



JULY–SEPTEMBER 2022

## SITTING IN THE DARK

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*The following is a chapter from Mind Sky, Kwong-roshi's recently published book from Wisdom Publications.*

Twice a year at Genjo-ji we have a thirty-day intensive practice period called *ango*, which means “peaceful dwelling.” This tradition dates to Buddha’s time, when he and his followers would retreat from their travels and practice during the monsoon season. Traditional *ango* periods in Japanese monasteries last for a hundred days, but ours are only one month long. During *ango*, there are longer periods of *zazen*, beginning very early in the morning, sitting in the dark. The candle on the *zendo* altar is the only light. This allows us—in fact it obliges us—to look inward, making *zazen* before sunrise a moving experience.

Our thinking minds are created in two ways: we look either in or out. If we are always looking out, we start chasing ideas and projections from the moment we get up in the morning. Thoughts start accumulating; if we go on doing that, we may eventually create a small life filled with anxiety and fear. Meditation practice is basically a matter of looking inward, allowing all thoughts to become one.

Little by little, as we sit in the *zendo*, the darkness becomes light. Eventually the sun shines through the door, casting light on the dark redwood walls, the glowing hardwood floor, revealing a beautiful color of warmth.

During *ango* we take three small meals a day together. Since we eat in silence, we begin actually to taste the food and enjoy it for what it is and for

what it brings forth in ourselves. These meals are served in the *zendo* in formal *oryoki* style, from which the Japanese tea ceremony originated. Sometimes the *tenzo*, the head cook, may serve lasagna, and though we might prefer to have a big plate and forks and knives, our lasagna serving is limited to one small black lacquer bowl. *Oryoki* means “just the right amount.” Eating in *oryoki* means that we receive just the right amount of food.

In every activity during *ango*, we need to be aware of the right amount. Perhaps we can carry only one log of firewood, while the next person manages three, and someone else even more. We each need to understand our own right amount. This isn’t a matter of better or worse, as the conditioned mind asserts. In Zen terms, everything in this *zendo* has equal value, or *toji*. This is discriminating awareness, *prajna* awareness. *Prajna* awareness means simply being fully, 100 percent present, open to receive. This doesn’t take years of training. *Prajna* awareness is in everything we do, wherever we are.

I remember Suzuki-roshi serving us tea on his hands and knees during *ango* long ago. We were only twelve naive young students, but he believed in us and honored our true nature. Years later, in Poland, I served all sixty sesshin students tea this way, and I realized how still and calm it felt to be kneeling and offering wholeheartedly, fully present.

If you are serving an *oryoki* meal, you kneel, you pour, you serve. You give. The person before you receives an intimate gift. You’ll find the ritual very moving, whether you’re serving or receiving. It is so moving it may bring

*continues next page*

tears to your eyes. And you see clearly that we are all the same buddhas and sentient beings. Discrimination has no relevance.

When the head server carries the Buddha offering to the altar before a formal oryoki meal, we are venerating Buddha, so he is served first. When the ino says, “Please pause” at the end of meal, we may still be cleaning our oryoki bowls, but being aware of the server entering the zendo, we stop at that moment to restore our buddha-nature—not thinking, just sitting here. That is practice. That’s what we do. Put the bowl down and just sit there. That’s all.

Ango is led by a senior student called the shuso. At the end of the retreat, there is a dramatic closing ceremony in which students are urged to challenge the shuso by asking questions in mondo, or “Dharma combat.” This is the opportunity for everyone to step forward in real debate! Each student has a different question, and may continue to question the shuso until satisfied with their reply. Mondo encounters can be utterly serious or wildly humorous. Anything goes, but there’s always great depth of feeling.

One literally becomes the question one asks.

It may be called combat, but the mondo invariably turns out to be a win-win situation, since it occurs in a Dharma context. No one is concerned with who asks the best question or receives the best answer, and everyone wins. At the end, when the exchanges are over, it’s as if the questions have been answered by shuso and students together, each rising to the moment and engaging with the other, each ascending to the way of Dharma.

