



*Photograph by Ven. Shikai Zuiko sensei*

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**Friday, October 28th, 2011**

**Edited by Ven. Jinmyo Renge osho**

*The White Wind Zen Community:*

*An international community practising and teaching Dogen's Zen since 1985.*

**Quotes from teisho are run sequentially in the eMirror**

The Sanmon, the Mountain Gate, at the stone path to the main doors of Dainen-ji was lit and dappled by sunlight and shadow throughout the day. The bright autumn sunlight is unlike the bright sunlight of the winter, or of the spring, or of the summer. And the sunlight of this autumn day was not like the sunlight of another autumn day. The light of one hour is not like that of other hours. Practising zazen, facing the wall, the light is changing from moment to moment.

Each moment that you sit up straight and release yourself into this moment of sitting up straight you might glimpse that you are seeing with the luminosity of Awareness and that what you are seeing is its radiance. This is not a light but it sees and hears, touches, and

tastes. It is radiance, but it is a radiance which appears as sensations, as sounds, as fragrances, as colours and forms.

- Ven. Anzan Hoshin roshi, beginning teisho 21: "One Thing," from the series "Without Difficulty: Commentaries on Jianzhi Sengcan's Xinxin Ming: Words on Trusting Awareness," Monday, October 2nd, 2006. (If strange characters instead of 漢字 hanji or kanji appear this means that you need to enable UTF-8 in your Character Encoding settings.)

## Upcoming Events

### Fusatsu

Chanting of the Precepts will take place on November 9th and November 23rd.

### Dharma Talk

On Saturday, October 29th, Ven. Shikai Zuiko o-sensei will present "Receiving Coarse, Hard Food" Dharma Talk 117 in the ongoing series "Every Breath You Take": Ven. Shikai Zuiko o-sensei's Comments on "The Practice of Purity": Book Eleven of the Avatamsaka Sutra Translated by Ven. Anzan Hoshin roshi and Ven. Shikai Zuiko o-sensei. The next talk in the series, "When Eating", is scheduled for November 5th.

### Hermitage

The Roshi will begin a period of hermitage on Wednesday, November 2nd, which will end on Sunday, November 6th when he leads monastics in Acalanatha Sadhana.

### Introduction to Zen Workshop

The next Introduction to Zen Workshop will take place at Dainen-ji on Saturday, November 5th. For more information please see: <http://www.wwzc.org/content/introduction-zen-workshop-ottawa>

For information concerning our Long-distance Training Program, please visit this Web Page: [http://www.wwzc.org/?operation=long\\_distance](http://www.wwzc.org/?operation=long_distance).

### November Two-day Sesshin

The November 2-day sesshin begins at 8:00 p.m. on Friday, November 11th and will end at 6:00 p.m. on Sunday, November 13th.

On Saturday, November 12th, associate and general students may attend a sitting held in the Zendo. Arrival time is 9:15 a.m. (in time for First Bell). The sitting ends at 11:30 a.m. Students attending are reminded to remain on the first floor.

### Daiko-ki

November 18th is the Memorial for the death of Anzan Daiko zenji.

### Oryoki for General Students

On Saturday, November 19th, general students who attend the 6:00 a.m. formal sitting may participate in oryoki practice led by Jinmyo osho. Please register one week in advance by sending an email to schedule at [wwzc dot org](mailto:wwzc.org) or leave a message on the Zen Centre office answering machine at 613-562-1568. Associate or visiting public students who are in retreat at

the monastery on that day may also participate in oryoki.

### **Samu Weekend**

The next Samu Weekend is scheduled to take place on Saturday, November 26th and Sunday, November 27th. Please pencil these dates into your diary so that you will be able to attend some or all of this weekend of samu practice. Saigyo chiden will be writing soon to students with more details about the activities taking place over the weekend. To register please send an email to Saigyo chiden at saigyo dot cross at gmail.com or leave a message on the Zen Centre office answering machine at 613-562-1568.

