

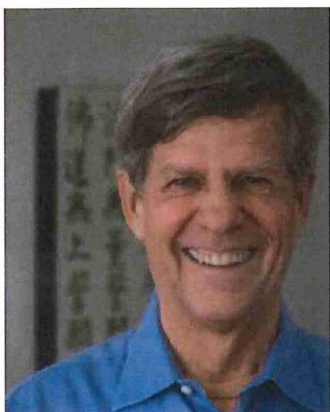


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Turtle Mountain has Finally Awakened ***by Guiding Teacher Tim Burkett***

Seppo and Ganto were dharma brothers, about six years apart in age. They lived in China near the end of the Tang Dynasty. Seppo practiced with great diligence. In the monastery he was a cook and a manual laborer, and he played many other roles where he supported other people. But he'd had no awakening experience.

Once they were snowed in on Turtle Mountain for three days. Ganto mostly slept while Seppo sat zazen. After three days Ganto woke up from a nap, sat straight up, and yelled at Seppo, "Get some sleep! What do you think you are—a roadside shrine?" A roadside shrine looks very upright and beautiful. Maybe we bow to it as we pass by. But then we forget all about it. It's not very deep. It doesn't emanate stillness. Ganto was making fun of Seppo as he sat



there trying to be someone special through his zazen. Seppo touched his chest and said, sadly, "My heart is not at peace. I can't fool myself."

Ganto shouted, "Don't you know the family treasure doesn't come in through the gate! Let it flow out from your own breast to cover the sky and the earth."

With that, Seppo had a great awakening. "Turtle Mountain has finally awakened!" he exclaimed. Seppo didn't say that he had finally awakened—he, the person who traveled the mind road, looking to become someone special. Seppo had gone beyond the mind road. He had tapped into the great awakening that includes everything.

Later, Seppo became a respected teacher with thousands of followers. When they praised him, he said, "It has nothing to do with me." He was not just being humble; he was revealing a deep truth about reality. "Turtle Mountain has finally awakened" is an expression of Seppo's direct experience of an interdependent universe.

In this story Ganto is depicted as a teacher in the role of a wise friend. A wise friend doesn't do very much. A friend that is not so wise is always doing, doing, doing! But a wise friend offers just enough support to help us open up to our own treasure, from our own true nature. (Excerpted from *Nothing Holy About It* by Tim Burkett.)

Mission:

Our mission is to help people experience a deep and quiet joy—a joy that arises whenever we are fully engaged in the work or play of this moment.

Guiding Teacher:

Tim Burkett

Asst. Guiding Teacher

Ted O'Toole

Dharma Heirs:

Ben Connelly

Guy Gibbon

Wanda Isle

Bussho Lahn

Susan Nelson

Ted O'Toole

Rosemary Taylor

Priests-in-Training:

Stacy Lee King

Mark Turbak

Board Members:

Karen Davis

Paul Gilsdorf

Bussho Lahn

Deb Mielke

Susan Nelson

Wayne Moskowitz

Randy Wedin

Jodi Williams

From the MZMC Board of Directors

The Board of Directors would like to thank the community for their great generosity during the recent annual appeal. We exceeded our goal! More than \$10,000 was raised and met with a wonderful matching gift that doubled all contributions. The funds will bring us closer to our long-term plan to expand the facility. Thanks to this appeal, we will be able to consult an architect to draw up preliminary plans for a renovation/addition and provide cost estimates for the project. We will also have our property surveyed, including mapping our utilities. These are important steps along the path to our goal. We are excited to work with the community to increase our capacity to welcome and support the many people coming to practice at MZMC. There will be a community update after the talk on Sunday, September 20.

Fall Practice Opportunities

Fall Practice Period: *Nothing Holy About It* (Begins October 7)

In this practice period, we'll study Tim Burkett's new book *Nothing Holy About It: The Zen of Being Just Who You Are*. Practice Periods originated with the historical Buddha and are an integral part of traditional Buddhism. It is a time when nuns and monks devoted themselves to intensified meditation, study, and community building.

Sitting with Sutras: A Contemplative Afternoon (October 10)

Spend a weekend afternoon in silent contemplation with some of the great words of Buddhism. We will read short passages from the sutras, listening deeply as we prepare to enter into silence with them. Short periods of shared reading will be followed by longer intervals of meditative silence, as we immerse ourselves in the experience underlying the words.

Half-Day Sesshin/Traditional Retreat (October 17)

This brief immersion in the sesshin schedule is a good opportunity to become familiar with the forms, stay in practice, or brush up. This morning includes an orientation, zazen, kinhin (walking meditation), liturgy, a formal vegetarian breakfast using oryoki bowls, and one-to-one meetings with the teacher.

