

Springs Mountain Sangha

A Zen Buddhist Community

Springs Mountain Sangha

Colorado Springs

voice mail: (719) 684-0210

www.smszen.org

The dharma rag

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June-July 2007

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Did you hear the one about the Zen master
who asked for a hotdog?
He said, "Make me one with everything!"
More Zen jokes appear on page 8.

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Dear readers of *the dharma rag*,

In recognition of a very busy summer
schedule, we decided to do a double issue!
So, here is June-July, with a calendar that
runs through September. We'll resume
production with a new issue in August.

Ed Q. has graciously agreed to be our
new calendar wrangler. Thanks!

Judith's lovely photos of the May 5 Pan-
Buddhist gathering appear on pages 4-5!

We hope your summer is packed with
family and loved ones, fun and safety,
reflection and productivity!

~Your editors, Lee and Judith

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

Editors: Lee Overmann and Judith Steed. Published every month, mostly.

We encourage submissions of articles related to Buddhism and the Way, events announcements, letters to the editor, reviews, recipes, and other sharings from all readers! Please send them to the editor at P.O. Box 60904, Colorado Springs, CO 80960. Or, send an e-mail to SMSdharma@ispwest.com. Submission deadline is the third Friday of each month, mostly. Come visit our Web site at www.smszen.org.

DHARMA TALK

Some Thoughts on Leave-Taking

By Joan Sutherland

These days I'm back and forth between California and New Mexico, stepping one way and then the other over one of those thresholds we arrive at in life. A few days ago I was in Occidental, where the roses are in bloom and the air is still; now it's Santa Fe, where the irises have burst and every afternoon brings rain. Still, birds sing in every spring garden, and cars sound only a little different on dirt roads than on pavement.

I've been saying good-bye to my California companions on the way. To our last one-day retreat people brought *koans* and we played together one more time, tweaking each other's noses ("Why, that duck hasn't gone anywhere at all!") and sharing a meal as the sun set behind redwoods. I spend time with dear friends and family, having those conversations it's essential to have at threshold moments. Books are sent to second-hand stores, old files recycled. Pots are washed out and not replanted. "Here, take this," becomes a refrain.

Old files are a funny thing. Each one is a memory, or a hundred linked memories, and it's impossible to look through it and decide whether it goes or stays without feeling something about how things used to be, or how they've changed, or how they haven't. What's still relevant? Whose time has passed? And consigning each book to the To Go pile is an acknowledgment that I probably won't pick it up again in this lifetime. The time stretching out ahead contains fewer books, and fewer memories, than the time already lived.

As I prepare to leave, I'm so aware of the redbud I planted when my stepfather died; the distant view of the sea; my neighbors walking by with their dogs, stopping to gossip about local government agencies or the adolescent bear who came to live in our valley. There's the bicyclist who died on the road outside my house, the kids growing up and going to college, the moon rising in my bedroom window on a warm summer night. Hours spent on the deck under a bright canopy of stars, talking and laughing and sometimes weeping with my colleague John Tarrant about this impossible project of ours.

If you've truly given yourself to a time and a place in your life, if you've lived wholeheartedly, then there's something both terribly painful and quietly perfect about taking leave of it. The painful part is like pulling a plant up from the earth; no matter how careful you are, you're going to tear off the tender ends of the roots, leaving them behind in the soil. At the same time, I remember what Rilke said about death, that "it is the measuring-line at the vessel's brim: we are full whenever we reach it." Leaving a place you've really lived is like that, too; there's nothing missing, nothing incomplete, even if your emotions are a bit of a jumble as you go.

Taking your leave is different from fleeing: it needs time and attention. And boy, is it worth taking the time—as much as you need to decide to go, as much as you need to say good-bye, as much as you need to begin to conjure into existence the room you'll be stepping into on the other side of the threshold. Sometimes there are emergencies and you don't have the luxury of that kind of time, so it makes it all the more precious when you do. Then, even if you're leaving people very dear to you, you go knowing that those relationships will endure. Even if you had hopes that things might have gone differently, there are no regrets. *What was that about?* becomes an intimate and affectionate question rather than a perplexed or unhappy one.