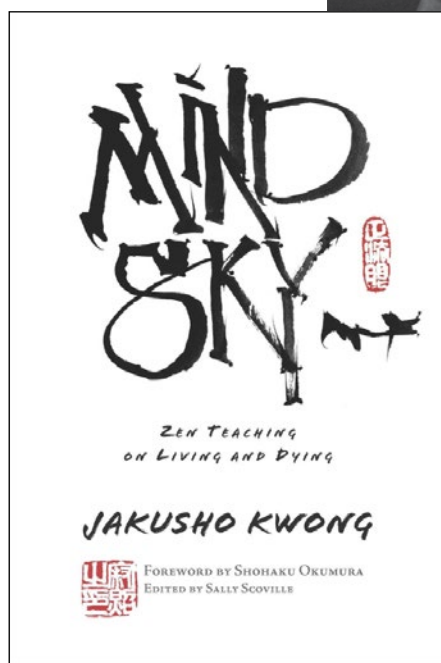
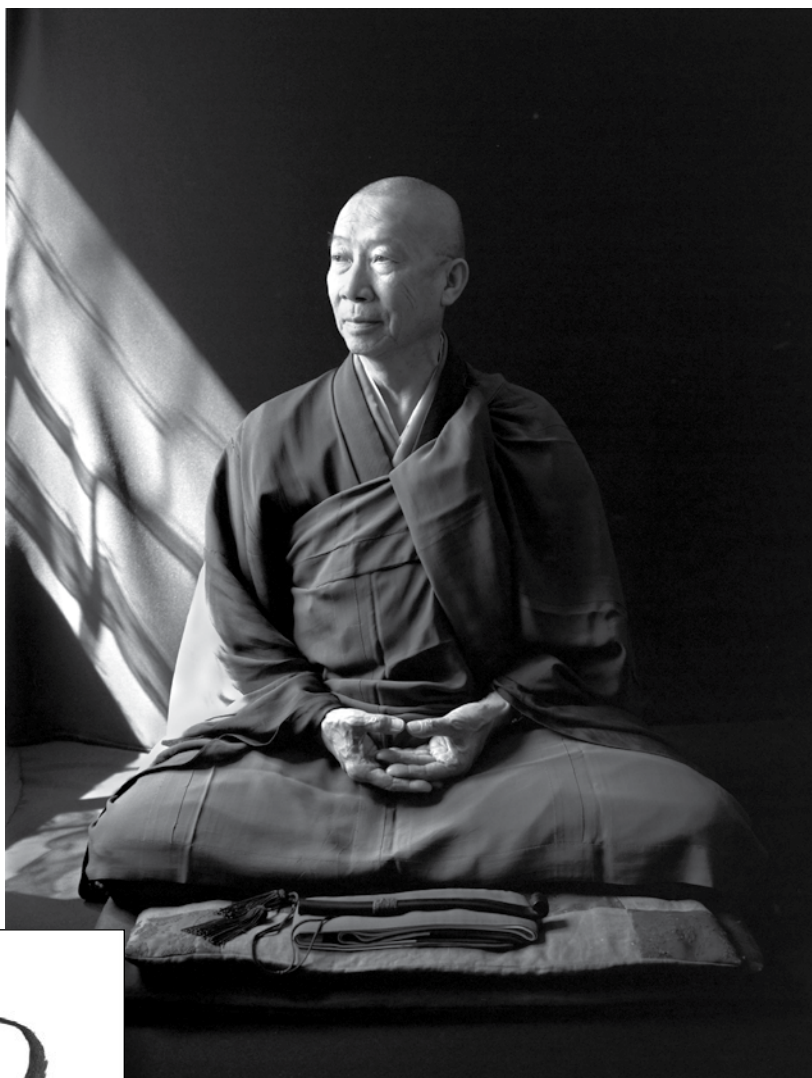
The formal words the abbot says before and after the mondo resemble a traditional address to Buddha’s great assembly. He addresses everyone as “Dragons and Elephants.” In Asia the dragon is a symbol of realization, holding the bright jewel within its jaws. And elephants, sturdy and steadfast, show a deep constancy as they move majestically across plains and forests. Just so, in Zen we can realize ourselves in each activity by practicing steadfastly with constancy and awareness. ❖



*Oryoki meal during summer Ango - Kąciki, Poland.*



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*This portrait of Kwong-roshi was taken by Polish photographer Marian Schmidt in 2007 at the Ango practice period in Wilga, Poland.*

*Kwong-roshi's new book, Mind Sky, can be purchased at the Zen Dust Store or online at <https://www.smzc.org/store>. It is also available through Amazon.*



# SANGHA NEWS

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by Erik Zenjin Shearer



We are in the heart of summer on Sonoma Mountain, with morning fog pushing in from the ocean in the early morning followed by long, warm days. I am reminded of how fortunate we are to have this special place to deepen our awareness and touch our true selves. As the Zen Center continues to emerge from the hardships of the pandemic, we need the dedication and generosity of our community more than ever.

