



FALL 2022

WWW.RINGOFBONEZENDO.ORG

P.O. BOX 1525 NEVADA CITY, CA 95959

40TH YEAR CELEBRATION

The recent commemorative gathering at the zendo was a wonderful celebration, a sharing of stories, a reunion with new and old friends, and a special moment to listen for the 'ring of bone'. Lew Welch's poem hangs in a frame on my wall and often reminds me to see:

"...myself a ring of bone in the clear stream of all of it..."

Looking back to those years in 1981-82 when the zendo was birthed also reminds me of a more youthful period, a time when I made a homestead at Wepa, land next door to the zendo, and was setting up office [with Bruce Boyd] in the North Columbia Schoolhouse and helping give form to the Ridge cultural center. There abounded a lot of creative and collective energy, the making of experiences in these woods, the stirring up of imaginations and possibilities. All this continues today in so many ways.

I'd like to share a few recollections about building Ring of Bone, and some reflections on this simple structure that's stood a 40-year 'test of time'. Some of the seeds to the zendo were planted during the summer of 1970 when a group of us joined Gary and Masa [and Kai and Gen] in camping out and constructing their Kitkitdizze home, and sitting morning zazen before the day's work. The zendo was a ring of pines that summer, very close to where the zendo now sits.

Years later, in the summer of 1981, Bruce Boyd and I met with Gary and a few others who formed a loosely knit "building committee" to discuss ideas for building a structure to serve the local sangha that had been sitting zazen at Kitkitdizze—first outside, then in the house, and followed by years in the nearby barn. The barn was no longer big enough for the numbers who wanted to attend, especially for sesshin, but also for weekly meditation and special events. These early discussions about building a zendo were inspired by the work we had been doing together on the Ridge—with house building projects, building the Oak Tree School as a 'community project', and lessons from workdays and community gatherings.

The building form took its shape from many sources—from our experiences with local structures and natural materials, from building with pine logs and rough-cut lumber, from the Ring of Bone practices and its 'list of needs', from other meditation halls through the ages, and from the unique Ridge vision of what would be a good fit, in scale to the sangha and site. Bruce and I had completed our architectural schooling and early training in the '70s, had committed to life at Wepa, to a livelihood as architects and builders on the Ridge, and welcomed the chance to contribute to our community

How might a zendo be built with organized 'team' leaders, with a tight schedule and limited budget, and with many people coming together, akin to a barn-raising work-sesshin? We knew how to do this because of Kitkitdizze, the Oak Tree School, and experiences with our own homestead building. Some 40 people came together in June 1982 to devote three weeks to constructing the zendo. There was a magical quality to this camp-out—the collective work reflected countless gifts of time, sweat, material, and good will. This was a 'gifting' to the Sangha, and to all of our future.

As many of you have heard or were a part of this experience, it took a year of planning to make the three-week work camp a success. Poles were peeled, materials stockpiled, work plans carefully laid. In the end, a core of locals plus volunteers from all over (as far as Australia) showed up and set to work. People came and went, but at the end of the three weeks, there it was. Our new home.

Many of the building 'leaders' had prepared the foundation and pine poles during work weekends through the spring. Gathering and organizing the materials took place almost completely in advance.

On a more personal note, I've appreciated returning periodically to the zendo during the last 40 years. The building seems to be quite content, most of the time sitting

quietly by itself, a container ready to greet and shelter us. It's also beautiful how the building and grounds have been cared for by so many, parts replaced in amazing ways, and refinements made—the bath house, a food preparation area, the hanging bell, cubbies for essentials, the front courtyard, a solar system, and many other items both large and small. All of this tending to 'needs' has been done deliberately and with such care, respectful of the zendo's bare and simple nature. It's a wonder how the surfaces have gained a glow and are softer to the touch from age and weather, from being rubbed and walked upon countless times.

I've wondered over the years what makes a building, a man-made place express uplifting, spiritual qualities. I don't mean to compare walls and roofs to the 'lift' felt in the shear stone of the Sierra high mountains. But, I feel there's something different here, at Ring of Bone. All of our in-breaths and out-breaths, sitting zazen, our peace and clarity and quiet have infused this place and space with the deeper regions and better intentions of our being. The zendo and this site seem to hold this energy, providing a kind of reverence and balance while allowing the wild to pass through.

I also feel this place manifests the special way the building was conceived — with clear intention, with generosity, and offerings to a future. This spirit of building together, with all its imperfections, resonate and speak to us in this place and through this time too.

