

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 1

~ JANUARY 2008 ~

Coming Up for Springs Mountain Sangha

—In January

- New Year's Day Retreat—Friday, January 1st. See page 6.
- WITR with Sarah Bender, Sensei—Friday, January 11. Page 11.
- All-Day Retreat with Sarah Bender, Sensei—Saturday, January 12, in Pueblo. Page 11.
- Study Group: Exploring Hakuin—Weekly starting Sunday, January 13. Page 11.

—In February

- Introduction to Zen Meditation with Sarah Bender, Sensei—Saturday, February 9. Page 11.
- Preparation for the All-Sangha Meeting—Community Night, Monday, February 11. Page 11.
- Weekend Retreat with Sarah Bender, Sensei—February 15–17. Page 11.

—In March

- Koan Seminars with Sarah Bender, Sensei—Sundays, March 2nd and 30th. Page 11.
- All-Sangha Meeting—Sunday, March 9. Page 11.

Springs Mountain Sangha's Monthly Newsletter: *The dharma rag*

Editor: Lee 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! Please send them by e-mail to SMSdharma@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!

<u>Inside This Issue</u>	<u>Page</u>	<u>Inside This Issue</u>	<u>Page</u>
❖ Dharma Talk	- 2 -	❖ Wet Mountain Sangha	- 9 -
Joan Sutherland, Roshi	- 2 -	❖ Sangha Business	- 9 -
Sarah Bender, Sensei	- 3 -	❖ Poems—Letters—Reviews	- 10 -
❖ Special News & Updates	- 5 -	❖ Classified	- 10 -
Snowy Moon Retreat	- 5 -	❖ Events and Activities	- 11 -
New Year’s Day Retreat	- 6 -	SMS Weekly Schedule	- 11 -
❖ Voices	- 7 -	Other Local Groups	- 12 -
A Solstice Check-In	- 7 -	Out-of-State Events	- 12 -
I Want It My Way	- 7 -	❖ At-a-Glance Calendar	- 13 -
ZenSmirk Cartoon	- 8 -	❖ Donate to SMS	- 16 -



DHARMA TALK

In Praise of the Dark

Joan Sutherland

Here are some excerpts adapted from a talk given at the recent Winter Solstice Retreat in Santa Fe:

Winter is a good time to remember the importance of trusting what’s going on in our lives that we can’t see, that we’re not conscious of, that’s happening underground in the dark. A couple of weeks ago I was gripped by an unexpected melancholy. I felt around and couldn’t attach it to anything; it didn’t make any kind of obvious sense. So I inquired into it—What does this feel like in my body? What are its qualities?—and I remembered in a flash that it was the anniversary of my father’s death, which had been a painful one. Of course I was melancholy; this is what happens these years in early December, and there’s nothing wrong with that.

That’s the virtue of having a relationship with what’s going on in the dark: The dark knew it was the anniversary of my father’s death, even though I wasn’t consciously aware of it. And the dark was attending to it in its own way: It was making me sad in order to draw my attention to something. If I trust that tug from underground, then I’m curious about what it might be drawing my attention to, and things become interesting and warm and not a problem.

* * *

The koan inquiry for such a moment is *What* is this?, not *Why* is this?, and there’s a huge difference between the two. Because *Why* is this? is likely to take you to When I was six, and twenty-four, what my father did and didn’t do, how he died, and all the rest of it. Sometimes that can be a valuable and even essential exploration, and sometimes it feels like a move away from the moment at hand, and a digging deeper of the ruts of habit. Koan inquiry offers an alternative; it believes that you can change what’s happening in this moment without having to go down the old familiar road. If you pay attention to how the moment feels right here and right now and ask *What* is this?, it’s possible that something can shift.

That’s quite optimistic; in an instant it’s *cum novo cantico*, as the old Christmas hymn says: with a new song. Which doesn’t mean that the thing you’re inquiring into magically vanishes, but that your relationship to it changes and you’re looking at it differently. Maybe, if you don’t tell the old story, you notice that something’s different about how it feels this year; something has been going on underground that you’re just now becoming aware of, and it’s generally pretty helpful to notice how you’re actually feeling about things. Whatever it is might still be there, but you’re singing a new song about it.

