

Springs Mountain Sangha

The dharma rag

Volume 9, Issue 3

June-July, 2006

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Light Passes from Hand to Hand Joan Sutherland

I have invited Sarah Bender to become an Open Source teacher and she has accepted. Those of us who know Sarah know that this is really just a happy formality—the acknowledgement of what has been true for some time.

Sarah's title will be Zen Teacher (Sensei in the Japanese tradition). In addition to what she's

already doing as a meditation instructor, she'll be able to teach in long retreats, offer work in the room, take people through koan study, perform ceremonies, and give refuge.

Welcoming a new teacher into the Western koan tradition is still a rare and exciting thing, and David Weinstein and I do so with



joy. From the beginning, Sarah's koan work and the fresh perspective she's brought to teaching meditation and giving talks has been a vital contribution to our way. Who else can draw on Western wisdom traditions ranging from Walt Whitman to Dr. Seuss? Because I believe so strongly in Sarah and in co-creation, I'm delighted to greet her as my colleague and friend.

Once I visited a temple in the mountains of central Japan and was given a tour of the beautiful Chinese-style building. We wound our way through ornate corridors and interior chambers until all we'd lost all sense of direction. We opened a door like any other, but instead of leading us into another dim room, it opened to the outside. We were suddenly awash in sunlight, looking out over garden and pond to the cedar forest beyond. Sometimes I think we're like that, blinking in the light just beyond the threshold of Zen's movement from Asia to the Americas. There are some lovely things and some challenges about this spot: We're beyond the shelter of the grand old institutions, and we're in a garden where we can imagine and build a new shelter of our own. Which

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Come visit our website @

www.smszen.org

is the challenge and which the lovely thing? Don't they both contain some of each?

One thing this means is that there's no predetermined role for Sarah to slide into; she's free to co-create her role with her community and her colleagues. In the very act of exploring how she wants to be a teacher, she'll be dreaming the dharma on. So if you're wondering what all this means for the community exactly, you're right on because the truth is that we'll all be wondering it together. A fine old zen position to be in, and a nice group of people to be in it with.

SMS is already blessed or burdened, depending on your viewpoint, with two teachers in David Weinstein and myself, who will continue to bless or burden you in all the usual ways for the foreseeable future. What you now have for the first time is a resident teacher, which I invite you to see as a pretty cool development.

Becoming a teacher is so clearly Sarah's fate, but it is also the fate of the community to have helped a new teacher appear. It's one sign of SMS's ripening as a field of practice, and a cause for celebration. At the same time, a change like this can shake things up, and it's important to attend to that. Sarah has devoted a huge amount of time and energy to the community over the last decade, and as some of her attention shifts, others will be stepping in to pick up what she's putting down. I'd like to encourage you to see this as an opportunity, too—an opportunity to bring more balance to your work together, and to broaden and strengthen community leadership.

Being a zen teacher is a beautiful job, and it's also a difficult one. I'm grateful for Sarah's willingness to take on the challenges as well as the joys of this work, and I ask that you offer your support to her as she does. If you've benefited from Sarah's devotion to the community, here's a chance to say thanks. And let's meet at the autumn equinox in September for a really good party—a community celebration of this most lovely of harvests.

Joan

The Open Source
email ~ joansutherland@sonic.net

Dear Sangha,

I've just spent a few hours with my sister, Sancier, on and near the shore of the Atlantic Ocean near Old Saybrook, Connecticut. It's a beautiful, windy spring day, with clouds scudding by and a sea full of whitecaps. Inland, Rhododendron are in full bloom, leaves are getting large and the greens deepening by the day. Change is in the air.

Sitting on the banks of a river right where it flows into the Atlantic,

Sancier asked how I am feeling about becoming a teacher. I said that I feel a tremendous excitement about the opportunity to collaborate in a new way, to dive into study and meditation and see where this teaching practice will take me. How can I help?

At the same time, there is trepidation: fear of not offering what is needed, of being limited by my own "stuff," of failure in its many forms. Sancier asked me, "So which seeds are you going to water?"

Of course, that is a good question, not only for me right now, but for most of us, most of the time. All good changes are fearsome, and there's always the opportunity to divert the energy of the change into anxiety.

