

**Udumbara News**  
**August/September 2020**

Dear Sangha -  
I hope your summer break is proving fruitful.  
Udumbara's regular schedule resumes -

**Tuesday, September 8, 2020.**

6:30 p.m. zazen (alone yet together)  
7:00 p.m. ZOOM

**ID 843 6130 6420**  
**Password 674106**

**Blanche Hartman's Seeds for a Boundless Life** is the book we will be spending time with on Tuesday evenings. Like we did last quarter with Suzuki Roshi's Zen Mind, we will randomly pick a selection for brief discussion. I know many of you have this book HOWEVER if you do not I have two available copies. Just let me know and I'll pop them in the mail.

**Saturday, September 12**

9:00 a.m. zazen (alone yet together)  
10:00 a.m. ZOOM gathering  
(extended practice morning will be rescheduled in two weeks. More details to follow)

ID 871 1471 3017  
Password 952540

**Our class text for this Fall is The Book of Householder Koans: Waking up in the Land of Attachments by Eve Marko and Wendy Nakao**

**ADDITIONAL NEWS**

**My dear parents in Des Moines are declining. As you know mother is currently working with a great in-home hospice team but I have sad news regarding my father. Dad has been diagnosed with esophagus cancer and is declining very quickly. We are waiting for word from the oncologist and planning for home with the help of a palliative care team. Needless to say, this is all very difficult. Please keep them/us in your mind/heart.**

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In addition, the church remains closed and we are still planning to meet regularly via Zoom. I hope you continue to be available to join.  
This upcoming week, Joe will be facilitating the Tuesday evening gathering and Sensei Beth will be facilitating class/discussion on Saturday morning. I will be joining you as I can.

Also, as you know my [sbcglobal.net](http://sbcglobal.net) email was hacked. I am still working on recovery. I can send you emails safely from the account (using my Kindle or cell phone) however I am not receiving all my emails. I decided to switch over to my gmail account for the time being. [triciateater@gmail.com](mailto:triciateater@gmail.com)  
Hoping I have not lost everything - many years of emails, contacts, folders, photos etc....

**Overall -**

**BIG lessons on impermanence**

**On Attachments**

**On Patience**

**On breath practice**

**working to separate the milk from the water....**

Okay, this is all the news that is fit for print, although I'm sure I have forgotten something LOL  
Please enjoy your Labor Day weekend and keep my parents in your mind/heart.

A Grateful Gassho especially to those that labor daily (moment by moment) on our behalf, seen and unseen-

Tricia