

Springs Mountain Sangha

The dharma rag

Volume 9, Issue 4

July, 2006

Inside this Issue:

- ❖ *Poem*
- ❖ *Voices*
- ❖ *Upcoming Events+*
- ❖ *Weekly Schedule*



These first evenings
of summer seem to take time
to stretch out
and breathe, after the long,
hot afternoons. The slow dance
of Earth and Sun
leaves lengthening evenings,
well after the longest day has come
and gone.

These are privileged times. Everything
lifts a little: leaves, birds and neighbors move
more easily, and smile.

Take some of this
as your own. Stop
everything; reclaim your attention
for a little while
from all the things,
the people
and the thoughts that call for it
so loudly. Even a few minutes
of just
stopping
can be amazingly
refreshing. You can remember
who you are:
how large, and how simple.

Sarah B.

Springs Mountain Sangha's
Monthly Newsletter
The dharma rag
Editor: Judith Steed
Published every quarter, if not
sooner.

Submissions of articles related
to Buddhism are encouraged
from all readers and may be
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P.O. Box 60904
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Or send an email to
Smsdharma@ispwest.com.
Submission deadline is the third
Friday of each month mostly.
Come visit our website @
www.smszen.org

VOICES

Long Time, No See

I wanted to drop a line and let you all know that I'm still around even though I haven't been around. Summer has rolled around and my addiction to sun and river water has lead me out of town more often than not. Even though I've missed a lot of sits, I've been sitting by myself and rereading Zen Mind, Beginner Mind. I use thoughts and memories of sitting at Shove to center me. The cool polished stones under my feet, the quiet that penetrates the halls, and the sound of my own breathing will stay with me forever.

Recently I've been teaching kayaking in Salida on the



weekends and working at Ft. Carson during the week. Teaching is Salida allows me to get back to programming and the type on one

on one interaction that I got into recreation in the first place for. During the week I'm behind the desk "counting beans" and "minding the shop". It's my plan to trade teaching for bean counting completely in a year or to but until then I'm burning the candle at both ends and enjoying every minute. I do miss everyone and I should see you all once or twice before this is printed. Here is a picture of some of my students.

SETH

And the answer is...

no answer
but a game!
THE game children
play
when they stand up:
finding balance.
Simple enough

but invisible.
So don't bother traveling
the world of exotic languages
to climb sacred mountains.
There's nothing to
see, taste, touch.
So, give up
searching.
Simply
close your eyes
gently
long enough
long enough till you can *see*
no thinking.

Hang there
beyond delusive thinking
in the thinnest of airs
like rocks
in sunshine or fog.

Hang there.
The tide comes.

Hal G. (C/S June 21, 2006)

Photo below by Hal.



“Ants and Sticks and Grizzly Bears”

When Judith and I first talked about it, this was going to be a prose column about life's "little things." So far, the little things seem to prefer to express themselves in poems, so here's another:

How Many Breaths?

“What do you plan to do
with your remaining breaths?”
asks the Roshi.

How do I know how many I have –
how many breaths left
for fusing with the watery markings
of the oak on the Zen room floor . . .

for picking a spray of wild roses,
now marshmallow white
against the gray weathered fence
but so soon gone?

How many breaths for coming back to bed
on a sleepless night
and sliding into Robert's arms
that wait to soothe me back to sleep?

And how many breaths left
to rock another new-born grandchild
in these aging arms,
so well-practiced in baby-rocking?

How many more coral sunsets to breathe in?
How many more white satin moons
making altars of silent mountains
that take away my breath?

How many more chances to say
“You are loved” to a young man
crying alone in an empty chapel?

How many times
to get my breath knocked out,
to live through surgery
and come back for more breaths?

How many breaths with which
to fix a simple meal,
to water the plants,
to sweep the kitchen floor,
to make love with my Robert?

Tell me, Roshi, how many breaths
to remind myself of your
thousand-year perspective?
to say one more “I love you”
to Karen, Paul, John and their children?

How many breaths to say “Goodbye”
to old friends;
“Thank you” to precious mentors;
and “I'm coming”
to the Mystery that is All?

Tell me, Roshi. How many breaths?
How many are left?
“Only *this* one,” he answers.
“Only this one.”

Elizabeth King 6/2/06

whites or warm ambers, steady
among shades of flickering blues
light up
one at a time
under deeply dark lapis skies.