Thank you for your love of Ring of Bone, for your love of this community, and for one another.

~Jeff Gold

Cloudy morning moon,
obscured by the atmosphere,
but it still exists.

~Ken Schumacher, Nov. 6, 2009

REFLECTIONS ON THE ROBZ 40TH ANNIVERSARY CELEBRATION

~Erika Carpenter

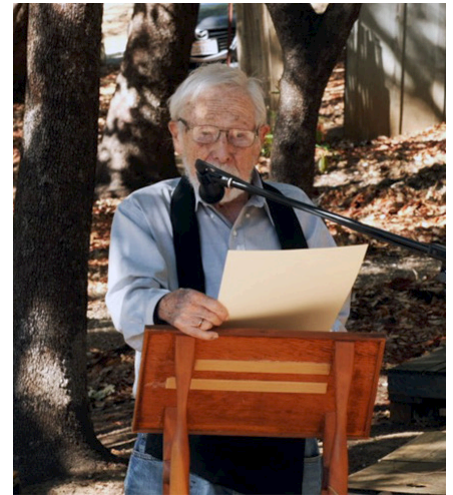
I stumbled into the role of organizer for the ROBZ 40th Anniversary in much the same way I have been stumbling around since the April accident that left me more than a little dazed and missing a piece or two. I showed up at the organizing meeting without clear intentions, mostly just curious about the cast of characters this event might draw, previously known only to me through perusal of the newsletter archive.

The task entailed the usual activities with a delightful band of co-conspirators; food procured (Jamie and Davis, plus many more), invitations sent (Ed), papers, plates and cups retrieved (Dmitry), zendo decorated (Masa), film captured (Brian), conches blown (Bishop), cats diligently herded (Kate and Joy), flowers donated and loving arranged (Margo), poems donated (Gary & Judith of Full Circle Press), libations and cake gifted (Shana of Three Forks & Annette) and, of course, the program carefully crafted by our own Nelson Foster.

However, by conscientiously avoiding any serious labor I managed to keep my own focus on my original impulse. I'm fortunate enough to already be acquainted with some of our illustrious

matriarchs and patriarchs but, in tracking down additional "builders", mythical names jumped from the pages of the ROBZ Newsletter (Mark installed a new cookstove - Fall '84, Paul will organize Mountains & Rivers - Spring '85, Lorraine corresponds from Marblehead, MA - Fall '86). They became my flesh and blood correspondents, sent me pictures, and called me with helpful thoughts.

From near and far I got to hear their voices and eventually see their faces. My experience of our founders, the people who literally make it possible for me to have a place to sit, became visceral. A name on the old cook crew assignment sheet turned into a person who gave a hug, the cherubic 20-something from the grainy 1982 film of the build offered a stately handshake. People who I consider current friends gained a new dimension in my mind and received new appreciation in my heart. Nelson, Gary, Jeff, and many others shared the experience of the build process in words that need no further description (and are available in video on the ROBZ website). Stories poured forth, laughter ensued and, just like in that old film, food, sweets, and beer were heartily enjoyed by all.



ROBZ Founder Gary Snyder, Oct. 2022

I came away altered. I hope others did, too. I am deeply struck by the legacy that, even as we prepare for another October sesshin, I can sometimes take for granted. I owe the vibrant, raucous, dedicated "builders" for both the building that will shelter me this coming week and the momentum that propelled Ring of Bone Zendo into our present day, where we "sitters" take refuge so we can face whatever lies ahead with a little shred of equanimity.



MOUNTAINS & RIVERS SESHIN

HIGH ROCK CANYON, NEVADA, MAY 2022

~Thomas Harter

Spring M&R was joined by mostly old-timers. The crew included Robert, Amanda (our one newcomer), Reed, Lynne, Rossy, Jamie, George, Ben, Johnny, Jay, Davis, Thomas, and Nelson. Lynne was our intrepid trip leader, Erika our fabulous trip coordinator, and Davis arranged for all our food as tenzo. Erika was unfortunately not able to join due to her accident just a few days before sesshin, but the good fortune being that we were united for seven days to send all our sitting and hiking karma her ways for healing. The group gathered Saturday afternoon to complete preparations, which included hunting for a pair of hiking boots left behind in a distant home, to be replaced by a pair in matching size from local angels. On Day 1 we traveled well into Nevada by vehicles, past Reno and the funky little town of Gerlach, known to many as the gateway to Burning Man. Alas, not in early May—all sleepy there, the town just recently out of winter snow. The high mountain tops were still glistening in a fresh white coating.