### **Recorded Teisho Schedule**

Sunday, October 30, 2011 formal sitting: SAKN "The Self-Secret Matrix of the Total Field" by Zen Master Anzan Hoshin: "Only Knowing Is"

Monday, October 31, 2011 general sitting: Bowing and Receiving: Zen Master Anzan Hoshin's Commentaries on "Raihai Tokuzui": "Sacred Space" (teisho 12 of 12)

Thursday, November 3, 2011 associate sitting: "In and Out": Dharma Talk by Ven. Chunen ino

### **Recent Dharma Talk**

On Saturday, October 22, 2011, Ven. Shikai Zuiko o-sensei presented "Receiving Soft Food", Dharma Talk 116 in the ongoing series "Every Breath You Take": Ven. Shikai Zuiko o-sensei's Comments on "The Practice of Purity": Book Eleven of the Avatamsaka Sutra Translated by Ven. Anzan Hoshin roshi and Ven. Shikai Zuiko o-sensei.

### **White Wind Zen Community Website Updates**

The White Wind Zen Community website at <http://www.wwzc.org> has been updated with a Dharma Talk presented by Ven. Shikai sensei from the "Every Breath You Take" series entitled "Seeing People Who Suffer".

### **Missed Sitzings and Teisho**

If associate students are unable to attend the Thursday evening associate sitting, they may attend one of the general sittings to make up for the sitting they missed. General sittings are held on Monday evenings at 7:30 p.m. (first Bell is at 7:15) and Saturday mornings at 9:30 a.m. (first Bell at 9:15 a.m.). Please send an email to request permission to attend one of these sittings.

Teisho presented at general and associate sittings which are part of a series need to be listened to in the correct order and with none missed out. If a student misses a sitting then it's necessary to borrow a copy of the missed teisho from the library or download it from the WWZC Media Site as soon as possible, so that the continuity of what is being presented is not disrupted. The weekly list of recorded teisho played at sittings is posted on the web site at <http://www.wwzc.org/book/teisho-schedule>

## Retreats

Deshi Isshin sat a retreat at her home in Gabriola Island on October 24th from 8:00 a.m. to 9:00 p.m.

### To Schedule a Retreat

Please visit this Web page for information about scheduling a retreat and an explanation of the different kinds of retreat (duration and timing) you can sit:

<http://wwwzc.org/book/schedule-retreat>

## Who, What, Where, When, & Why? Unfolding the “Mystery” of Monastery Objects by Shikai Zuiko o-sensei



*Photograph by Nathan Fushin Comeau*

74

This scroll was brushed by Ven. Anzan Hoshin roshi at Zazen-ji in the early 1990s. It now hangs in a hallway of the residential area of the third floor of Dainen-ji.

**From Moore House to Dainen-ji.**

## Room by room overview of the transformation

In September 1996, 240 Daly Avenue was purchased by White Wind Zen Community for \$485,000 with the assistance of a patron and through two mortgages, dana and personal loans from monastics and lay Sangha members. Over the next twelve years, a further \$250,000 and literally thousands of hours of work by the Sangha transformed the heritage building (built in 1875) from the original warren of impractical small rooms to an elegant and functioning monastery, Honzan Dainen-ji.

The vast transformations inside the building and on the grounds has been made possible by the ongoing generosity of the monastic and lay Sangha. Over two-thirds of the funds needed for the mortgage, renovations, and major repairs have been contributed by monastics, with lay members contributing the remainder.

Over the next months we shall be chronicling much of the work that has taken place over the last 15 years with a room by room breakdown of the renovations and improvements.

### **Kuin (kitchen) renovation, part two: The sink**

The initial impulse to renovate the kitchen started with the sink. The kitchen sink that was in place when we bought the building was a shallow single sink (not double), resting in a pressboard and arborite countertop which may have seen better days years before, but had long since begun to rot. It was not an uncommon sight to see Saigyo chiden, the shissui, lying on his back under the sink, covered in muck, trying to affix supports to stop the sink from falling through the countertop altogether. Despite his best efforts, that was becoming far too time-consuming and was ineffective as the whole area around the sink was soggy and rotting. So Jinmyo osho started researching sinks and given the amount the sink is used, particularly during practice events, it was decided that a commercial restaurant style sink would best suit our purposes. We found a stainless steel double pot sink that came with attached counters to the sides on which to place hot pots and it was on sale. So a monastic purchased the sink despite the fact that we did not have the funds to install it and we stored it in the basement for six months while we tried to sort out what to do about funds for our non-existent kitchen renovation budget.

It was plumbed in, in January 2010 using attractive brass fittings as we knew that the drain and water lines for the sink would be visible, instead of being hidden in cupboards. The sink was installed in the north west corner of the kitchen.



The new sink when it was installed in January 2010. The old kitchen cupboards and linoleum flooring can be seen in the image.



