)

Monthly Zazenkai (zenkai)

Single or multi-day retreats including meditation, teisho and dokusan with teacher Jack Duffy.

Interviews (dokusan) with Teacher Jack Duffy

Private interviews available during zazen in zenkai or sesshin to discuss any practice-related topic.

Semi-annual Sesshins

Week-long intensive retreats including meditation, teisho and dokusan with teacher Jack Duffy.

Quarterly Sangha Meetings

Meetings of the sangha members and the Board are held regularly at the Seattle Practice Center, 1910 24th Avenue South. For schedule, leave a message at 324-5373; your call will be returned.

Leadership Training

Instruction in the various jobs that contribute to the smooth operation of the dojo and retreats. Leave a message at 324-5373 for information.

Monthly Gardening Opportunities

Gardening sessions are regularly scheduled 11am-4pm on the final Saturdays of each month from February through October at the Practice Center.

Mindfulness Community of Puget Sound

The group with whom Three Treasures shares the Practice Center—MCPS—meets at the Center on Monday and Thursday evenings 6:30-8:30pm for sitting and discussion, and Thursday mornings 6:30-7:30am (followed by coffee). Led by Eileen Kiera.



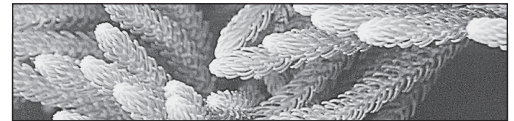
"Our practice should be based on the idea of selflessness. Selflessness is very difficult to understand. If you try to be selfless, that is already a selfish idea. Selflessness will be there when you do not try anything." Shunryu Suzuki

Opportunities to Participate
2006 Calendar of Scheduled Events

All listed sangha events and activities are subject to change; prior confirmation is advised



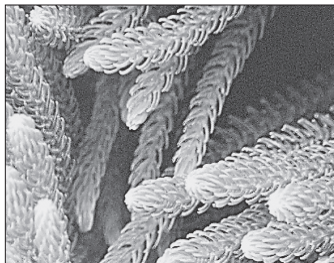
- JAN 18** Community sit/talk w/MCPS 6:30-8:30pm
- 25** Zazen and Dokusan 6:30-8:30pm *(with Jack)*
- 28-** Zenkai Saturday 6:30-8:30pm *(with Jack)*
- 29** Zenkai Sunday 6:30am-1:30pm *(with Jack)*
- FEB 11-** Zenkai Saturday 6:30-8:30pm *(with Jack)*
- 12** Zenkai Sunday 6:30am-1:30pm *(with Jack)*
- 22** Zazen and Dokusan 6:30-8:30pm *(with Jack)*
- 23** Dharma Currents Newsletter Deadline
- MAR 2-5** Retreat in Spokane *(Ellen Cote 509 534-2617)*
- 29** Zazen and Dokusan 6:30-8:30pm *(with Jack)*
- APR 1-2** In-City Retreat: Garden of Light *(with Jack)*
- 14-21** Sesshin at Indianola: Branching Moon
- 29** Gardening Day 11am-4pm *(flexible)*
- MAY 13-** Zenkai Saturday 6:30-8:30pm *(with Jack)*
- 14** Zenkai Sunday 6:30am-1:30pm *(with Jack)*
- 27** Gardening Day 11am-4pm *(flexible)*
- 31** Zazen and Dokusan 6:30-8:30pm *(with Jack)*
- JUN 10-** Zenkai Saturday 6:30-8:30pm *(with Jack)*
- 11** Zenkai Sunday 6:30am-1:30pm *(with Jack)*
- 15** Dharma Currents Newsletter Deadline
- 24** Gardening Day 11am-4pm *(flexible)*
- 28** Zazen and Dokusan 6:30-8:30pm *(with Jack)*
- JUL 9** Zenkai Sunday 6:30am-1:30pm *(without Jack)*
- 15-19** Sesshin at Mtn Lamp *(for beginners 360 592-0600)*
- 26** Zazen and Dokusan 6:30-8:30pm *(with Jack)*
- 29** Gardening Day 11am-4pm *(flexible)*
- AUG 6** Dharma Currents Newsletter Deadline
- 12-** Zenkai Saturday 6:30-8:30pm *(with Jack)*
- 13** Zenkai Sunday 6:30am-1pm; sangha mtg
- 26** Gardening Day 11am-4pm *(flexible)*
- 30** Zazen and Dokusan 6:30-8:30pm *(with Jack)*
- SEPT 9-** Zenkai Saturday 6:30-8:30pm *(without Jack)*
- 10** Zenkai Sunday 6:30am-1pm; sangha mtg
- 21** Dharma Currents Newsletter Deadline
- 30** Gardening Day 11am-4pm *(flexible)*
- OCT 25** Zazen and Dokusan 6:30-8:30pm *(with Jack)*
- 28** Gardening Day 11am-4pm *(flexible)*
- NOV 3-10** Sesshin at Indianola: Walking Rain
- 16-19** Retreat in Spokane *(Ellen Cote 509 534-2617)*
- 29** Zazen and Dokusan 6:30-8:30pm *(with Jack)*
- DEC 9-** Zenkai Saturday 6:30-8:30pm *(with Jack)*
- 10** Zenkai Sunday 6:30-11:30am; sangha mtg
- 27** Zazen 6:30-7:30pm Sushi & Sake *(with Jack)*



