

Springs Mountain Sangha

A Zen Buddhist Community

Springs Mountain Sangha

Colorado Springs

voice mail: (719) 684-0210

www.smszen.org

The Dharma Rag

Volume 11, Issue 8
~ September 2008 ~

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Coming Up for Springs Mountain Sangha

—In September

Shove Chapel Shifts to Summer Hours for Saturday Sits—Saturday, September 6. Page 11.

All-Sangha Meeting—Monday, September 8 after the evening sit at Shove Chapel. Page 11.

Work in the Room with Sarah Bender, Sensei—Saturday, September 13 or by appointment. Page 11.

Ancestors' Retreat with Joan Sutherland, Roshi and Sarah Bender, Sensei—Wednesday, September 24 through Sunday, September 28. Page 3.

Dharma Talk by Joan Sutherland, Roshi—Sunday, September 28. Page 11.

—In October

One-Day Retreat with Sarah Bender, Sensei—Saturday, October 4.

All-Sangha Meeting and Potluck—Sunday, October 5.

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Springs Mountain Sangha's Monthly Newsletter: *The Dharma Rag*

Editor: Leece Overmann. Published every month, mostly.

We encourage submissions of articles related to Buddhism and the Way, event announcements, letters to the editor, reviews, poems, recipes, and other sharings from all readers! Send them by e-mail to SMSDharmaRag@hotmail.com, or, submit them by snail-mail to P.O. Box 25277, Colorado Springs, CO 80936-5277. The deadline for the next month's publication is the third Friday of each month; submissions may be lightly edited by a loving hand. Please visit our Web site at www.smszen.org!

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Dharma Talk

Body and Mind, Just a Question

Tomorrow I'll have lived sixty years.
 I've danced a number of turns in the dance of sun and earth.
 A number curiously round, curiously large.
 Over the last couple of days I've found discouragement peeking at me from around corners.
 Humans on our water planet maybe are sixty, too. Or maybe we are still adolescent,
 or maybe sixty-year-old adolescents,
 full of so much brilliance, and so much desire,
 having closets too full of stuff we maybe never needed,
 too many calls on our limited attention,
 and yet so much good will, so much eagerness to do better, so much love—
 and perhaps not all the time in the world.
 In facing our dilemmas we have produced answer after answer, and over the next days and weeks
 we will watch our poor candidates produce answer after answer,
 and we might bless them for being willing to try.
 But our way of Zen is to stay with the question:
 not to be enmired in the specific questions of the moment, the “What to do” and
 “What to do if...” and “Why is it so” that are necessary for their moment but so fleeting;
 but to keep returning, to live more and more in the big question:

What is this?

My friend, our friend Mitch has died, and that is a sad loss.
 And yet, of course, loss is way too small a word.

What is this?

This morning's air is clean, fresh, and cool, and the blades of grass hold up their drops of rainwater with perfect innocence. The dogs are out sniffing and peeing, young morning light gilding their backs.

What is this?

This, not the morning, not the loss, not the great dilemmas of humans on our earth,
 but all of this—you yourself and the whole of your experience in this exact moment.

Martine Batchelor points out that with this kind of questioning, “We are trying to develop a sensation of openness, of wonderment.... The words themselves are not sacred, nor do they have a special resonance. They are just the diving board from which you dive in to the pool of questioning. By repeatedly questioning with the energy and interest of someone who has just discovered she has lost something, you evoke a brightness in your

whole being. This questioning gives you energy, because there is no place to rest, and it allows for more possibilities and less certainty.” (Batchelor’s new book is *Let Go: A Buddhist Guide to Breaking Free of Habits*.)

My father used occasionally to sing a song from Burl Ives, which went like this:

From here on up
the hills don’t get any higher
From here on up
the hills don’t get any higher
From here on up
the hills don’t get any high-er
But the valleys get deeper
and deeper.

This song has always been to me profoundly funny and profoundly true, in some way.

Funny perhaps because, while true, it leaves out life almost entirely!

While the valleys may be getting deeper,

My heart softens, softens and opens. More and more, body and mind are just a question.

More and more, I am willing to offer my best response to the call of the world.

More and more, I wish to “praise this mutilated world,” so amazing and heartbreakingly beautiful from moment to moment, and to give what I can.