* * *

Here’s one of my favorite stories about trusting the dark: One of the first great Zen teachers in Japan was Muso Soseki. When he was young, he’d been practicing very hard and wasn’t satisfied with his progress, so he went off into the mountains to concentrate completely on his meditation. One night he was sitting up late in the garden, and he decided to go in to bed. He thought he knew the way back even in the dark, so he didn’t light his lantern. As he stood up, he put his hand out to steady himself on a wall that was supposed to be there. But the wall wasn’t there, and he fell over. And he just kept falling, all the way through, right into the vastness. He started to laugh, and for a long time the laughter didn’t stop.

That’s a gift of the dark: The dark will give us moments when the wall isn’t there, and the invitation is to fall, and to keep falling, and to laugh as we fall. If we pull back, if we go rigid, if we curse our luck, if we think this shouldn’t be happening, we lose the opportunity. As we well know, the dark will from time to time present us with the absence of walls, and it’s good to remember that at such a time, our job is to fall.

Happy New Year to all.



Dear Friends,

Today I'm enjoying the hush of this post-Christmas snowy day. The house is nearly empty, children gone to Boulder. Thomas the grey cat sat patiently on my chest this morning, waiting for me to decide to get up—which took awhile. Now I'm listening to Simone Dinnerstein's playing of J.S. Bach's Goldberg Variations, which I sent to my brother for Christmas and then gratefully received from my sister-in-law! Dinnerstein's playing, especially of the first variation, opens the weave of Bach's composition with such care and love that the light of both his heart and hers shine through, an offering to which our own hearts can respond in kind. A familiar, long-honored piece takes on a whole new life!

Friends, this is my wish for us in the new year. Together, may we slowly and lovingly open the weave of the teachings given to us, and sing the beautiful, old songs of our tradition in our own voices, from our own hearts and minds, in this extraordinary time.

Dinnerstein recently gave the first ever classical music concert in the Louisiana State prison system. She has also performed in schools, nursing homes and retirement communities across America. This brings to mind the other part of my wish for us.

David Loy ends his new book, *The Great Awakening: A Buddhist Social Theory*, with these words: "To wake up is to realize that I am not in the world, I am what the world is doing right here and now. When Shakyamuni became enlightened, the whole world awakened *in* him and *as* him. The world begins to heal

enlightened, the whole world awakened *in* him and *as* him. The world begins to heal when we realize that its sufferings are our own." My wish for us is that we go *beyond* that statement. The world begins to heal, not when we realize that its sufferings are our own, but when we realize that we are exactly the gift the world gives itself—that its healing, as well as its suffering, is contained in us. The alchemy of this human life is to transform *all* that I am given—the suffering and the joy, both—to the particular offering that is mine to give.

Sarah Bender

ନିରାକାର ଶୂନ୍ୟତା

“Those of us who live in the West are restrained not so much by oppressive police regimes as by various fixations of our collective consciousness: preoccupation with making money and other types of competitive success; compulsive shopping lifestyles conditioned by pervasive advertising; addictions to technological gadgets such as television, cell phones, and the Internet; as well as more traditional ideologies such as nationalism and religious fundamentalism. Exposing and undermining such mind-fixations is what is most needed, and also what Buddhism is best able to contribute to contemporary Western culture.

Today, thanks to their increasing technological powers, institutionalized forms of greed, ill will, and delusion are aggravating the world’s dukka. In response, we are all called upon to become bodhisattvas, to contribute what we can according to our situation. Our sick ecosystems and social systems do not afford us the luxury of devoting ourselves only to our own enlightenment—yet we will not be successful as bodhisattvas unless we also pursue our own awakening. Ultimately, those liberations cannot be distinguished. To wake up is to realize that I am not in the world, I am what the world is doing right her and now. When Shakyamuni became enlightened, the whole world awakened *in* him and *as* him. The world begins to heal when we realize that its sufferings are our own.”

