

# Springs Mountain Sangha

A Zen Buddhist Community

Springs Mountain Sangha

Colorado Springs

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www.smszen.org

# The Dharma Rag

Volume 11, Issue 6

~ June/July 2008 ~

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## Coming Up for Springs Mountain Sangha

### —In July

**Work in the Room with Sarah Bender, Sensei**—Saturday, July 5, during Shove Chapel morning sit. Page 11.

**Sangha Barbeque**—Sunday, July 6, at Sarah's house starting at 5 PM. Page 5.

**Study Group**—Sundays, July 13 to August 10, from 1:00 to 3:00 PM, at Sarah's house. Page 10.

**ECOLOGIA Benefit for China Earthquake Victims**—Saturday and Sunday, July 19 and 20. Page 4.

### —In August

**Work in the Room with Sarah Bender, Sensei**—Saturday, August 2, during Shove Chapel morning sit.

**One-Day Retreat with Sarah Bender, Sensei**—Saturday, August 16. Details TBD.

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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](http://www.smszen.org)!

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ॐ नमो भगवते वासुदेवाय

## Dharma Talk

### *A Change of Season* *Joan Sutherland*

It was good to spend the summer solstice with you in a retreat that was filled, appropriately, with much light. Many of you have heard by now that I took the opportunity of seeing you in person to let you know about a change in the way I teach: Over the summer I'm going to be phasing out work on the phone. Here's why.

For many months now I've been feeling that spending up to five hours at a stretch on the phone six or more days a month is not a tremendously healthy thing to do. I've been agonizing about what to do with this unhappy fact, and then something happened that made the decision for me. About a month ago, within a few days of each other, I received two offers from two different publishers to write two different books. In order to say 'yes,' which I want to do, something has to give in my workload, and that something is going to be work on the phone.

We started staying in touch on the phone on the grounds that it was better than nothing, but circumstances have changed over the years and the alternative is far from nothing anymore. You now have a resident teacher offering work in the room, and I'm only 4½ hours down the interstate from the Springs these days. I'm also happy to discuss coming up there a couple more times a year for short visits that would include work in the room.

To those of you who were at the retreat, thank you so much for the grace and generosity with which you received this news, and for your support of my taking time to write, which really touched me. To those of you who weren't there, I'm sorry we didn't have a chance to meet in person; we'll have work on the phone in July if you want to talk any of this over. To all of you with whom I've been working on the phone over this past decade, thank you for your dedication. As a number of you mentioned, our work together has been a genuine collaboration in developing and refining this Way, and a couple of years from now I hope we'll have two new books to show for it: A collection of John Tarrant's and my translations of the koans in the Gateless Gate, the Blue Cliff Record, and the Book of Serenity, and a book on the koan way and, you know, life, the universe, and all that.

Thanks to all who did so much to make this retreat a joy; I look forward to many more. And please come visit anytime.

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Dear Friends,

A young friend from Colorado Springs, Meg Young, has spent this year living in Chengdu, working as an ECOLOGIA staff consultant for sustainable development and micro-lending in rural Sichuan Province. Meg was in Chengdu when the earthquake hit, and since then she has been doing relief work. Her group is working with people locally to rebuild simply and sustainably.

So, I started thinking about how to help, and my friend Judith Daley and I cooked up an idea: How about a benefit sale of the vintage kimonos, silks, scarves and stoles, and Chinese folk art that Judith imports? Our steering committee gave approval for Springs Mountain Sangha to sponsor the event, and here's how you can help, if you are so inclined:

- ★ Please spread the word!
- ★ Several people are needed to hang posters around town.
- ★ Two strong people are needed to help with set-up on Friday evening, July 18.
- ★ Two people are needed to help with sales on Saturday, July 19.
- ★ One person is needed to work at the benefit on Sunday, July 20, from noon to 4 PM.
- ★ Two strong people are needed to help with take-down, from 4 to 5 PM on Sunday, July 21.

If you'd like to be part of this benefit, please contact me, Sarah Bender, at sbender@corb.com or 719-594-0724.

