

Springs Mountain Sangha

A Zen Buddhist Community

Springs Mountain Sangha

Colorado Springs

voice mail: (719) 684-0210

www.smszen.org

The dharma rag

Volume 10, Issue 3

March 2007

Hi there readers,

Here's what's new and exciting!

- ★ The spring retreat will be held at the Franciscan Retreat Center in Colorado Springs from April 4–8. Joan Sutherland will lead it. Robert King will serve as registrar; please send your inquiries to kingrh@comcast.net. We need to secure reservations at least two weeks in advance, so it is not too early to apply.
- ★ On March 17, area Buddhist groups will hold a Silent Meditation for Peace. See page 4.
- ★ To aid navigation within *the dharma rag*, there is an expanded menu with links (at right), as well as bookmarks. *To use the menu links:* place your cursor over the menu titles at right and click. *To use the bookmarks:* click View (top toolbar), Navigation Panels (dropdown menu), and Bookmarks to make the bookmark menu visible. Then, place your cursor over the bookmarks and click.

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

Editor for now: Leece Overmann; Special Assignments Editor: Judith Steed. Published every month, mostly.

Submissions of articles related to Buddhism and the Way, events announcements, letters to the editor, reviews, recipes, and other sharings are encouraged from all readers and may be sent to the editor at **P.O. Box 60904, Colorado Springs, CO 80960**. Or send an e-mail to Smsdharmarag@ispwest.com. Submission deadline is the third Friday of each month, mostly. Come visit our Web site @ www.smszen.org

DHARMA TALK

Spring Nectar

Joan Sutherland

I've been reading a collection of essays by *New Yorker* critic Joan Acocella called *Twenty-eight Artists and Two Saints*. One of the things she's interested in the relationship between morality and imagination. She says that "hope, forgiveness—these are not just moral actions. They are enlargements of the mind. Without them, you remain in the tunnel of the self." I'm thinking about how important and how dear certain moments or lengthy passages in a life are—the ones that, if we let them, beckon the mind and the heart to fall open to the larger life of which we are a part.

Someone spoke to me recently about feeling a kind of existential disappointment in life, and the discouragement that came with that. Then, he said, he started noticing how people's chests rise and fall, just a little bit, as they breathed. He hadn't noticed that before, and it seemed almost unbearably tender. Now if we have a therapeutic view of life—we're all just here learning lessons, etc.—then we might think, *Oh good, he must be getting better because he can see that*. But if we're in the realm of morality as an act of imagination, then he tells me this, and I say, "Yes, all creatures do that," and we are there together, two creatures whose chests rise and fall as we breathe, and we are imagining—which is to say we are paying attention to in a very big way—how we share this kinship with all the other creatures of this world. And to imagine that shared circumstance of being alive—chests covered in skin and fur and scales and feather, rising and falling in just the same way—and to feel its poignancy, does not require that we fix his disappointment at life. Indeed, the melancholy is entirely mixed in with the poignancy, in some way makes it possible to feel that poignancy, and is there anything wrong with that?

This is some of the territory we'll be wandering around in together when I'm in Colorado Springs in early April. I'll be attending the first meeting of the new precepts study group on Sunday, April 1, giving a talk called "To Love the World Fiercely" at the regular Monday night meeting at Shove the next evening, and then we'll go into our Spring Nectar meditation retreat Wednesday to Sunday, April 4-8. During the meditation retreat I'll give a shortish dharma talk on Wednesday evening, a full-on talk on Thursday, a koan seminar on Friday in which we'll look at a koan as we would a myth or a dream, and another talk on Saturday about new ways of walking the koan path. Also, at some point I'll be talking about my impending move to Santa Fe, and Sarah Bender and I will discuss how we imagine things will evolve with my move.

I very much look forward to seeing and talking and sitting with you all, our chests rising and falling with each breath, together.



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Dear friends,

Today the sun is shining strongly, melting the "Bender ice field": the persistent patch of ice that likes to coat my driveway in the shady area right outside my front door. The warm sun on my back helps to melt the other Bender ice field, too: the one that seems to linger in the shady patches of my heart this time of year. How about you? Are you taking care of your heart? No other heart is going to en-courage your awakening and thus the awakening of all.

I've learned, I'm still learning, from my reading students, this important fact: *Yes* is very much more powerful for learning than *NO*. When we define our meditation practice (or our life practice, for that matter) as that which we are not able to do, that is *NO*. When we see our practice as that which we are able to do, and feel curious about what might be interesting to try with that, aah, things are lighter. Why not?

Here's our ancestor, Layman P'ang:

*When the mind's as is, circumstances also are as is;
There's no real and also no unreal.
Giving no heed to existence,
And holding not to nonexistence—
You're neither a saint nor sage, just
An ordinary man who has settled his affairs.*

Sarah Bender

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Winter Valentine Refuge 2007

So David Weinstein came for his annual SMS refuge (I struggle with the word retreat) in Green Mountain Falls. I attended on Friday during the day and on Saturday over night through to the closing. This is the first time in six years that I have stayed overnight. It was at a David Retreat at Rohatsu 2000 that I told him that I was pregnant and was going to go home at night to sleep.

