

milwaukee zen center
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The Mirror

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MZC provides a place for meditation, study and reflection, leading to inner awakening and mindful, compassionate action through traditional Soto Zen Practice.

TRANSFORMATION

by MZC Resident Priest Reirin Gumbel

At Milwaukee Zen Center we are celebrating transformation, as in:
“a thorough or dramatic change in form or appearance”
(dictionary).

Our zendo has been transformed through the design, labor, and dedication of many sangha members - truly a great achievement! The new space allows more room for individual cushions, bowing, and listening to speakers. It also provides separation of the zendo from other functions, such as kitchen or bathroom access.

Thank you to all who have contributed!



Before & After
Gulch Farm Zen Center in California. (Please, read their comments on page 2!)

There has also been the opportunity for personal transformation, as “metamorphosis or renewal”, for several people who have made a deep commitment to honor and follow the Buddha’s teachings in the recent jukai ceremony at Green

This body/mind is the result of karmic conditions, and as such a manifestation of True Reality (Emptiness, Suchness, Buddha...). There is no separation between us and anything living or inanimate. No borders exist between properties or countries. In fact, nothing exists outside of Reality, since nothing has an independent Self.

In order to understand this, not only intellectually, but viscerally, the body/mind needs to practice. In truth, a transformation is not needed, because everything is already in place, but there are powerful forces that keep us from this realization. (They also don’t really exist, by the way.) Practice means going beyond our usual conditioning, letting go of unwholesome habits, and finding the peace that is ours by birthright. There are many practices offered in Buddhism, and we can choose what works for us...

However, we need to make the biggest effort possible, have a deep commitment, and be willing to make sacrifices, to get out of our comfort zones. Katherine Thanas, my teacher at the Santa Cruz Zen Center, told us students: “You need to be desperate to do this practice.”

When we finally understand, we will naturally want to help others to end their suffering, too. We will also understand that a first (or second, or third...) breakthrough is not enough; that this practice will have to go on, seemingly forever, as karma keeps creeping up. However, now I know that I am not the slave of my conditioning. I have learned to monitor my behavior, make amends when needed, and be vigilant, but no longer be subdued by emotions.

This is the transformation that the Buddha has offered human beings: to return to our true nature that was really never lost in the first place.
Gate gate paragate parasamgate bodhi svaha...

Weekly Practice Schedule

Sunday Morning

9:30 zazen
10:05 kinhin
10:15 dharma talk
11:00 informal tea

Tuesday, Wednesday and Friday Mornings

6:15 zazen
6:50 kinhin
7:00 zazen
7:30 service

Thursdays

6 to 7:30 informal zazen
12:00 zazen
12:30 kinhin
12:40 zazen
1:10 service

Wednesday Evenings

6:30 zazen
7:00 kinhin
7:10 zazen

Saturdays

(unless there is a longer
sitting that day)

7:30 zazen
8:00 kinhin
8:10 zazen
8:40 service
8:50 work
9:15 reading and discussion

Every Wednesday at

6:30 pm – 8:00 pm
Introduction to Zen Practice



Stay in touch with MZC

See our complete schedule of practice and activities at mkzen.org. Subscribe on that website to our monthly email newsletter. Visit us on Facebook, and contact us at kokyoan@gmail.com

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Resident Priest: Rev. Reirin Gumbel

For a complete schedule of Zen Center

Practice, please visit mkzen.org

Like us on Facebook!



Sangha Trip to Green Gulch Farm Zen Center, California

A great gift from one of our sangha members made it possible for a group to travel to GGF, my training place. It was a fortunate coincidence, that five people had finished sewing their rakusus and were able to receive the precepts, their Dharma names and lineage papers from the Abbess Furyu Schroeder, my teacher, who allowed me to conduct the ceremony with her, even though I had not received Dharma Transmission.