But you know, it's much more fun to be excited than anxious! So here's what I'm excited about:

1. I'm excited about exploring what it is to respond recklessly, letting heart and mind leave an "out of office reply" and go adventuring.
 - What if the bit of awake I carry in my backpack is enough to be helpful?
 - What if, in fact, my backpack turns out to be more like "Howl's Moving Castle" (must see the movie, if you haven't), magically containing something useful wherever I go?
2. I'm excited about creating a collaborative teaching role right here, in my own life, in my own community - you already know me, and we already have a habit of collaboration. Now we can see what a home-grown teacher can bring to that.

3. I'm most of all excited to see what Zen is coming to look like as we grow it here. It appears to be busting its seams!

Of course there are questions that don't have answers right now.

Some questions do have answers:

1. What do I plan to do?
 - I look forward to training new leaders
 - I will soon announce a sutra workshop that will let us play with and further develop our sutra services (not the liturgy, but the way we do it).
 - I'll also be part of an exploration of the practice of generosity in our sangha. How can we be useful in our wider community?
 - I will do more work with people individually.
 - I'll offer introductions and other classes.
2. How will I do these things and also keep bread on my table?
 - I will continue to teach children!
 - I will have to do less organizational work in the sangha.

Beyond that, I do not know.

Please do ask the questions that come up for you:

ask me, ask

Joan, ask the steering committee.

Your response to the news of this change has been so generous and encouraging! I thank you all.

With love,
Sarah

GOOD NEWS for SPRINGS MOUNTAIN SANGHA

I want to express my delight in the gift of a new/old teacher to keep right here with us. Seems a little like a birthday since Sarah isn't suddenly a different Sarah, but I think this opens huge possibilities for us as a Sangha; that this naming frees Sarah to come into her own.

This is certainly a cusp for us, an opportunity to reinvent our Sangha and our practice. Perhaps a solemn time, too, to look at what we do so well and how we hold the Dharma lovingly, and also what we might yearn for in practice, how we might come together more gracefully in community for ourselves and very much for

all beings. The world could use some good models of graceful community.

Congratulations and appreciation are in order here. This is a step off the top of the 100 foot pole for Sarah and she's very brave to accept this offer with all it entails. She's done this for us, first, among the many beings, and we might thank her for that.

Yours in this dharma, William

UPCOMING EVENTS!

Half Day Meditation

Saturday, June 24, 6 a.m. to Noon @ The Woman's Club
Please contact Andrew for more information: 287-6141
or apalmer@naropa.net

Living in Interesting Times Koan Weekend with Joan Sutherland Friday, June 2 ~ Saturday, June 3 @ Carl Cherry Center for the Arts, Carmel, California. For more information: cherry_center@yahoo.com

Study Group forming: The Sixteen Bodhisattva Precepts

From time to time, our community formally takes up the study of the Sixteen Bodhisattva Precepts. We usually form a study group when some members of the sangha are preparing for the ceremony of Taking Refuge in the Bodhisattva Way. Several sangha members plan to take refuge, as Joan Sutherland's students, at our fall retreat.

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. Each of us then brings to the group discussions the results of that practice: the discoveries, the questions. It's a study group, not a class. I'll be leading it, but as a collaborative study. In fact, I'd love to see us work towards writing a book together about the precepts taken up this way.

The first meeting of the Precepts Study Group is coming right up:

Sunday, June 4, 2 to 5 PM
at the Woman's Club, 20 Mesa Rd.

Subsequent dates look like this: Sundays, June 11, June 25, July 16 OR July 23, and July 30-- 11 AM to 2 PM -- and then a reprise on Sept. 10 or 17.

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.

Before the first meeting, please re-read Joan's article, "Refuge in the Storm." You can find this at Joan's website, www.joansutherland.net. At the first meeting, we'll talk a bit about precepts practice and then we'll dive right in, taking up the first precept. We'll also talk about other readings--so, if you have a book you'd like to recommend to our attention, please bring it then.

Bernie Glassman has this to say about the precepts (in his discussion of them in his book, Infinite Circle: Teachings in Zen):

"Rather than prescribing norms of conduct, they describe the various aspects of who we are fundamentally. For this reason, it's impossible to violate them in essence; in fact, it's meaningless to speak of such violation. Yet when we study them, it seems impossible not to violate them. Both statements are true."