Our trek continued on three hours of dirt roads, passing the length of the Black Rock desert playa, to the entry of remote High Rock Canyon where we left our vehicles by the closed gate. There, Mountains & Rivers began in earnest. And indeed, a stream appeared in the middle of this desert, along which we meandered into a narrowing canyon, alternating with broad valley. The vistas were not of forests and mountain meadows, but instead of sagebrush country and steep dark red canyon walls fencing a wide, flat valley. The air smelled of sagebrush—no incense needed. Camp on Day 1 was established at a place where one side of the canyon seemed to almost touch the other, just off the trail. Day 2 started with frost and ended up like a belated April day, with sun and rain and snow upon us in quickly changing sequence, with lots of wind. The canyon widened and narrowed repeatedly, at times so much that only wading the stream allowed progress. Toward the end of Day 2, canyon walls changed from red and black to intense and spectacular yellow, as the expanse of the valley widened to a good camp by the stream. As we made camp and after the formal part of dinner, conversations abounded before the evening sitting rang in the night. Day 3 took us further into the upper reaches of the High Rock Canyon, albeit without success in finding a spring among the much too leaky and dry volcanic rocks. So it was back to “Yellow Rock” camp for the evening, a long day but with no complaints though it was actually hot.

Day 4 is traditionally the layover day with time to scatter for swimming, solo-hiking and exploring, listening to the birds, finding what those on the Emigrant Trail (that runs through the canyon) and what our native American ancestors may have left behind. The wind abated and the weather turned balmy and sunny for a perfect spring day in the High Desert. For the one or two that made it to the top of the mountains above camp, the view opened up into a surreal landscape of volcanic domes, high plateaus over high plateaus, carved by canyons—a wild and seemingly untouched desert expanse. Day 5, the entire group scaled the side of the canyon and around the yellow rocks, to climb onto and over a small plateau into another canyon, through trail-less country. Night fell over yet another set of canyon walls, these raising phantasies of earthen monsters towering giantly over our small Zen circle. The real threat emerged when George pointed out the many small and distinctive scorpions that favored the underside of old, dry cow-pies scattered around our campsite. Day 6 the hike turned back to the entry of our canyon, but not without losing the trail sweep along the way. A rescue party was sent back and luckily found the lost soul not too far from the cross-country route, waiting and wondering in which of the four directions his friends had scattered and happy to be rejoining the group.

The evening, on account of gale-force winds howling through the narrows of the canyon, was spent in a cave at the bottom of a 300 foot cliff that hugged the trail, which in turn hugged the flowing creek. In the middle of that night, not long after we returned to our tents, some of us were awakened to an enormous THUD that had us rushing out of our tents for fear of being buried under a rock-slide. Only at daybreak was it clear how lucky we had been. A larger than cubic yard-sized gigantic rock slab had loosened from the canyon walls some 200 ft above and hit the ground only 20 ft from our cave’s entrance, annihilating all vegetation around it in the blast. Lesson learned: not even the most ancient rocks have permanence, and they may move onto us! Day 7 was an easy return hike out of the canyon and the long trip back to Gerlach for a hearty meal at the only restaurant before the drive to the zendo.

FINDING MY WAY

~ Cindy Leeson

When I think about how I came to Zen, and ultimately Ring of Bone, it seems a totally improbable and unlikely event. I grew up in an Air Force family and we moved quite a bit. I didn't know anything else, so it often felt like an adventure to see and live in new places. Mom took us to church when we were young, but from an early age Christianity didn't make sense to me. We ended up in California right after I graduated from high school. I dabbled with college a bit, but then married at 19 and we had two sons. We were married almost 9 years and then divorced. About a year before the divorce, I started going to college again and majored in music, and supported myself during college and after the divorce playing music as a flutist with various groups, teaching flute, and a few odd jobs here and there.

In 1989 I was introduced to Zen through a flute student, himself a long-time practitioner. When he first mentioned he would miss a lesson because he was attending a Zen "retreat" at a place called Ring of Bone, I asked what that was. When I later expressed an interest in zazen, he was kind enough to give me some instruction on how to sit and suggested that I read *Taking the Path*

of Zen by Robert Aitken and *Zen Mind, Beginner's Mind* by Shunryu Suzuki. I was intrigued and started sitting on my own daily for about a year. Then I asked him how to sign up for a sesshin at Ring of Bone, and he very wisely suggested I start with a weekend sesshin. That was one of the worst experiences of my life—a total shock to my system, horrible headache, couldn't eat! I almost left! A leader talked me into staying the night and see how I felt the next morning, and while I still didn't feel well, I stayed, and I'm forever grateful that I did. While I felt like I'd been hit by a truck—physically and emotionally—I also felt in my bones that there was something there I wanted to explore further. I promptly signed up for the next sesshin, which was our June seven-day sesshin.