Not noticed
between their coffee and hair:
chickadees pecking in dusty winter
soil.

Not noticed
between curlers and schedules,
flashing ads and breaking news,
lunches getting packed
breakfasts getting fried:
the rage
as exploding torches of
rubies and sapphires,
coral and turquoise,
singe their stucco walls
and red shingled roofs.

Hal G. (C/S December 28, 2005)

Unnoticing

The incense smoke curls.
 caressing my face with an unseen hand,
The candle flame dances,
 the Buddha doesn't even smile

I smile
I sit
Here I am again
My mind remembers past sits,
 future sits, just not this one

My body does ...
it settles, relaxes -
 all but the shoulders,
 my foot snuggled under my thigh
 my other knee straining
 very slightly
 to touch the mat

My hand fiddles to find the mudra
My eyelids close

Then the motion explodes
Grind, grind, grind,
My thoughts bounce off my skull
Air fills my lungs unnoticed
Grind, grind, grind,
My thoughts dance
 vying for my attention

My thumb twitches,
My mouth smiles and I notice
One, breath, two, breath, noticing, noticing,
three, breath, four, five, six,
Wait where did it go, the breath, the noticing
 Judith S.



the wind blows the seeds randomly
they fall to the ground
some are watered and thrive
some die
of those that grow, some come to full flower,
their pollen is spread so many, many ways
some create new seed and continue
others die
and the thought-seeds that are blown
into my consciousness, shall I water them, or
let them die

Bill B.

<Place
Your
Submission
Here>

UPCOMING EVENTS!

Hi All,

Wanting to have a **Party**, we're going to honor **Nard Claar** who's retiring from the Steering Committee after having done an enormous amount of work setting us up as a non-profit and doing PR and other chores for the Sangha. We hope lots of you will come, socialize and thank Nard.

It's at Sarah Bender's house **Sunday evening the June 25th at 6:00pm.** Please bring your favorite dish and we'll feast and celebrate together!

Opening the Heart of Summer

SMS offers an all day introductory retreat: **Saturday, July 15th** from 9:00 to 4:00pm @ Morealle Carriage House, Colorado College Campus (contact for directions).

This includes a brief introduction to Zen Buddhism, meditation instruction and practice, a silent lunch (vegetarian), a talk and discussion, and time for rest and reflection. For information, please contact: Andrew at 287-6141 or apalmer@naropa.net or Sarah at 594-0724 sbender@corb.com.

Fresh Breeze Zen Meditation Retreat with Joan Sutherland.

July 26-30, 2006 @ Mountain Cloud Zen Center, Santa Fe, NM. (see insert)

Study Group: The Sixteen Bodhisattva Precepts

The group is formed, not just of those taking refuge, but of anyone who would like to come. We take up each precept in turn, practicing with it in the triple way Joan described for us as the practice of Prajna Paramita: we study it and examine it with our intellect, we bring it into our meditation and take it up as a matter of deep inquiry, and we bring it to our daily lives, responding to events with the hands of the precept, so to speak.

Precepts Update, with minor schedule changes

Next meeting: **Sunday, June 25 2:30 to 5:30 PM**
Sarah Bender's house
 Precepts 4 and 5: **Not Lying, Not Giving or Taking Drugs**
 After that: **Sunday, July 16 2:30 to 5:30 PM**
Sarah's house again
 Precepts 6 and 7: **Not Discussing Faults of Others, Not Praising Yourself**
Sunday, July 30 2:30 to 5:30 PM
Woman's Club
 Precepts 8 and 9: **Not Sparing the Dharma Assets, Not Indulging in Anger**
 We will take up the **Tenth Grave Precept, Not Defaming the Three Treasures**, at one more meeting: time and place to

FRESH BREEZE
 ZEN MEDITATION
 RETREAT
 WITH
 JOAN SUTHERLAND



"Suddenly I experienced for myself the fresh breeze that rises up when the great burden is laid down." Fayon

WEDNESDAY, JULY 26 -
 SUNDAY, JULY 30, 2006
 MOUNTAIN CLOUD ZEN CENTER
 SANTA FE, NEW MEXICO

Contact: retreats@joansutherland.net

be announced.