And so this afternoon I'll take another look at the house I'll probably be moving into here in Santa Fe. In a few days I'll be back in California for my last few weeks there. Back and forth across the threshold, until the movement of my life is ready of its own accord to settle somewhere for awhile. It's something that happens inside us all the time: Should I do this? Or this? I love you; you drive me nuts. This is impossible; this is my heart's truest desire. I want this; it terrifies me. Back and forth across the threshold, but not, dear friends, forever. Once in a while the heart develops a little motion sickness from all the to-ing and fro-ing and wants a place to rest awhile. That's good, too. I look forward to exploring what that's like before too long.

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

Dear friends,

It's a glorious morning! After yesterday's long rain, the whole earth seems to be celebrating, breathing long draughts of the cool, moist air, and basking in the heat of the strong spring sun. When I first looked out my door this morning, steam was wafting from the east side of a pine trunk. I am basking, too—in the kindness of this Sangha. Ten Sangha members worked here last Saturday. They buried irrigation line, cut down a dead tree, pruned, chopped up old boards, dug a bed for my tomatoes, whacked weeds, washed windows, and cooked! An amazing amount of work was done! My deep thanks to you all, and to several who couldn't attend but have offered to help in other ways. Like the kindness of sun, water, and air, this love supports life and lets me rededicate myself to spreading this happiness.

My son, Joe, has just finished a course on trauma. Yesterday we were talking about healing. In a time when trauma is so widespread and so damaging to the human prospect, what is the foundation of healing? "The whole world is medicine." That seems to be the essential *koan*! In our meditation, in our work, and our play, how does our hand find that medicine? How do we offer it? I believe the one essential, touchable ingredient of that medicine is joy. We can touch that whenever we are willing to put down the burden of our old stories and habits. Once it is touched, joy offers itself. Does this seem true to you? What is your own experience?

With warm best wishes, Sarah Bender

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SPECIAL NEWS / UPDATES

Lucinda Green and Rocky Mountain Insight present:

A Class on the Pali Canon

the first four Mondays in July (July 2, 9, 16, and 23)

6:00–7:30 PM, 2525 #A West Pikes Peak Avenue

(From West Colorado Avenue, turn north on 26th Street, then into the upper parking lot; 2525 is the red brick building at the far end)

The Pali Canon is a collection of early Buddhist texts and is one of the foundations for Theravada Buddhism. It is accepted as authentic by nearly all major schools of Buddhism. The Canon is a source for some of the core principles of Buddhism (the Four Noble Truths, non-self, dependent origination, etc.). The class will emphasize the *suttas* (or sutras) and will provide an introduction to the texts, give some suggestions for productively reading them, and provide a method for using the texts to aid meditation.

The class will cost \$75 and will be taught by Dr. Victor Bradford, a practitioner for over thirty years, who holds a Master's in (Asian) Philosophy.

No preparation will be required, and although Bhikkhu Bodhi's text *In the Buddha's Words* is recommended, source material will either be available online or as handouts. We will have a brief assignment allowing each participant to research an area of special interest, using the texts as backup (using online materials or a copy of the texts, which we plan to have available in our Sangha library). We may need to limit the size of the class if more people sign up than the Sangha can hold. It's a vast subject, and the class can only give an introduction, but an introduction is better than none!

**To register, please contact Vic at 719-667-1555
or Carol at 719-473-7609 by June 28, 2007.**

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FRESH
BREEZE
ZEN MEDITATION
RETREAT WITH
JOAN SUTHERLAND
ROSHI



July 25 – 29, 2007
Mountain Cloud Zen Center
Santa Fe, New Mexico
Contact Pasha Hogan
pashahogan@cybermesa.com

Happy Family Gathering



Dedication of Merit

May every living being,
 Our minds as one and radiant with light,
 Share the fruits of peace,
 With Hearts of goodness, luminous and bright.
 If people hear and see,
 How hands and hearts can find in giving unity,
 May their minds awake,
 To Great Compassion, wisdom, and to joy.
 May kindness find reward,
 May all who sorrow leave their grief and pain;
 May this boundless light,
 Break the darkness of their endless night.
 Because our hearts are one,
 This world of pain turns into Paradise,
 May all become compassionate and wise
 May all become compassionate and wise.