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

The next **Steering Committee Meeting** will be Sunday, June 18 at 5:00 PM, Woman's Club, 20 W. Mesa Ave. (just west of the corner of Cascade Ave. and Monument St.). All are welcome. New energy and fresh ideas are very helpful to the committee! 20 W. Mesa Ave. (just west of the corner of Cascade Ave. and Monument St.).

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 second Monday in September. Put this date on your calendar and let the officers know of any concerns you think should be addressed at this meeting. Also, if you are interested in serving on the steering committee, we would like to know.

Fresh Breeze Zen Meditation Retreat with Joan Sutherland. July 26-30, 2006 @ Mountain Cloud Zen Center, Santa Fe, NM. (see insert)

A full-day retreat with koan seminar Saturday,

August 5:, 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.

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

OTHER EVENTS/ ACTIVITIES TO CONSIDER**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. For example, we've had the suggestion of doing a work day or half-day for the nuns at Benet Pines, and that sounds just right; members of the Sangha could contribute in lots of different ways. 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.

Several members of the steering committee would like to hold another **NVC training this summer** and need to know who else would be interested and able to give a weekend sometime in July to do this.

Julia Archer, who taught the first training last year, would like to continue our work with a core group of those participants and open to the Sangha. This is a fascinating correlation to our meditative work, and I feel, strengthens the Sangha as well as providing new tools for dealing with any relationship.

For more information or to sign up, please contact William @ wmjeavons@earthlink.net or 593-8461.

"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.

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.

VOICES**Dear Springs Mountain Sangha,**

As some of you may or may not know, I am graduating on Monday, May 22, 2006. I am leaving almost immediately after graduation, so I may not see many of you for some time. I grew up in Colorado Springs and my parents still live here, so I will visit when I can, but I doubt that I will live in Colorado Springs again, or at least not for many years. Shortly after I graduate, I will be traveling to Scotland with my sister and working abroad for a couple months either in Fort William or Inverness, in the Scottish Highlands. Then I return home for three days at the end of July before I depart for Japan. I am participating in the JET Program (Japanese Exchange Teaching Program) and will be teaching English to high school or middle school students. The program lasts at least one year and up to three years. I do not know where I will be stationed in Japan, but I requested a rural area because I think that one can get to know the culture and heartbeat of a nation better in the countryside as opposed to large cities.

I will miss the Sangha, and I hope to keep in touch with you. I also want to sincerely thank everyone in the Sangha for contributing to one of my best college experiences. I learned a lot from all of you, and I will never forget what I have learned. The sits on Monday and Saturday have become a favorite part of my week and my weekend. Also, I was fortunate enough to be able to attend three retreats this past year, and a part of me on a very deep level changed forever because of that. I cannot explain it, but many of you probably

understand what I am talking about. I just hope to be able to carry that with me wherever I end up.

I am sad to leave, but I know that I will meet equally wonderful people in Japan, and when I leave there, I will likewise be very sad. I have already done some extended traveling, and in each place that I live, I feel like I leave a part of me there when I go. Sometimes I feel like a floating island that only momentarily bumps up against the mainland before traveling out to sea again. On the other hand, I get to see a lot of interesting shoreline and have many adventures. The positive aspects of traveling are much greater and vaster than the negative. Ever since I can remember, I have longed to live abroad and travel independently, and finally, I am entering a stage in my life where I am able to do that. I also feel that I grow from each experience, and I have met so many people already that have deeply touched me. I believe that in order to understand the world better, one must travel and learn about cultures and peoples different from one's own. As Linji said, "Act as host to everything in the world." So, that is what I hope to carry with me this coming year with everywhere that I go and everything that I do.

Thank you all for being a part of my journey.
Sincerely,

Becca Gados

beccagados@ColoradoCollege.edu

Alone

A planet, alone
in the barely lit sky,
keeps me company
after the myriad of unnamed stars
has been erased.
I could find its name on the Internet,
but some ancient Roman character could not
add any more to its presence
than has the myriad of unnamed birds
whose chattering and songs erase
sounds of tires and defective mufflers.