Thanks! Sarah

This benefit is brought to you by

Springs Mountain Sangha

A Zen Buddhist Community  
www.smszen.org

WabiSabiWares

Vintage Textiles Re-imagined

wabisabiwares@live.com  
www.wabisabiwares.com



ECOLOGists Linked for Organizing Grassroots Initiatives and Action  
www.ecologia.org

# Vintage Asian Textiles and Art Sale

To benefit ECOLOGIA in their efforts to rebuild homes and infrastructure in earthquake-ravaged China

Chinese folk paintings, woodcarvings, and watercolor paintings  
Sustainable elegance from Japan's Showa period, 1926-1989...

Vintage kimono, short jackets, silk and indigo cotton robes, and accessories.

Unique fabrics for quilters and artisans...

Silk, wool, and cotton yardage from conserved textile rolls, and panels reclaimed from vintage garments.

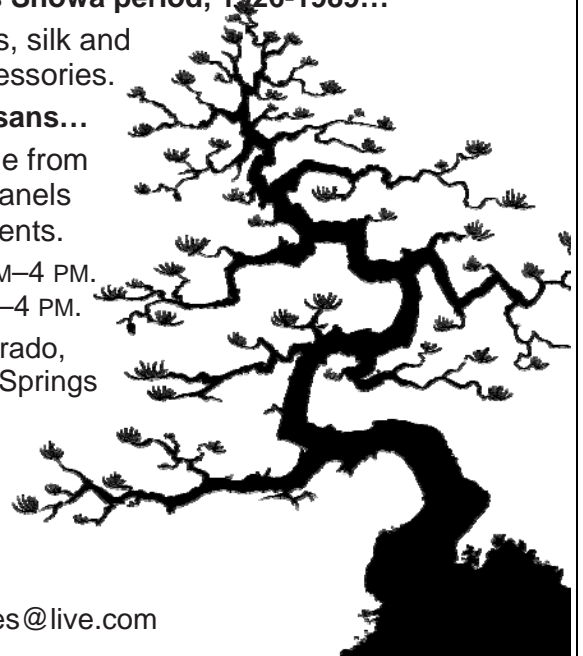
**When:** Saturday, July 19, 2008, 10 AM-4 PM.  
Sunday, July 20, 2008, 12 PM-4 PM.

**Where:** Gay & Lesbian Fund for Colorado,  
315 E. Costilla St., Colorado Springs

**20%** of all proceeds will be donated to **ECOLOGIA**

**Cash and checks only**

**For more information:** wabisabiwares@live.com









## Sangha Business

### **Steering Committee Activity: May 2008**

In attendance were Clay, Andrew, Sarah, Steve Walker, and William. The April minutes were approved.

The first hour was devoted to changes to the Monday evening schedule as discussed at community night. We also reviewed and approved scheduling for retreats, classes, and so on through December 2008.

Clay will initiate a parent's group and organize the first meeting in consultation with Andrew and Wendy.

We want to do leader's training/refreshing. We thought we'd do several gatherings through the end of May and beginning of June hoping that all the leaders could attend one.

We decided to have a practice period following the fall retreat culminating in a one-day retreat that will be held on the following Saturday, October 4. Practice will consist of morning and evening sittings through the week.

Finally, we decided to form a Web site committee to consider and implement suggestions for professional support of the site. We hope this committee will consist of Wendy, Lee, Frank, and any other members with technical expertise. Clay will check with Frank about scheduling a meeting.



### **Steering Committee Retreat: June 2008**

Present were Sarah, William, Andrew, Clay, Frank, Vic, Steve W., Lee, Pete, Robert, and Elizabeth.

Following a period of meditation, we spoke honestly about how we felt about our personal practice. Then we discussed our **dreams for the Sangha**. This was followed by a process in which we grouped our "dreams" into categories. We then prioritized the categories by voting on three items we thought were the most important. The categories were as follows:

Holding the container means keeping connected with the Sangha, energizing the practice for all, sharing the practice; reaching out to new members, encouraging closer bonds among Sangha members, planning family activities, and supporting each other.

Having an alive, open practice involves considering that daily life (as well as sitting) is our practice, growing and deepening our practice, keeping connected with each other, and maintaining our commitment.