Sarah Bender, August 24, 2008

Special News & Updates

Autumn Equinox Ancestors’ Retreat

***With Joan Sutherland, Roshi
and Sarah Bender, Sensei***

September 24–28

At the Benet Pines Retreat Center



***Wednesday 5:00 PM – 9:00 PM
Tuesday–Saturday 5:30 AM – 9:00 PM
Sunday 5:30 AM – 2:00 PM***

Program: At the moment of stillness and balance that is the autumn equinox, we reflect upon our ancestors, both personal and shared, and their influence upon us. During this retreat, we’ll look at traditional practices for turning ghosts, which are a combination of someone who’s died and our stories about them, into ancestors with whom we can have meaningful relationships. These practices, including meditation, dreamwork, and ceremony, can also be applied to old beliefs, ideas, habits, and patterns. Join us as the veils between the worlds grow thin and unexpected possibilities of transformation appear.

Location: In the heart of the Black Forest, Benet Pines is 30 minutes north of Colorado Springs and one hour south of Denver. See <http://www.benethillmonastery.org/about-us/benet-pines-retreat-center.htm>

Directions: From Colorado Springs, take I-25N toward Denver (11 miles). Merge onto the Interquest Pkwy (Exit 153). In 2 miles, Interquest Pkwy turns into CO-83N. In 5 miles, look for the Benet Pines entrance (15880 State Highway 83).

Accommodations: This retreat is residential; staying at Benet pines is highly recommended. There is a hermitage with full facilities on the grounds of Benet Pines for retreatants. The cost of the retreat includes accommodations and meals.

Meals: Please be prepared to bring a dish.

Cost: The fee for the full retreat is \$350 or \$75 per day if attending part-time. Please include a refundable deposit of \$100 with your registration. The cost of the retreat is subsidized by the Sangha. Those who can pay more are encouraged to contribute to the scholarship fund. Make checks out to Springs Mountain Sangha. Scholarships are available; direct inquiries to the registrar. Full-time participation is encouraged.

Registrar: Steve Walker (spw1950@aol.com/303-316-0133).

Voices

An Overview of...

An Article by Kathryn on the Recent Study Group

Impermanence and No-self are energies that are part of living, dying, and death. We found it a challenge to converse about these ideas, but with Andrew's guidance, we explored many aspects. The group created a ground and safety in order to investigate things rarely spoken of in our society, and this gave us a chance to embrace these qualities of life. Throughout the meetings, Andrew did an excellent job of keeping the talks applicable to our own lives, so it wasn't merely a philosophical and/or theoretical discussion.

How do Impermanence and No-self appear in your life?

The most obvious questions: If there is No-self, then what are we doing here, and why *zazen*? As is the true course of studying self, answers and no-answers arose and arise. Here are two koans that touched this early discussion.

I was not born
will not die
for I am
nothing
but please do not
stand on my
toe.
~ Maura "Soshin" O'Halloran

Sound

When we listen,
Freed from the thoughts of this world,
The sound of the bell tolling the evening hour
Is the sound of the wind
Blowing through the seaside pine trees.
~ Shido-Munan

Vastness, emptiness, blame, responsibility, the great matter, compassion, heart/mind, *bardos*, transitions, and transformation are words that we passionately investigated, always coming up with multiple thoughts. Several times, we came to a place of deep silence because we could find no more words of expression. There was, however, a deeper understanding that was present.

The mystery of the universe moved into the last class, for Andrew had planned to speak of death. That was the weekend Mitch died, an abrupt reality. Andrew shared with us his own questioning about whether to hold the class. His answer was—what a perfect way to meet Impermanence and No-self in all their levels. Death, absence, grief, anger, questions, disbelief.

What are transition, the *bardos*—and what about transformation?

One of the death poems we read by Kozan Ichikyo:

Empty-handed I entered the world
Barefoot I leave it.
My coming, my going—
Two simple happenings
That got entangled.
~ Kozan Ichikyo

This was and continues to be a very rich experience. I find the practice of *zazen* is a way to hold the Way, which is Impermanence and No-self, and they are here to stay. Ahh ... definitely zen!

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Impermanence and No-Self

By Kate J.

I was sitting at the kitchen table the day after the last meeting of the Impermanence and No-self study group, when my seven-year-old son came in to talk. He asked me what I believe about reincarnation.... I considered the question for a bit and answered that I didn't know much about it and so didn't have much of an opinion. It was the truth, but it also seemed lame for such an important question, so I asked him what he believed.