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VOICES

Not Guilty by Reason of Insanity, Continued

By Clay

Tom calls again asking for my help. If he can just find the right lawyer to represent him and prove that his civil rights have been violated by the government then everything will work out for him. In jail, you can't use the phone book, so he needs phone numbers from me for friends and associates that might help bail him out. He says if I love and care for him like I claim I do, then I will do the right thing and show the respect due to my older brother. I tell him that I won't help him get bailed out because he will end up running from the law again. It's time to settle the charges against him. Of course, Tom says the charges are fraudulent, and if I don't help him I'm just one of the bad guys. But, there's still time for me to do the right thing, and if I help him, he will show me mercy when I go before the Attorney General of the US and he presents all the incriminating evidence against me, Dad, the lawyer, the DA, and the judge. And the phone slams down. He is such an asshole, and I hate his condescending righteousness. I want to tell him to go to hell and to remember who's in jail and who's not!

The three boys in my family had a rough and tumble childhood. Being the youngest, I received plenty of thrashings from my older brothers. My oldest brother, Doug, seemed to have no remorse about pounding on me, but Tom would sometimes apologize for terrorizing me. Once I ran out into the forest behind our house in tears after a bad beating, never wanting to return home. As I hid in the trees thinking no one in the world cared if I lived or died, I heard Tom calling my name and looking for me, wanting to make amends and bring me home. What heart he had. But I remained in hiding, unwilling to accept his apology right on the heels of his cruelty. I hated his guts and wanted him to suffer like me. I remembered such caring, and as I grew up I came to love and respect him because he understood injustice.

Tom became wild and unpredictable in his teenage years. His impulses seemed to overtake him as he skipped school, did drugs all the time and stayed out much of the night. My folks asked him to leave the house when he was seventeen because he wouldn't abide by basic rules, and so he lived with some friends of the family. I remember going on a ski trip with a bunch of guys in high school, and at breakfast, Tom drank a beer, lit up his bong, and dipped some Skoal. If that had been my breakfast, I would have crawled into a closet for the day and not emerged until I felt normal again. He needed a lot to settle his nerves, and feeling normal was what Tom had to escape. It was all kinda funny back then, and we didn't know what to make of Tom. When he got caught sleeping with his girlfriend in the middle of the school day, he wanted to apologize to her family. So later Dad and Tom knocked on her door, but her father greeted Tom with a shotgun and said he'd better never see him again with his daughter. Tom broke all the rules, but he wanted it all to be OK and not to hurt anyone. He was wracked by guilt when he did. His conscience and his actions didn't match.

In the middle of the night when Tom was thirty-eight, he arrived on my father's doorstep, having driven straight through from Florida to Colorado Springs with FBI agents in black sedans following him all the way. He had experienced a psychotic break, and thereafter blamed the government for all the things wrong in his life. "They" poisoned his dog's food, spied on him through the TV, killed his mother and sister, and implanted listening devices in his brain when he was a young child. Dad, Doug, and I listened patiently to comfort him for a few years, but we wore out because nothing improved. Reason was useless, and love didn't count for much to Tom unless we could get the government to admit what they did to him. What was happening to my brother just didn't seem possible. Tom was hospitalized a couple times, and the shrinks said only medicine could mitigate his symptoms. And it did for a few months, but the medicine quickly became part of the conspiracy against him because the shrinks were colluding with the government. Tom cannot grasp his illness and will not take medicine voluntarily.

Author's note: Names have been changed for family privacy in a public document that goes on the Web. Feel free to speak with me if you like, though. CT



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THIS I BELIEVE



On the fifth Monday (April 30), Robert King shared with the group his thoughts about his Way Seeking Mind. It was a thoughtful and heartfelt talk. Here is his offering from this talk for this column. Thank you, Robert!

As a college student fifty years ago, I was profoundly affected by the teaching of Paul Tillich, a Christian theologian and philosopher with an international reputation. He offered a broad, inclusive, mystical view of religion that contrasted with the narrow fundamentalism of my Baptist upbringing. Subsequent reflection and experience served to validate this perspective for me. It has deeply saddened me in recent years to witness the rise of a worldwide fundamentalism with a strongly militant bent. I remain convinced that there is a universal spirituality of mystical

union and compassionate action inherent in all of the world's great religions that can bring us together in spite of our cultural and doctrinal differences, but I am not sure that such an outlook can prevail in the current atmosphere of fanaticism and paranoia. A major shift in consciousness may be needed to save us from ourselves.

~Robert

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ZENSMIRK®

By Ed Quesada and Judith Steed

Someone hit the @#\$\$@ bell!

Someone tap that timekeeper!!

I'm hungry

Arrgghh, my knees!!

Phew, isn't this session feeling kind of long to anyone else?

Oh, no, we'll be here forever!