~Final words of *The Great Awakening: A Buddhist Social Theory* by David Loy



ନିରାକାର ଶୂନ୍ୟତା ନିରାକାର ଶୂନ୍ୟତା

SPECIAL NEWS & UPDATES

S N O W Y
M O O N

NewZen
Meditation Retreat
with

JOAN
SUTHERLAND,
ROSHI



Sandy Stringfellow

**Monday, January 28–
Sunday, February 3, 2008**
Mountain Cloud Zen Center
Santa Fe, New Mexico

PROGRAM

A **meditation retreat** is a time we deepen and refresh ourselves through intensive spiritual practice. A retreat includes sitting, walking, and moving meditation; private meetings with the teacher; daily dharma talks and a koan seminar; work practice to sustain the retreat, and vegetarian meals. Though the forms of the retreat are grounded in traditions inherited from East Asia, we've evolved ways of practice that are more natural for many Americans. The day runs from 5:00 AM to 9:00 PM, and most of it is silent. Some previous experience with meditation is very helpful. We encourage people to attend the whole retreat, but part-time participation is possible. We try to make the retreat accessible to people with special physical needs, and people who can't sit on cushions may use chairs.

LOCATION

Mountain Cloud Zen Center is a beautiful, rustic retreat center on the outskirts of town. Retreatants stay in small cabins housing several people; spaces for tent camping are also available, and there's lots of open land to walk around in. Meals are eaten Western-style in the dining room.

7241 Old Santa Fe Trail

Santa Fe, New Mexico 87505

www.mountaincloud.org

Bring simple, comfortable clothing and leave strong scents and noisy electronics at home. Bring a sleeping bag or single bedding, towels, flashlight, alarm clock, and seasonal outerwear; consider slip-on shoes and earplugs. Meditation cushions are provided, but bring any special ones you need.

NewZen is the spirit of the ancestors expressed through the images and the metaphors of this time and place, arising out of our landscapes, our poetries, our psyches, and our songs.

Full-time: \$375 before January 1, \$395 thereafter.

Part-time: \$70 a day before January 1, \$80 thereafter.

Please confirm your part-time schedule with us as soon as possible to help in our planning.

Send your payment to the registrar:

Pasha Hogan, 505-699-5218
369 Montezuma Ave, #370
Santa Fe, NM 87501

A Just and Loving Gaze

A New Year's Day of Meditation in Community

Tuesday, January 1, 2008

9:00 AM to 4:00 PM

20 Mesa Road

Colorado Springs

Come and spend a retreat day in sitting and walking meditation, a shared silent lunch, with a brief talk and discussion.

Work in the room with Sarah Bender, Sensei.

You are invited to bring a brief reading to share, as we

begin a new year together.



Cold Mountain Sangha

All are welcome!

No fee; donations to SMS are appreciated.

For info, please contact Sarah Bender, 594-0724, sembender@gmail.com.

ॐ नमो भगवते वासुदेवाय ॐ नमो भगवते वासुदेवाय ॐ नमो भगवते वासुदेवाय

VOICES

A Solstice Check-In from the Wet Mountains

David Cockrell

Late fall for the Wet Mountain Sangha has largely revolved around our efforts to begin a meditation program for patients with chronic pain and their caregivers associated with the Roger Dorcy Cancer Center at St. Mary Corwin Hospital in Pueblo.

One of the best things about this program has been a return to the basics of meditation practice for those of us who have participated. What truly is *shikantaza*?—returning to the breath, the relinquishment of goals, the body scan, the reminder that an attitude of gentle inquiry can dissolve the seemingly giant problems into a series of truths in this moment, some of which aren't really problems at all. It's been reaffirming, revisiting, and renewing—a great opportunity for the bodhisattvas to share personal connections to meditation practice.

We will be holding an All-Sangha meeting with a potluck lunch and sutra sing on January 1, 2008, at Darryl Murphy's Pueblo Grande Community Room on Fortino Blvd., 11:00 AM–2:00 PM. Jan Meserve has been nominated to chair the Steering Committee for 2008, and we'll probably have a vote to confirm her nomination. Also, the 2007 Steering Committee has recommended a slate of "Streams" (sort of like committees) to better organize the functions of the Sangha. The streams will feed into the "river" of the Steering Committee and then into the "ocean" of the Sangha—to keep the metaphor going. They include Zendo, Program, Finance, Dorcy Center Programs, and Communications. At the All-Sangha meeting, we'll discuss the involvements and opportunities for the *Streams* to hold organizational meetings.

