

F 1958 on AA Ananda Founder

Dr. Kato Jean Ross 8-10 people in class
→ went to Japan to study

1959 May Suzuki Sensee

sit every morning at 6am please join me

Della, Joan + Betty Ananda

Dealy Primary Grades K-1st grade

BN - teacher in Oakland lived in Sausalito

Junior + Sr. High (Science + math)
33 yrs of Public Schools West Oakland
teaching

zazen set them up for the day.

most wonderful & most difficult 1st trip in morning

schedule of 4+9 days off Sundays always a lecture

Zuki Tanaka - friend of Mrs. Suzuki would come and sit

Ananda 10 or so people varied

R. Baker

Glen Petzby

Bill Quang

Sokoji - Meditation Hall upstairs - big pews upstairs
no tatamis - face to pews together + with cushions
on those pews
couldn't get out of them

tatami + zafus to Japan - sew up zafus

How got Sat. morning work days - come + sew zafus
+ zafutons - tatamis @ Zen room

later Philip, Jerome
re-finish floor in med. hall

DG + SW would clean + paint, + sew +
refinish floors

sat many 1 sitting + then B'fast (no talking)
mindful - no oriki

SR intro to Heart Sutra in Japanese
card to read

start w/ 45 min. sitting - never said do not
more
hard to understand SR? - he comm. - no doubt

he said to sit + that was what we should do
it conveyed the confliction to sit

lectures were in English (SR banned fast)

stayed in SR room + he went out and begged
+ we told him that that wasn't done

Japanese congregation like a Christian celebration
birth, death, celebration

Japanese comm.
Segaki - parade through Japan town

DG - more acquainted w/ Japanese
would often come + take them on errands
shopping, w/ other Japanese
always interested in those ways

DG would bring SR food + cookies
she helped him w/ many things
contributed financially regularly.

Mrs Suzuki came 5 yrs later

Teacher makes you think @ things

SR taught by saying just sit, empty your mind
follow your breath, count your breath

SR - tosses it right back to you
 reminds BW of RBaker story
 after 5 yrs painful d long legs RB said to
 SR - aty 5 yrs have been sitting + its
 still painful +
 SR said "oh!"

One time we were sitting along time (probably
 a Sat morn. + SR started talking about
 pain + he said "you must welcome
 the pain, go with it. It is your
 teacher."

When you heard SR speak you knew he was looking
 right straight into your eyes. Everyone else in
 the room had that same impression + what
 he was saying was meant for you. Even if
 English wasn't perfect his intension
 was clear.

SR would always keep us in surprise
 In session it might not be 45 min. we would
 sit. He might leave the room after 45 minutes
 One time we were sitting for 1hr or 1hr 1/2 + he
 came and stuck his head in the door briefly
 + left again

Tried to keep us on edge not to know what
 was happening + so you think you're sitting
 zazen, huh? Well, you're not + then
 he got up + pick up the stick went @ the
 room + gave every single person 2 swats on
 the shoulder + sat down again. No idea of
 why he did it.

What was 1st session like 1st Feb. Quite
 impressive - all day. President's Day weekend
 ↓
 by that time we were use to cooking
 at beginning women were on one side + men on other

DG + BW sat together
cooking for session - taking turns

BW - cooking for Bifast - Rice Crust
BG - milk no, just hot water
as I was pouring the hot water on the
rice crisp, I burst into tears.
How absolutely wonderful. I have hot
water to put on my rice crust. It was
overwhelming gratitude for this sustenance
It was just @ the most powerful
thing in my life
I had what I needed
to sustain my life

Della has had alot of personal problems

- ① her husband was an invalid -
he had Parkinson's Disease
- ② taught school + raised her son
- ③ raised her son - died of cancer
- ④ her mother died

DG had alot of grief in her family

DG loves good things curl up on her bed + read
silly tales alot of fiction

DG is very tough inside strong - totally
loyal, devoted, strong
from Suzuki-Roshi
FAITOT