All I can do is breathe
and erase the lists of things
I must do when the sun makes this day official.
All I can do is breathe
and try to capture some of all this.
All I can do is breathe...

Hal G. (C/S May 20, 2006)

At the Spring Meditation Retreat

Near the labyrinth,
pristine, beyond space and time,
a benediction.

Chip

Ants and Sticks and Grizzly Bears

Hal Gimpleson loaned me a book by Clark Strand on Haiku writing as a spiritual practice. It hasn't made me a Haiku poet, but it has caused me to start a new practice: *noticing the little things*, those simple, cut-and-run moments, before they bolt.

The brief piece that follows is one such moment caught in a non-Haiku during the Alaskan cruise from which we just returned.

In the Ship's Lounge

Laptops clicking
People sitting
reading knitting
snacking chatting
. . . suddenly
a whale!

Elizabeth King

Chronic Illness and The Way

During the most recent retreat an awareness came to me; chronic illness and the Way are the same thing. I realize if one thinks about this it seems absurd and yet...As we all know the Way encompasses all things. These pains, discomforts, wishes, wants, peace, and confusion have all been tumbling around for about seven years. As the years progressed I discovered what I was wanting was it to be different. My body had always been able to be "fixed" in some way or another in a reasonable length of time, even a few years. However, the last couple of years have given me a look at something that is not "fixed" but managed by being with the pain in all of the manifestations. The retreat was a natural progression of simply being present with self and Self; not seeing, feeling, hearing, or sensing the pain and illness in any way as the opponent, the one to be resisted, pushed away, compartmentalized, but as my

life. This includes finding comfort and relief, which for me means not picking and choosing. What needs to be done is simply done. For me picking and choosing creates suffering, confusion, and more pain. In this gentle and soft awareness of the Way and these illnesses being the same there is a flow. These pains continue to be a great gift on the Way, for I am being taught how to participate in the world in such a different form. When it becomes hard it seems I have slipped into picking and choosing, instead of letting the natural knowing float to the top like cream. I realize the "resting time" that I now have as my life allows me a great deal of quiet, so this knowing can float. Even with the illness and pain I am finding a liveliness in this way of life.

Kathryn

Frozen Rain Dance

They walk into the hall
carrying the sharp smell of snow.
How is it possible air can cling to bodies?
The invisible transforming matter.
I rise to join the circle,
a sedate dervish dance.
Clapper confusion and
we stammer to a halt.
Laughter fills the usual quiet:
beauty embracing mistake.

by Judith Lee

Something I have found in my readings. Kathryn

Whenever I wanted anyone to be different, the room filled with sorrow and pain...With any of these thoughts the room became small and fearful. There was a sense of strain, of needing to change others...when I wanted no one to be different, the room was large and at peace.
Cite: *John Tarrant*

Green Buddah of Healing

Thanx

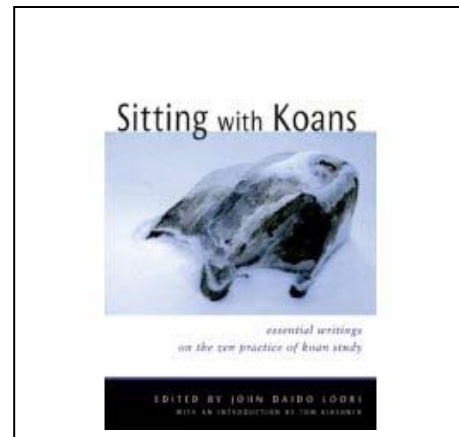
I'm genuinely honored that you gave him to me.
and yet, I don't believe in such things.
Yes, I'm a Zennist. The kind who
sit facing blank walls in the dark with lit incense.
Keep it simple. Don't clutter your mind or your home.
But now he's here and I can't help but to smile
at his wide, toothy smile, pressing his cheeks
so his already little eyes flatten out.
How can a guy not smile back?
And what is he carrying...that load of stuff
on his back? I can't figure it out.
Both bared feet, planted solidly on the ground.
He's here. Solid and strong, he's here. Simple!
He has a fan in his left hand, and, indeed, as I sit
with the sun warming my stiff back, breezes,
good, strong Colorado Spring breezes swirl
through by back yard and stir up a sleepy brain.
I blame sleepy on all the meds, but even on meds
the brain listens, gathers and speaks. All
I'm supposed to do is be quiet and listen carefully.
The little smiling face is not sleepy. He's enjoying it all.
The robins come in for water. Spring robins, the males
dark with huge rust breasts, are here. They sing of
Spring.
How fortunate I am to be healing during this season
of Spring promise! How fortunate I am to smile at
this year's robins, willing to come in for water
so close to where I sit. And the chipmunk! We never
had a chipmunk before. I can't help but smile
every time he shows up scratching for seeds under
the feeders. Deb's so good about filling feeders.
Maybe it's a heavy sack of birdseed he's brought us?
Yes, I sit with the pain, and the meds, and the work
of accepting the waiting for what it is and just waiting.
They're still all here, but I find myself