The Sangha has been deliberating about when and how often to hold sutra services. We'll have a fun and lighthearted sutra sing at the meeting after lunch with our new cantor, Merrilee Barnett. We'll also share some information on the origins and meanings of the sutras. The CD of Richie Domingue's Heart Sutra will likely make a cameo appearance. Everyone from both Wet Mountain and Springs Mountain Sangha is welcome! See the Web site for details (<http://www.wetmountainsangha.org>).



I Want It My Way—Like the Frank Sinatra Song Promises Possibilities

Wendy Shinn

I want the yard man to arrive Friday, be on time, and complete the work.

I want the vet to diagnose my sweet pet, prescribe the proper treatment, and cure her.

I want return calls and return e-mails to my initial correspondence.

I want my cell phone to continue to work until I finish the conversation.

I want the garbage men to pick up the trash on time.

I want my electric to be consistent, my TV to be clear and audible, without program interruption or change and without that annoying newsy strip running along the bottom of the page.

I want all my meditation experiences to leave me feeling holy and powerful.

WET MOUNTAIN SANGHA—PUEBLO

2008 Winter Events

- **Wednesdays:** Meditation 6:00 PM to 7:30 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.



Check out our Web site for more information: wetmountainsangha.org.

Wet Mountain Sangha, Pueblo, Colorado, Lady of Assumption, 900 E. Routt.
The Zendo is at the side entrance on Fairview.



SANGHA BUSINESS

Steering Committee Activity

The Steering Committee met at the Woman’s Club on December 15. Present were Sarah, Clay, Andrew, Pete, Frank, Robert, Victor, Elizabeth, and Lee. Sarah opened with the koan, “Over South Mountain the clouds are boiling up rice” and a reading from the Diamond Sutra. Meditation followed. Members then discussed the questions, “How does this Sangha nourish your individual practice these days?” and “How does your individual practice nourish the Sangha?”

Some of the comments included appreciation of the “Awakening Retreat” and of David as a teacher. Some were surprised at finding themselves doing things they hadn’t expected to do; others felt a bit of push and pull in their practice. Sarah responded that ebb and flow, faith and doubt are a normal part of practice. She then asked, “How does the Sangha contribute to generosity—the practice of being willing to receive?” There was a response that this is a mode of practice in the group. One person commented that he doesn’t feel like he does anything to nourish the Sangha and yet the Sangha continues to grow, day by day.

Awakening Retreat. Robert reported that there were ten full-time and two part-time participants. One Sangha member who did not attend provided a full scholarship. Robert anticipates a shortfall of no more than a few hundred dollars. All of the comments on the retreat were positive, including appreciation of David’s talks, the swiftness with which the group settled in, the sense of community, and the fact that Nate (who took refuge) continued with his plans for journey with a sense of belonging to our Sangha.

January Retreat. To keep it simple, the menu will include soup, salad, bread, and possibly fruit. Sarah will bring soup, Robert salad, and Lee bread.

February Retreat. This will be held on Presidents’ Weekend. We need a coordinator (volunteers appreciated!).

Service Committee. Clay announced the need for a new Chairperson for this committee because he can no longer hold the position. We also need to establish a process for selecting an annual project.

Next Meeting. At our next meeting, we will take up proposals suggested at the November potluck. The next regular Steering Committee meeting will be Sunday, January 13, following the Study Group.

Poems—Letters—Reviews

CLASSIFIEDS

ନିରାକାର ଶୃଙ୍ଖଳା

Ballad of the Northwest Frontier

Sworn
To sweep away the barbarians
And heedless of their own lives,
Five thousand soldiers
In marten-trimmed brocades
Perished in the alien dust.

How sad it is
That bones
By the River of Shifting Sands
Still are men
In spring bedchamber
Dreams.

~ Chen Tau
Tang Dynasty
Mid-800s BCE



ନିରାକାର ଶୃଙ୍ଖଳା

The same stream of life that runs through the world runs through my veins night and day and dances in rhythmic measure.

