

# Zen Center

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## OF SAN DIEGO

ZCSD Newsletter

November-December 2024



### Reflecting on the Year at ZCSD

As the world turns and 2024 draws to a close, we'd like to share a little bit about what has been happening at ZCSD.

In keeping with tradition, we began the year with a social brunch on January 1, following the end-of-December sesshin. For the past few years, the brunch has been a potluck, and members have enjoyed hosting the event in their homes. For 2024, someone suggested asking participants to share their talents, and this was a wonderful success and a lot of fun. We plan to do it again in 2025.

### 2024 Sesshin Dates

December 27-31 2024

<https://zencentersandiego.org/schedule/sesshin.php>

### Wednesday Programming for December

<https://www.zencentersandiego.org/>



The Sexual Misconduct Complaint Procedure and Code of Ethical Conduct for Teachers/Practice Leaders can be found on the ZCSD website under "Policies."

<http://www.zencentersandiego.org/Policies/>

We greatly appreciate those whose generosity has allowed the Center to keep offering a place to sit zazen at its current location on Felspar Street in Pacific Beach. This has been home to ZCSD for over 40 years. Recently, a longtime member remarked on the countless feet that have walked the zendo floor (not to mention the footsteps taken!). Likewise, many of our mats and cushions—and our bells and clappers—have served practitioners year in and year out, for decades.

We are especially grateful for the guidance and support of Elihu Genmyo Smith, who works closely with our Practice Leaders, Chuck and Myoku, and kindly accepts our requests when we invite him to give dharma talks on Zoom. Likewise, Genmyo's dharma heir, Ed Mushin Russell, has also been a dear friend to the sangha this year. Their wisdom and compassion have deepened our understanding, and we are truly grateful.

Like many zen centers, ZCSD moved online during the pandemic, and from there we transitioned to the hybrid format we offer today. Members and friends sit with us from Irvine, San Clemente, Santa Rosa, Prescott, and New York, as well as Xalapa, Mexico, and occasionally France and Chile. Plus, local sangha members enjoy the flexibility of being online or in-person, depending on circumstances. All are welcome. We would love to see old friends if you'd like to drop in for a sitting—the links are on the website.

We offer regular weekly programs, with the zendo open on Wednesday evenings and Saturday mornings and online-only dawn sittings on

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Tuesdays and Thursdays. There are four sesshins a year—in March, June, September and December—and extended sittings (zazenkai) every so often.



The Center is doing quite well. Although we are a small community, we are very fortunate to have a core group of seasoned practitioners who value practice and continue to support ZCSD financially and through their regular presence. They carry the practice forward and provide a nurturing container for newer and younger participants looking for a practice home.

We've also found that it's working well to have a resident member in the back house. Autumn, our resident for two years, moved to Portland this summer, and in August, Reuben moved in. We wish the very best for each of them.

As an all-volunteer nonprofit organization, we could not keep going without the financial support of our members as well as gracious donations from friends who appreciate the Center. Please consider making a gift to ZCSD; by doing so, you will be helping us to stay solvent and supporting

the work of practice. All donations to the Center are tax-deductible. Thank you.

With very warm wishes for the holiday season and all the best for 2025. May our practice be strong.



—*Myoku*

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Life is never hidden, because you are living your life through this body every second.

—*Joko Beck*

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