Meditators
worst nightmare:
the timekeeper slips
into Samadhi

ZenSmirk: *dharma rag* cartoon – please send in your ideas, jokes, funnies

Zen Jokes!



Q: Why don't Zen Buddhists vacuum in the corners?

A: Because they have no attachments.

Q: How many Zen Buddhists does it take to change a light bulb?

A: Tree falling in the forest.

Q: What happens when a Zen Buddhist becomes totally absorbed with the computer he is working with?

A: He enters Nerdvana.

Q: Why did the chicken cross the road?

A: Asking this question denies your own chicken nature.

Q: How do you describe most human beings?

A: A person who is at two with the universe.



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A Zen master once said to me, "Do the opposite of whatever I tell you."
So I didn't.

ନିରାକାର ଗୁଣ

Six wise, blind elephants were discussing what humans were like. Failing to agree, they decided to determine what humans were like by direct experience. The first wise, blind elephant felt the human and declared, "Humans are flat." The other wise, blind elephants, after similarly feeling the human, agreed.

ନିରାକାର ଗୁଣ

- Always remember you're unique, just like everyone else.
- Never test the depth of the water with both feet.
- It may be that your sole purpose in life is simply to serve as a warning to others.
- If you think nobody cares if you're alive, try missing a couple of car payments.
- Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.
- If at first you don't succeed, skydiving is not for you.
- Give a man a fish, and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.
- If you lend someone twenty dollars, and never see that person again, it was probably worth it.
- If you drink, don't park; accidents cause people.
- Good judgment comes from bad experience, and a lot of that comes from bad judgment.

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SANGHA BUSINESS

Steering Committee Update

By Lee Overmann

The Sangha Steering Committee met on May 20. Present were: Sarah, William, Pete, Andrew, Robert, Elizabeth, Clay, and Lee.

Robert provided the Treasurer’s Report. He noted that the April retreat resulted in a deficit as a result of sales tax and facility costs. Several people generously overpaid their fees to enable scholarships. Robert also pointed out that, compared to last year, the Sangha is in great financial shape.

Robert also reviewed the quest for 501C3 status for the Sangha. He’s been meeting with Bill Brown, who very graciously has offered to help—pro bono—the Sangha reach this status. There are two tracks: church status and religious organization status. We decided to pursue 501C3 status with Bill Brown's help, and the question will be how we might want to adapt our bylaws to facilitate this. Robert will continue to work with Bill Brown to gather the information needed for Sangha decision, with the goal of presenting it at the next all-Sangha meeting in September.



Clay brought some information from the Rocky Mountain Insight folks regarding their positive experience of holding a retreat at the Canon City retreat facility, which they said is very nice and less expensive than the Franciscan Retreat Center. The Steering Committee will inquire further with the thought of conducting a retreat there; it would be a nice location to facilitate participants from both Colorado Springs and Pueblo.

Clay reported that the meditation instructors had met to plan repeating events. The Steering Committee then spent hours scheduling events through the summer. Please see the Events/Activities and At-a-Glance Calendar sections for details!

ନିରାକାର ଧର୍ମ

Service Committee

We had an awesome workday at Sarah’s house; ten people, including members of the Sangha and Sarah’s gardener, contributed to this service effort by washing windows, gardening, running irrigation hoses, cleaning, and cooking. As a participant, I can tell you we also had a great deal of fun!

Clay reported to the Steering Committee that he and the Service Committee will be meeting over the next few weeks to formulate some new ideas for service. Stay tuned!

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POEMS, LETTERS, REVIEWS

ଅକ୍ଷରମୟ

Another...

Somewhere
another twelve-year-old
was just orphaned
by the ravages of AIDS.

Somewhere
another twelve-year-old
was just murdered
by precision bombing.

Somewhere
another twelve-year-old
has just succumbed
to the effects of hunger.

While here...
in this land of plenty...
another twelve-year-old
just killed himself.

Why?
I ask you.
Why?

~Lucinda

ଅକ୍ଷରମୟ

For the Springs Mountain Sangha
Community,

I just wanted to let you all
know about an interesting religion
Web site. The address is
Beliefnet.com. The home page has
information about Buddhist prayer and
meditation, including Zen, Mahayana,
and Hinayana Buddhism.

This Web site has links to other
religious/faith beliefs, such as
Protestant Christianity, Judaism, and
Taoism.

I recommend this Web site to everyone
who wants to find faith and religious
information and help.

