



Shindo in Shikai sensei's loft, photograph by Sensei

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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 Sixth Ancestor Huineng had been a poor wood-cutter. Then he heard that phrase from the Diamond Cutter being chanted, "Give rise to the mind which abides nowhere." His Dharma name Huineng means Prajna-Skill because he had the "neng" 能 or skill of practising prajna in each moment. Through his efforts and those of his successors the Dharma has been carried with and as the bodies and minds of people through the centuries to this very moment.

Like the sunlight through the moments and seasons, each of them was different and yet realized the same thing. And that thing is the same for you and all beings as it was for them. And it is bright. Brighter than sunlight, it is the luminosity of your own nature beyond who you think you are, who you hope you are, who you fear that you are. Do not be distracted

by fears of "getting in trouble" by "doing something wrong" when you are the only one giving yourself trouble by not letting yourself make the mistakes you need to make in order to learn. Do not be distracted thinking that your sitting is open and bright and wonderful and you are being so mindful and other thoughts that are just more thoughts. Just be without difficulty and live in mindfulness, practise each detail thoroughly and whole-heartedly.

And so, this evening, enjoy yourselves.

- Ven. Anzan Hoshin roshi, concluding 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 December 7th and 21st.

Oryoki for General Students

On Saturday, November 26th, 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 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.

Dharma Talk

On Saturday, November 26, 2011, Ven. Shikai Zuiko o-sensei will present "When Tasting", Dharma Talk 119 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. No. 120, "When Tasting", the next talk in the series, is scheduled for December 10th.

Rohatsu O-sesshin

The Rohatsu O-sesshin will begin at 8:00 p.m. on Thursday, December 1st, and will end on Thursday, December 8th following Jodo-e (commemorating the Buddha's Awakening).

During the O-sesshin, there will be two sittings held in the Zendo on Saturday, December 3rd, which associate and general students may attend. The first sitting begins at 9:30 a.m. (please arrive by 9:15 in time for first Bell); the sitting ends at 11:30. The second sitting begins at 3:00 (please arrive by 2:45 in time for first Bell); the sitting ends at 5:00. Students attending either of these sittings are reminded to remain on the first floor. There are no other sittings throughout the week of O-sesshin that associate and general students may attend.

A Note to Preliminary and Public Students Concerning O-sesshin

During an O-sesshin the schedule is such that there is no time to meet face to face with preliminary students or to reply to email correspondence sent by public students. Public students are asked to send their weekly practice journals, as they will be reviewed. But unless there is something that needs an immediate reply, you will not receive an email reply until the week following the O-sesshin.

Jodo-e: December 8th

Dainen-ki

December 12th is the anniversary of the day on which the Roshi's Teacher, Ven. Yasuda Joshu Dainen roshi died.

Hermitage

The Roshi will begin a period of hermitage on Monday, December 12th which will end on the morning of Thursday, December 15th, when he leads monastics in Acalanatha Sadhana.

Oryoki for General Students

On Saturday, December 17th, 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 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.

Joya (New Year's Celebration)

On Friday, December 31st at 10 p.m. until Saturday, January 1st at 12:00 a.m., we will celebrate Joya or New Year's. Join Zen Master Anzan Hoshin, Ven. Shikai sensei and Ven. Jinmyo osho and the monastics of the Northern Mountain Order in ringing in the New Year with 108 recitations of the Mahaprajnaparamita Hridaya sutra mantra. Following the sitting there will be an array of shojin-ryori (Zen vegetarian cuisine) dishes for an informal feast. There is no better way to begin the year. Dana is \$25. Please register by sending an email to schedule at WWZC dot org, or telephone the Zen Centre office (613) 562-1568.

Recorded Teisho Schedule

Sunday, November 27th, 2011 formal sitting: SAKN "Four Energies" by Zen Master Anzan Hoshin: "Four Energies" (teisho 2 of 2)

Monday, November 28th, 2011 general sitting: Without Difficulty: Zen Master Anzan Hoshin's Commentaries on "Xinxin Ming: Words on Trusting Awareness" by Jianzhi Sengcan: "Wunan, Bunan, Just Do It!" (teisho 3 of 25)

Saturday, December 3rd, 2011 associate and general sittings: "Being Without Struggle": Dharma Talk 13 in the "Every Breath You Take" series by Ven. Shikai Zuiko o-sensei

Missed Sittings 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

Michael Landay sat a retreat at his home in Scotland on Wednesday, November 23rd and Thursday, November 24th. Margaret McGarry sat a retreat on Thursday, November 24th.