For members who live nearby and participate in person, remember that samu, or volunteer work, is one of the four cornerstones of Zen practice, together with zazen, teisho (teachings), and dokusan. Currently we need volunteer help in the garden, to work in the kitchen preparing meals for residents and guests, to clear brush and rake, provide support for buildings and infrastructure with carpentry and maintenance, and to help in the SMZC office. Online participants have opportunities for volunteer office work that can be done from home.

In late April we held our spring sangha gathering and potluck, coming together in the zendo and online to honor our connections as a community. The morning included discussions about the full scope of Zen practice, a slide show of Kwong-roshi's journey in practice, including images from his early years with Suzuki-roshi. Nyoze shared images from his recent visit to the studio of Paul Discoe, designer and builder of traditional Japanese architecture in America, including buildings at SMZC. We also saw images of the ceremony held earlier this year for the massive oak tree that was removed from in front of the Sangha House. The gathering ended with the sangha enjoying a potluck lunch.

I want to take this opportunity to thank Kwong-roshi, Nyoze, and Tensan for inviting me to serve on the SMZC board as sangha representative and membership coordinator for the past four years. I have treasured the opportunity. Having recently taken on a new job as vice president at Butte College in Chico, California, I have decided to step down from my roles at the Zen Center to focus on the demands of my new profession. I maintain a home near SMZC and will continue to stay at the center every month, but will be passing the reins of board representation over to the next volunteer. Deep bows for letting me serve all of you in this role. ❖



# A WORD FROM THE BOARD OF TRUSTEES

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We have returned to in-person practice on the mountain with grateful hearts. Entering the full-capacity zendo for a recent Saturday Community gathering brought feelings of ease, relief, and great joy after two difficult years.

Given the challenges, your Board of Trustees expresses great appreciation to the sangha for helping Sonoma Mountain Zen Center through the pandemic. While we recognize the need for continued caution, we are back on the mountain and moving forward. With the support of Kwong-roshi, Shinko, Nyoze, and Kashin, the residents and sangha members have kept the flame of our practice alive. We are very happy to have Coco back in the office with Carol, who has returned as a resident. They are help-

ing to improve our operations. Koten has returned from an extended absence helping with family responsibilities. With Ryokan and Shunryu's help, our finance committee has made great strides putting into place an updated accounting system and streamlining online donations, fees, and banking. Zoom access and an easier donation format have truly been a gift for the Zen center.

Our major programs have been well attended, and we continue to offer worldwide access to our programs online via Zoom. As of the end of July, we are entering summer Ango, and in the first week of August four sangha members will be ordained.

We have turned the corner on maintaining a sustainable financial condition, and are working to secure a solid foundation for the future. This means we can renew fundraising for the Mandala Project as Phase I nears completion. We are replacing the Kanzeon House roof (Nyoze/Kashin's home), maintaining the water system, bringing power to the agricultural building (shop) and finishing up with permitting. All of these projects take time and effort, and we always need volunteers, so please raise your hand if you can help.

The Board of Trustees wants to thank the entire sangha for its support with myriad tasks that ensure the sustainability of Genjoji for years to come.

Tensan Chuck Ramey, President

Lizbeth Myoko Hamlin, Board Secretary

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# SANGHA NEWS FROM ICELAND

by Zenki Traustason

The spring of 2022 has been a return to normal in many ways after more than two years of social restrictions affecting us all. We had to find new ways to care for each other at a time when the most effective way to help was to limit contact with others. We humans are social creatures who depend on each other for care and safety, so this has been difficult.

In late February, all social restrictions were lifted, and our sangha slowly started to come back together and re-establish our practice schedule. Finally we could meet in person for zazen, reading groups, and other activities that take place normally at our center in Reykjavik.

The pandemic has reminded us how important it is to be able to come together and share our joys and difficulties, nourish each other, and help each other find acceptance and peace in our lives. Sangha is the cornerstone of our practice as one of the Triple Treasures. Without sangha, there is no practice and no awakening.

A Jukai ceremony that had been planned for last year and postponed several times was finally held on April 9. Two of our members received the precepts, Lúðvík Kodo and Matthías Ekai, in a beautiful ceremony at the center in Reykjavik that took place on Buddha's birthday. At the end of the ceremony we invited participants to come ladle water on the baby Buddha. It was a personal and heartfelt ceremony, the first in two years.

