



# VOLUNTEER MONTHLY

SAN FRANCISCO ZEN CENTER

***First clean, then zazen. — Suzuki Roshi***

Thank you for your interest in volunteering at SFZC's City Center and/or Green Gulch Farm. We have a variety of volunteer opportunities available and are happy to find one that aligns with your interests, talents, ability, and availability.

Your first step is to fill out the short application form [on our website](#). Once we receive your Volunteer Application, we will connect you with a staff member who will provide more information, answer any questions you may have, and help schedule your first volunteer shift.

Volunteering is a wonderful way to step more deeply into community life and discover more about yourself and your practice. SFZC treasures our volunteers, several who have been coming for years (even decades!) to help bring practice and the teachings of Suzuki Roshi to all who seek them.





## City Center

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### Save the date!

SFZC will host a Volunteer Appreciation Dinner on Friday, September 18, from 6:30–8:00 pm at City Center. Let us celebrate you and honor your contributions to the community.

### Open Sangha

**Contact:** [outreach@sfzc.org](mailto:outreach@sfzc.org)

Food and Meditation for Our Unhoused Neighbors

Third Monday each month

Food Preparation: 4:00–5:00 pm City Center (Conference Center at 308 Page St.)

Buddhist service and Food Distribution: 6:00-6:45 pm Civic Center (Leavenworth at Macalister)

Open Sangha is a non-denominational outdoor Buddhist service, held monthly.

Everyone is welcome. After service, there is fellowship and a meal. We invite people to participate at any level of comfort. People come as they are, in whatever state they find themselves.

Attendance at worship is not required to receive a meal or private conversation. City Center Outreach hosts the meals and jointly facilitates the service with SF Night Ministry.

### Doan Ryo

**Contact Michael at** [ccino@sfzc.org](mailto:ccino@sfzc.org)



The Doan Ryo is a collection of people who work closely with the Ino to take care of the meditation hall and help with service. They play the timing instruments, clean the altar, assist the priests, and lead the chanting. Dates and times depend on availability. All are welcome, especially people new to practice. No experience necessary!

## **Kitchen**

**Monday–Friday, 9:30 am and/or 4:00 pm**

**Contact: [cctenzo@sfzc.org](mailto:cctenzo@sfzc.org)**

We need help in the kitchen! Join the kitchen crew for meal prep and dish washing. Volunteers are welcome to drop in or reach out by email.

## **Gardening**

**Saturday, July 4 and July 18, 11:30 am–3:30 pm**

**Contact: [cvgarden@sfzc.org](mailto:cvgarden@sfzc.org)**

Do you have a green thumb? Come garden at City Center and stay for lunch with the community! For more information, please reach out.

## **Saturday Lunch**

**Saturdays, July 11 and 18 at 9:30 am or 12:00 pm**

**Contact: [bryan.clark@sfzc.org](mailto:bryan.clark@sfzc.org)**

Assist temple staff with lunch prep for the sangha after the Saturday program.



## Green Gulch Farm

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### **Kitchen**

Wednesday–Sunday, 9:15 am–12:30 pm and 4:00–6:00 pm

Contact: [ggftenzo@sfzc.org](mailto:ggftenzo@sfzc.org)

Help out in the Green Gulch kitchen! For more info, please reach out.

### **Farm and Garden**

Contact: [farm@sfzc.org](mailto:farm@sfzc.org)

The farm season has started and we'd love to have your help.

Questions? Contact Sara Tashker at [farm@sfzc.org](mailto:farm@sfzc.org) or Carolyn Cavinaugh at [garden@sfzc.org](mailto:garden@sfzc.org).

## Outreach Opportunities

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### **Prison Pen Pal**

Contact: [sheilaSFZC@gmail.com](mailto:sheilaSFZC@gmail.com)

Would you like to be a prison pen pal? The Prison Correspondence Team is looking for volunteers with a meditation practice who would like to be pen pals with a person who is incarcerated. All correspondence is anonymous for safety.



### **Teacher Quote:**

”Continuous practice, nothing lacking” — Dōgen Zenji

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For deeper and more intensive service experiences, you are welcome to apply to our residential Apprenticeship Programs such as:

- [City Center Kitchen Apprenticeship](#)
- [Green Gulch Farm Kitchen Apprenticeship](#)
- [Green Gulch Farm & Land Steward Apprenticeship](#)
- [City Center Temple Care Crew](#)

Or apply to volunteer at a [Tassajara Work Period](#), held in April and September, for specialists in carpentry, plumbing, electrical, gardening, painting, and general maintenance.

**Thank you for your interest in volunteering!**

Last update: July 2026