THANK YOU! *We are touched by the recognition offered us at our last community meeting and very grateful for the offer of lifelong membership. You are all very thoughtful and kind and one big reason we continue to hang around. (Larry acknowledges, somewhat sheepishly, that he is resting on Kay's laurels these days but may now be inspired to be more involved-we'll see!!) Thank you to all... Kay and Larry*

Key Contacts within the Sangha

**Coordinators,
 Committees and
 Board Members**



Sangha Contacts and Coordinators

- Bookkeeper..... Jan Mikus.....363-9650
- Communications Rebecca Ross.....546-8535
- Dharma Friend Coord . Kay Peters.....322-8759
- Garden Coordinator ... Kay Peters.....322-8759
- Librarian..... Eric Ervin.....903-8240
- List Coord....Barbara Breckenfeld....425.775-2715
- Newsletter Design Cindy Jennings ..933-8100
- Orientation *Wednesdays* ... Ace Davis.....632-8889
- Orientation *Fridays* Kay Peters.....322-8759
- Orientation *Zenkai days* ... Rebecca Ross.....546-8535
- Sesshin Coordinator .. Ace Davis.....632-8889
- Sesshin Set-Up Coord. Emily Warn.....322-8750
- Volunteer Coordinator Ursula Popp.....783-3921
- Zazen Leader *Wednesdays*. Ace Davis.....632-8889
- Zazen Leader *Fridays* Kay Peters.....322-8759
- Zazen Leader *Portland*.... Jana Zeedyk...503.225-1390
- Zenkai Coordinator Rebecca Ross.....546-8535

Three Treasures Sangha Practice Committee

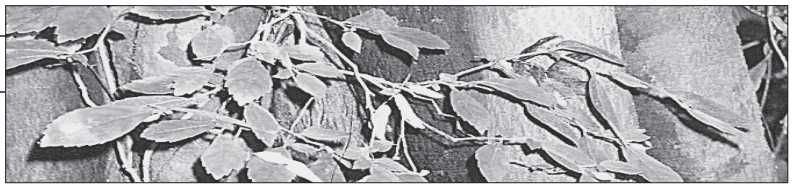
- Madelon Bolling.....527-1190
- Ace Davis.....632-8889
- Jack Duffy Teacher.....360.592-5248
- Nils Larsen.....360.293-5866
- Rebecca Ross.....546-8535
- Jana Zeedyk.....503.220-0508

Three Treasures Sangha Board

- President Karen Rosenstiel.325-4334
- Vice President..... Chris Nielsen546-8535
- Secretary Mary Ersek784-5052
- Treasurer Mike Allen.....632-8834
- At-Large/Historian ... Rebecca Ross.....546-8535
- Teacher Jack Duffy...360.592-5248

Practice Center Committee Representatives

- Kay Peters.....322-8759
- Chris Nielsen546-8535



Sesshin Registration

Branching Moon

A week long meditation retreat in the Zen Buddhist tradition with teacher Jack Duffy

When From 7pm Friday evening, April 14th through 2pm Friday afternoon, April 21st, 2005.
To minimize coming and going during sesshin, we request everyone plan to arrive Friday evening or night April 14th. If you are unable to attend the full sesshin, please schedule your departure for either Sunday afternoon, April 16th at 4pm or Monday afternoon, April 17th at 4pm.