smiling back at this silly thing,
feeling better,
and being deeply grateful.

Hal G. (C/S April 22, 2006)



Sitting with Koans, Edited by John Daido Looi;
Wisdom Publications, 2006



Another quote I found in my readings. Kathryn

It is by going down into the abyss that we
recover the
treasure of life.
Where you stumble there lies your treasure.
The very cave you are afraid to enter
Turns out to be the source of what you are
looking for.
The damned thing in the cave
That was so dreaded has become the center.

You find the jewel,
And, it draws you off.

In loving the spiritual,
You cannot despise the earthly.

The purpose of the journey is compassion.

When you have come past the pairs of
opposites.
You have reached compassion.

The goal is to bring the jewel back to the
world,
To join the two things together.

Cite: Joseph Campbell

The book jumped into my hands while perusing the Buddhist section at the book store. OK, what jumped into my head first was, "Wow! Secret words! Secret Answers, ALL MINE!" Maybe I would even learn the secret, ancient Zen handshake that I know is there but have yet to learn. After all this, I saw my hand move over and pull it from the shelf, my body already tittering from trying to read the sideways book titles. Confusion reined as I tried to figure out what the picture on the front of the book was; a Trilobyte? Oh, just a funky rock in snow. What a strangely shaped rock, why did they pick that one? Here I am in the book store, my body contorted sideways, holding the book that will bring about my enlightenment and I can't get past the shape of the rock on the book's front cover. I'm in trouble.

I have a soft spot for books by Looi. He wrote the book that we used while ramping up to receive the Precepts. I enjoy his writing style. However, "Sitting with Koans", is an anthology of 25 chapters, each from a different source. He wrote very little of it himself but pieced together that which he thought was important. I still liked it. There are three sections: First, what, where and when did the Koan tradition start? What was the cultural background? This section is more an intellectual and historical presentation of the development of Chan and Koans in China. I found it interesting; the stories and history.

Next, there are several chapters about Japanese Zen masters, including several written hundreds of years ago. There's more history here, I saw Zen in a slightly different light as it describes more in-fighting between schools. People are still people, even back then!



However, there are several translations by those masters that were quite fun. I enjoyed a letter written by Hakuin Ekaku to a woman suggesting various methods of practice, including his recommendations for practicing with Koans. He's very humble, "this letter's probably poorly written..."

Finally, the last section offers dharma talks from modern times. Looi choose teachers from the Rinza schools, as Looi thought that they took Koans more serious than their Soto bretheren. (I wonder how long a "teacher" must be dead before they become a "master"?) Some of these talks were more interesting than others, but overall I still enjoyed them. Was this book "worth it"? The hours devouring it, at first, followed by settling in and reading a page or so before bed (or re-reading a paragraph or two over and over again as I was starting to sleep), sure, I enjoyed the book. I learned quite a bit; some history, some stories from "the old school" as well as some of the goals of Koan practice. I also picked up on some other ways of approaching Koans. In my own practice, I was able to dig in ways I hadn't tried before.

But there's a dark side. There are many words in this book. Based upon a simple calculation, this book has between 260,000 and 300,000 words. But they are all someone else's words. As I read, it's somewhat paradoxical that I'm taking in others' stories, others' words and munching them around in my head imagining what I would do in that situation; what I would do if given that chance and yet, these stories and these words are all about finding my own story and finding my own words and even going beyond stories and words. Can I un-read them? How can I even "un-read" my own stories (or at least think that they're "true")?