I discovered he clearly does have a belief, as he launched into an explanation of an amazingly complex theory that he had obviously been working on for a while. As he came to the part about rebirth, he started to slow. He was talking about ghosts in space being called to their eggs when he just stopped. I asked him what was up, and he came back with, "Mom, where do babies come from?" I was thrown off balance at first. I was sure I had years before I was going to have to have this conversation, but there it was, and I knew I had to take him seriously. Using "colorless language," I explained sex to him.

When I got to the part about the penis and its function, he sat bolt upright and looked at me with incredible intensity. I could tell he was taking this new knowledge about himself and the world deep within. We spent a good long time talking about the questions and uncertainties that goes with this ancient question. It was a wonderful thing to share.

After our talk (death and rebirth being totally exhausted), he went back out to play. Not long after, I went back to my work of dinner, house, bath, and the rest, and soon pushed the conversation aside.

It was the next morning that I noticed something strange about him, maybe not strange, but different and unexpected. I watched him, talking and laughing as always, but there was some new thing deep within him just coming to the surface. It was in his eyes ... a new light. He seemed to be seeing with new eyes, and it was changing the way he was reacting to things. As I observed throughout the day, I came to realize that this was my first glimpse of the man he would one day become, just as I had felt the first breath of fall in the early morning light of August a few days earlier. No doubt about it: Aidan is changing.

What was it that wrought that change? At first I thought it was my explanation of the great mystery, but no, too simple. I needed to look deeper. There was some kind of hole in the story that he was telling himself about the world. He was being attentive to his story as he told it, and realizing he did not have all the information he needed. Attention provided a small gap that gave him the ability to ask a question that would change his awareness and eventually transform him. I am glad I was there to answer his question directly, but there is no power on earth that could have kept that knowledge from him forever. This is something that Aidan did for himself.

Studying No-self and Impermanence did something similar for me. This study reminded me to pay attention to the stories I tell about myself and the way things are. It asked me to take my not-knowing as a gift that gives rise to the spark of awareness that may grow into the great fire of transformation. What a great way to spend time with friends.

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Dakini Woman

In honor of Anne Waldman

By Wendy Shinn

She's the meditating woman
 She's the hushed woman
 She's the woman in the big red hat
 She's the singing woman
 She's the dancing woman
 She's the woman with wings
 She's the smiling woman
 She's the laughing woman
 She's the woman with the silent smile
 She's the beguiling woman
 She's the giggling woman
 She's the woman with the raised eyebrows
 She's Dakini woman
 She's skywalker
 She changes the world
 She's the messenger
 She's the protector
 She's emptiness, compassion, and sagacity
 She has power



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My Transformation: Acceptance of Impermanence