It is the same life that shoots in joy through the dust of the Earth into the numberless blades of grass and breaks into tumultuous waves of flowers.

~ Rabindranath Tagore

ନିରାକାର ଶୃଙ୍ଖଳା

Attend Sangha Committee Meetings!

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 the names and e-mail addresses of your friendly Steering Committee members:

- Clay, Steering Committee Chair and Chair, Service Committee: claytaylor5@comcast.net
- Frank, Associate Chair: frank.actis@flukenetworks.com
- Robert, Sangha Treasurer and Chair, 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
- Sarah, Sensei: sembender@gmail.com

ନିରାକାର ଶୃଙ୍ଖଳା

Service Committee
The Sangha Service Committee is looking for a new chairperson. Please consider this volunteer opportunity as a way to support the dharma!



Events and Activities

ཐ་མཐུ་གཟུགས་ལྷན་ཁག་གི་མཛུགས་འགྲུལ་

Details of SMS Events

JANUARY 2008

- **New Year's Day Meditation with Sarah Bender, Sensei.** Tuesday, January 1st from 9:00 AM to 4:00 PM at the Woman's Club.
- **WITR with Sarah Bender, Sensei.** Friday, January 11, 10 AM–1 PM, at her house. Additional dates/times are possible; please contact Sarah for appointments at sembender@gmail.com.
- **All-Day Retreat with Sarah Bender, Sensei.** Saturday, January 12 in Pueblo.
- **Study Group: Exploring Hakuin.** Weekly starting Sunday, January 13, 12:00 PM–2:00 PM, Woman's Club. For more information, please contact Andrew at remlapa@gmail.com.

FEBRUARY 2008

- **Introduction to Zen Meditation with Sarah Bender, Sensei.** Saturday, February 9, at the Woman's Club.
- **Preparation for the Upcoming All-Sangha Meeting.** Community discussion of the agenda items for March All-Sangha Meeting will be held on Community Night, Monday, February 11, at Shove Chapel after meditation.
- **Weekend Retreat with Sarah Bender, Sensei.** Friday, February 15 through Sunday, February 17.

ཐ་མཐུ་གཟུགས་ལྷན་ཁག་གི་མཛུགས་འགྲུལ་

MARCH 2008

- **Koan Seminar with Sarah Bender, Sensei.** Sunday, March 2 and Sunday, March 30, at Sarah's house from 3 to 5 PM.
- **All-Sangha Meeting.** Community Meeting and dinner at the Woman's Club, 4:30 to 7:30 PM.

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.

ཐ་མཐུ་གཟུགས་ལྷན་ཁག་གི་མཛུགས་འགྲུལ་

SMS Weekly Schedule

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

Monday Evenings

6:10 PM to 7:30 PM

- ★ **First Monday of the month:** 30-minute Sutra service, walking meditation, one 25-minute period of meditation
- ★ **Second Monday:** One 25-minute meditation period, walking meditation, followed by a social gathering
- ★ **Third Monday:** One 25-minute meditation period, walking meditation, followed by a Dharma talk or reading
- ★ **Fourth Monday:** Two 25-minute meditation periods with a walking meditation in between
- ★ **Fifth Monday:** Two 25-minute meditation periods with a walking meditation in between, or one 25-minute meditation period, walking meditation, and the second meditation period will be replaced by a community member sharing a personal Zen practice experience: "Way-Seeking Mind." If you'd like to take a turn, please contact Sarah Bender to schedule.

Wednesday Mornings

6:00 AM to 7:00 AM

Saturday Mornings

6:30 AM to 8:30 AM

- ★ Winter hours (Sept.-May): 6:30 AM to 8:30 AM
- ★ Summer hours (May-Sept.): 6:00 AM to 8:00 AM
- ★ After the meditation, many of us walk to a nearby coffee shop for breakfast.

Sunday

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

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

PLEASE CHECK THE WEB SITE FOR CHANGES AND ADDITIONS!

On Monday evenings, meditation is very much enlivened by your thoughts and writings. Please consider offering your practice in this way!