Now we are six years later and Sophie is 5 ½ and perhaps more to the point, I am ready to be away from her for a night. I came this time in the afternoon of Saturday with my sleeping bag. I sat in the hall, attended work in the room, we ate supper oryoki style, we rested and then attended our evening in the cabin: a celebration that has become a David's Retreat tradition.

David shared a falling in love story and we shared our own. We talked long into the evening. The weary headed out, Andrew and I headed to the hall. I managed to sit three sits and got up a bit before midnight to sleep in my sleeping bag in a room just off the hall. I took a while to fall asleep

and for the next four hours, I slipped in and out until I heard movement in the kitchen above. Then I heard the bell calling us. I got up and slipped into my place in the hall.

Being bare bones, there was more quiet than other times and less to hold onto. My morning sit was muddy and thick. We walked in the quiet cold; the stars were vivid and reluctant to give themselves up; the light was creeping over the ridge towards us. We ate porridge from our bowls and drank the nutty green tea. We brought the gathering to an end with singing, no closing circle and leftovers and lively conversation for lunch.

I drove down the hill and back towards the forest feeling like I had found a bit home again. Not just because of staying over night and sitting the early morning sit but because things were changing and I was full of emptiness.

Judith S.



March 17th Buddhist Silent Meditation for Peace

Frank Actis

*When the mind is at peace
The world too, is at peace*

On March 17, from 9:30 AM until 12:30 PM, Colorado Springs Buddhist groups will host a Silent Meditation for Peace. These three hours of silence help us to see the peace and strife in the world and in our own lives.

This event will take place at Gaylord Hall, located in Colorado College's Werner Center. The Werner Center is on the NW corner of Cascade Avenue and Cache La Poudre Street in Colorado Springs.

All those interested in participating in silent meditation are invited. You do not need to be a member of a Buddhist group to participate. Please RSVP to peacesangha@earthlink.net. Please send additional questions Frank Actis, (719) 332-5096. If you are willing to help set up, please be there at 8:45 AM.

Please bring the following:

- Meditation cushions, if you have them. A limited number of cushions will be available. Chairs will also be available.
- Comfortable, loose clothing is recommended.
- You are welcome to bring a brown-bag lunch for a social time afterwards. If you have a short reading or other words to share, there will be an opportunity to share during lunch.

Water will be available.

If you can only be there part of the time, please arrive or leave at the beginning or end of the long walking period (at 10:55 or 11:25 AM).

**Approximate Schedule
March 17 Meditation**

- 08:30–Set up
- 09:15–People arrive
- 09:30–09:55: Silent Meditation
- 09:55–10:00: Walk
- 10:00–10:25: Sit
- 10:25–10:30: Walk
- 10:30–10:55: Sit
- 10:55–11:30: Long outside walk,
weather permitting
- 11:30–11:55: Sit
- 11:55–12:00: Walk
- 12:00–12:25: Sit and close
- 12:30–01:30: Socialize and
brown bag lunch
- 01:30–02:00 Clean up

Organizing Buddhist Sanghas include (but are not limited to):

- Springs Mountain Sangha
- Rocky Mountain Insight
- Thubten Shedrub Ling Center
- Shining Mountain Sangha

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THIS I BELIEVE

This I Believe

Encouraged by Judith Steed

Here we are again, believing again. I hope you were able to attend Judith L.'s "Way-Seeking Mind" presentation on the last Monday of January—it was amazing. She not only eloquently shared elements of her journey to this point, but she also shared a meaningful song. Her thoughts and method of sharing were both inspiring. If you were not able to attend, I understand it was recorded, so please check with Andrew if you are interested in hearing it.

Below, you will read Elizabeth King's offering, then Frank Actis finishes up with his

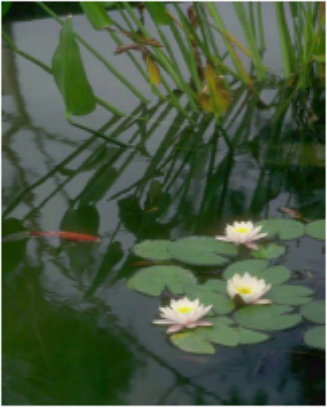
response in the form of a great poem. I hope these words peak your curiosity and you consider exploring your own responses to "This I Believe." Then, of course, I hope you will share your discovery with us in these pages.

Thank you in advance! Judith S.


Please send your submissions to me at Judith@ispwest.com.

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Vernal
Equinox
ZEN KOAN
RETREAT
with
Joan Sutherland
Roshi



Friday, March 23 –
Sunday, March 25, 2007
Mountain Cloud Zen Center
Santa Fe, New Mexico



I believe in holding questions. Like good poetry, questions reveal more of themselves with every visit. *Koans* often startle me by presenting me with deeper and deeper levels of truth, appropriate to specific situations in my daily life. For example, "Walk straight on a narrow mountain road with a thousand curves" first came to me at a Santa Fe retreat years ago. As I sat with meandering mind, the koan did a sudden flip inside of me. I demonstrated my answer for Joan, who accepted it and sent me back to my cushion with the next koan. I went home *thrilled!* Yet it wasn't long before the "curvy road" fell into the abyss of my unconscious.