I was thirty-one at the time, newly divorced, and struggling mightily, and for the first time, with the fallout of growing up with abusive parents. I cried through most of each sesshin for at least the first two years I sat at Ring of Bone. Gratefully, Nelson and the sangha didn't seem to blink an eye. I had never experienced such acceptance of who and how I was. Ever since, practice has aided me in all aspects of my life. I was able to work through a lot of that emotional baggage with a therapist, become a better mother and more content person,

with practice informing and supporting all of that along the way. I eventually moved to Nevada County and finally experienced a sense of community here and at Ring of Bone, met my now husband at the zendo, then found work at the local hospital where I could better support myself, contribute to my family financially, and be of use. I feel so incredibly fortunate!

Fast forward to present day, I'm considerably older than thirty-one, happily retired, and still practicing. I feel pretty content and enjoy my life. Before retiring I took up photography, a longstanding passion that I started seriously exploring again about 9 years ago with bird photography, and about 6 years ago by taking several nature photography workshops. What a gift it has been to have the time and resources to learn the craft, explore the outdoors with my camera in hand and try to create images that speak to me and others.

While I feel pretty content, I also still struggle at times with emotional baggage, an aging body and mind, climate change, our current political and societal climate, and a myriad of other things. Sometimes all of this feels hard and sometimes I take it in stride, and ever constant is practice. I'm forever grateful for finding this practice, this sangha, this teacher, and finding home.



THE HANDY-DANDY ZENDO EVENT FACTOID SHEET

<i>Event</i>	<i>Date</i>	<i>Contact Name/Info</i>	<i>Core/ Sustaining</i>	<i>Associate</i>	<i>Non- member</i>	<i>Deadline</i>
Great Cold Sesshin	Feb 17-22, 2023	Cindy Leeson - PO Box 676, Colfax, CA 95713 530-913-9370 or cleeson611@gmail.com	\$155	\$195	\$240	Dec. 17, 2022
One Day Sesshin	Mar 19	Chris Mulford - 13224 Red Dog Rd, Nevada City, CA 95959 916-346-6265 or cmulfordca@gmail.com	\$40	\$50	\$60	Feb 19, 2023
Spring Mountains and Rivers Sesshin	May 6-19	Reed Hamilton - 13310 Nanna's Way, Grass Valley CA 95949 530-210-4216 or reedhamilton2@gmail.com	\$270	\$330	\$380	March 6
Zazenkai	May 14	Joy Weaver - 28299 Sweetland Rd, North San Juan CA 802-349-2305 or joyweaver8@gmail.com	\$10	\$10	\$10	April 30
Masa & Nelson Work Party	May 21	Greg Leeson - PO Box 676, Colfax CA 95713 530-346-7782 or gleeson804@gmail.com				
Spring Workday	Jun 4	Steve Mulford - 13224 Red Dog Rd, Nevada City, CA 95959 916-346-6267 or smulfordca@gmail.com				
Blue Sky Sesshin	Jun 10-17	Sue Finlay - PO Box 576, North San Juan CA 95960 530-277-6247 or 1suekena@gmail.com	\$220	\$280	\$330	April 10
Summer Mountains and Rivers Sesshin	Aug 19-26	Erika Carpenter - PO Box 4660 Live Oak Ave., Oakley, CA 94561 530-941-2802 or erikacarpenter@gmail.com	\$270	\$330	\$380	June 19
(Fall) Zazenkai	Sep 10	Cindy Leeson - PO Box 676, Colfax, CA 95713 530-913-9370 or cleeson611@gmail.com	\$10	\$10	\$10	Aug 27
Fall Workday	Sep 17	Steve Mulford - 13224 Red Dog Rd, Nevada City, CA 95959 916-346-6267 or smulfordca@gmail.com				
Golden Breeze Sesshin	Oct 13-18	Sheelo Bohm - PO Box 553 North San Juan, CA 95960 530-263-6431 or sheelo.bohm@gmail.com	\$155	\$195	\$240	Aug 13
BMA Workday	Oct 22	Sheelo Bohm - PO Box 553 North San Juan, CA 95960 530-263-6431 or sheelo.bohm@gmail.com				
Rohatsu	Dec 1-8	Wendy Boes - 21802 Purdon Rd., Nevada City CA 95959 530-559-6314 or wlbarrot@gmail.com	\$125	\$155	\$195	Oct 1

RING OF BONE ZENDO CALENDAR OF EVENTS

Note: Zazen on Wednesdays, 7-9 pm, except during Blue Sky Sesshin and immediately following the Great Cold and Golden Breeze sesshin. Zendo closed January and July.