One of our longtime practitioners, Kristín Eko, invited the sangha to come make clay cups at the Reykjavik center. Kristín is an accomplished potter who studied in Japan and teaches at the university in Reykjavík. Many sangha members showed up to get their hands dirty and explore their creativity in the therapeutic act of touching and molding clay. The result was many cups of all shapes and sizes.

In May we held our annual sesshin in Skálholt, as we have done for the past 20 years. Skálholt is a cathedral about an hour's drive east of Reykjavik, an important cultural and political center for centuries. I don't think I've ever missed a sesshin in Skálholt, and I have many wonderful memories of Roshi there with the Icelandic sangha. For the last couple of years Roshi has been with us on Zoom, including this year. The Zoom talks from Skálholt should be available on SMZC's Youtube Channel.



*Matthías Ekai offers incense during the 2022 Jukai precepts ceremony. Reykjavik, Iceland.*



As we are finally able to travel again, me and my wife, Gyda Myoji, plan to come to Genjoji in August, along with longtime practitioner Gulli Mushin. We look forward to seeing you soon!

Until then, best wishes and take care. For the benefit of all sentient beings. ❖



# KANZEON HOUSE ROOFING PROJECT

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Progress has been slow and steady. There is still a significant amount of work yet to be done; more trim work, blocking, sheetrock installation, insulation, sheathing/decking, then finally the roof “tiles.”

A deep bow of appreciation to the following sangha members who have helped thus far with the project:

**Andy Smith**

**Eric Scudder** (Workfest participant)

**Brion Baer** (Workfest participant)

**Sam Gulbrandsen**

**Mitchell Katzel**

**Steven Yoder**

**Halden Levin**

**Cam Kwong**

**Ryokan Kwong**



**Aug 2      Ango Shuso Ceremony & Opening Talk  
Online**  
7:30 PM PDT

Join us for Summer Ango - Shuso Ceremony and Opening Talk by Sheryl Gyonyo Hamilton. 7:30–9:00am Opening Ceremony & Zazen. By Donation (\$10 suggested minimum donation). **Please welcome and come practice during Ango with Rev. Shogen, a priest from Center for Soto Zen Studies.**

**August 6      Ango—Shuso Talk  
Online**  
10:30 AM PDT

Join us for Summer Ango - Shuso Ceremony and Opening Talk by Sheryl Gyonyo Hamilton. 7:30– 9:00am Opening Ceremony & Zazen.  
By Donation (\$10 suggested minimum donation).

**Bodhisattva Monk Ordination  
(Shukke Tokudo) On-site + Online**  
2:00 PM

Please join us for our Bodhisattva Monk's Ordination Ceremony. Students will publicly make their commitment in "Leaving Family Life" to transcend the values of secular life and to assume the forms of a Buddhist Monk.

**Aug 13      Ango—Shuso Talk  
On-site + Online**  
10:30 AM – 12:00 PM PDT

Join us for Summer Ango—Shuso Talk by Sheryl Gyonyo Hamilton. 10:30–11:00am Zazen, 11:00–11:45am—Shuso Talk. By Donation (\$10 suggested minimum donation).

**Aug 14      "Actualizing the Self" 7-Day Sesshin  
On-site + Online**  
7:30 PM PD – Aug 21, 4:45 PM PDT

This retreat is a period of time set aside to let go of the conditioned self and resume our original nature. RSVP and we will call or email to confirm accommodation details and complete your registration offline. \$85/night & up. 10-20% discount for members.

**Aug 27      Ango—Shuso Closing Ceremony &  
Mondo On-site + Online**  
10:30 AM – 12:00 PM PDT

Join us for Summer Ango—Shuso Closing Ceremony and Mondo by Sheryl Gyonyo Hamilton. 10:30–11:00am Zazen 11:00–11:45am Closing Ceremony & Mondo  
By Donation (\$10 suggested minimum donation).

**Aug 29–30      Closed**

**Sept 3      Meditation Instruction  
(Includes Saturday Community) On Site**  
9:00 AM – 10:00 AM PDT

Perfect for beginners wishing to learn meditation form. Meditation is a way to calm the mind and find balance in your daily life. Join us for our regular Saturday Community program immediately following instruction. (NOTE: Please arrive at 8:50 am)

**Saturday Community  
On-site + Online**  
10:30 AM – 12:00 PM PDT

Talk will be given by Tom Jakuryu Huffman, a student of Kwong-roshi, following 10:30 am zazen.  
By Donation (\$10 suggested minimum donation).

