



ROCHESTER ZEN CENTER  
A BUDDHIST COMMUNITY

August 10, 2012

Dear Sangha,

After many weeks of little or no rain, we've been drenched by a couple of major thunderstorms. A welcome relief for sure, but more work for Wayman at Chapin Mill, where lightning blew out our phone (and fire-alarm) system – twice. Nevertheless, we're back up and running and taking advantage of good conditions for painting and repairs both in Rochester and Batavia.

Here in Rochester, we've planted a starter rooftop garden above the 7 Arnold Park dining room. Mostly it's an experiment this year, but it looks to be a very successful one as long as our squirrels don't sneak in ahead of us and pillage our little crop.

### **Founder's Day**

Roshi Kapleau founded our Center in 1966 and established a host of centers and sitting groups in this country, Canada, Europe, and Central America. We're moving our annual remembrance of our first teacher to Sunday, August 19, the day before his birthday (100 years ago). Sitting will begin as usual at 8:30 in the morning, followed by chanting and a recorded teisho from Roshi Kapleau's heyday. In addition to displaying photos and slides here at Arnold Park, we'll soon be posting an album on the website (<http://www.rzc.org/about/gallery/>) from Roshi's 13 years in Japan. Thanks to Casey Frank for archiving and digitizing these amazing pictures.

### **Comings and Goings**

We've continued to welcome new trainees at the Center this summer. Dan Esler and Jon Carstea arrived since our last mailing, and Debra McDaniel, who was here for a couple of short stints, is planning to return for the fall. We're seeing a lot of nice energy in the zendo and through the workday.

### **Amala-sensei Returning**

Sensei Amala Wrightson will be back in Rochester this fall for six weeks. She'll arrive on September 5 (followed the next week by one of her students, Helen Gallagher) and leave on October 16. She will be spending at least part of her time at Chapin Mill, but also helping out as needed in the teaching and training department at Arnold Park. She has also agreed to lead the June 6-day sesshin next year.

### **Fall Term Intensive**

On the evening of October 11, the Thursday after the October sesshin, we'll have the opening ceremony for the fall Term Intensive. If you've never done a Term Intensive before or want to refresh your memory, you can find information and enrollment forms on the website at <http://www.rzc.org/program-events/term-intensives/>. If you've ever thought about stepping up your sitting schedule or making changes to your daily routine, you will likely find it far more doable with the encouragement and support of others. The fall intensive runs for four weeks this year; it ends on November 8, just before the November sesshin.

## Next Issue of *Zen Bow*

### ***Zen Bow* Call for Submissions – “Illness and Practice”**

*Without undergoing a winter  
that bites into your bones  
How can the plum blossoms regale you  
with their piercing fragrance?*

—Huang Po

We all experience illness from time to time – the flu, a migraine headache, an allergic reaction, depression, chronic pain, cancer ... the list goes on. Sooner or later we inevitably face an illness or condition that will end our life. Zen practice helps us live with illness and the helplessness, anger, and weakness as well as the clarity and insight that sometimes accompany it. Living with illness is an opportunity to deepen our practice. Readers are invited to submit articles and/or images on the theme of Illness and Practice to the editors at [zenbow@rzc.org](mailto:zenbow@rzc.org) by the extended deadline, Sunday, August 12.

Articles or images on other topics are also welcome, and you can submit them at any time.

### **Join Zen Center Staff – Get Your Student Loans Forgiven!**

Many people with student loans are still unaware of a new federal student-loan forgiveness program for employees of non-profit organizations like the Zen Center. Under the new program, a borrower who is employed full-time by a non-profit organization and who makes 120 monthly student loan payments under the government’s Direct Loan program will have his or her remaining student loan debt (including any accrued interest) completely forgiven at the end of those 120 months.

Best of all, these payments can be made under the government’s income-based repayment (IBR) plan, which bases monthly payment amounts on the borrower’s family size and income. For most people earning a typical Zen Center staff salary, their “payment” under this IBR plan would be ZERO dollars, enabling them to get the full amount of their student loans *completely forgiven* after ten years without having to make payments at all! If you’d like more information on this program, check out <http://www.ibrinfo.org/>, or call Cecily at the Center.

### **Rakus and Dharma Names**

If you’re planning to receive a rakusu this fall, it’s a good time to order your rakusu kit from the Center. If you don’t have any sewing experience, be sure to give yourself plenty of time for the task! The cost of the kit is \$30, plus 4% tax (if delivered in New York) and \$4.50 for shipping. Anyone who has been a member of the Rochester Zen Center or one of its affiliates for at least a year, is formally a student of Roshi, and has taken part in a Jukai Ceremony (or is planning to attend Jukai at Thanksgiving) may receive a rakusu. New and improved rakusu sewing instructions are available.