Now DG has arthritis in her knees
yet she's always cheerful + never says an unkind word
always interested in what people are doing
loves everybody - follows the romances
+ children comic along

loves to cook, plate of cookies
lives her Buddhism, she doesn't preach it

Current Affairs classes at UC Extension - 1 hr.
presentation on recent elections in the Philippines

Subtle, quiet, consistent powerful energy
just Della has just by being there
and what she's already gone through

Each year she + Betty go to Tassajara for a
few days in the summer. Hard time walking.
Use to go to Suzuki-Roshi site w Okusan
+ do the sutra in Japanese but this
yr. she couldn't do it

RB+GP - fundraising to buy Tassajara

We'd have little meetings in the office before or after
we'd sit, ie idea of forming an organization
Della was always in the background lending
her presence

DG - supporting on the social side - parties, open house,
baby showers.

X-mas - New Years Party - when Della moved to 310
it was after her husband died

DG has been especially helpful to Okusan - driving
her around + to Japanese Friends

Lenti use to go to Tassajara w us BW, DG, Okusa
Zuki - 4 wheel drive

Della would always bring a bottle of wine
for dinner for Okusan

took a room together - Della liked the baths

In early times we went for a weeks' session
+ remember the misquotes + heat

Della has always stayed neutral + her straight
carries her through

she is not disturbed by particular incidents

Very much herself + expressing herself
in a very giving, matterly way

mother of us all
~~mother~~

(6)

MARILYN REILY
Betty's Friend

1912 Della was born
~~Hughes Forest, CA~~ Hugheson, CA (near Stockton)
Mom + Dad separated when 6 yrs
moved Deniers, CA through 5th Grade
then moved to Stockton + stayed
until came to SF to go to SFSU
Mother + Father had separated + Mother lived
in SF

Della has a sister 1 year younger
lives Manteca w/ family + daughter
Della's father gave her good Christian
training + education

always instill on Della to be someone - a teacher
(in those days they didn't have many
jobs for women)
→ to do her very best

Della would be depressed + said it was a
terrible world + he would say, no
the world is wonderful, it's the
people sometimes.

Mom was high-spirited, doing things, bossy
run everything + carry on conversations

Mom couldn't be told what to do
when Della was 15 her father remarried

Mother remarried - both friendly to each other
2 yrs after starting school fell in love
+ got married + continued education -

always look forward to completing school + graduate
looking forward to the next goal in your life

Married 6 yrs. + had Merle

substitute 1934 Merle was 5 yrs old + Della
started teaching at Visitation Valley for @ 30 years
primary → 3rd grade

77
34
43

(7)

Kids are so loving at that age
They would call me mother + behaved well
until the schools had busing, then there were
discipline problems
retired in 1977 (65 yrs. old)
integrated in 1970.

How did Merle do? he liked sports - more than
Della thought he should
Della knew early on that her husband would be
unable to work because of Parkinson's disease
so she became the Breadwinner of the Family
husband was there to help in the
evening while Della took more classes at
night - in order to get into the highest
track for salary - need to support
husband + child - must earn top salary
got up there by going to classes

learned all her life - Fun of being retired
so I can continue learning. I always
feel young when I go to classes.
It is exciting - learning

Summer took six units. Last 5 yrs of teacher
completed as far as she could go
Merle + his father were very close - liked to play
cards together + watch sports together
1961 - Della's husband died (Merle was 20 yrs old)

1955 got a Masters Degree
after 35 Della took classes that were fun like
semantic classes, classes over at the
Academy of Asia Studies
Comparative Religions got her interested in classes
Hinduism, B + Islam + Jainism + Zen
took 6th Patricia Sutra there

SR instructed them in B meditation that very
night. He was such a wonderful person
we all wanted to see him again + practice
with him. He told us when his temple was
+ what time we could come.