All are welcome to any meeting. If you haven't been coming but would like to be added to the mailing list, please send a note to Sarah, sbender@corb.com. You'll receive the suggested reading list, occasional notes regarding the subject matter, and sometimes short selections to read.

It's fine to come to any meetings, and to miss any meetings. If you let me know that you plan to attend some, I'll put you on a list and will send updates so you'll know what's coming up for the next meeting.

If you have questions or suggestions, please feel free to give Sarah B. a call at 594-0724.

The dates for **Joan's Fall Residency** are September 22 to October 16, with the **Meditation Retreat** on September 25 to October 1, and probably a **Koan Retreat** October 13 to 15.

**The Consciousness Revolution:
Compassionate Communication
Learning Labs
July 21, 22, 23 with Julia Archer**

Perhaps you've heard about it, now you can see what all the hopeful excitement is about! Nonviolent Communication (NVC) is a communication method that works from the inside out, a spiritual practice that enriches our life and relationships - a Consciousness Revolution!

**The Consciousness Revolution: Speak it!
Friday, July 21 7-9pm**

\$20 suggested donation if you are attending Friday evening talk only.

Welcome, everyone! An inspiring introduction to the four steps of the transformational process of NVC. We can untangle the mystery of 'less than wonderful' interactions and learn to replace life-alienating language with words and awareness that clear obstacles and open the way to resolution and joy.

Day One: Revolutionary Relationships

Saturday, July 22 9:30am to 5:30pm

We often defend our hearts from perceived attacks. With NVC we shed enemy images, connect with others, and find solutions that work. We are able to transform relationships within family, workplace and community. During this day, we'll delve deeply into the transformative power of NVC. You'll learn the purpose of each of the four steps and how and when to use them. Come prepared to enjoy new learning and possibility!

Day Two: Compassion in Action

Sunday, July 23 9:30am to 5:30pm

We can deepen NVC skills and the meta-skills of compassion and creativity that arise naturally when language reflects our true values. We'll enhance competence and confidence by role playing real life situations.

Weekend package (all three labs): \$150.00
Highly recommended: Please read or review **Nonviolent Communication, A Language of Life** by Marshall Rosenberg.

Your presenter: Julia Archer, an inspiring and accessible teacher, has focused on the mind/body/spirit connection in communication skills training, outdoor adventure training, and creative arts. Julia has received local and national recognition in educational excellence, ethics and design. She is a trainer candidate with CNVC. This is her second NVC training with Springs Mountain Sangha.

Location: CC Women's Club, 20 West Mesa, just south of the CC campus. Directions: wmjeavons@earthlink.net
Please bring a brown-bag lunch.

Registration is open first to the Sangha. After the 24th of June we will open the class to other interested participants. Participation is limited to 24.

To register: Please mail your check for \$150 to: SMS, in care of: W. Jeavons, 3805 Somerset St., C. S., CO 80907

Limited scholarships are available: please send a check for what you can afford and a request for scholarship to the above address.

For questions: Julia Archer at "<mailto:julia@juliaarcher.com>" julia@juliaarcher.com, cell 659-4978 or visit "<http://www.juliaarcher.com>" www.juliaarcher.com.

A full-Day Retreat

Saturday or Sunday, August 5 or 6 (TBA) with a theme related to the practice of generosity. For some reason, what is coming up in this connection is Voltaire's Candide! "Il faut cultiver notre jardin...." What does it mean to cultivate our garden in times like these? If you are interested, please let Sarah Bender know.

When *Springs Mountain Sangha* incorporated a year ago we agreed to hold an *Annual All-Sangha meeting*, where we would approve a slate of officers and take up any issues of general concern to the membership. The meeting is schedule for "community night," the on **September 11th**. Put this date on your calendar and let the officers know of any concerns you think should be addressed at this meeting.

Opportunities to Support our Teachers

Always worth repeating -as you may know, our teachers in most cases do not solicit or receive a living wage from their efforts in spreading the words of the way. However, they do accrue various costs to which we can help. Specifically, both Joan Sutherland and John Tarant have medical costs right now. If you are so moved and would like to send any amount of monetary support, please contact a member of the steering committee for Joan or Pacific Zen Institute healthdrive@pacificzen.org for John.

Also please remember the teachers blessed with health: Sarah Bender and David Weinstein. They too can always benefit from the monetary support as you are motivated to share. Thank you for your consideration.