Stephen Bachmann
Peace, Happiness
May 2007

ଅକ୍ଷରମୟ

ଅକ୍ଷରମୟ

Endless Ages

Through endless ages, the mind has
never changed.

It has not lived or died, come or gone,
gained or lost.

It isn't pure or tainted, good or bad, past
or future, true or false, male or female.

It isn't reserved for monks or lay people,
elders or youths, masters or idiots, the
enlightened or unenlightened.

It isn't bound by cause and effect, and it
doesn't struggle for liberation.

Like space, it has no form.

You can't own it, and you can't lose it.

Mountains, rivers, or walls can't impede
it.

But this mind is ineffable and difficult to
experience.

It is not the mind of the senses.

So many are looking for this mind, and
yet it already animates their bodies.

It is theirs, yet they don't realize it.

~Bodidharma

ଅକ୍ଷରମୟ

You May Enter

Externally, keep yourself away from all
relationships,

and internally, have no pantings in your
heart.

when your mind is like a straight-
standing wall,

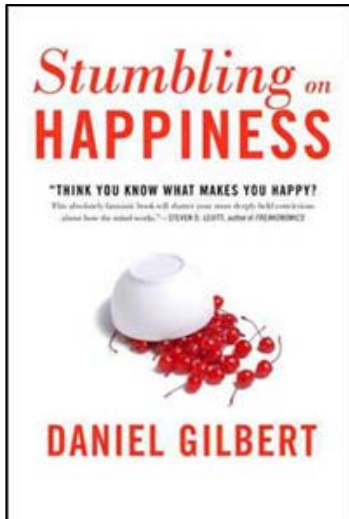
you may enter into the Path.

~Bodidharma

ଅକ୍ଷରମୟ

Book Review:
Stumbling on Happiness
by Daniel Gilbert

In my view, Stumbling on Happiness by Daniel Gilbert is an important book for people interested in religion or spirituality, and for managers, lawyers, and psychologists/ psychotherapists. The thesis of the book is that, due to innate cognitive distortions in our memories of the past and our attempts to imagine the future, human beings are incapable of making the choices that would lead to happiness. Examples of the types of choices being addressed are: whom to marry, whether or not to have children, what career to pursue, where to live, how much money is needed, etc.



Daniel Gilbert is a Harvard psychology professor. In the book he presents the results of numerous experimental psychology studies in a very understandable and witty way. He then gives us the big picture as to how the studies collectively provide a modern scientific view showing how human decision making often leads to sorrow. In the latter part of the book he shows the most scientifically validated way of making the best choices regarding the matters that affect our happiness, and he explains why human beings refuse to use this technique.

~Skip Sloan

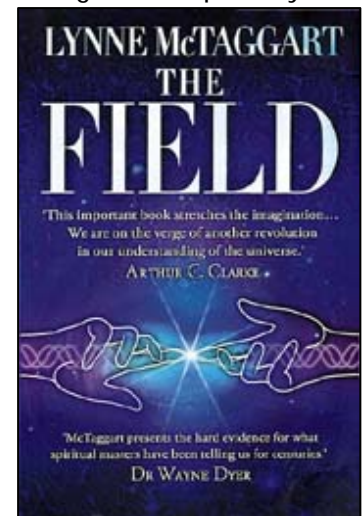
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Book Review:
The Field: The Quest for the Secret Force of the Universe
by Lynne McTaggart

A handful of renegade scientists have braved the ridicule and professional opprobrium of their Newtonian-minded peers for decades to develop

an expanded theory of how the universe really operates—the emptiness-that-is-not-really-empty that underlies all of reality—what we sometimes touch when we meditate. Finally, this quantum science is coming into the mainstream. What Lynn McTaggart calls the “Zero Point Field” is a field of unimaginably large quantum energy in the space between things, an ocean of subatomic vibrations that connects everything in the universe, much like “The Force” in Star Wars. It has the potential to integrate science and religion, explain gravity, mathematically prove mass and acceleration, and provide unlimited clean energy. *The Field* provides a scientific basis for instantaneous processes such as cellular communication and DNA, explains “new age” mysteries including homeopathy, ESP, remote viewing, energy healing, and acupuncture, and it may even hold the answers to the biggest questions of all: what is human consciousness, and what happens to us when we die.