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://www.wwzc.org/book/schedule-retreat>

University Presentation

On November 18th Shikai sensei gave a 90 minute presentation as part of Professor Janet Tulloch's weekly "Buddhism" class at Carleton University. The three hour weekly class was attended by about forty students who were attentive, quiet, and interested, as the Sensei introduced them to Eihei Dogen Kigen zenji, his life and travels, before reading the "Fukanzazengi". Dogen zenji's emphasis on the importance of zazen quite naturally led to a fifteen minute mindful sitting round which was followed by questions and comments; "When I felt the breath and sat up I felt refreshed. It was as if the thoughts were making me tired.", "Can you please comment on the tales of supernatural powers?" "Do you think mindfulness practice is particularly useful today the way people are caught up in the consumer culture?" "What can I do if I want to learn more?" Sensei spoke briefly on the process of entering into practise with White Wind Zen Community and wrote the URL on the blackboard. After the "thank you" clapping most of the students rushed out but several did stop to talk with the Sensei. One young man dressed in low riding "hip hop" jeans and a black blinged-out cap with the visor sideways said, "I've never experienced anything like that. It really changed how I felt. I was kinda down and worried but it changed. I'm going to do it more. Thanks for that."

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



Photograph by Nathan Fushin Comeau

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This quick sho was brushed by Ven. Anzan Hoshin roshi as a bit of a joke. It fulfills the need to have a sign above a room that has access to the fire escape and so says, "Fire Exit".

Samu Weekend report

Last weekend we held the final Samu Weekend of 2011. Twenty students attended over the two days to assist with a wide variety of projects. Much of the work done involved the regular yearly winterizing and shutting down the grounds for the season. Many windows were covered in plastic filming to seal off drafts, the covered balcony door window was insulated, the front doors were weatherstripped, a large breezy window in the Sensei-ryo was insulated and the attic hatch was insulated. Fallen leaves were gathered and mulched to be put back onto the grounds later or collected to be taken away by the city. Some of the other tasks completed over the weekend included: The Zendo floor was varnished; a load of renovation waste was taken to the dump; a wall mounted heater was removed from the basement guest room and more usefully installed in the attic archiving space; the kitchen floor slate received its yearly resealing; a lot of touch-up painting was done throughout the back staircase walls and handrails; lots of I.T. infrastructure work and administration was completed; hand towel and soap dispensers were installed in the pantry; the opaque window film was removed from the lower windows in the shuryo to allow in more light and provide a place on the second floor for

plants.

Thank you to the Roshi and Jinmyo osho for designing and preparing the excellent midday meals for the participants and to Shikai sensei for the lovely refreshments over the two days. Thank you to the following students who offered samu to help maintain and improve the practice environment of Dainen-ji:

Chunen ino, Mishin tando, Jido anagarika, Zenki anagarika, Muryo, Ryoshin, Fushin, Margaret McGarry, Francois Fournier, Marcel Jomphe, Hanna Graznya, Pierre Trahan, Andrew Mayeda, Curtis Cheslock, Alexis Fiset, Olivier Plamondon, Fernand Larouche, Andrew Mayeda.

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 transformation inside the building and on the grounds have 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 five: The counters, shelves and work stations

Once the room structure of the kuin renovation was completed work began to build the counters and shelving units. It was decided the most useful style of storage in the kitchen would be open shelving so that everything is visible and easily at hand. Closed cupboards invite clutter and rarely stay tidy. The first area to be done was the west wall. A huge piece of hard maple was bought for the counter top which was hand planed flat by the shissui. This 2 ½ thick counter sits upon shelving units which were built using reclaimed heart pine floorboards from the attic. These boards were removed several years ago and kept in storage in the wood shed. Antique heart pine is increasingly hard to come by and this wood is lovely. It has very tight grain and a rich reddish tint which deepens and darkens through exposure to light.



Shelving units made from reclaimed heart pine floorboards and the finished west wall

A unit was built which holds the convection oven and the microwave and has a closet section where we now store the kitchen essentials which we would rather not have on the open shelves, such as plastic containers and various wrapping products.

The large floor joists removed from the kitchen ceiling during the renovation were used to build the high shelving which now runs along the east wall and above the stove. Jido anagarika had the excellent idea of using threaded rods to hang the shelves. Although very difficult to install, this system gives the shelving unit an open airy feel and has the benefit of being easy to get perfectly level simply by threading the nuts which hold the shelves up and down.

The wall of shelving along the east wall has grown steadily in the past year. The recent addition of a butcher block storage unit and then more shelving above the baking area has increased storage and functionality.



Kuin west wall

The next stage will be to build two matching butcher block work stations one of which will replace the stainless steel island shown above. We will also be building a counter top work surface for the baking area and new drawer units to go next to the stove and sink. We hope to work on this through the early part of next year.

Snow Shovelling assistance

During the next months any help you are able to give to assist with snow shovelling on the grounds of Dainen-ji would be appreciated. If you would like to help for example for a short time after a morning sittings or come early prior to a sitting this would be very helpful after snowfalls. Please speak to a monastic or send an email to [info at wwzc dot org](mailto:info@wwzc.org) if you would like to do this. Thank you.