## Spring Trustees' Meetings and Annual Meeting of Members

The Center's Board of Trustees held its annual spring meeting on May 5 and 6. Among the actions taken was approval of the 2011 financial report subsequently presented at the Center's Annual Meeting of Members held three weeks later. The Trustees and Officers – whose responsibilities include safeguarding the Center's financial well-being – were grateful that total membership contributions in 2011 (\$176,032) were higher than in 2010 as well as higher than the average for the five years 2006-2010, even though they were still somewhat lower than in 2008 and 2009. In addition, 2011 session income (\$63,659) was the highest in at least a dozen years.

Overall, the Center's 2011 operating revenues were \$371,293, which is 101 percent of the total budgeted. Operating expenses were \$402,225, which is 94 percent of the total budgeted. Accordingly, after including as operating income a five-percent operating draw from investments of \$50,347, the Center had an operating surplus of \$19,415 for the year. Viewed alternatively, when this operating surplus is taken into account, the Center's actual operating draw from investments was only three percent for 2011, rather than the five percent that the Board has set as a target.

The performance of the Center's Investment Fund was lackluster in 2011, reflecting the stock market's flat performance over the course of the year. However, the Center received a generous anonymous donation of \$10,000, which will cover most of the cost of installing high-efficiency spray-foam insulation in the attic and third floor of 5 Arnold Park, a project that will substantially reduce heating costs (and energy use) for the building.

Among other actions taken at the meeting, the Board decided to replace the existing Special Events Committee with two Committees: a reconstituted Special Events Committee and a Sangha Engagement Committee. The mission of the Special Events Committee will henceforth be to raise the profile and enhance the standing of the Center in the community at large through the Center's presentation of special events open both to Sangha members and to others. The mission of the Sangha Engagement Committee will be to strengthen the Sangha's commitment, compassion, and sense of community through activities and events that help members (1) learn more about Buddhism, (2) engage in community service, or (3) feel more connected with the Zen Center and with each other.

On May 26, in conjunction with our celebration of the Buddha's Birthday, the Center held its forty-sixth annual corporate meeting of members. At that meeting Sangha ballots were counted, and Tom Kowal was elected to a three-year term as Trustee. (Three of the Center's six trustees are elected by the Sangha, two are elected by the Board itself, and one is appointed by the Abbot.) Among other matters presented at the meeting, Eryl Kubicka, who serves as Chapin Mill Rental Coordinator, reported that the Chapin Mill rental program is doing excellently. This year we expect to reach our goal of renting the Retreat Center for a maximum of about 50 days annually. Among our regular renters are Vajrayana and Vipassana Buddhist meditation groups, as well as medical schools sponsoring programs involving health-related uses of mindfulness practice. The completion of Phase III has been crucial to the success of the rental program, since the Retreat Center is now able to accommodate substantially more people.

Finally, on May 30, the Board of Trustees held a special meeting to elect a Trustee to succeed Tom Roberts, who had served the maximum of three consecutive 3-year terms permitted under the Center's by-laws. In their discussion, the Trustees emphasized that one important factor when the Board elects a

Trustee is finding a person whose set of skills and abilities will best complement those of the other Trustees. At the end of the meeting a vote was taken and Kathy Collina was elected to a 3-year term as a Board-elected Trustee.

Minutes of the Board of Trustees' and annual corporate meetings, including copies of financial reports and statements, are available in the Communications>Meetings & Finances section of the Center's website at <http://www.rzc.org/communications/meeting-minutes/>.

### Sesshin Dates

Below are sesshin dates through December, 2013. All are at Chapin Mill and led by Roshi unless otherwise indicated:

#### 2012

Sept 14-16	2-day (John Pulleyn)	deadline: September 6
Sept 29-Oct 6	7-day	deadline: September 6
November 10-17	7-day	deadline: October 18
December 4-8	4-day	deadline: November 19

#### 2013

January 5-12	7-day	deadline: December 13
March 2-4	2-day (Wayman Kubicka)	deadline: February 23
March 30-April 6	7-day	deadline: March 7
June 8-14	6-day (Amala-sensei)	deadline: May 16
July 21-28	7-day	deadline: June 28
August or September	2-day (details to come)	
Sept 28-Oct 5	7-day	deadline: September 5
November 2-9	7-day	deadline: October 10
December 3-7	4-day	deadline: November 14

Please bear in mind that you may apply late for any sesshin. If there's room, you'll likely be accepted.

These dates are also listed on the Center's website at <http://www.rzc.org/sesshins-meditation-retreats/upcoming-sesshins/>.

In the Dharma,



John Pulleyn  
For the Center