Unbelievably, this is *fact*, not fiction, and for those of us who are as logical as Spock, yet who have experienced “ain’t no such thing” phenomena such as ESP, this is an enlightening book on “how it all works.” Even more heartening is the potential that science and religion may simply have been describing different parts of the same elephant all along.



Lynne McTaggart is an award-winning and highly credible investigative journalist. She interviewed dozens of scientists engaged in this groundbreaking scientific research, alternative medical treatments, psychic phenomena, and faith, and she explains it all in simple language. The research suggests that there is a quantum connection between the earth, all living things and *The Field*. I highly recommend this amazing book.

~Lee Overmann

ସମ୍ପାଦକଙ୍କ ଧନ୍ୟବାଦ

**SO MANY EVENTS AND ACTIVITIES!
ATTENTION! ATTENTION! ATTENTION!**

Details for SMS Events

June 2007

- **Precepts Class:** Sunday, June 3, 10, and 17 at Sarah's house, 3–5 PM. Please contact Sarah at sbender@corb.com for more information.
- **Meditation Intro:** Saturday, June 9, at the Woman's Club, 9:30 AM to 2:30 PM. Please contact Sarah at sbender@corb.com for more information.
- **All Day Retreat with WITR:** Saturday, June 16, at the Woman's Club, 9:30 AM to 4:30 PM.
- **WITR:** Friday, June 22 at Sarah's house, 9:00 AM to 12:30 PM or by appointment. Please contact Sarah at sbender@corb.com for more information.

July 2007

- **Meditation Intro:** Saturday, July 7, location TBD, 9:30 AM to 2:30 PM. Please contact Andrew at apalmer1@myway.com for more information.
- **Precepts Class:** Sunday, July 8 and 22, location TBA. Please contact William at wmjeavons@earthlink.net for more information.
- **All Day Retreat:** Saturday, July 21, at the Woman's Club, 9:30 AM to 4:30 PM. Please contact William at wmjeavons@earthlink.net for more information.

August 2007

- **Meditation Intro:** Saturday, August 4, at the Woman's Club, 9:30 AM to 12:30 PM. Please contact William at wmjeavons@earthlink.net for more information.
- **Precepts Class:** Sunday, August 5 and 19, location TBA. Please contact William at wmjeavons@earthlink.net for more information.
- **All Day Retreat:** Saturday, August 18, at the Woman's Club, 9:30 AM to 4:30 PM. Please contact William at wmjeavons@earthlink.net for more information.
- **WITR:** Friday, August 24, 9:00 AM to 12:30 PM, and Sunday, August 26, 12:30–2:30 PM, at Sarah's house. Please contact Sarah at sbender@corb.com for more information.

Dharma Talks given by SMS teachers are available on CD for \$10.00 each. For a list of available talks and to order, please contact Andrew at apalmer1@myway.com.

WEEKLY SCHEDULE

We meet at Shove Chapel, 1010 N. 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

6:00 AM to 8:00 AM (summer hours)

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

Sunday

We often have steering committee meetings or discussion groups or workshops

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 the thoughts and writings that people bring to share. Please consider offering your practice in this way!

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Other Local Groups

Wet Mountain Sangha (Pueblo)

- Meets Wednesdays 6:00–8:00 PM
<http://wetmountainsangha.org>

Rocky Mountain Insight

- www.rockymountaininsight.org
- Metta meditations on Fridays

Fireweed Sangha

- Robert Harkins, 719-540-8617

TSL Group

- tslcolorado@yahoogroups.com

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Ho Tei (also called *Mi Lo Fa* or *Ho Tai* in China) is the laughing Buddha of Japanese and Chinese folklore. He is one of the Seven Lucky Gods of Japan, as well as the Chinese God of Good Fortune and the Guardian of Children. Ho Tei’s round potbelly indicates an abundance of wealth and a joy-filled soul, and many

believe that if they rub his belly, all their dreams will come true! He carries a large cloth bag (a “ho tei” in Japanese), which contains an unending supply of gifts and good fortune for those who believe in his virtues of happiness and generosity.

Ho Tei is said to have been an actual person, possibly a tenth-century monk named Budaishi. Some accounts say that he was famous for his ability to delight the people through his ability to recite Buddhist texts, and others because he would always carry a bag of candy to delight the children.