**Sept 5      Closed**

**Sep 06–  
Nov 22      Fall Study Group  
On-site (Check online for more details)**  
7:30 PM – 9:00 PM

**Sep 10      Sangha Gathering & Potluck  
On-site + Online**  
10:30 AM – 1:30 PM PDT

We are hosting an informal get-together for Sonoma Mountain Zen Center's sangha members. This is an opportunity for members to connect, give feedback and hear about SMZC's direction and plans for the future.

**Oct 6      "Bodhidharma" 3-Day Sesshin  
On-site + Online**  
6:00 PM – Oct 09, 4:00 PM

This retreat is a period of time set aside to let go of the conditioned self and resume our original nature. RSVP and we will call or email to confirm accommodation details and complete your registration offline.  
\$85/night & up. 10–20% discount for members.

**Please check website for more upcoming events and for additional information and current schedules.**



**Morning Zazen: Monday–Saturday, 5:15–7:00 am**  
**Evening Zazen: Tue–Fri, 7:30–9:00 pm**

Ongoing online Zazen on Zoom. For more info, visit the online Zendo at <https://www.smzc.org/online-zendo>.



## ON-SITE HAPPENINGS

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by Carol Adams

The Zen Center has seen an uptick in attendance lately, especially for Saturday meditation instruction and for our Saturday Community program. Kashin and Ejo are back from Denmark after a delay of several days caused by an airline strike at SAS. Quite a few people are scheduled to attend Ango on site, including visitors from both the Polish and Icelandic sanghas. Two students will receive ordination: Gosia Myoju Sieradzka and Ania Mills.

Our hosting program has been slower than usual this year. We had one nonprofit group come for a day and two other student-based groups are coming in the fall. Two Soto Zen priests are being sent by Sotoshu, Reverend Shogen Hisamatsu, arriving July 28, and Reverend Wasai Fukushima, arriving September 27. We look forward to practicing with them soon. ❖



## KIDS' COMMUNITY—UPCOMING COMMUNITY EVENTS

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by Taylor Tessendore

All families are invited to join us for the following Saturday programs.

### **September 10**

#### ***Clay sculpting***

We will begin with a short sit, a mindful walk, then spend the main activity with children collecting leaves or flowers to make nature imprints on the clay or anything they feel inspired to create.

### **December 10**

#### ***Mochi Pounding and/or The Way of Tea***

with Kashin Kwong. ❖



# POLISH SANGHA NEWS

by Małgosia Myoju Sieradzka



We are in the middle of a very hot summer in Poland—98 degrees in Warsaw recently. It seems that every summer is hotter than the last. Yet even as I write this, rain falls on the rooftops, the thirsty ground, and a few trees outside my window.

We have reopened local meditation centers and continue our urban zazen practices, slowly coming back from pandemic withdrawal. At this point it seems our online zendo will stay open as long as we do. We had one-day sittings in Warsaw, Kąciki, and Poznań, and a spring sesshin in Warsaw in our spacious new zendo downtown. We also held zazen in the street as a part of the quarterly Silence for Climate project, which attracts anyone who wants to demonstrate their care for the Earth by sitting in silence in the middle of the busy city. When the war in Ukraine started, we also had online practice for peace every day, organized with our friends from a Christian meditation group.

Two recent events especially stand out: a three-hour lecture on Dogen given by a Soto Zen monk, and another by an art historian and Zen practitioner on why the calligraphy of female Zen masters is not known. Currently the annual summer Ango is taking place in Kąciki, with Krzysztof Figielski as shuso. Uji is leading the retreat.



*Above left: Shuso Krzysztof Figielski prior to striking the han to start work period. Upper/Lower right: Lines in front of the Help Center Mokotow—one of the few places in Warsaw that provided free help to refugees from Ukraine. People who volunteered there donated their work. It didn't have any state support. The lines were getting longer and longer until they suspended their operations for the summer.*



In the five months since the war started, we have seen a lot of Ukrainians in Poland, in the shops, cafes, buses, parks, schools, and workplaces. This brings home the reality of the war, and that people have lost their homes. From what I understand, many Ukrainians are looking for work in Poland, although many plan to go home as soon as the war ends. It is heartbreaking to see so many lives being turned upside down. Let's hope an end to the war arrives soon. ❖



