



Dharma currents

N E W S L E T T E R

Planning Comm. Announcement

Diamond Sangha Teachers' Circle to Convene in Seattle

From Friday 24 February to Monday 28 February, fifteen Diamond Sangha teachers will be meeting in the Seattle Practice Center to share their lives and teaching and to deepen their practice together.

On Friday morning, we will sit from 6:30-7:30am, followed by breakfast and then another round of sitting from 9-9:30am. (no dokusan this morning)

From Saturday through Monday, we will sit in the mornings from 8:30-9:30am. These sittings are

open to all. A visiting teacher will offer dokusan (8:30-9:20) for your specific and pertinent questions of koan presentations.

Lunch will be served at noon each day Thursday through Monday, and will be open to anyone who wishes to come. Please contact Karen at 206 325-4334 or karenr7@oz.net ahead of time, or leave a message at the Practice Center at 206 324-5373 so we can plan and have enough food to serve.

On Friday evening from 7-8:30pm, Gillian Coote from the Sydney Zen Center in Australia will make a presentation followed by a question and answer session. In addition to being a dharma heir of Subhana Barghaz, Gillian Coote is a film maker, artist and most recently a psychotherapist.

On Saturday evening, prepare for fun. Ursula Popp is hosting a potluck from 6:30-8:30pm. She lives at 12252 Second Avenue NW in Seattle. If directions are needed, call Ursula at 206 783-3921.

Family and friends are welcome to this Saturday potluck so bring your partner, a good dish and a bottle of red wine to this opportunity to mix informally with our sangha and the greater sangha.

On Sunday afternoon from 1:30-3:30pm, Rolf Dros-ten from the Wolken and Mond Sangha in Germany will give a teisho followed by a question and answer session with his associate teacher Burkhardt Zill.

Plan to come and share the dharma together.



By SPC Committee Rep. Kay Peters

Practice Center Renovation News

The second phase of remodeling the Seattle Practice Center is nearing completion. The garage has now been transformed from a dilapidated, out of kilter, vine-infested, barely-standing structure to an attractive, peaceful and useful meeting space and library. Thanks to all who have helped in the work of this extensive renovation.

Next: the third phase which involves planning and design for improved parking, fencing, ramping and pathways. Since we want to get these functional aspects resolved correctly, we will take our time.

Direct your input on third phase issues to any committee member as we appreciate all involvement.

Lastly, it is necessary to remind everyone to leave the monitoring of the heating in the zendo to the leader of that session's sitting. We have been having problems leading to excessive consumption of gas. If you think the temperature is not right for the zendo, please talk to the leader about it. Thanks.

FREE: *In the final liquidation of my zafu-making business I have some odds and ends of zafus and zabutons yet remaining. These are on the table in the Practice Center basement. Various colors and sizes are available; please take one if you like.* Kay Peters



"Surely the strange beauty of the world must somewhere rest on pure joy". Louise Bogan (born 1897)