Like everyone else when they met SR they want to be his student. You don't want any other teacher. And he liked us. That was it. He had faith in us + we had faith in him

Use to be further but branching out what to unity. Alan Watts said Unity was low-class hinduism, studied 3rd + Fulton Ashram, Scientology, Hindu teachers - new thought + new family but after Buddhism she stopped shopping around

SR used to come + have lunch w/ Della at her house + found out that Della was taking care of her husband who was very ill

DG would do errands for him - take him in the car to the Japanese newspaper or sometimes to go to the airport to meet priests. It was kind of a privilege + an honor that I would help him pick up his visitors, sometime I'd be invited out to their luncheons with them.

Okusan came in 1961. 12 people Bill Quarg Richard Baker Carrie Loey G.P., BW

1st ordination in 1962

1st session in Week end 1960 Feb. 22nd Sa, Su, Mon-Scary - don't more

- is he mad at us or something You think you know B, but you don't he would put up doors, because we would get cocky like we were going to get something You have always had your B nature. Sometimes only 1 or 2 of us would show up + do the service w/ SR + take a breathe + stop together

SR said Japanese people were farmers + too busy working so they didn't come to sit

We got invited to a lot of dinners. These Japanese women would cook the day before
George ~~the~~ Hagimura - SOKOJO

Grateful to be in the kitchen to get out of sitting
SR son Okiro, Hoitsu, daughter
Japan

1967 moved to Page
69 Tassajara
71 - Suzuki Rishi
72 Della Moved to Page St.

Then ZC became more of a business + it
changed our relationship w/ Suzuki-Rishi
- we couldn't have such a personal
relationship anymore when others
needed him

Sometimes Della felt on side-lines although she
knew she could see him whenever she wanted
was on the fringes of ZC.
It is the teaching I want. It is the message
feel a closeness w/ everyone because they
are interested

education is a life long thing

4th of July - SR + Okusa to Aquatic
Park

1st session at Tassajara
SR - wanted to give us certificate
went to see him but he was
sleeping

8:15
navy blue
light stones
Mission + Valencia
Wixomycin
physical record

Grateful to be able to learn and study with SR

Met Della when Children's Center

Jenny Forte Chalk + Black father

Had a shower for Virginia Baker when she had Sally at my house + Gram Petey Pauline > double shower

Jerome said BWE DG use to hand out produce on Sunday afternoon Japanese would bring produce (lettuce apples)

Eric + Nina helped Jerome w Della's parties

Della retired in 1977 volunteer in ZC office

Center for Learning & Retirement
protestional retired college courses peer groups

Dante Mythology
Bible as literature
Women in the Bible

~~Hull~~
ie { Hulled
Hullah
the fun of learning

Early History of the Philippines

Current ~~affairs~~ Event - SE Asia Cambodia, Viet Nam
Foreign Policy Relations in various

Shows Play Reading
lot of home work, lot of catching up to do
Avidharma
Fdn of Mindfulness

U Sila nanda - last class Della gave him cable + he said HB to Della.

ought to be reading the sutras
come home from Zazen

read paper + go out for 10 o'clock class

always wants to know what's happenin' at ZC

~~Adina~~
~~Capland~~
~~Chandra~~
~~Wines~~
~~707 715-6227~~
~~Trish~~

Della - Old Times -

Asian Academy - class in Zen Buddhism Fall 58 - Spring 59
Della, Jean Ross, & J - Suzuki sensei May '59
First meditation class. Ananda

Della looked after Suzuki sensei - food, contributions,
chauffered him to friends, shopping, airport

Personal problems - invalid husband - died;
later mother, son died. Family person. ^{on background} but strong

Early - hostess - showers, parties. Cookies - then + now
Took interest in members of Japanese congregation at
Sokoji (still helps) Tea ceremony, culture.

Saturday mornings at Sokoji - breakfasts, Jerome.
work - cleaning; making zafus, zabutons.

Great interest in each person - especially young
people + their romances + children.

Doing nice things for others, yet staying in background.
Especially helpful to Akusan + her friends.