By Wendy Shinn

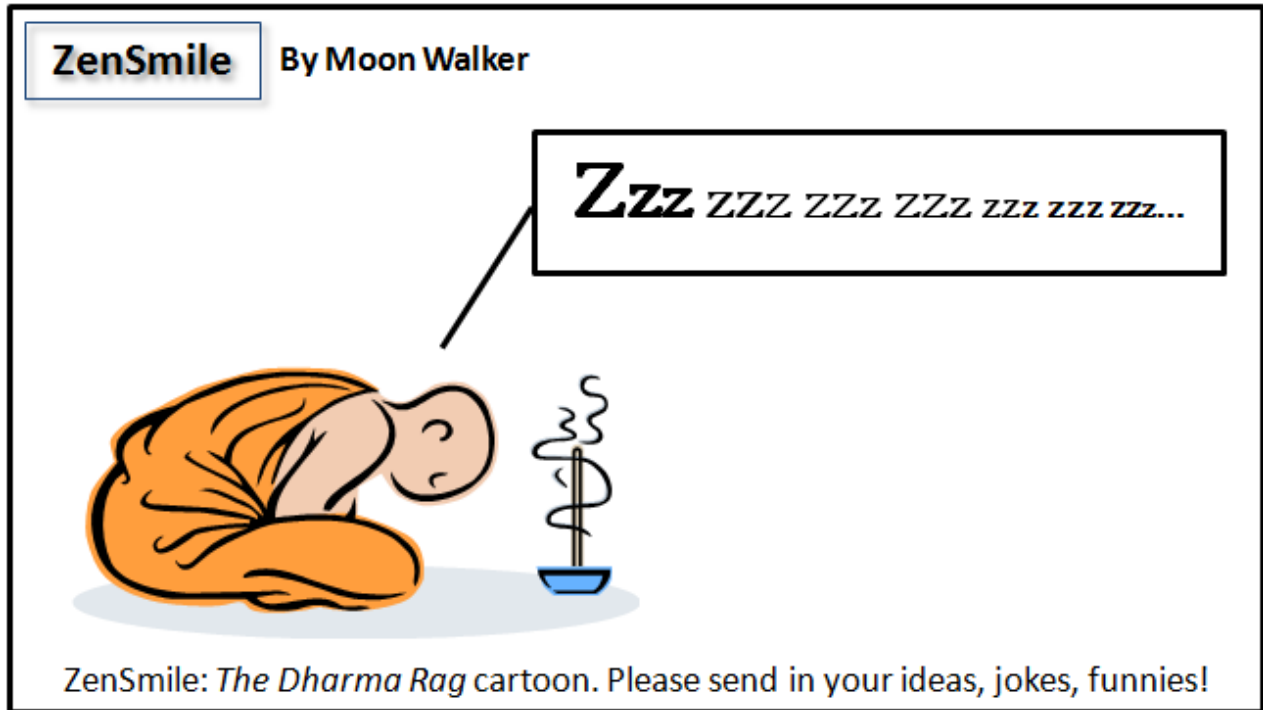
A few blocks from me there is a building that fills up with people every Sunday—they call it *The Center*. It is the gathering place for those who choose each other's warmth, share ideas, and pray/meditate. The minister chooses a monthly topic; it appears in the flyers, and we all pay it some attention for a while. This month's attention is "acceptance."

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Impermanence

At the same time, here with the Sanghas, we are discussing impermanence and now transformation. At first, I had a hard time blending this or separating this ... but it has come together in a mixture that convinces me it is all the same. Of course, the practice is to do this ... to acknowledge our noticing the differences, the duality of black and white, the bipolar discomfort of our American culture. It is probably one of the

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Sangha Business

Steering Committee Activity

The Steering Committee met on August 10, 2008. Present were William, Andrew, Frank, Victor, Robert, Elizabeth, and Sarah.

Finances. Robert reported the current treasury balance, and he agreed to write an article for the newsletter to remind everyone about the dana bowl and our expenses.

August Retreat. We discussed the upcoming “Going and Coming” retreat, scheduled for August 15 and 16. Thirteen people signed up; Andrew will be Head of Practice, Victor and Sarah will be cantors, and William will be Teacher Liaison. William and Pete will set up for the event; Robert will be breakfast cook, and Ann and Elizabeth will prepare the noon meal. The Saturday morning sit at Shove Chapel will be canceled for the day; Sarah will prepare a sign for the door, inviting people to sit without a leader.

All-Sangha Meeting Preparation. In preparation for the All-Sangha Meeting scheduled for September 8, the Facilities Committee will report on recent activity regarding looking into possibilities for a place for the Sangha. Robert will also report on Sangha finances.

Fall Retreat. At the time of the Steering Committee meeting, there were nine registrations for the September Retreat, not including people from Santa Fe who said they might come. Since Joan has indicated she will not be able to teach for a retreat here unless there are at least fifteen full-time students, we discussed what to do in case we have fewer registrations. Consensus was that if that occurred we would have a five-day retreat instead of a full seven days. Sarah noted that Joan had indicated she would be willing to teach for five days if there were twelve people. Sarah also thought another option might be for Joan to teach a weekend retreat. William and Steve will contact the Santa Fe people who expressed an interest in coming. Robert will e-mail registration lists from past retreats to William, so he can send out

letters to any who might be interested. Frank will coordinate with Joan. If Joan makes a decision not to come for a five-day retreat, Sarah will be the teacher.

Practice Period. Sarah asked, “Do we want a practice period following the September retreat?” She will write a prospectus and make a sign-up sheet to present on Community Night to get a commitment from those who want to participate.

Service. Sarah suggested a plea be made for donations to help *Care and Share*. Frank suggested we make an announcement at Community Night to the effect that Sangha members might bring either food or money for this purpose.