# 76TH ANNIVERSARY OF THE KIELCE POGROM

by Michał Totai Czernuszczyk



*Left: Participants offer candles and incense in honor of those who lost their lives in the Kielce pogrom.*

*Middle: Sangha members Aga Dąbek and Uji Markiewicz outdoors with fellow participants. Below: Uji Markiewicz, Rabbi Michael Schudrich (Chief Rabbi of Poland) and Lama Rinchen speaking in the building where the pogrom took place.*

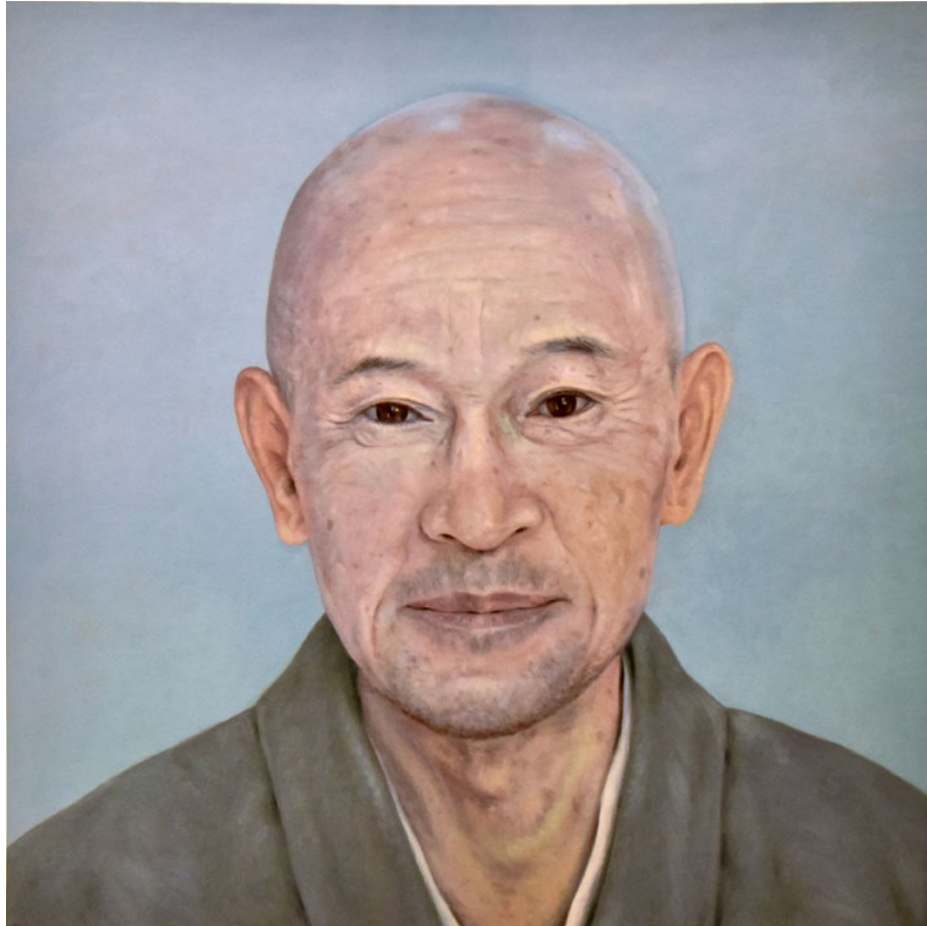
On July 4, Uji and two members of the Polish sangha were in Kielce for the 76th anniversary of the Kielce pogrom. This mob attack that killed 42 Jews, many of them Holocaust survivors, took place in 1946, a year after the end of World War II. It was and is shocking that a year after peace, such a crime was perpetrated by ordinary citizens with the compliance of the authorities in Poland, where the Holocaust had been carried out. You can read about the pogrom at <https://www.polin.pl/en/The-Pogrom-of-Jews-in-Kielce>.

Bogdan Białek, a friend of Uji's, has been commemorating this terrible event for years with non-denominational prayers and remembrances. This year's participants included representatives of Judaism (notably Poland's head rabbi, Michael Schudrich), Christianity (Catholic, Orthodox, Protestant), Sikhism, Islam, and Buddhism. Besides us, there was Lama Rinchen of the Benchen Karma Kamtsang Buddhist Association. Also taking part were the president of Kielce, a representative of the Polish president, Israel's ambassador to Poland, and the director of the museum in Auschwitz—several dozen people in all.