To learn of how others discovered their own inner light (jump to the last chapter to get more on inner light) this is a fun book. How can I discovery my own inner light? There is no book for that. There are no stories and no words but my own. Yet, even these are not truly mine but made-up stories that I think will make others happy, or that I think will make me be happy or prevent pain (and yet, don't). Will I be happy after I discover the secret handshake? Will I be part of a story that ends with "... and he then became enlightened"? I think that Linji would smack me on the head for even thinking that!

Frank A.

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 6:30 a.m. to 8:30 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!!



Buddha

Image by Andrew Palmer

SMS June

2006

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1	2	3 SMS Zazen, Shove Chapel, 6:30-8:30 am
4 SMS Precept Study 2-5 pm@ Woman's Club	5 SMS Sutra service & Zazen, Shove Chapel, 6:10- 7:45pm	6	7 SMS Zazen Shove Chapel 6:00-7:00am	8	9	10 SMS Zazen, Shove Chapel, 6:30-8:30 am Followed by breakfast @ Wooglins
11 SMS Precept Study 11-2 pm @ Woman's Club	12 SMS Zazen, Shove Chapel, 6:10- 6:45pm Community Night (tea and snacks) 6:45-8:00pm	13	14 SMS Zazen Shove Chapel 6:00-7:00am	15	16	17 SMS Zazen, Shove Chapel, 6:30-8:30 am Followed by breakfast @ Wooglins
18 SMS Steering Committee Meeting at 5:00pm @ Woman's Club	19 SMS Zazen & Dharma talk, Shove Chapel, 6:10-7:45pm	20	21 SMS Zazen Shove Chapel 6:00-7:00am	22	23	24 SMS Half-Day Zazen, @ Woman's Club, 6:00am -Noon
25 SMS Precept Study 11-2 pm @ Woman's Club	26 SMS Zazen & Way Seeking Mind Talk @ Shove Chapel, 6:10-7:15pm, talk by sangha member	27	28 SMS Zazen Shove Chapel 6:00-7:00am	29	30	

SMS July

2006

Sun

Mon

Tue

Wed

Thu

Fri

Sat

2

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6

7

8

SMS Sutra service
& Zazen, **Shove Chapel**, 6:10-7:45pm

SMS Zazen
Shove Chapel
6:00-7:00am

1
Sms **Zazen**,
Shove Chapel,
6:30-8:30 am
-OR-
1/2 day / All day sit

SMS **Zazen**,
Shove Chapel,
6:30-8:30 am
Followed by
breakfast @
Wooglins

9

10

11

12

13

14

15

SMS Precept
Study 11-2 pm @
Woman's Club &
SMS Steering
Committee
Retreat Time/place
TBA

SMS **Zazen**, Shove
Chapel, 6:10-6:45pm
Community Night
(tea and snacks)
6:45-8:00pm

SMS **Zazen**
Shove Chapel
6:00-7:00am

SMS **Zazen**,
Shove Chapel,
6:30-8:30 am
Followed by
breakfast @
Wooglins

16

17

18

19

20

21

22

SMS Zazen &
Dharma talk,
Shove Chapel,
6:10-7:45pm

SMS Zazen
Shove Chapel
6:00-7:00am

SMS **Zazen**,
Shove Chapel,
6:30-8:30 am
AND Intro To Zen
Workshop TBA

23

24

25

26

27

28

29

SMS Precept
Study 11-2 pm @
Woman's Club

SMS **Zazen & Way**
Seeking Mind Talk
, Shove Chapel,
6:10-7:15pm,
talk by sangha
member

**Fresh Breeze Zen
Meditation
Retreat in Santa
Fe, NM lead by
Joan S.**

SMS **Zazen**,
Shove Chapel,
6:30-8:30 am
Followed by
breakfast @
Wooglins

30

31

SMS Precept Study
11-2 pm @
Woman's Club

SMS Zazen &
Shove Chapel,
6:10-7:45pm

Last day of Fresh
Breeze Zen Retreat

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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