SEEDS-TO-SNOW TRAINING SEASON - 2022

<i>Date</i>	<i>Event</i>	<i>Time</i>	<i>Coordinator</i>
Oct 30	Zazen Sack Lunch/Meeting for Practice of Business	9:30 am – noon Noon – 2:15 pm	Moderator
Nov 6	Sunday Zazen Potluck/Sangha Circle	9:30 - noon Noon – 2:30 pm	Practice & Care
Nov 13	Sunday Zazen	9:30 – noon	
Nov 20	Sunday Zazen Sack Lunch/Dharma Event	9:30 – noon Noon – 2:30 pm	Practice & Care
Nov 27	Zazen Sack Lunch/Meeting for Practice of Business	9:30 am – noon Noon – 2:15 pm	Moderator
Dec 1 – 8	Rohatsu		Wendy Boes
Dec 11	Sunday Zazen	9:30 am – noon	
Dec 18	Sunday Zazen Sack Lunch/Meeting for Practice of Business	9:30 m – noon Noon – 2:15 pm	Moderator
Dec 25	No Sunday Zazen		

FLOWERS-TO-DUST TRAINING SEASON - 2023

January 2023	Zendo closed this month		
Feb 5	Sunday Zazen Potluck and work hour	9:30 am – noon Noon – 2:00 pm	
Feb 12	Sunday Zazen Sack lunch/View from the Hojo	9:30 am - noon noon – 2:30 pm	
Feb 17-22	Great Cold Sesshin		Cindy Leeson
Feb 19	No Sunday Zazen		
Feb 26	Sunday Zazen Sack lunch/Meeting for Practice of Business	9:30 – noon Noon – 2:15 pm	
March 5	Sunday Zazen Potluck/Sangha Circle	9:30 - noon Noon – 2:30 pm	Practice & Care
March 12	Sunday Zazen	9:30 – noon	
March 19	One-day Sesshin	9:00 am – 4:30 pm	Chris Mulford
March 26	Sunday Zazen Sack lunch/Meeting for Practice of Business	9:30 – noon Noon – 2:15 pm	
April 2	Sunday Zazen Potluck Buddha's Birthday	9:30 – noon noon – 1:00 pm 1:00 - 3:00 pm	Kate Duroux
April 9	Sunday Zazen	9:30 – noon	
April 16	Sunday Zazen	9:30 – noon	
April 23	Sunday Zazen Sack lunch/Dharma Event	9:30 - noon Noon – 2:30 pm	Practice & Care
April 30	Sunday Zazen Sack lunch/Meeting for Practice of Business	9:30 - noon noon – 2:15 pm	
May 6-13	Spring Mountains and Rivers Sesshin		Reed Hamilton
May 7	Sunday Zazen Potluck and work hour	9:30 – noon Noon – 2:00 pm	
May 14	Zazenkai	9:00 am – 4:30 pm	Joy Weaver
May 21	Work Party for Masa and Nelson	9:00 am – 4:00 pm	Greg Leeson
May 28	Sunday Zazen Sack lunch/Meeting for Practice of Business	9:30 am – noon Noon – 2:15 pm	

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RING OF BONE ZENDO CALENDAR OF EVENTS