We lit candles and incense under a hot sky. Life went on as usual nearby while the participants' stories carried profound terror and heartbreak.. ❖







This portrait of Suzuki-roshi was painted by Williard Mike Dixon, an early student of Suzuki-roshi. Mike was married to Trudy Dixon who edited *Zen Mind, Beginner's Mind* before her untimely death from cancer. The illustration of the fly on page 69 of *Zen Mind, Beginner's Mind* was created by Mike. He's also painted several portraits of other Zen Center figures. Find more info about Mike and download a free copy of the Suzuki-roshi portrait by clicking the link below:

<http://www.cuke.com/fundraising/portrait-message-2021-08.htm>

“You think that you can only establish true practice after you attain enlightenment, but it is not so. True practice is established in delusion, in frustration. If you make some mistake, that is where to establish your practice. There is no other place or you to establish your practice.

We talk about enlightenment, but in its true sense perfect enlightenment is beyond our understanding, beyond our experience. Even in our imperfect practice enlightenment is there. We just don’t know it. So the point is to find the true meaning of practice before we attain enlightenment. Wherever you are, enlightenment is there. If you stand up right where you are, that is enlightenment.

This is called I-don’t-know zazen. We don’t know what zazen is anymore. I don’t know who I am. To find complete composure when you don’t know who you are or where you are, that is to accept *things as it is*. Even though you don’t know who you are, accept yourself. That is ‘you’ in its true sense. When you know who you are, that ‘you’ will not be the real you. You may overestimate yourself quite easily, but when you say, “Oh, I don’t know,” then you are you, and you know yourself completely. That is enlightenment.

I think our teaching is very, very good, but if we become arrogant and believe in ourselves too much we will be lost. There will be no teaching, no Buddhism at all. When we find the joy of our life in our composure, we don’t know what it is, we don’t understand anything, then our mind is very great, very wide. Our mind is open to everything, so it is big enough to know before we know something. We are grateful even before we have something. Even before we attain enlightenment, we are happy to practice our way. Otherwise, we cannot attain anything in its true sense.”

—Shunryu Suzuki-roshi

From *Not Always So* “Wherever You Are, Enlightenment is There”



Top: Young Jakusho Kwong and Suzuki-roshi.  
Below: Suzuki-roshi in full monk's traveling attire



# ZEN DUST NEWS

by Janet Myoho Buckendahl

Zen Dust Store is now open every Saturday after the Saturday morning talk until 1:30 p.m. We are situated at the back of the Sangha House, so please come in and browse.

We stock everything you need for your home altar – statues, incense, bowls and burners. There is also a good supply of books, malas, prayer flags and cards, as well as t-shirts and meditation cushions. For a friend who may prefer to choose their own gift, you might consider one of our gift certificates.

In addition to our selection of new books, we have some used copies at bargain prices. If you have Buddhist books or magazines you no longer wish to keep, please consider donating them to Zen Dust.

We still have a good number of garden statues at a reduced price and there are also a few zafus with a red top for \$50.00 and some small child-size zafus for \$20.00. The 2XL SMZC sweatshirts are being closed out for \$35.00.

Roshi's new book *Mind Sky* is selling well. Please help support SMZC by purchasing your copy from Zen Dust.

Looking forward to seeing you in the store. ❖



## Verse Gifts from Eihei Dogen

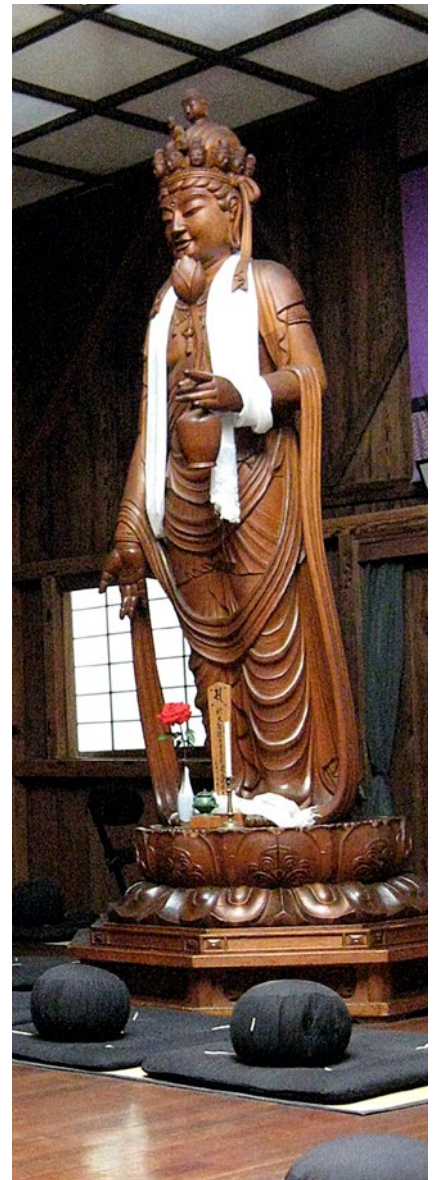
### Given to a Student Asking for a Verse