Acquiring a home of our own is something that would make practice easier because we could leave our meditation hall set up and always have a place to go, but it would be a significant financial commitment. Additionally, it might shift our focus and would bring up several other problems such as maintaining our connection with Colorado College. A decision such as this one would not be taken without the consensus of the entire Sangha, and much more research is needed on cost and other considerations.





## Events and Activities

### DETAILS OF SMS EVENTS

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- ★ **Work in the Room with Sarah Bender, Sensei:** Saturday, July 5 during the morning meditation (6:00–8:00 AM) at Shove Chapel. Other WITR dates and times can be scheduled by contacting Sarah at [sembender@gmail.com](mailto:sembender@gmail.com).
- ★ **Sangha Barbeque:** Sunday, July 6, at Sarah’s house starting at 5 PM. For information, see page 5 or contact Sarah at [sembender@gmail.com](mailto:sembender@gmail.com).
- ★ **Study Group:** Sundays, July 13 to August 10, from 1:00 to 3:00 PM, at Sarah’s house. Study materials will be provided. For more information, see page 10 or contact Andrew at [remlapa@gmail.com](mailto:remlapa@gmail.com).
- ★ **China Earthquake Benefit:** Saturday and Sunday, July 19 and 20. For information and to volunteer, see page 4 or contact Sarah at [sembender@gmail.com](mailto:sembender@gmail.com).
- ★ **Chronic Illness Meditation and Discussion Group:** Every Friday, 11 AM to noon, at the First Congregational Church. Free. For more information, contact Clay at 719-213-6553.

### UPCOMING SMS RETREATS

**With Joan Sutherland, Roshi**  
September 22–28 (Benet Pines)

**With David Weinstein, Roshi**  
December 3–7 (Green Mountain Falls)

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

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## SMS Weekly Schedule

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

### Monday Evenings — 6:10–7:30 PM

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

### Wednesday Mornings — 6:00–7:00 AM

#### Saturday Mornings

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

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

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

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

#### Sundays

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

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

Please check our Web site for changes and additions!



# July

2008

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
		1	2	3	4	5 Meditation & Work in the Room with Sarah Bender Shove Chapel 6:00–8:00 AM Breakfast-Wooglin's
6 Sangha Barbeque Sarah's house 5:00 PM	7 Meditation, Two Periods Shove Chapel 6:15–7:30 PM	8	9 Meditation Shove Chapel 6:00–7:00 AM	10	11	12 Meditation, Four Periods Shove Chapel 6:00–8:00 AM Followed by breakfast @ Wooglin's
13 Study Group Sarah's house 1:00–3:00 PM Steering Meeting Woman's Club 3:00–5:00 PM	14 Meditation & Social Shove Chapel 6:15–7:30 PM	15	16 Meditation Shove Chapel 6:00–7:00 AM	17	18	19 Meditation & Sutra Service Shove Chapel 6:00–8:00 AM Breakfast-Wooglin's <b>Earthquake Benefit, Colorado Springs</b>
20 Study Group Sarah's house 1:00–3:00 PM <b>Earthquake Benefit, Colorado Springs</b>	21 Meditation, Two Periods Shove Chapel 6:15–7:30 PM	22	23 Meditation Shove Chapel 6:00–7:00 AM	24	25	26 Meditation, Four Periods Shove Chapel 6:00–8:00 AM Breakfast-Wooglin's
<b>Bodhisattva Meditation Retreat with Joan Sutherland, Roshi, in Santa Fe, New Mexico</b>						
27 Study Group Sarah's house 1:00–3:00 PM <b>Bodhisattva Meditation Retreat</b>	28 Meditation, Talk, and Discussion Shove Chapel 6:15–7:30 PM	29	30 Meditation Shove Chapel 6:00–7:00 AM	31		