Other Local Groups

Thubten Shedrup Ling (TSL)

- tslcolorado@yahoo.com

Rocky Mountain Insight

- www.rockymountaininsight.org

ཉལ་ལྷན་པུས་ལྷན་པུས་

**Qigong with Ellie Coriell,
LPC CACIII**

Shove Chapel, Tuesday
evenings, 5:30–6:30 PM.



January/February Classes

- **Heart-Centered Qigong** (\$80). A four-week class focused on creating a deep connection with the self and opening up to the connection with universal life energies. Two sessions: Jan. 7–31 and Feb. 4–29.
 - Tuesday mornings, 7:30–8:45 AM
 - Wednesday evenings, 5:15–6:30 PM
 - Thursday mornings, 10:00–11:15 AM
- **Heart-Centered Meditation Workshop** (\$50). Saturday, Jan. 19 or Feb. 23, 1:00–4:00 PM. Use the deep connection through the heart to help deepen self-awareness and intuitive sensing.
- **Intro to Qigong** (\$50). Saturday, Feb. 9, 1:00–4:00 PM. A broad introduction to *Wisdom Healing Qigong*.
- **Intro to Lift Chi Up/Pour Chi Down**. Sunday, Jan. 13, 1:00–3:30 PM, Shove Chapel. Donations welcome.

To register, please call Ellie at 719-339-7415.

ཉལ་ལྷན་པུས་ལྷན་པུས་

Talk on the Heart Sutra

Buddhist teacher Ken McLeod will give a talk on the Heart Sutra, one of the principle texts of Mahayana Buddhism. The Heart Sutra presents, in very concise language, the Buddhist view of what makes it possible to live a life of compassion.

Questions? Please contact Jeff Bickford at 719-290-9125 or jeff@jbbickford.com.

Wednesday, Feb. 6, 7:00-8:30 PM in the Great Hall of All Souls Unitarian Church.

Out-of-State Events

Pacific Zen Institute

(www.pacificzen.org)

- PZI Sesshin, Sonoma County, California

January 19–26

April 5–12

June 7–14

October 11–18

ཉལ་ལྷན་པུས་ལྷན་པུས་

The Open Source

(www.joansutherland.net)

Joan Sutherland



- Koan Salon. Wednesdays, 3:00–5:00 PM, 641 Camino del Monte Sol, Santa Fe, New Mexico. Starting in January, on Tuesday evenings as well. For information, 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.

2008 Retreat Schedule

- **January 28 ~ February 3**, Meditation Retreat, Mountain Cloud Zen Center, Santa Fe, New Mexico.
- **March 21–23**, Koan Retreat, Cerro Gordo Temple, Santa Fe, New Mexico.
- **July 21–27**, Meditation Retreat, Santa Fe, New Mexico.
- **October 24–26**, Koan Retreat, Cerro Gordo Temple, Santa Fe, New Mexico.

ཉལ་ལྷན་པུས་ལྷན་པུས་

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

To join *The Open Source* e-mail list, send an e-mail to list@joansutherland.net.

ཉལ་ལྷན་པུས་ལྷན་པུས་

JANUARY 2008	SUN	MON	TUE	WED	THU	FRI	SAT	
				1	2	3	4	5
			New Year's Day Meditation Woman's Club 9:00 AM-4:00 PM	6	7	8	9	10
				11	12	13	14	15
				16	17	18	19	20
				21	22	23	24	25
				26	27	28	29	30
				31	Snowy Moon Meditation Retreat with Joan Sutherland, Roshi Mountain Cloud Zen Center, Santa Fe, New Mexico			