### **Office of the Tenzo**

Dogen zenji taught in the Tenzokiyokun that the work of preparing and serving meals is "a

matter for realized monks who have the mind of the Way or by senior disciples who have roused the Way-seeking mind." In alignment with this, part of Zen Master Anzan Hoshin's samu for the Community involves personally overseeing the activities of the ancient office of tenzo. Jinmyo Renge osho serves as tenzo and Mishin tando and Saigyō chiden offer assistance as tenzo-anja.

### **Monday yakuseki:**

Cavatappi pasta dressed with a mushroom cream sauce (butter, white wine, minced white onion, eryngi and hon shimeji mushrooms, thick cream); spinach stems, leaves, and crowns sauteed in butter with grated parmesan; salad of blanched and shocked trimmed Chinese long beans with crumbled soft chevre and toasted walnuts.

### **Tuesday yakuseki:**

Roasted quartered chickens, marinated with soy sauce, sesame oil, garlic, molasses, chipotle and adobo; stir-fried dai gai choy (gat, mustard greens); mixed grain with sesame oil (calrose medium grain white rice, Lundberg Farms short-grain brown rice, arborio, sona masoori, basmati white, pearled barley, Thai long-grain white rice, and Chinese long-grain white rice).

### **Thursday yakuseki:**

Baked jacket potatoes with labneh; sauteed sliced atsuage tofu with lime and butter; salad of shaved raw golden beets, whole roasted golden beets, red onion, blanched bitter melon and brussels sprouts with sheep's milk feta cubes, dressed with lime and extra virgin olive oil.

### **Baking by Shikai sensei:**

24 hour no-knead breads: crusty rustic white; whole wheat loaf with toasted sesame seeds, cashews and oatmeal; white loaf.



## **Thank You**

If you would like to thank someone for a contribution they have made, please feel free to send an email to Jinmyo osho at rengezo at Gmail dot com, but be sure to type "eMirror" in the subject line.

### **From Shikai sensei:**

Thank you to Hanna for pastel chocolate pastilles, a stuffed toy for Shindo the new kitten, and

very fine coffee, from France;

**From Saigyo chiden:**

Thank you to the Roshi and Jinmyo osho for wonderful meals, including the most amazing salad prepared for the Thursday evening meal. To Shikai sensei for lovely breads and for always welcoming my visits to her room so that I can play with Kitsune and Shindo. To Fushin for a gift of a visit to an excellent concert and for work on designing the new side fence and gate which we hope to build next year on the east side of the building. To Stacey Loyer for samu in the grounds to pick up leaves, to Neil Porter and Peter McCrae for regular samu. To Hanna Grazyna for samu to clean the washrooms and other public spaces each week. To the Ottawa City Tree Surgeons for efficient and professional trimming of the front oaks and huge Chinese elm to remove dead wood and open up the crown to let more light to the cedar hedge and grounds.

**From Ryoshin:**

Thank you to Sensei for informal daisan and a steady stream of interesting reading material, thank you to Fushin for a little velcro strip that keeps my earphones from getting tangled, a stylus, and an excellent app recommendation: animoog, a synthesizer app.

**From Fushin:**

Thank you to Shikai sensei for a trip to the market, an afternoon making brined vegetables and showing me how to make 24 hour bread. It was simple and fun. Thank you to Jinmyo osho for really clarifying the shelves in the pantry. The space is much more neat and useful and things can be found quickly. Thank you to Chunen ino for a good conversation that helped with doing what needs to be done as best as is possible. Thank you to Saigyo chiden for demonstrating lightness, efficiency, for making samu more fun and for accompanying me to the NAC for a presentation by the Mariinsky Orchestra. Thank you to Ryoshin for noticing and taking on the task of correcting some archiving work. It is not a small job.

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## **Ongoing Project: "All is Change"**

Dainen-ji, being a 136-year-old building, is continuously in need of maintenance and the costs associated with this can be astronomical when such things as roof repairs or exterior painting are needed. This is something that we cannot afford to do, yet must do and so the "All is Change" project has been created. The "All is Change" project is very simple. Most of us have a bowl or a jar or some other kind of container that we keep somewhere at home and fill up with loose change because it's too heavy to carry around. Many hundreds of dollars has been collected so far both in loose change and Canadian tire money which has been put towards the building maintenance fund. If anyone would like to contribute to this fund, each penny will be appreciated.