<h1 style="writing-mode: vertical-rl; transform: rotate(180deg);">August</h1> <h2 style="writing-mode: vertical-rl; transform: rotate(180deg);">2008</h2>	<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>	
							<b>1</b>	<b>2</b> <b>Meditation &amp; Work in the Room</b> with Sarah Bender Shove Chapel <b>6:00–8:00 AM</b> Breakfast-Wooglin's
	<b>3</b> <b>Study Group</b> Sarah's house <b>1:00–3:00 PM</b>	<b>4</b> <b>Meditation, Two Periods</b> Shove Chapel <b>6:15–7:30 PM</b>	<b>5</b>	<b>6</b> <b>Meditation</b> Shove Chapel <b>6:00–7:00 AM</b>	<b>7</b>	<b>8</b>	<b>9</b> <b>Meditation, Four Periods</b> Shove Chapel <b>6:00–8:00 AM</b> Followed by breakfast @ Wooglin's	
	<b>10</b> <b>Study Group</b> Sarah's house <b>1:00–3:00 PM</b> <b>Steering Meeting</b> Woman's Club <b>3:00–5:00 PM</b>	<b>11</b> <b>Meditation &amp; Social</b> Shove Chapel <b>6:15–7:30 PM</b>	<b>12</b>	<b>13</b> <b>Meditation</b> Shove Chapel <b>6:00–7:00 AM</b>	<b>14</b>	<b>15</b>	<b>16</b> <b>Meditation &amp; Sutra Service</b> Shove Chapel <b>6:00–8:00 AM</b> Breakfast-Wooglin's <div style="border: 2px solid blue; padding: 2px; display: inline-block;"><b>One-day retreat,</b> details TBD</div>	
	<b>17</b>	<b>18</b> <b>Meditation, Two Periods</b> Shove Chapel <b>6:15–7:30 PM</b>	<b>19</b>	<b>20</b> <b>Meditation</b> Shove Chapel <b>6:00–7:00 AM</b>	<b>21</b>	<b>22</b>	<b>23</b> <b>Meditation, Four Periods</b> Shove Chapel <b>6:00–8:00 AM</b> Followed by breakfast @ Wooglin's	
	<b>24 / 31</b>	<b>25</b> <b>Meditation, Talk, and Discussion</b> Shove Chapel <b>6:15–7:30 PM</b>	<b>26</b>	<b>27</b> <b>Meditation</b> Shove Chapel <b>6:00–7:00 AM</b>	<b>28</b>	<b>29</b>	<b>30</b>	

# September

2008

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
	<b>1</b> Meditation, Two Periods Shove Chapel 6:15–7:30 PM	<b>2</b>	<b>3</b> Meditation Shove Chapel 6:00–7:00 AM	<b>4</b>	<b>5</b>	<b>6</b> Winter Hours Meditation & Work in the Room with Sarah Bender Shove Chapel 6:30–8:30 AM Breakfast-Wooglin's
<b>7</b>	<b>8</b> Meditation & Social Shove Chapel 6:15–7:30 PM	<b>9</b>	<b>10</b> Meditation Shove Chapel 6:00–7:00 AM	<b>11</b>	<b>12</b>	<b>13</b> Winter Hours Meditation, Four Periods Shove Chapel 6:30–8:30 AM Breakfast-Wooglin's
<b>14</b> Steering Meeting Woman's Club 3:00–5:00 PM	<b>15</b> Meditation & ALL-SANGHA MEETING Shove Chapel 6:15–7:30 PM	<b>16</b>	<b>17</b> Meditation Shove Chapel 6:00–7:00 AM	<b>18</b>	<b>19</b>	<b>20</b> Winter Hours Meditation & Sutra Service Shove Chapel 6:30–8:30 AM Breakfast-Wooglin's
<b>21</b>	<b>22</b> Meditation, Talk, and Discussion Shove Chapel 6:15–7:30 PM	<b>23</b>	<b>24</b> Meditation Shove Chapel 6:00–7:00 AM	<b>25</b>	<b>26</b>	<b>27</b> Winter Hours Meditation, Four Periods Shove Chapel 6:30–8:30 AM Breakfast-Wooglin's
<b>Ancestor's Retreat with Joan and Sarah, Benet Pines, Colorado Springs</b>						
<b>28</b> Ancestor's Retreat	<b>29</b> Meditation, Two Periods Shove Chapel 6:15–7:30 PM	<b>30</b>				

## 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](http://www.smszen.org), or contact us at [SMSdharmarag@hotmail.com](mailto:SMSdharmarag@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.
- **The Sarah Fund. We met our goal! Hooray!**
- **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!***