Guiding Teacher's Tea for New Members A Special Invitation from Tim Burkett

If you became a member within the last year, mark October 9 (7 p.m.) on your calendar as the date for tea and conversation with me. It's quite wonderful that more than 40 people became members in the last 9 months. I am very appreciative of their commitment to support the flourishing of Zen practice here in the twin cities. (When I became guiding teacher more than 13 years ago we only had about 80 members altogether).

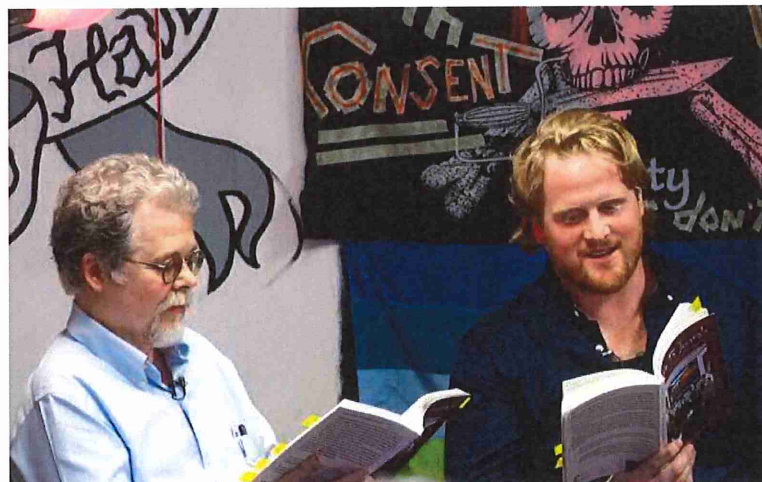
I look forward to chatting with folks who come to the tea so I can begin to get to know each of you and support your aspiration to make a meditation practice a core component of your life. Jodi Williams, our membership chair, will be co-hosting this event. Hope to see you there.

Zen Initiation

On October 3, we will be honoring thirteen sangha members who will be taking the Buddhist precepts and bodhisattva vows in a traditional Soto Zen Initiation ceremony. Dating back many hundreds of years, this ceremony marks an important milestone in a Zen student's commitment to ongoing practice and to walking a path of increasing awareness, wisdom, and compassion.

Table 13 Journals: A Story of Teen Survival and Transformation By Miles Harrison and Ted O'Toole

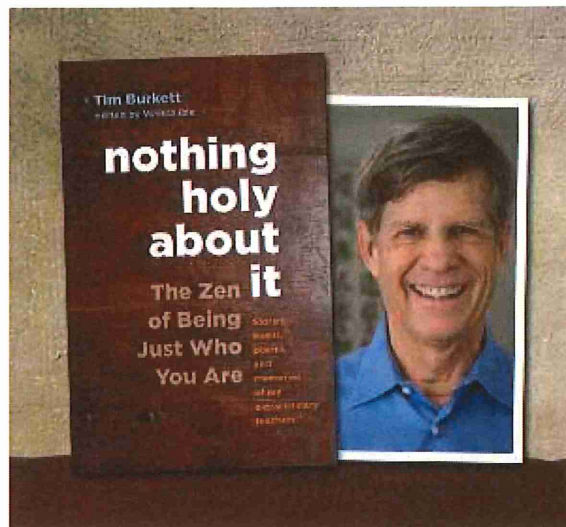
MZMC hosted a book reception to celebrate a new book by Miles Harrison and Assistant Guiding Teacher Ted O'Toole. Miles was a struggling teenager who met Ted at a youth center known as the Key in Northfield, MN. Ted and Miles entered into a mentoring relationship; their sessions evolved into writing journals, then writing a book about their year together. The book not only helped to save Miles' life, but transformed Ted's as well, in ways he never



expected. Ted hopes the book will inspire adults to give their time and their talents to working with youth, where they can make a great difference. More than anything else, he hopes that the book will find its way into the hands of teens who are struggling, and that they will be inspired. There are copies of the book available at MZMC. For more information go to <http://www.table13journals.com/> Ted coordinates the youth program at MZMC.

In Tim's book, Zen's core teachings unfold within the ordinary comedies and tragedies of everyday life. He uses poems, Zen art, parables, and koans to show how we realize our interconnected nature through the small things that we do. In his book, as in his life, Tim reveals how to live in the world with a deep joy that comes from embracing the work and play of this very moment.

Tim will be returning to his roots this September on his northern California book tour. He has been honored by invitations from 13 Zen Centers, including San Francisco City Center, Tassajara Mountain Monastery, and Green Gulch Farm on Muir Beach. He will also do readings and signings at seven bookstores and in Sacramento. To learn more about his book, check out nothinghollyaboutit.com



Don't try to use what you learn from Buddhism to be a Buddhist; use it to be a better whatever-you-are.

—Dalai Lama