With support from Anne Johnson, our sewing teacher, and other sangha members, Chuck Eigen, Tom Tolan, and Justen Tabert, we enjoyed five wonderful days at a residential temple: a great hike in the Marin Headlands, a one-day sitting, community meals and work, and a stay at the GGF guesthouse.

Thank you All!

Reirin



Michael, Reirin, Justen, Isabel, Chuck, Susan, Mary, Eric

Impressions of Green Gulch from MZC Students

Green Gulch Farm is an organically beautiful place. It was a privilege to be able to spend time in this community; seeing it in action with so many young people working the land and living an intentional “meditative” lifestyle. The food was fresh, simple and delicious. The Jukai ceremony where the five of us took the precepts was memorable for me. It was done in community, but the formal taking of vows stirred something in me that I recognized as a deeply personal commitment, a journey that started for me as a child practicing in another religion. Many thanks to Reirin, Fu, Linda, and Reb and the entire community that supported those of us taking vows, including Chuck, Tom and Justen from MZC.

Mary Bernau-Eigen

Green Gulch Farm Zen Center is an amazing place in many ways and a wonderful place to receive the precepts. Preparing to receive the precepts took many months of study and sewing. What impressed me the most was the tremendous help, support and encouragement from the MZC sangha, it would not have happened without it. To top that off, the amazing support and respect from the Green Gulch Zen community sealed the seriousness, substance and significance of receiving the precepts. I am so grateful for all the help and generosity that guided me through this endeavor and into a deeper, more committed practice.

Michael Meyers

Green Gulch’s beauty flowed through all of us for the tiny slice of time we were in its embrace. I felt like a freshly uncorked bottle of champagne overflowing with happiness and goodness. The deeply moving Jukai Ceremony will stay with me always, as will the preciousness of our sangha being there together, sharing this exquisite experience.

Susan Winecki

I was incredibly fortunate to have had the opportunity to travel to Green Gulch Farm with others from the MZC sangha. Participating in the daily practice schedule opened the space for me to invigorate my focus on the bodhisattva path. And as I returned home, I recognized that I was seeing more clearly.

Isabel Kent



Isabel Kent– Quiet Sea, Manifest Way, Michael Meyers – Bright Mountain, Peaceful way, Reirin, Mary Bernau-Eigen – Vast Love, Medicine Voice, Susan Winecki – Great Generosity, Wisdom Lake, Eric Vogel – Benevolent River, Sincere Practice

Justen Tabert accompanied us and was a great support for the precepts ceremony:

Jukai Ceremony and Green Gulch Farm

The introduction to the Heart Sutra—Buddhism’s pre-eminent description of the way of Emptiness—is said to describe the five excellences of time, place, teacher, retinue, and teachings to provide context for the teachings so, as time passed, the integrity and auspicious nature of

the teachings could be preserved.

The excellences for this story are: picturesque Green Gulch Farm in the hills north of San Francisco; unwavering guidance from our teacher, Reirin, to measure, cut, sew, decorate with calligraphy, and bathe in incense robes and friendships; a retinue of all sentient beings whether known or unknown, present or not present; the teaching of unrelenting compassion for the benefit of all.

A blink after all preparations for the Jukai ceremony were finalized, the ceremony finished.

Now, the work begins. The end goal of enlightenment is not self-fulfilling. It’s not about understanding the fundamental nature of reality and hold on to it. The goal is to cease perceiving duality and merge the self and other for the benefit of all beings.

“The victor taught that emptiness

Means to eradicate all views,

But those stuck in emptiness being a view

Are said to be truly incurable.”

-Nagarjuna’s Fundamental Wisdom of the Middle Way

Eric, Susan, Mary, Michael, Isabel: With no beginning and ending, the prologue is complete. You are ten hands added to Avalokiteshvara’s embodiment of compassion. May you reflect Buddha wisdom onto infinite suffering.