<i>Date</i>	<i>Event</i>	<i>Time</i>	<i>Coordinator</i>
June 4	Spring Workday	9:00 am - 3:00 pm	Steve Mulford
June 10 – 17	Blue Sky Sesshin		Sue Finlay
June 11	No Sunday Zazen		
June 18	No Sunday Zazen		
June 25	Sunday Zazen Sack lunch/Meeting for Practice of Business	9:30 am – noon Noon – 2:15 pm	
August 6	Sunday Zazen Potluck and work hour	9:30 am – noon Noon – 2:00 pm	
August 13	Sunday Zazen Sack lunch/View from the Hojo	9:30 am – noon noon – 2:30 pm	
August 19 – 26	Summer Mountains and Rivers Sesshin		Erika Carpenter
August 20	Sunday Zazen	9:30 am – noon	
August 27	Sunday Zazen Sack lunch/Meeting for Practice of Business	9:30 am – noon Noon – 2:15 pm	
Sept 3	Sunday Zazen Potluck/Sangha Circle	9:30 am - noon Noon - 2:30 pm	Practice & Care
Sept 10	Zazenkai	9:00 am – 4:30 pm	Cindy Leeson
Sept 17	Fall Workday	9:00 am – 3:00 pm	Steve Mulford
Sept 24	Sunday Zazen Sack lunch/Meeting for Practice of Business	9:30 am – noon Noon – 2:15 pm	
Oct 1	Sunday Zazen Potluck and work hour	9:30 am – noon Noon – 2:00 pm	
Oct 8	Sunday Zazen Sack lunch/Founders' Day	9:30 am - noon noon – 3:00 pm	Kate Duroux
Oct 13– 18	Golden Breeze Sesshin		Sheelo Bohm
Oct 15	No Sunday Zazen		
Oct 22	Bald Mountain Association Workday	9:00 am – 3:00 pm	Sheelo Bohm

SEEDS-TO-SNOW TRAINING SEASON - 2023

Oct 29	Zazen Sack lunch/Meeting for Practice of Business	9:30 am – noon Noon – 2:15 pm	
Nov 5	Sunday Zazen Potluck and work hour	9:30 - noon Noon – 2:00 pm	
Nov 12	Sunday Zazen	9:30 – noon	
Nov 19	Sunday Zazen Sack lunch/Dharma Event	9:30 – noon Noon – 2:30 pm	Practice & Care
Nov 26	Zazen Sack lunch/Meeting for Practice of Business	9:30 am – noon Noon – 2:15 pm	
Dec 1 – 8	Rohatsu		Wendy Boes
Dec 3	No Sunday Zazen		
Dec 10	Sunday Zazen	9:30 am – noon	
Dec 17	Sunday Zazen	9:30 am – noon	
Dec 24	Sunday Zazen	9:30 am – noon	
Dec 31	Sunday Zazen Sack lunch/Meeting for Practice of Business	9:30 am – noon noon – 2:15pm	

SESSHIN GUIDELINES

Please review the following information if you are interested in attending sesshin.

NOTE: Please be fully vaccinated at least two weeks prior to attending sesshin.

SESSHIN SIGN-UP PROCEDURE

1. Heed the deadlines. Space is limited. Early submissions have priority.
2. Send a check for the full fee, your name, address, phone number, membership category, and e-mail to the coordinator. If you don't use e-mail, send a self-addressed stamped envelope.
3. Let the coordinator know if you have a special medical condition or food allergies pertinent to this sesshin.
4. Let the coordinator know if you are unfamiliar with dokusan or meal procedures.
5. If paying the full sesshin fee poses a problem, talk with the coordinator. A fee reduction may be possible.
6. If you are behind in your membership dues, please send with your deposit/fee.

SESSHIN SIGN-UP CAUTIONS

Your check will be held for deposit until after sesshin.

You may cancel up until two weeks before sesshin and receive a full refund. If you must cancel, please do so as soon as possible to help enable another to take your place. Cancellation within two weeks of sesshin may result in the loss of 25% of your sesshin fee.

Acceptance depends on membership status and the date the coordinator receives your check and is determined at the sign-up deadline. Once accepted, the coordinator will contact you with details about the sesshin or let you know if you are on the waiting list. If you are new to Ring of Bone Zendo, contact the coordinator early so that a participant query can be sent to you, and read *Taking the Path of Zen* by Robert Aitken before you sign up.

Bring a sack supper to the work meeting before sesshin begins. Long sesshin work meetings begin at 5 PM. Weekend sesshin work meetings begin at 7 PM.

Plan to arrive early and stay until cleanup is finished after sesshin. Sangha relations are an important part of our practice. If you come from a long distance, please arrange your flight schedule to allow ample time before and after sesshin. We ask you to arrive no later than 2 PM to help with zendo cleanup and other sesshin setup tasks and to settle in and visit with others.

Post-sesshin is a very important time, especially when it follows a five or seven

day sesshin. Plan extra time to unwind and help close down the zendo. Please do not plan to leave before 4 PM at the earliest.