Dainen-ji roof repair update

Thank you to everyone who contributed toward the much needed roof repairs. As we collected the required donation late in the season the company we hired were not able to schedule our job before the weather turned due to prior obligations. They will be coming in the next few weeks to make minor repairs which will ensure none of the leaks will recur during the thaws of spring and will be commencing with the work to fully repair the roofs early in 2012.



Office of the Tenzo

Dogen zenji taught in the Tenzokyokun 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.

Samu Weekend Saturday Lunch:

Daal (red lentils, chopped white onion, ginger, garlic, cubed Yukon gold potatoes, garam masala, mustard and chipotle); mixed grain (Thai long grain-white rice, basmati white and brown rice, calrose rice, barley, white quinoa, Thai white and brown sticky rice, arborio rice and sona masoori) ; salad of iceberg lettuce, shaved white onion, plum tomatoes, radishes, Asian pears, English cucumber, dressed with curry masala

Samu Weekend Sunday Lunch:

Fried Cantonese noodles with slivered scallions, Asian chives, ginger, soy sauce; sauteed Shanghai bok choy sum, bok choy sum, yellow and red bell peppers, mung bean sprouts with soy sauce, roasted chile oil, and sesame oil; aburage puffed tofu with red chile sauce.

Monday yakuseki:

Buttermilk mushroom soup (extra virgin olive oil, garlic, Japanese leeks, cremini and eryngi and hon shimeji and shitake mushrooms, white wine, buttermilk, oregano, paprika); butter-browned atsyage tofu slices with lime zest and juice; Lundberg Farm short and long grain brown rice with butter and petit pois; salad of romaine and iceberg lettuce, English cucumber,

radishes, celery, plum tomatoes dressed with grapeseed oil and white balsamic vinegar.

Tuesday yakuseki:

Soup and sandwiches: fried slices of pea-meal cured pork loin roasts, Normandy cultured butter, Ace Bakery bread; tomato bisque with red wine and oregano; double cream brie; green cabbage and white onion slaw with celery seeds, mayonnaise, lime juice.

Thursday yakuseki:

Conchiglie (shell formed pasta) in leftover tomato bisque with mini-bocconcini and red kidney beans; roasted portobello mushroom caps filled with duxelle made from the stems with Dijon mustard and extra virgin olive oil and topped with Fruilano cheese; gai lan (broccoli) sauteed with butter and lime.

Baking by Shikai sensei:

Triple threat pizza: cornmeal crust with kidney beans, smoked chipotle salsa, smoked pecorino and mozzarella cheese; olive crust with chicken, garlic, black olives, scallions, on goat cheese topped with cheddar and fruilano cheese and sprinkled with Chinese dried cabbage; plain crust with caramelized onions, cheddar and fruilano cheese; banana, oat, date, raisin and walnut cookies; "Breakfast in a Bite" oat cookies with whole eggs, crisp bacon bits and cheddar; black sesame cookies; crumpets.



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 Anzan roshi:

My thanks to all who participated in the recent Samu Weekend, and especially to Saigyō chiden for his work as shissui in organizing it. The Chiden also just completed a squirrel house for the rooftop outside a Hojo window so that there will be a clean and dry place over the winter for the food I put out for them.

From Shikai sensei:

Thank you to: Chunen ino for warmly and humourously answering students' questions and concerns "informally"; Mishin tando for baking a banana walnut loaf; Saigyo chiden for all his organizational work for the Samu Weekend; Jido anagarika for insulating the massive front window in the Sensei-ryo; Peter McRae for arranging the opportunity to talk to the students at Carleton University, for driving us to the engagement, and for books, magazines, and cat treats; to deshi Ryoshin for accompanying me; to deshi Fushin for weekly images; Francois for an excellent egg salad sandwich and for photos of his pottery.

From Mishin tando:

Thank you to the Roshi for the gift of a Kobo Vox tablet with excellent colour detail on the screen display; to Roshi and Jinmyo osho for delicious Samu Weekend lunches; to Shikai sensei for refreshments and "banana bites" during the week; to Chunen ino for installing a new modem to speed up the sluggish Internet speeds at Dainen-ji; to Saigyo chiden for organizing the Samu Weekend and for showing me how to use the "swype" inputting method on Android devices, much faster than typing on tiny keyboards; to Margaret McGarry for archiving samu.

From Saigyo chiden:

Thank you very much to the Roshi for buying a Kobo Vox tablet for me. It is a superb device, perfect for reading and for viewing comics. Thank you to Shikai sensei for the varied baked treats throughout the week. Thank you to Jinmyo osho for regular telephone daisan with many students training on the Long-distance Training Program. To Francois Fournier for installing window film in the Zendo.

From Glenn Murphy:

Thank you to Jinmyo osho and the Roshi for preparing a delicious lunch for the students participating in the Samu weekend last Saturday. Thank you also to Shikai sensei for the wonderful cookies provided for refreshment.

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.