

ARCATA ZEN GROUP NEWSLETTER
April, 1999

SITTING & SESSHIN SCHEDULES

The AZG meets at 8:10 AM Sundays at the Northcoast Aikido Center, located in the alley between F & G, 8th & 9th streets off the Arcata Plaza. There are two half-hour sittings with a kinhin in between; reading and discussion follow. On the first Sunday of the month, the sangha shares poetry and other readings brought in by individuals. Weekday sittings are held at Gael Hodgkins' house on Tuesday mornings at 9:15 AM and Wednesday evenings at 7:15 PM, through June. There are two half-hour sittings with kinhin. If you have any questions, call Monique or Gael. Everyone is welcome.

ONE DAY SIT

Maylie will lead a one-day sit at Gael Hodgkins' house on Wednesday, May 12, from 9:00 AM to 5 PM. Please bring your own bag lunch and sitting equipment. For more information, please call Gael.

LOST COAST SESSHIN

After carpooling from Arcata, our hike on the Lost Coast will begin at 10:30 AM on Thursday, May 13, at Black Sands Beach just north of Shelter Cove. We will hike 8.5 miles along the beach in the King Range Wilderness to the homestead at Big Flat. Hiking time averages 5-6 hours. We will return by the same route on Monday, May 17. Hiking terrain varies from rock rubble to packed and loose sand. There will be stream crossings and large rocks to negotiate. Headwinds are sometimes encountered. The weather in May is variable - rain is always possible and days can be foggy, damp, and cool. As with any wilderness hike, it is important that participants be confident in their ability and be prepared for the terrain and distances involved.

Our gear will be flown into Big Flat by small plane, so daypacks need only carry sack lunch, drinking water, jacket/rain gear, and any other personal items necessary. The owners of the property at Big Flat have requested that we minimize the amount of stuff we bring. Specifically, pack for this trip as you would for a backpacking trip. Plane space is limited so consolidate your gear. We won't be bringing zafus or zabutons on the plane. If you want to use a zafu during sesshin, please feel free to carry one in your daypack. Extra sleeping bags and pillows are available at Big Flat to serve as supports and pads. There are also some usable tents on-site; those tents we do bring must be small/backpack tents. The details of what we transport will be worked out with those who sign up for sesshin.

During our stay at Big Flat a regular sesshin schedule will be followed. We will have use of the kitchen, zendo, sauna, and hot tub there. We will be sleeping in tents near the house. All jobs will be shared. Fees reflect the cost of food plus \$50 per person for the use of the facilities at Big Flat. Also included are the cost of air transport and Maylie's expenses. We estimate a total cost of \$110 per person. Scholarships are available. Please send your reservation card plus a \$50 deposit to the AZG by April 26. Please note this sesshin is limited to 15 people total so it's important to get your reservation form in promptly. For those who sign up for this retreat, a second mailing will follow, including a schedule, equipment list, and any other information needed. If you have any questions about the hike or any other aspect of the trip, please call Mark or Gordy.

SATURDAY SESSHIN

On the second Saturday of every other month (alternating with Maylie's visits and sesshin), a daylong sit is held at Gael's house from 9 AM to 5 PM. The next Saturday sesshin is scheduled for June 12. Please bring a bag lunch and sitting equipment. For more information, call Gael.

LETTERS

from Diana Lynn

Death is no longer part of ordinary life. Unlike the generations before us, we grew up having no natural place for it. But thankfully this is starting to change. Aging Boomers, now confronting their own deaths, are beginning to do for dying what they did for birthing in the Sixties and Seventies. Dying is coming back into harmony with such values as intimacy, spirituality, compassion, personal integrity, and with such concerns as individual autonomy, family cohesion, and community well-being. And since Americans are not of one belief, we will need to create new community experiences and shared practices to honor this great passage.

Toward that end, in November of this year, at the Ink People Performance Room, I'm installing a photo exhibition in concert with Humboldt Hospice and honoring National Hospice Month. This exhibition will build on a remarkable show about birthing created by midwife, Candi Whitman. My task is to match her work with a deathing piece, and then exhibit both side by side, communicating the cyclical nature of life - of birth and death.

I'm currently gathering and editing deathing photos from my own work and from our community, and helping Hospice volunteers work with families photographing their own experiences. These are simple snapshots of illness, care

taking, dying, postmortem photos, memorials, bereavement, and grief. If anyone has photos they would be willing to share, please contact me. If you know of someone else who may have such photos, please tell them about this project. Thank you.

SANGHA FRIENDS
from the Times-Standard

Sangha member Gil Friedman's book, How to Be Totally Unhappy in a Peaceful World, is being translated into Chinese, Spanish, and Danish. This very funny book is available at Moonrise Herbs and Northtown Books in Arcata, and at Robert's in Eureka.

CURRENT AZG DISCUSSIONS
PRACTICE COMMITTEE

Minutes for April 4:

1. Mark composed a letter to the Ancient Forest Sangha in response to their request to use the garage zendo when it's complete; they offered to provide labor in its construction.
2. Rob gave us an up-date on the garage project: our request for the permit was about to be issued when it was red flagged by the health department. Apparently this issue goes back a problem that was not resolved between the department and the previous owner. Rob will be looking into ways to resolve this issue.
3. There was much discussion but no resolution about what is appropriate to bring up at Sunday morning discussion.

BOARD OF DIRECTORS

At our March 24 meeting, some of the issues discussed included:

1. Thank You notes to donors.
2. Up-date on non-profit status: our paper work, lost by IRS, has been resubmitted.
3. Next meeting is April 28. They are on the fourth Wednesday of each month.
4. We developed a tentative budget for 1999; copies will be available after our next meeting.
5. Fund raising deadline was March 31; still waiting.

ed's note: While the deadline has passed, many people have not yet returned their forms and, apparently, both short- and long-term funds for the remodel are low. Please return your forms with donations and/or pledges as soon as possible.

- - - - - CUT HERE AND RETURN - - - - -

RESERVATION FORM FOR BIG FLAT SESSHIN

Return by APRIL 26

NAME

PHONE

ADDRESS

Do you need a ride?	yes	no	Can you provide a ride?	yes	no
Do you need a scholarship?	yes	no	If yes, partial \$	full	

Make checks payable to: Arcata Zen Group

DATES TO REMEMBER

- APRIL: 26 - Big Flat Sesshin Reservation Form and Deposit Due
 28 - Board of Directors Meeting
- MAY: 12 - Local One Day Sit
 13-17 - Big Flat Sesshin
 26 - Board of Directors Meeting
- JUNE: 7 - Next Newsletter Deadline
 12 - Saturday Sit (call before attending)

DON'T FORGET TO RETURN YOUR FUND-RAISING FORMS WITH YOUR PLEDGES AND/OR DONATIONS!