Where Camp Indianola in Indianola, Washington (check the TTS web site for map and driving instructions)
Accommodations are dormitory-style. Telephone contact for emergencies only: 360 297-2223.

Cost Payment in full is due with this registration to reserve space. However, sesshin fee will be refunded in full if cancellation occurs two weeks prior in which case \$50 is non-refundable. Payment plans and scholarships may be arranged through the sesshin coordinator, Ace Davis at 206 632-8889.

- Regular and Supporting Members full time: \$280 (your dues must be current to qualify for this rate)
- All others full time: \$330
- Regular and Supporting Members part time: \$40 per night
- All others part time: \$50 per night
- If you are able, please add a donation for scholarships.

Food All meals are included and are vegetarian, including milk, eggs and cheese.
If you have food allergies and/or special dietary needs, please call in advance and elaborate below.

Bring Zafu and zabuton as well as support cushions and/or bench as needed
*Unless you've made arrangements with sesshin coordinator, you **must** bring your own zafu and zabuton*
Clothes for sitting (comfortable, unpatterned, dark) and clothes/footwear for working inside or outside
Sleeping bag and/or bedding
Your check for the balance amount of sesshin fees
Cell phones are prohibited while earplugs (for light sleepers), bath mat, tent, flashlights are optional

Detach Clip and mail with full payment to register your schedule, volunteer interests and dietary requirements.

Register Registration form (please print) and check for full sesshin fee amount (made payable to *Three Treasures Sangha*) should be mailed by March 30th to Ace Davis at 4701 Latona NE, Seattle, Washington 98105.

NAME _____	DATE _____	
ADDRESS _____		
CITY _____	STATE OR PROVINCE _____	ZIP _____
TELEPHONE _____	E-MAIL _____	

Details Circle all that apply: I VOLUNTEER TO BE A SET-UP WORKER I VOLUNTEER TO BE A FOOD SHOPPER/PLANNER
I WILL ATTEND FRIDAY THROUGH SUNDAY I WILL ATTEND FRIDAY THROUGH MONDAY I WILL ATTEND FULL TIME
I PLAN TO BRING A TENT I NEED A RIDE I CAN GIVE A RIDE
I NEED TO AVOID THESE FOODS: _____

Three Treasures of the Pacific Northwest Sangha

1910 24th Avenue South
Post Office Box 12542
Seattle, Washington 98111

N E W S L E T T E R

Time Value Material: Dharma Currents... Early Spring Issue *Sesshin Registration enclosed*

Poetry by Emily Warn

Ox Herding Lesson



The road bends away
from the sea,
meandering
though salt meadow hay.
You walk along singing
on the road of white sand
dug from the marsh,
the sea a hushed roar in the distance.

You plan to memorize
the forge of waves
leveling the sand,
spilling its molten silver
at the sandpipers' feet
who scurry, jotting it all down.

Just ahead of you on the road
is an egret, perfectly still,
perfectly white
and shaped like a lamed,
the only letter with its top
in the clouds,
the only letter that leans
like marsh grass,
one eye cocked on ditch water,
the other on clouds--
white feathers,
aloft yet earth bound.

The egret is dwarfed by salt marsh,
which stretches far, far
to the sea,
a wind-flattened white sea of grass
with islands of scraggly myrtles
rising from it,
and dwarf cedars whose outer needles burn
to protect the living sap

Egrets stand so still among reeds
that fish mistake
their legs for grass
Why then is this egret standing in the road
when ditches on either side teem
with minnows?

You sit down on the bleached road
in the hot sun to ask,
and hear
the egret listening to you
pierce and swallow
the atmosphere of fishes and clouds.

and hear
the egret listening to you
pierce and swallow
the atmosphere of fishes and clouds.