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Out-of-State Events

Pacific Zen Institute

(www.pacificzen.org)

- **PZI Sesshin**, Sonoma County, California
June 19–16 and October 13–20
- **Kōan Seminar** with John Tarrant, Santa Rosa Center, California

July 21

September 22 November 3

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The Open Source

(www.joansutherland.net)

- June 8–9: **Kōan Talk and Workshop**, Carl Cherry Center for the Arts, Carmel, California
- July 25–29: **Summer Meditation Retreat**, Mountain Cloud Zen Center, Santa Fe, New Mexico. See www.mountaincloud.org.
- October 1–7: **Autumn Meditation Retreat**, Springs Mountain Sangha, Colorado Springs, Colorado
- October 26–28: **Kōan Retreat**, Mountain Cloud Zen Center, Santa Fe, New Mexico. See www.mountaincloud.org.
- November 4–11: **White Deer by Moonlight Meditation Retreat**, Vedanta Society Retreat Center, Olema, California

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SMS June 2007

<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 6:00–8:00 AM Followed by breakfast @ Wooglin's
3 Precept Study Series Sarah's house 3–5 PM	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 6:00–8:00 AM Breakfast-Wooglin's Meditation Intro The Woman's Club 9:30 AM–2:30 PM
10 Precept Study Series Sarah's house 3–5 PM	11 Meditation & Community Night Shove Chapel 6:15–7:30 PM	12	13 Meditation Shove Chapel 6:00–7:00 AM	14	15	16 Meditation Shove Chapel 6:00–8:00 AM Breakfast-Wooglin's All Day Retreat/WITR The Woman's Club 9:30 AM–4:30 PM
17 Precept Study Series Sarah's house 3–5 PM	18 Meditation & Talk Shove Chapel 6:15–7:30 PM	19	20 Meditation Shove Chapel 6:00–7:00 AM	21	22 WITR Sarah's house 9:00 AM–12:30 PM Or by appointment	23 Meditation Shove Chapel 6:00–8:00 AM Followed by breakfast @ Wooglin's
24 Steering Meeting Retreat Sarah's house 9:00 AM--3:00 PM	25 Meditation & Precepts Recitation Shove Chapel 6:15–7:30 PM	26	27 Meditation Shove Chapel 6:00–7:00 AM	28	29	30 Meditation Shove Chapel 6:00–8:00 AM Followed by breakfast @ Wooglin's

<h1 style="margin: 0;">SMS August</h1> <h2 style="margin: 0;">2007</h2>	<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 6:00–7:00 AM	2	3	4 Meditation Shove Chapel 6:00–8:00 AM Breakfast-Wooglin's <div style="border: 1px solid green; padding: 2px; margin-top: 5px;">Meditation Intro The Woman's Club 9:30 AM–12:30 PM</div>
	5 Precept Study Series Location: TBA 3–5 PM	6 Meditation & Community Night Shove Chapel 6:15–7:30 PM	7	8 Meditation Shove Chapel 6:00–7:00 AM	9	10	11 Meditation Shove Chapel 6:00–8:00 AM Followed by breakfast @ Wooglin's	
	12 Steering Meeting William's house 4:00–4:00 PM	13 Meditation & Talk Shove Chapel 6:15–7:30 PM	14	15 Meditation Shove Chapel 6:00–7:00 AM	16	17	18 Meditation Shove Chapel 6:00–8:00 AM Breakfast-Wooglin's <div style="border: 1px solid green; padding: 2px; margin-top: 5px;">All Day Retreat The Woman's Club 9:30 AM–4:30 PM</div>	
	19 Precept Study Series Location: TBA 3–5 PM	20 Meditation & Precepts Recitation Shove Chapel 6:15–7:30 PM	21	22 Meditation Shove Chapel 6:00–7:00 AM	23	24 WITR Sarah's house 9:00 AM–12:30 PM	25 Meditation Shove Chapel 6:00–8:00 AM Followed by breakfast @ Wooglin's	
	26 WITR Sarah's house 12:30–2:30 PM	27 Meditation & "Way Seeking Mind" Shove Chapel 6:15–7:30 PM	28	29 Meditation Shove Chapel 6:00–7:00 AM	30	31		

Dana for Springs Mountain Sangha

Springs Mountain Sangha engages in three weekly sittings, study groups, retreats, residencies for our holding teachers, *the dharma rag*, Web site, 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) _____

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 Project, in both the Soto and Rinzai traditions.

To learn more, visit our Web site, www.smszen.org, or contact us at SMSdharma@ispwest.com (your friendly editors).

Please check if you prefer to receive the newsletter by e-mail, saving resources and expenses.