SESSHIN CHECKLIST

- Bag Supper
- Bowl Set
- Sleeping Bag
- Flashlight
- Slip-on Shoes
- Towel and Toilet Articles
- Dark, Solid-Colored Sitting Clothes
- Warm Clothes
- Rain Gear
- Mosquito Gear (summer)
- Tent (optional)

If you have any questions about sesshin, contact the coordinator.

MOUNTAINS AND RIVERS SESSHIN

Mountains and Rivers Sesshin are wilderness sesshin, held each spring and summer. We usually go backpacking, but have also experimented with a river-based form. Destinations vary from year to year and season to season, depending on weather, availability of water, trail conditions, etc. We don't look for difficult circumstances, but they often find us, so it's vital to prepare physically and to be equipped for inclement weather. For the backpacking trips, it's a must to break in new boots beforehand and to minimize the weight of personal gear. Plan on carrying ten pounds of group food and supplies, more or less.

We limit M&R sesshin to fifteen people, so sign up early to make sure you get a place. On the day we gather, participants meet by 5 PM at the zendo (or at an assembly point closer to the trailhead or river put-in spot) to divvy up group food and supplies, eat our sack dinners, do some zazen, and go over the procedures for M&R sesshin. Come earlier than 5 PM for visiting time.

Sometimes we do backpacking M&R in an "easy wandering" mode, which entails fewer days walking under full packs than our standard trips. If you're only interested in one of these two modes, before signing up check with the coordinator about which sort of outing it will be. If you aren't certain whether you're up to it physically, ask what level of fitness the route will demand.

We take planning for these sesshin very seriously, aiming for places wild, relatively untraveled, and within reasonable driving range of the zendo. Usually we do a low desert, canyon, or coastal route in the spring and a high-elevation site in the

summer. We make every effort to scout our routes in advance, so if you could assist in the scouting (or have destination ideas), please contact the coordinator.

ROHATSU

The eight-day Rohatsu Sesshin commemorates the awakening of the historical Buddha. At Ring of Bone, we've always marked it as a working-person's sesshin, with weekday zazen from 4:30 to 6:30 AM, and 7 to 9 PM, including *dokusan* with Nelson Foster. Participants maintain their practice the rest of each weekday in their homes and workplaces. On the last night, we sit until midnight, and the next morning, sesshin closes with a walk to Bald Mountain and a sunrise ceremony there. Bring hats, gloves, warm footwear, rain gear, etc. in case of inclement weather. An informal breakfast and clean-up follow.

During the weekdays, Rohatsu attendance is open to all, with or without signing up. Over the weekend, however, we keep a full-time sesshin schedule, and those who wish to attend must sign up. Weekend participants usually leave after Sunday supper but are welcome to depart later (e.g., after Sunday evening or Monday morning zazen). Please work out your plans for this sesshin and specify your arrival and departure times for the weekend portion when you sign up.

We welcome people from out of the area to attend Rohatsu during the weekdays as well as on the weekend. Those who wish to stay for one or more of the weekdays, however, must either spend the time between morning and evening zazen away from the zendo, possibly at the home of a sangha member, or join group activities at the zendo (meals, additional zazen, light manual labor, etc.). When signing up from afar, be sure to indicate whether you're interested in staying for these weekday activities or will be arranging to spend those hours off-site. Just hanging out at the zendo isn't an option.

ZAZENKAI

Zazenkai are one-day sittings that also require advance sign-up. The daily schedule is as follows:

Densho at 9:00 AM, sutras, zazen, bag lunch with sutras, silent break, zazen. Dharma assembly at 2:00 PM led by a sangha member, meadow kinhin, zazen. The Zazenkai will end at 3:50 PM with a closing ceremony followed by tea and cleanup.

NOW IS THE TIME TO RENEW FOR 2023!

Your membership category might change each year. Choose the level of participation in ROBZ activities that you will commit to this coming year. *(If you are new to ROBZ, please get actively involved in ROBZ activities for a year and then apply for membership.)*

FORM OF PARTICIPATION	EXAMPLES	SUGGESTED CORE INVOLVEMENT
1. Weekly Zazen at ROBZ	See calendar for schedule	Twice a month
2. Work	Serving on the committees, preparing the newsletter, planning Mts. & Rivers sesshin, planning sesshin meals, shopping for sesshin food, attending workdays, special projects, being a pool leader, coordinating sesshin	Three days a year (approx. 24 hours) including at least one workday
3. Sesshin Attendance	Attending sesshin	Three to four times a year
4. Meetings	For the Practice of Business	At least 6 of the 9 or 10 Meetings for Business
5. Other	Sangha Circles, Dharma Workshops, Buddha's Birthday, Founders' Day	Three to four times a year