Opportunities to Participate

2004-5 Calendar of Scheduled Events

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



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|------------------|--|-----------------|--|
| NOV 24 | Zazen and Dokusan 6:30-8:30pm (with Jack) | 25 | Gardening Day 11am-4pm (flexible) |
| DEC 11- | Zenkai Saturday 6:30-8:30pm (with Jack) | JUL 10 | Zenkai Sunday 6:30am-1:30pm (without Jack) |
| 12 | Zenkai Sunday 6:30-11:30am; sangha mtg | 20 | Community sit/talk w/MCPS 6:30-8:30pm |
| 29 | Zazen 6:30-7:30pm Sushi & Sake (with Jack) | 30 | Gardening Day 11am-4pm (flexible) |
| JAN 14-21 | Sesshin at Indianola: Heart of Winter | AUG 8 | Dharma Currents Newsletter Deadline |
| FEB 12- | Zenkai Saturday 6:30-8:30pm (with Jack) | 14 | Zenkai Sunday 6:30am-1:30pm (without Jack) |
| 13 | Zenkai Sunday 6:30am-1:30pm (with Jack) | 17 | Community sit/talk w/MCPS 6:30-8:30pm |
| 16 | Community sit/talk w/MCPS 6:30-8:30pm | 27 | Gardening Day 11am-4pm (flexible) |
| 23 | Zazen and Dokusan 6:30-8:30pm (with Jack) | SEPT 10- | Zenkai Saturday 6:30-8:30pm (with Jack) |
| 24-28 | Diamond Sangha Teachers Conference | 11 | Zenkai Sunday 6:30am-1pm; sangha mtg |
| MAR 5 | Joint Sangha Meeting 6:30-8:30pm | 21 | Community sit/talk w/MCPS 6:30-8:30pm |
| 6 | Zenkai Sunday 6:30am-1:30pm (with Jack) | 24 | Gardening Day 11am-4pm (flexible) |
| 16 | Community sit/talk w/MCPS 6:30-8:30pm | 28 | Zazen and Dokusan 6:30-8:30pm (with Jack) |
| 30 | Zazen and Dokusan 6:30-8:30pm (with Jack) | OCT 19 | Community sit/talk w/MCPS 6:30-8:30pm |
| APR 2-3 | In-City Retreat: Garden of Light (with Jack) | 22- | Zenkai Saturday 6:30-8:30pm (with Jack) |
| 20 | Community sit/talk w/MCPS 6:30-8:30pm | 23 | Zenkai Sunday 6:30am-1:30pm (with Jack) |
| 27 | Zazen and Dokusan 6:30-8:30pm (with Jack) | 26 | Zazen and Dokusan 6:30-8:30pm (with Jack) |
| 30 | Gardening Day 11am-4pm (flexible) | 29 | Gardening Day 11am-4pm (flexible) |
| MAY 9 | Dharma Currents Newsletter Deadline | NOV 13 | Zenkai at Mountain Lamp 9:30am-4:30pm |
| 14- | Zenkai Saturday 6:30-8:30pm (with Jack) | 14 | Dharma Currents Newsletter Deadline |
| 15 | Zenkai Sunday 6:30am-1:30pm (with Jack) | 16 | Community sit/talk w/MCPS 6:30-8:30pm |
| 18 | Community sit/talk w/MCPS 6:30-8:30pm | 17-20 | Retreat in Spokane (Ellen Cote 509 534-2617) |
| 25 | Zazen and Dokusan 6:30-8:30pm (with Jack) | 30 | Zazen and Dokusan 6:30-8:30pm (with Jack) |
| 28 | Gardening Day 11am-4pm (flexible) | DEC 3- | Zenkai Saturday 6:30-8:30pm (with Jack) |
| JUN 10-17 | Sesshin at Indianola: Golden Flower | 4 | Zenkai Sunday 6:30-11:30am; sangha mtg |
| 15 | Community sit/talk w/MCPS 6:30-8:30pm | 14 | Zazen 6:30-7:30pm Sushi & Sake (with Jack) |

Key Contacts around the Sangha

Coordinators, Committees and Board Members

Three Treasures Sangha Board

President Madelon Bolling. 527-1190
 Vice President..... Steve Crogan. 425.483-2399
 Secretary Karen Rosenstiel. 325-4334
 Treasurer Lee Shields 325-4630
 At-Large Rebecca Ross..... 546-8535
 Teacher Jack Duffy ... 360.592-5248

Three Treasures Sangha Practice Committee

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

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..... Mark Lampson ... 567-5691
 List Coordinator..... Ursula Popp 783-3921
 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
 Zenkai Coordinator Rebecca Ross..... 546-8535

Practice Center Committee Representatives

Kay Peters..... 322-8759
 Lee Shields 325-4630





"If we turn our mind toward the good, it is impossible that little by little the whole soul will not be attracted thereto in spite of itself." Simone Weil on "Attention and Will" in *Gravity and Grace* (page 170)

Keeping in Touch

Sangha Contact Information

A newly-updated **Directory of Sangha Participants** has been published and is now available at the Practice Center. Look in the file bin in the kitchen desk with the Orientation documents and take a copy if you wish.