Zen Practice Opportunities

Jewel Mirror Sesshin at Hokyoji, Friday, August 10 – 17, 2018

Jewel Mirror Sesshin

Harmony of Difference and Sameness

"If you don't understand the Way right before you, How will you know the path as you walk?"

Three Teachers from three different lineages share the same practice. They will explore the meaning of the relished Zen text, Harmony of Difference and Sameness (Sandokai).

Dokai Georgesen began his practice of Zen Buddhism at the Minnesota Zen Meditation Center with Katagiri Roshi in 1974. He spent two years on pilgrimage studying Buddhism in India and Japan, and upon his return in 1982 he lived at Hokyoji until his ordination in 1984. In 1989 he received Dharma Transmission from Katagiri Roshi, and since then he's traveled to Japan for study under the late Ikko Narasaki, Tsugen Narasaki and the late Taizan Maezumii Roshi. He has also practiced at Plum Village in France with Thich Nhat Hanh. He has resided at Hokyoji since 2003 and been it's guiding teacher since 2007.

Reirin Alheidis Gumbel is currently the Resident Priest and Teacher at the Milwaukee Zen Center in Wisconsin. After many years of being a lay practitioner, she was trained at the San Francisco Zen Center, where she lived as a monastic for almost 12 years. She was ordained as a Soto Zen Priest by Furyu Nancy Schroeder in 2007 and is in the process of Dharma Transmission.

Daigaku Rummé was ordained a Soto monk by Harada Sekkei Roshi in 1978, he trained with him for over 27 years at Hoshinji Monastery in Japan. In 2003 he began working at the Soto Zen Buddhism International Center in San Francisco. He then moved to L. A. in 2010, where he was Director of the Soto Zen Buddhism N. America Office and as the Head Priest of Zenshuji Soto Temple. In 2015, he moved to St. Louis and founded Confluence Zen Center. Daigaku translated *The Essence of Zen* and, with Heiko Narrog, *Unfathomable Depths*, both by Harada Roshi, and published by Wisdom Publications.

August 10 – 17, 2018

For more information and to register, please visit www.hokyoji.org

Led by:

Dokai Georgesen, *Hokyoji Zen Practice Community*
Reirin Gumbel, *Milwaukee Zen Center*
Daigaku Rummé, *Confluence Zen Center, St. Louis*

Suggested contribution:

Price: \$375 members, \$450 non-members for the full 7-day sesshin

Zen Practice Community

2018 Fall Practice Period

Sunday, September 30 – Sunday, November 11

The theme is: *How To Cook Your Life – Dogen’s Tenzokyokun*

Everybody is invited to register with Reirin and fill out a commitment form.

The cost is \$120.00 for non-members, contributing members at the Tiger level (\$30/month and up) are free, members at a lower level pay 50% (\$60.00) for all that is offered during the six-week period.

The idea is to deepen one’s practice during this time, making a strong commitment for any events signed up for. Most events are open for anybody, but participants will receive special guidance and enjoy the support of the group.

Study Group:

Eihei Dogen, Tenzokyokun and Commentaries

Tuesdays, October 2, 9, 16, 23, 30, November 6, 5:30 – 7:00 pm

Deep Dharma Discussion with Carl Jerome

Saturday, August 18, 10:00 am – 3:00 pm

One-day Sittings Saturday, October 6, 7:30 am – 4:30 pm

Saturday, November 3, 7:30 am – 4:30 pm

Half-Day Sittings Saturday, October 20, 7:30 am – 1:30 pm

Saturday, November 17, 7:30 am – 1:30 pm

After a long period of consideration, the Board has unanimously agreed on a fee structure for services that MZC offers:

Tuesday Study Group \$10, \$60 for all 8 sessions, \$50 for 6 sessions

Half-Day Sitting \$20

One-Day Sitting \$30

Workshops \$40

Six-Week Practice Period \$120

Members at the “Tiger” level (\$30/month and above), receive everything free.

Members at lower levels receive a 50% discount.

Non-Members pay the whole fee.