Never an unkind word about anyone - keeps level
position in controversies, personality conflicts.

Always gives impression of being ^{cheerfully} sweet, gentle, caring,
soft. loves good food, comfort, reading, resting,

the Baths - Uet - has enduring strength - to
accept the ^{physical} difficulties of learning to sit, sesshin,
getting along with everyone - always loyal, devoted
steadfast, never complaining, doing her utmost
despite personal grief & painful arthritis.

"The mother of us all"

Barbara Wenger 331 Page 431-812

Being a messenger of Z. C. and Chr
has made my retirement wonderful
To be free to learn has been happiness
for me

Simple message - its the mind that
matters

Our mind is something greater than the
mind we think it is

The most helpful thing has been to have
faith in our B nature. Because we do
not accept the truth of transciency we suffer
B has a way of empowerment
that I had already experienced

A way of interdependence of things

To be yourself w/out thinking. thats
our R

Because we cannot accept the
truth of transciency we suffer

B teaches a way out of suffering
I just read that the Cambodians are ^{so} thankful
for surviving the eyes of the R that they do not
worry that they are poor. In B. we are
taught how to overcome our sufferings

99% of suffering we create
our suffering

The nearest thing to the
fountain of youth is continuous
continuous learning
and as long as I feel
well I feel young
~~what bothers me is being perceived as old~~

Thoughts & intentions belong more to you
than your possessions

Interdependence of nature absolute

Ignorance in B: not having a clear
understanding of Reality

Be willing to be who you are

Your spiritual sources are primary
adding to your life both joy & beauty

The messages in B seemed to
be something I all ready knew
I already know

To be able to share who we are

The thing in B is that the mind gives us so much trouble

↳ a strong feeling of serenity

We are all making the search whether we know it or not

Healing & relaxing effects from med^{perscrbk}
Herbert Benson

med. to let the internal dialogue die out

In Zen we discover a unity.

Accept what can't be changed
Be strong enough to accept everything
as it is

A way of being liberated from suffering

Pray to become what all
beings need

In the summer of '59 we began sitting with Suzuki Roshi at Sokoji. I knew that because we are not satisfied we study Buddhism. I knew then I wanted to make meditation an important part of my life.

4-B

Suzuki Roshi taught us how to understand human life. When we calm our mind, we return to our true nature and we ~~with~~ find strength in our Buddha nature. We straitened up our mind by sitting straight. Sitting is the most powerful help. What we think is a grave matter. You make the best of every situation by accepting it as Buddha's activity. But also to understand it, it is ~~to~~ ^{to} limit the Absolute. Mindfulness meant being in the present instead of the past or future. The teaching is what you do now.

(6D)

1A

Zen as a way of life teaches all the things I wanted to be, genuine kind & grateful. The most wonderful thing is that it puts it up to you. There wasn't a lot of telling you what to do. At first I thought I must not be worthy — but then I knew there is no inferiority or superiority in Zen. The teaching is on what you do.

There was such a simplicity and directness about Suzuki Roshi you felt at ease around him and I loved to be with him. Sometimes I could do personal errands for him. I was always grateful for that privilege. We all seemed a very warm feeling of being personally liked by Suzuki Roshi. We all seemed close together and I knew there would be no turning back.

Suzuki R. - impressed upon
me what fast a med-go
together. Fath was an
early T. -

When I heard Sigh Roberg ^{Japan}
I said th a the way I feel
He that I was got. that was inter
was got. about S. R.

I loved the sesshin lectures. On the last day of a sesshin Suzuki Roshi told us we were making the vow to keep the Enlightened life. It takes a long time to master meditation and then we don't know when. Now we must make our zazen more beautiful. The more we practice we will be refined.

I liked my Buddhist name:
 Zen do tei jun dai shi
 Zen way, faith refined naturalness
 To me the Zen way is faith
 and refined naturalness.
 I have gratitude for the teaching.