Dharma Currents Newsletter

The newsletter is published four times throughout 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@effectnet.com or Rebecca at rossrm@comcast.com prior to sending to Cindy. Instructions and schedule of deadlines 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 to update your information, contact the list coordinator, Ursula at UrsulaMPopp@aol.com or call 783-3921. Last minute schedule revisions and event reminders are communicated via e-mail or telephone.

Three Treasures Sangha on the Web

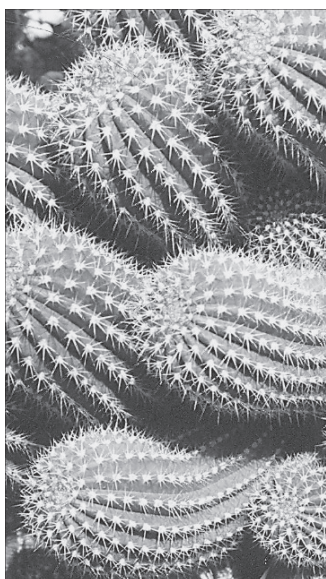
Visit us at <http://three-treasures-sangha.org>. General sangha news, updated event information and the orientation literature series are posted on this web site along with current and past issues of the *Dharma Currents* newsletter. Please contact the webmaster and site editor, Jeff at jeffj@oz.net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

Orientation is offered monthly for those new to zazen and/or new to our sangha. This introductory session includes sitting meditation, overview of dojo etiquette and customs, a concise history of Three Treasures Sangha, and then followed by a period of sitting. Contact one of those listed for *Orientation* under Sangha Contacts and Coordinators or call 324-5373 to leave a message.

Weekly Zazen Opportunities

Sittings throughout the week at the Practice Center: Wednesday evenings 6:30-8:30pm

- Third Wednesdays zazen 6:30-8:30pm joint sitting with MCPS (see description)
- Last Wednesdays zazen 6:30-8:30pm with dokusan when Jack Duffy is present

Friday mornings 6:30-7:30am (followed by coffee plus dharma discussion on first Fridays)

Daily sittings at Mountain Lamp 6:30-8:30am with dokusan at 7am followed by community breakfast on Fridays at 8:45am. (contact 360 592-5248)

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.

Monthly Community Joint Zazen with MCPS

Regularly scheduled joint community sitting with members of the Mindfulness Community of Puget Sound—the group with whom TTS shares the Practice Center—consists of sitting and walking meditation, followed by discussion. Occurs third Wednesdays 6:30-8:30pm at the Practice Center. Otherwise, MCPS meets at the Center on Mondays 6:30-9:30pm for sitting and discussion (at 5:30pm for potluck on last Mondays). Led by Eileen Kiera.

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... Winter Issue

Poetry by Barb Brooking

So Softly



Heart of Winter Sesshin 2005

Since time had ceased to matter, I can't recall
Whether it was the last day, or next to the last,
Or the one before that, but it was morning,

Soft, gray January light in the living room,
Reflected off the gray sky and the soft, gray
Winter-silvered water.

Or maybe it was a clear blue morning with the
Cloud shrouded mountain on the horizon
And a sunrise pinking the sky



So that we wanted you to look at another
Day from the not-so-new hospital bed, knowing
You were weak but would try to please us.

I bent over you to say, Good Morning, Stevie.
Your eyes on mine, you spoke a garbled sentence
Severed from meaning, so I thought

Between us words were lost for good,
And then, as if you'd seen my fallen face
You said so softly and with a little smile:
"Kiss on the cheek."

In June I sat for seven days in meditation,
Facing a wall in a hall by a beach,
Hearing waves swishing and washing the shore

And gulls and killdeer calling all day.
Sometimes rain swept the high beamed roof and
Wind creaked the joints of the aging hall

And on sunny afternoons flies buzzed at the windows,
And one day a fly alit upon my quiet cheek and
Taking its time, tickled so softly,

And I didn't brush it away.