Web Site. Sarah commented that Wendy has updated the site and it looks good; however, the link to the weekly calendar doesn’t work. Andrew noted the server uses software that makes it incompatible with Front Page Editor. The site also needs a new look. We will invite Wendy’s friend Mike to a committee meeting to discuss a one-time update. Frank will talk with Mike to see if he can meet with the committee.

Publicity. We need a new brochure for the Colorado College Spiritual Life event as well as a flier for Andrew’s Introduction class on September 6.

Facilities Search Committee. Victor reported that the Facilities Search Committee will look at options this week and communicate the results to the Sangha.

Telephone Service. Andrew reported there are many hang up calls and fewer than ten calls a month, and the Sangha is currently paying for the listing. Robert recommended we get the Web site fixed and then discontinue the phone service.

The next Steering Committee meeting is scheduled for September 14 at the Woman’s Club.

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Dana

By Robert King

A form of Zen practice that we don’t talk much about is “generosity practice,” yet without it our Sangha could not subsist.

We have an annual operating budget of \$35,600, approved at our March 2008 All-Sangha meeting. The bulk of that budget goes for retreats, which are paid for largely through fees. However, that still leaves \$13,500 in expenses for which our only source of revenue is the generosity of our members. Your dana goes to pay stipends for our teachers, telephone and Web site fees, supplies (such as candles, sutra books, printed copies of *The Dharma Rag*, and welcome packets for newcomers), as well as occasional gifts and service projects.



Some of us leave a donation in the dana bowl at the conclusion of Monday evening or Saturday morning sits, while others prefer to write a check to Springs Mountain Sangha from time to time. Either way is fine, but your regular contributions help to keep us in the black.

Thanks to your great support, we were able to meet our goal of \$12,000 for Sarah’s teacher development leave, but our regular expenses continue. So if you have not donated recently, please consider doing so.

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~ Et Ceteras ~

~ And More ~

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We're so sorry to announce the loss of Mitch Goldbaum, founding member of our Sangha and dear friend.

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For Mitch

In my grief, I forgot to blow out the candle I lit to celebrate your life.

Kathryn

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Insects on a bough

floating downriver

still singing.

~ Kobayashi Issa (1763–1827)



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Who?

I used to walk about with a sweet smile taped over my wounds while playing hidey-seek with the I of me.

~ Lucinda

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You are always invited—and warmly welcome—to attend Sangha committee meetings. Details on the where and when are listed in the At-a-Glance Calendar section. If you cannot attend and would like a committee member to ask your question, here are our names and e-mail addresses:

- Clay, Steering Committee Chair: claytaylor5@comcast.net
- Frank, Associate Chair: frank.actis@flukenetworks.com
- Robert, Sangha Treasurer and chair of the Finance Committee: kingrh@comcast.net
- Elizabeth, Secretary: kingem@comcast.net
- Andrew, Head of Practice: remlapa@gmail.com
- Pete: pordway@coloradocollege.edu
- Victor: vic2rh@gmail.com
- Lee, Dharma Rag Editor: lee_overmann@hotmail.com
- Steve Walker: spw1950@aol.com
- Sarah, Sensei: sembender@gmail.com

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Events & Activities

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DETAILS OF SMS EVENTS

- ★ **Shove Chapel Saturday Morning Sits.** Shift to winter hours, 6:30 to 8:30 AM, on Saturday, September 6.
- ★ **All-Sangha Meeting.** Monday, September 8, at the conclusion of the evening sit at Shove Chapel. This meeting is an opportunity to learn about and discuss issues that will come up for Sangha decision at the October 2008 All-Sangha Meeting.
- ★ **Work in the Room with Sarah Bender, Sensei:** Saturday, September 13 during the morning meditation (6:00–8:00 AM) at Shove Chapel. Other dates and times can be scheduled by contacting Sarah at sembender@gmail.com.
- ★ **Autumn Equinox Ancestors' Retreat.** Wednesday, September 24 through Sunday, September 28. Will be held at the Benet Pines Retreat Center and led by Joan Sutherland, Roshi and Sarah Bender, Sensei. For information or to register, please contact Steve Walker at spw1950@aol.com or 303-316-0133.
- ★ **Dharma Talk by Joan Sutherland, Roshi.** Sunday, September 28 at 3:30 PM. Location TBD.