Killing and giving life right here has been intimate.  
Who reaches this without turning over the self?  
Moving forward and stepping back, refinement is severed.  
Whatever meets the eye is none other than the truth.

### Given To Zen Person Nin from Mount Kōya

Polishing a tile to make a mirror depends on effort.  
We should know this is still stuck halfway along the path.  
If you ask the true meaning of coming from the west,  
On the ground gushing forth, shut your mouth and sit.

—Eihei Dogen



All Contributions  
Help Maintain  
the Buddhadharma!

## DONATE ONLINE SMZC.ORG

In order to continue to offer our programs and ensure the future of SMZC, we are asking for your support. Your donation is tax deductible. Sonoma Mountain Zen Center is a 501(c)(3) non-profit organization. Tax ID #23-7304793



# MEMBERSHIP

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We invite you to become a member of Sonoma Mountain Zen Center. Our purpose is to offer Soto Zen meditation practice and its basic teachings to people of all religious faiths. The practice of meditation allows us to see beyond our one-sided perception of ourselves and the world so that we are able to participate in society with clarity and peace. We are a lay residential practice center and a non-profit organization relying on membership dues, guest practice programs, Zen programs, and contributions to sustain our operating cost. *Call or visit soon to join us in actualizing the Dharma!* ❖

## ONLINE RESOURCES ~ DHARMA TALKS & EVENTS

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**SMZC's website** conveys the essence of our practice to others and invites their participation at the Zen Center. It is found at **[www.smzc.org](http://www.smzc.org)**.

A selection of Dharma Talks by Jakusho Kwong-roshi and more are available online in video, audio, and podcast formats.

Roshi's **Vimeo** channel offers several of Roshi's and Shinko's Dharma talks plus other notable events from SMZC. Please check it out! Just go to **[www.vimeo.com/smzc](http://www.vimeo.com/smzc)**.

"The best" of Roshi's talks are available free through two websites—Podbean and iTunes. Access via **iTUNES**—Open iTunes on your computer; click "iTunes Store" in the left navigation column; click "Podcasts" on the top row; in the small box at the very upper right side shown with a "Q", enter "smzc"; hit the enter key on your computer; in the middle of the page with Roshi's picture, click on "Sonoma Mountain Zen Center" under the heading "Podcast"; and Roshi's talks then appear.

Access via Podbean—Go to **[www.podbean.com](http://www.podbean.com)**; in the box at top right of page, enter "Sonoma Mountain Zen Center" (not case sensitive); click "SEARCH"; click on "Sonoma Mountain Zen Center" next to Roshi's picture or on the picture itself. **OPTION 1:** click on the "Listen" button beside any talk or **OPTION 2** (recommended): click on **[smzc.podbean.com](http://smzc.podbean.com)** beside Roshi's picture; once in the site click on any "Listen" button. ❖



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by Totai Czernuszczyk.

Thank you to Cuke.com and Mike  
Dixon for the portrait of Suzuki-roshi  
on pg. 12.

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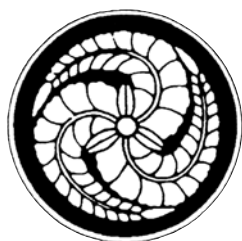
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This newsletter is available to all members of the SMZC sangha. If you are not a member of Sonoma Mountain Zen Center and would like to receive the newsletter, the cost for a one-year subscription is \$25. Please call the office to request a subscription, or visit online at [www.smzc.org](http://www.smzc.org) and donate via PayPal. When subscribing via PayPal, once you have made your donation, please email us your receipt and include your newsletter format preference (print or electronic), and your contact information. If your subscription is due to expire, please renew. We also welcome submissions of poetry, prose, and art relating to the Zen experience.



## SONOMA MOUNTAIN ZEN CENTER MISSION STATEMENT

“For the Beneficial Protection  
and Awakening of All Beings”



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