Please read the following to decide which membership category best fits your available time & intention:

- I will maintain an ongoing but infrequent pattern of participation in ROBZ activities. I may or may not consider ROBZ my home zendo. I declare myself an associate member for the upcoming year.
- I consider ROBZ to be my home zendo & will participate regularly in at least three of the five ways listed in the table above. This will include weekly zazen (twice a month or more), at least one sesshin during the year, or both. I declare myself a sustaining member for the upcoming year.
- I consider ROBZ to be my home zendo. I will attend at least six Meetings for the Practice of Business a year. In addition, I will participate in three of the other four activities listed above at the suggested core level of involvement. I have applied to the Practice and Care Committee for core membership and been accepted. I declare myself a core member for the upcoming year.
- I would like to just receive the newsletter.

NAME _____ PHONE _____ EMAIL _____

ADDRESS _____

I prefer to be contacted by: Phone Email Postal Service

I prefer to receive the newsletter by: Email Postal Service

It is important that you send this form along with a check payable to ROBZ (\$40 for membership or \$15 for newsletter only) to:

Cindy Leeson, P. O. Box 676, Colfax, CA 95713

SESSHIN LEADER POOLS

Sangha members interested in a leadership position should contact the appropriate pool leader. If you are listed in a pool and your availability has changed, please advise the pool leader (named in **bold italic**).

TANTO: Judyth Collin, Kate Duroux, Allan Finlay, Reed Hamilton, Eric Larsen, Greg Leeson, Cindy Leeson, **Jenny Long**, Andrew Mason, Steve Mulford, Nate Popik, Jim Pyle, Masa Uehara

JIKIJITSU: Johanna Bangeman, Sheelo Bohm, Kate Duroux, Allan Finlay, Sue Finlay, Brian Ginsberg, **Reed Hamilton**, Eric Larsen, Cindy Leeson, Greg Leeson, Jenny Long, Andrew Mason, Chris Mulford, Nate Popik, Jim Pyle

JISHA: Sheelo Bohm, Judyth Collin, Kate Duroux, Allan Finlay, Sue Finlay, Reed Hamilton, Eric Larsen, Cindy Leeson, **Greg Leeson**, Jenny Long, Andrew Mason, Chris Mulford, Steve Mulford, Nate Popik, Jim Pyle

INO: Johanna Bangeman, Judyth Collin, Kate Duroux, Anne Dutton, Sue Finlay, Eric Larsen, **Cindy Leeson**, Greg Leeson, Elizabeth Lewis, Jenny Long, Andrew Mason, Steve Mulford, Nate Popik, Dana Turner, Masa Uehara

TENZO: Wendy Boes Sheelo Bohm, **Judyth Collin**, Kate Duroux, Michael Keown, Andrew Mason, Chris Mulford, Steve Mulford

SESSHIN COORDINATOR: Wendy Boes, Sheelo Bohm, Erika Carpenter, Sue Finlay, Reed Hamilton, Cindy Leeson, **Chris Mulford**, Joy Weaver

DĀNA

Your generosity is a gift that not only supports ROBZ, but also the teacher, the Sangha, the larger Dharma community, and your own practice. You can direct your gift to a particular fund or project, such as the Teachers Fund, General Fund, Building Fund, Sangha Assistance Fund, or make a split gift. All undesignated gifts go to the general fund. Please use "tithe.ly" for donations.

Donations can also be mailed to:

ROBZ, PO Box 1525, Nevada City, CA 95959

We appreciate your spirit of giving!

For membership fees, send checks made out to ROBZ to Cindy Leeson. For sesshin fees, send checks made out to ROBZ to the sesshin coordinator.

GENERAL INQUIRIES & ADDRESS CHANGES

Please send general inquiries and changes of your contact information to:

Cindy Leeson, Membership Coordinator
P.O. Box 676, Colfax, CA 95713
530.346.7782
members@ringofbonezendo.org

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NEWSLETTER SUBMISSIONS

Submissions of original artwork, poetry, articles, photographs or anything else that might be of interest to the sangha are appreciated. Please send any materials to:

reedhamilton2@gmail.com

The deadline for the next issue will be

April 1st, 2023

If you would like to become more involved with creating this newsletter, please write to the editor at the above email address.



Address Correction Requested

Nevada City, CA 95959

P.O. Box 1525

RING OF BONE ZENDO