Join the Compassion Reserves! Just one weekend a month!

We're wondering if anyone would be interested in doing community volunteer work as Springs Mountain Sangha. It would be a great way to help other people, as well as build a sense of unity within our group. We're envisioning some sort of group work day, where we can help a different organization each month. If you're interested in joining in, or if you can think of other groups that could use this sort of help, contact Carter or Marsha True at 635-5632 or mactrue@hotmail.com.

OTHER EVENTS/ ACTIVITIES TO CONSIDER

"The Science of a Compassionate Mind"

Sunday, September 17, 2006

The Mind and Life Institute will be sponsoring a public talk given by **His Holiness the Dalai Lama** at the Pepsi Center in Denver. If you would like more information about this event, please visit their website at www.mindandlife.org.

Four Foundations of Mindfulness

With Venerable Ajahn Thanasanti

Sponsored By

Rocky Mountain Insight,
2525 West Pikes Peak Avenue, Suite A,
Colorado Springs, CO 80904 Tel: 719-634-0566

<http://www.rockymountaininsight.org/>

**Public Talk and
Non-Residential Vipassana Retreat**

"This is the direct path for the surmounting of sorrow, disappearance of pain and grief, for the realization of Nibanna (liberation) namely, the four foundations of mindfulness."

The Buddha Satipathana Sutta

Public Talk - Open to All. Friday evening - **July 14, 2006 7 PM** "The Direct Path to Realization" Retreat - **July 15 and 16, 2006 9 AM to 5 PM Saturday 9 AM to 4 PM Sunday Retreat Registration Date: July 5**



Ajahn Thanasanti

Ajahn Thanasanti is a senior Buddhist Nun in the Theravadan tradition. Born in California, she began meditating in 1979. Later she took ordination at Amaravati Buddhist Monastery in England with Ajahn Sumedho as her teacher.

She has been teaching meditation retreats internationally since 1996. Her personal interests include understanding emotions and seeing

compassion as an essential part of awakening to the full human condition.

Currently she resides at Chithurst Buddhist Monastery, UK.

Cost : The teachings are offered on a dana (generosity) basis. All dana will go directly to the support of Ajahn Thanasanti. Anything over and above airfare will help support the cost of the newly purchased cottage for the fourteen nuns at Chithurst Monastery.

The support of the monastics of the Theravada forest tradition worldwide is totally dependent on the generosity of lay people. You are invited to give generously according to your inclination and ability.

Dana is tax deductible.

Offering of Food: In keeping with the lay support of the monastic community, we will have the rare opportunity to offer food to Ajahn Thanasanti at the noon meal each day. We invite you to bring something to share each day.

The Retreat: The Four Foundations of Mindfulness "is one of the most important in the Pali Canon containing the most comprehensive statement of the most direct way to the attainment of the Buddha's goal."

Bhikkhu Bodhi Majjhima Nikaya 133

This retreat is suitable for both new and experienced students of meditation.

The retreat will be an opportunity to deepen our understanding of practice using the four foundations of mindfulness as the basis for contemplation.

Noble silence will be observed and the time divided for walking, sitting and awareness through movement. There will also be times for discussion.

Bringing mindfulness and clear understanding into the mind body process allows insight to release habits that cause stress. Joy, inner contentment and confidence are the fruits of such release.

The Value of a Non-Residential Retreat: A non-residential retreat is a time for deepening meditation practice while commuting from home. With more interplay between daily life and a retreat environment, it can serve to integrate the practice so that these two separate aspects of our lives become seamless.

Sunday Morning Sit: 9:00 - 10:00 AM: This regularly scheduled sitting will be incorporated into the retreat and is open to all. Otherwise the retreat is closed to

dropping in. You will be entering a retreat environment.

Please observe Noble Silence when entering, while in the vihara and when leaving. Thanks!

Reservation Information: Reserve Early! Space is Limited! Full or partial attendance Secure your space with a check to RMI for \$15.00.

Retreat Information: BurrowsDonAndNancy@adelphia.net Secure your space with a check to RMI for \$15.00. Mail check to: Don & Nancy Burrows 815 Old Dutch Mill Road, Colorado Springs, CO 80907 (719) 528-3979

Please feel free to forward this or post for parties who may be interested.