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UPCOMING SMS RETREATS

- ★ **October 4** (Colorado Springs), with Sarah Bender, Sensei.
- ★ **December 3–7** (Green Mountain Falls), with David Weinstein, Roshi.

2009 RETREAT SCHEDULE

April 13–19 and September 21–27

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DHARMA TALKS given by SMS teachers are available on CD for \$10 each. To obtain a list of available talks and to order, please contact Andrew at remlapa@gmail.com.

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SMS Weekly Schedule

We meet at Shove Chapel, 1010 North Nevada on the campus of Colorado College

Monday Evenings: 6:10–7:30 PM

- ★ **First Monday of the month:** Two 25-minute periods of meditation with opening chants, walking meditation between the meditation periods, and closing sharing and announcements.
- ★ **Second Monday:** One 25-minute meditation period followed by tea and cookies.
- ★ **Third Monday:** Two 25-minute periods of meditation with opening chants and closing sharing and announcements.
- ★ **Fourth Monday:** One 25-minute meditation period followed by a talk and discussion.
- ★ **Fifth Monday:** Two 25-minute periods of meditation with opening chants and closing sharing and announcements.

Wednesday Mornings: 6:00–7:00 AM

Saturday Mornings

Summer hours (May–Sept.): 6:00–8:00 AM

Winter hours (Sept.–May): 6:30–8:30 AM

- ★ **First Saturday:** Work in the Room with Sarah.
- ★ **Second Saturday:** Four-period sit.
- ★ **Third Saturday:** Sutra service during the third period (7:00 AM summer; 7:30 AM winter).
- ★ **Fourth Saturday:** Four-period sit.
- ★ **Fifth Saturday:** Way-seeking mind talk during the third period.

After the meditation, many of us walk to a nearby coffee shop for breakfast.

Sundays

We often have Steering Committee meetings, discussion groups, workshops, or socials.

***Newcomers are extremely welcome!
Please come fifteen minutes early if you would like an orientation.***

Please check our Web site for changes and additions.

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Other Local Groups

Wet Mountain Sangha—Pueblo

2008 Fall Schedule

- **Wednesdays:** Meditation 6:00 PM to 7:15 PM. Please join us as you wish for the traditional 25/10/25 minutes of sitting/walking/sitting meditation. As usual, there will be sharing and announcements and tea afterwards!
- **Saturdays:** Morning meditation second and fourth Saturdays of each month, 8:00 – 10:00 AM, with four periods of alternating sitting and walking; no chants or announcements.

We meet at the Center for Inner Peace,
740 W. 15th Street, Pueblo, CO 81003

Check out our Web site for more info:

<http://wetmountainsangha.org>

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- **Thubten Shedrup Ling (TSL)**
tslcolorado@yahoo.com
- **Rocky Mountain Insight**
www.rockymountaininsight.org

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Qigong

With Ellie Coriell, LPC CACIII
Shove Chapel, Tuesday
evenings, 5:30–6:30 PM.



Upcoming Qigong Classes:

- **Intro to Qigong**, Sept. 6, 1:00–5:00 PM. A great opportunity to learn the ‘Lift Chi Up, Pour Chi Down’ Wisdom Healing method in greater detail.
- **Heart Centered Meditation Series.** Four Thursday evenings, starting Aug. 28, 6:30–8:00 PM. Meets at 1625 N. Corona.

Please contact Ellie at 719-339-7415 or ecoriell@msn.com for information or to sign up.

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The Open Source

(www.joansutherland.net)



- **Koan Salon.** Wednesdays, 3:00–5:00 PM, The Friends Meeting House, 630 Canyon Road, Santa Fe, New Mexico. For information, please call 505-989-3915.
- **Meditation, Dharma Talks, & Conversation.** Thursdays, 7:00–8:30 PM, Cerro Gordo Temple, 1404 Cerro Gordo Road, Santa Fe, New Mexico.

Joan’s 2008 Retreat Schedule

- **October 24–26**, All Hallows Koan Retreat, Cerro Gordo Temple, Santa Fe, New Mexico.
- **November 14-16**, Bright Harvest Ancestors’ Retreat, Guerneville, California. Cost (sliding scale) is \$190 to \$240 full time or \$85 to \$100 a day part-time. Meals are included. Choice of sleeping arrangements: Bring a sleeping bag and sleep on site (on carpeted floor) for no extra charge; Northwood Lodge (walking distance of retreat site; www.northwood-lodge.com). Register with Megan Rundel at rundel@well.com.

