



WIND BELL

Monthly Newsletter of the
San Francisco Zen Center
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WHAT IS ZEN?

To study Zen is to particularize the Essence of Mind which is transmitted from Buddha through patriarchs to us all.

The transmitted Essence of Mind is water in a river. A river originating in a deep mountain may come down through a ravine into a lake.

According to the place we dip water we want different kinds of dippers. The water itself is the same, but the dippers are not the same. Although the water in the dippers is the same, we must dip it with a special dipper, in accordance with the place we dip.

Just to talk about dipper is not our way.
Just to talk about water is not our purpose.

What is the benefit of a dipper or water?

WEEKLY LECTURE PROGRAM

Roshi Suzuki has concluded his Wednesday evening lectures on the Lotus Sutra and has begun a new series, "Buddha's Last Word". This teaching is especially important. It was at this time all the animals, bodhisattvas, demons, gods and Buddha's own mother came to hear his last words of Loving Wisdom.

EVENTS

The yearly schedule of the Zen Center will include both a seven day sesshin and a weekend sesshin. The seven day sesshin will be given twice a year at six month intervals. The weekend sesshin will be given every other month.

Lodging for sesshin will be provided, free of charge at the temple, for people who live too far away to commute. Be prepared to eat Japanese food. Our meals together are part of the sesshin practice.

Please come if you have no money, but if you can afford it, be prepared to pay around two dollars a day, more or less, to help defray expenses.

TEMPLE GUESTS

Mr. and Mrs. John Mitchell of Cambridge (Mass) Buddhist Association, a Soto Zen Group, were in San Francisco on the way from Australia to Boston. They came to Sokoji Tuesday, January 30th. Mrs. Mitchell joined in the evening zazen and afterwards met Rev. Suzuki and the members present.

LECTURE AND ZAZEN SCHEDULES

Lectures: every Wednesday 7:30 P.M. and Sundays at 11:00 A.M.

Zazen: every morning at 5:45 (except Sundays when there is Zazen at 7:00 A.M.) every evening at 5:30 (except Saturdays and Sundays)

Note: There will be no zazen on those days with either a 4 or a 9 in them.