WEEKLY SCHEDULE

- ❖ **Monday** evenings starting at 6:10 p.m. at Shove Chapel: 1010 North Nevada on the campus of Colorado College.
 - ✓ *First Monday* of the month: 30-minute sutra Service, brief walking meditation, two 25-minute periods of sitting
 - ✓ *Second Monday:* one 25-minute sitting period, including walking meditation, followed by a social gathering
 - ✓ *Third Monday:* one 25-minute sitting period, including walking meditation, followed by a talk or reading
 - ✓ *Fourth Monday:* One 25-minute sitting period and community member shares personal Zen Practice experience: "Way Speaking Mind." If you'd like/willing to take a turn, please call Sarah Bender
 - ✓ *Fifth Monday:* Two 25-minute sitting periods with walking meditation between. .
 - ❖ **Wednesday Mornings** from 6:00 a.m. to 7:00 a.m. at Shove Chapel.
 - ❖ **Saturday Mornings** from 6:00 a.m. to 8:00 a.m., also at Shove Chapel. After the sitting many of us usually walk to a nearby coffee shop for breakfast.
 - ❖ **Sunday** we often have steering committee meetings or discussion groups or workshops
- PLEASE REMEMBER TO CHECK THE WEBSITE IN CASE OF CHANGES AND ADDITIONS!!**

SMS July

2006

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 Sms Zazen , Shove Chapel, 6:00-8:00 am -OR- 1/2 day / All day sit
2	3 SMS Sutra service & Zazen, Shove Chapel, 6:10- 7:45pm	4	5 SMS Zazen Shove Chapel 6:00-7:00am	6	7	8 SMS Zazen , Shove Chapel, 6:00-8:00 am Followed by breakfast @ Wooglins
9 SMS Precept Study 11-2 pm @ Woman's Club & SMS Steering Committee Retreat Time/place TBA	10 SMS Zazen , Shove Chapel, 6: 10- 6: 45pm Community Night (tea and snacks) 6:45-8:00pm	11	12 SMS Zazen Shove Chapel 6:00-7:00am	13	14	15 SMS Zazen , Shove Chapel, 6:00-8:00 am AND All Day Intro Retreat @ Morealle Carriage House
16 SMS Precept Study 11-2 pm @ Sarah's house	17 SMS Zazen & Dharma talk, Shove Chapel, 6:10-7:45pm	18	19 SMS Zazen Shove Chapel 6:00-7:00am	20	21 NVC Workshop 7-9pm @ Women's Club	22 SMS Zazen , Shove Chapel, 6:00-8:00 am All Day NVC @ Woman's Club
23 All Day NVC @ Women's Club	24 SMS Zazen & Way Seeking Mind Talk , Shove Chapel, 6: 10-7: 15pm, talk by sangha member	25	26 27 28 Fresh Breeze Zen Meditation Retreat in Santa Fe, NM lead by Joan S.			29 SMS Zazen , Shove Chapel, 6:00-8:00 am Followed by breakfast @ Wooglins
30 SMS Precept Study 11-2 pm @ Sarah's house Last day of Fresh Breeze Zen Retreat	31 SMS Zazen & Shove Chapel, 6:10-7:45pm					

SMS August

2006

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
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27	28 SMS Zazen & Way Seeking Mind Talk , Shove Chapel, 6:10-7:15pm, talk by sangha member	29	26 SMS Zazen Shove Chapel 6:00-7:00am	27	28	29 SMS Zazen , Shove Chapel, 6:00-8:00 am Followed by breakfast @ Wooglins
30	31 SMS Zazen & Shove Chapel, 6:10-7:45pm					

Dana for Springs Mountain Sangha

Springs Mountain Sangha (now with tax exempt status) engages in three weekly sittings, study groups, retreats, residencies for our holding teachers, the *dharma rag*, website, and other communication media. Contributions from members and friends are the Sangha's sole financial resource. Let's share the dharma assets!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (h) _____ (other) _____

Email: _____ (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 Project, in both the Soto & Rinzai traditions. To learn more, visit our website, <http://www.smszen.org/> or contact us at SMSdharma@ispwest.com (editor). Please check if you prefer to receive the newsletter by email, saving resources & expenses.

The dharma rag

c/o Editor: Judith Steed

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www.smszen.org,