February 2008	<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>	
							1	2 Meditation Shove Chapel 6:30–8:30 AM Breakfast-Wooglin's
							Snowy Moon Meditation Retreat Mountain Cloud Zen Center	
	3 Study Group Woman's Club 12:00–2:00 PM <div style="border: 1px solid blue; padding: 2px; text-align: center;">Snowy Moon Retreat</div>	4 Meditation & Sutra Service Shove Chapel 6:15–7:30 PM	5	6 Meditation Shove Chapel 6:00–7:00 AM	7	8	9 Meditation Shove Chapel 6:30–8:30 AM Breakfast-Wooglin's <div style="border: 1px solid green; padding: 2px; text-align: center;">Intro Class Woman's Club</div>	
	10 Study Group Woman's Club 12:00–2:00 PM Steering Meeting Woman's Club 3:00–5:00 PM	11 Meditation & Community Night Prep for All- Sangha Meeting Shove Chapel 6:15–7:30 PM	12	13 Meditation Shove Chapel 6:00–7:00 AM	14	15	16 Meditation Shove Chapel 6:30–8:30 AM Breakfast-Wooglin's <div style="border: 1px solid green; padding: 2px; text-align: center;">Weekend Retreat with Sarah Bender, Sensei; Colorado Springs</div>	
	17 <div style="border: 1px solid green; padding: 2px; text-align: center;">Weekend Retreat with Sarah Bender</div>	18 Presidents' Day Meditation & Dharma Talk Shove Chapel 6:15–7:30 PM	19	20 Meditation Shove Chapel 6:00–7:00 AM	21	22	23 Meditation Shove Chapel 6:30–8:30 AM Followed by breakfast @ Wooglin's	
	24	25 Meditation Two Periods & Precepts Recitation Shove Chapel 6:15–7:30 PM	26	27	28	29 Happy Leap Day!		

<div style="writing-mode: vertical-rl; transform: rotate(180deg); font-size: 4em; font-weight: bold; margin: 0;">M a r c h</div> <div style="font-size: 2em; font-weight: bold; margin-top: 20px;">2008</div>	<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>	
								1 Meditation Shove Chapel 6:30–8:30 AM Followed by breakfast @ Wooglin's
	2 Koan Seminar Sarah's House 3–5 PM	3 Meditation & Sutra Service Shove Chapel 6:15–7:30 PM	4	5 Meditation Shove Chapel 6:00–7:00 AM	6	7	8 Meditation Shove Chapel 6:30–8:30 AM Followed by breakfast @ Wooglin's	
	9 Community Meeting and Dinner Woman's Club 4:30–7:30 PM	10 Meditation & Community Night Shove Chapel 6:15–7:30 PM	11	12 Meditation Shove Chapel 6:00–7:00 AM	13	14	15 Meditation Shove Chapel 6:30–8:30 AM Breakfast-Wooglin's	David Weinstein's Transmission Ceremony
	16 Steering Meeting Woman's Club 3:00–5:00 PM	17 Meditation & Dharma Talk Shove Chapel 6:15–7:30 PM	18	19 Meditation Shove Chapel 6:00–7:00 AM	20	21 Vernal Equinox	22 Meditation Shove Chapel 6:30–8:30 AM Breakfast-Wooglin's	Koan Retreat with Joan Sutherland Santa Fe
	23 / 30 23rd Koan Retreat Santa Fe	24 / 31 Meditation Two Periods & Precepts Recitation Shove Chapel 6:15–7:30 PM	25	26 Meditation Shove Chapel 6:00–7:00 AM	27	28	29 Meditation Shove Chapel 6:30–8:30 AM Followed by breakfast @ Wooglin's	
	30th Koan Seminar Sarah's House 3–5 PM							

Dana for 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. We have also applied for 501c3 status. Let's share the Dharma assets!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (h) _____ (other) _____

E-mail: _____ (required for e-distribution)

Contribution Amount Enclosed: \$ _____

Checks should be made out to Springs Mountain Sangha c/o Robert King, Treasurer.

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 SMSdharmanag@hotmail.com (your friendly editor).

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

Five Great Reasons to Support Your Sangha

Here are five great reasons to donate to Springs Mountain Sangha. 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 PO Box 2368, Santa Fe, NM 87504. Or, send a donation to SMS with a note that it is for Joan.
- **Donate to the Sarah Fund.** We would like to raise \$12,000 by March 2008 to enable Sarah Bender, Sensei to continue her Buddhist studies with a sabbatical in 2008-2009. The Sarah Fund provides a great opportunity to support our resident teacher and advance the awareness of Buddhism in our Sangha, our city, and the world.
- **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."

Thank you so much!