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Register for Open Source events
by sending an e-mail to
retreats@joansutherland.net.

Join the Open Source e-mail list
by sending an e-mail to
list@joansutherland.net.

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Pacific Zen Institute

(www.pacificzen.org)

- **PZI Sesshin**, Sonoma County, California.

October 11–18

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<h1 style="writing-mode: vertical-rl; transform: rotate(180deg);">November</h1> <h2 style="writing-mode: vertical-rl; transform: rotate(180deg);">2008</h2>	SUN	MON	TUE	WED	THU	FRI	SAT	
								1 A Plain Sit Meditation, Four Periods Shove Chapel 6:30-8:30 AM Breakfast-Wooglin's
	2 Study Group Sarah's house 1:00-3:00 PM	3 Meditation, Two Periods Shove Chapel 6:15-7:30 PM	4	5 Meditation Shove Chapel 6:00-7:00 AM	6	7	8 Meditation & Work in the Room with Sarah Bender Shove Chapel 6:30-8:30 AM Followed by breakfast @ Wooglin's	
	9 Steering Meeting Sarah's house 3:00-5:00 PM Study Group Sarah's house 1:00-3:00 PM	10 Meditation & Social Shove Chapel 6:15-7:30 PM	11	12 Meditation Shove Chapel 6:00-7:00 AM	13	14	15 Meditation, Four Periods Shove Chapel 6:30-8:30 AM Breakfast-Wooglin's	
	16 Study Group Sarah's house 1:00-3:00 PM Harvest Retreat, Guerneville, CA	17 Meditation, Two Periods Shove Chapel 6:15-7:30 PM	18	19 Meditation Shove Chapel 6:00-7:00 AM	20	Bright Harvest Ancestors' Retreat, with Joan Sutherland, Roshi, Guerneville, CA		
						21	22 Meditation, Four Periods Shove Chapel 6:30-8:30 AM Followed by breakfast @ Wooglin's	
	23 / 30	24 Meditation, Talk, and Discussion Shove Chapel 6:15-7:30 PM	25	26 Meditation Shove Chapel 6:00-7:00 AM	27	28	29 Meditation, Four Periods Shove Chapel 6:30-8:30 AM Followed by breakfast @ Wooglin's	

Donate to Springs Mountain Sangha

Springs Mountain Sangha engages in three weekly sittings, study groups, retreats, residencies for our holding teachers, the *Dharma Rag*, a Web site, and other communication media. Contributions from members and friends are the Sangha's sole financial resource. Your contributions are tax deductible in as much as Springs Mountain Sangha fits the definition of a church for charitable giving purposes. Let's share the Dharma assets!

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Springs Mountain Sangha is a member of The Open Source, in both the Soto and Rinzai traditions.

To learn more, visit our Web site—www.smszen.org—or contact us at SMSDharmaRag@hotmail.com (your friendly editor).

Please add your e-mail address to receive publication notices for our newsletter.

Great Reasons to Support Your Sangha

There are many great reasons to donate to Springs Mountain Sangha, and hopefully one will suit your fancy. Remember, this is *your* Sangha.

- **Donate to support Joan's work.** If you'd like to make a donation to thank Joan Sutherland, Roshi for her Dharma and to support her work, you can send it to her at P.O. Box 2368, Santa Fe, NM 87504. Or, send a donation to SMS with a note that it is for Joan.
- **Donate toward a facility.** While we benefit enormously from the warmhearted generosity of Colorado College, renting or owning our own facility would allow us to use our energies more fully. Retreats and other events would no longer require moving all the cushions, ritual supplies, food, et cetera. A facility is a long-term project; please help get it started.
- **Donate to support our operating costs.** Keeping the Sangha in business involves recurrent costs for teacher support, communications, gifts, ritual supplies, food for retreats and other events, study groups, and service activity—all the items needed for a nonprofit organization.
- **Donate to support our service activity.** The Service Committee budget supports our service work and makes possible Bodhisattva work in the larger community; send your donation to SMS with the notation "Service Committee."
- **In memory of Mitch.** If you wish to make a gift in Mitch's memory, Mitch's sister, Joanne, has requested that gifts be made to Springs Mountain Sangha. You can just write "in memory of Mitchell Goldbaum" on the check.

Thank you so very much!

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