Then about a month ago, Sarah gave a Dharma talk on the same koan. During the following weeks, Robert and I found ourselves saying things such as, "Here comes another curve." Or "I guess we'll just have to follow the

curves and see what happens.” What a stunning change in perspective *that* created! I could let go of **driving myself** and just ride out the curves!

Or could I?

The koan popped up again last week when I fell head first down an escalator at the Denver airport on my way to be with my daughter during her surgery the next morning. In the ambulance, it dawned on me I might not make it in time! I desperately wanted to be there for her but...well, okay...another curve.

Answered questions tend to sneak away. Held questions spiral back, bringing a spring-fresh scent and the salted taste of mystery.

Elizabeth King

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Intimate:

I am with someone I care about
They hurt, or they are joyous,

I am paying attention, I breathe, any differences between myself and the other disappear
Even if I see something in the other person that they don't
I notice that thought but let it go for now, not trying to change them
Any such words shatter this world
I take their pain, their joy and my heart opens

Intimate

On the cushion, at work, laying in bed, staring at the ceiling

Body sensations

Emotions

Thoughts

Attention, breathing

Even if I think of how I should be, how I should feel

Notice, let it go

This Pain, This Joy, This Heart

Intimate

SHATTERED!

INTIMATE!

Frank Actis

VOICES

A BUDDHIST LOVE SONG

This song came forth during last week's Valentine Retreat with all of you and with David's help during our work/in/the/room together.

The koans themselves carry words like 'reincarnation' and 'Guanyin' and 'homeless person' and 'shelter'.

I added a bit of flavor from a recent revisiting of the film, E.T. although I didn't make a conscious connection to the film until afterwards. What a hoot.

And the 'ditty' itself came bursting through in its original form—a song from long ago and far away when I was a very young Donella. "Jesus loves me, yes I know..." which I sang to David and laughed about. Do you remember this song? Do you remember the tune and the original words?

And then, of course, there are my dreams and my memories and and and my life—so far—and this moment and all moments until this one all stirred in together.

I told David my creation sounded 'hokey' and he said 'hokey is good'. I like that.

And, of course, subsequently, as I sat on my chair, many variations in lyrics were played with, within me...

You also may have your own. Sounds good to me.

So here is comes, ready or not----

*Guanyin loves me, this I know
For the Dharma tells me so
I can call her on the phone—"St. Francis Crisis Unit? I need help now!"
In her arms I find a home
Yes, Guanyin loves me
Yes, Guanyin loves you
Yes, Guanyin loves ALL
The Dharma tells me so.*

Donella (started 2/19/07)

P.S 2/20/07 I asked William's help to articulate something David shared the first night of the retreat about what I remembered as 'collateral damage of meditation is love'. William answered me back in an email with these words—"yes, as I recall, that we meditate without expectation (hoping to gain anything) and the love that comes, the opening of the heart is essentially collateral damage from the practice."

Thank you, David. Thank you, William. Thank you ALL.

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Steering Committee Update

By Lee Overmann

Your Steering Committee met mindfully on February 11. Present were Sarah, William, Robert, Clay, Pete, and Lee. We opened with a few minutes of meditation.

Sangha Finances. Robert reviewed the budget proposal, which our terrific Finance Committee formulated. They audited the Sangha's financial activity, projected revenue and expenses, envisioned the Sangha's goals and required resources, and developed a budget proposal that reflected the Sangha's priorities. It includes teacher support, money to be set aside for a facility, and a new line item for the Service Committee. The Finance

All-Sangha Meeting

Everyone interested in the future of Springs Mountain Sangha is strongly encouraged to attend an All-Sangha Meeting scheduled for **Monday, March 12, at 6:45 PM** in Shove Chapel (following one period of sitting meditation). The purpose of the meeting is to discuss and approve an annual budget for the sangha.

This is a first! Until now, we have simply collected donations and met expenses as they came up. But, with the growth and maturity of our community, it has seemed to the steering committee time that we developed a budget based on our goals and priorities as a community.

We need your input to insure that this budget reflects the true needs and values of our members. So please plan to attend and contribute your ideas.

Robert King

POEMS, REVIEWS, LETTERS

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To Trust

She said to trust the light.
To trust that when I woke, it would be there once again.
And rightly in the morning I could see
The crisp shapes and the safety of their colors.
It was later when I found that those
Shapes didn't own those colors,
That instead, they too were the light's design.
And I began to get up early, just to see
The blue black oval spread sideways over the sky.

She ultimately went, but the light still came
As promised, and I found her body
Had imprinted itself next to mine in the mattress
Only, the calm glowing hair was gone.
I remember searching all around the pillow,
But it was too light to know what it had left.

Those nights, alone, the winds engulfed me,
Entering my curious body, playing unabashed
Within my chest. And I became accustomed
To their presence, to their placid arrival,
The soft scuttle of leaves against the window,
The hollow thumps of hard, knobby branches.

They had come down from the sky, I knew,
From the stars that hung low and heavy above the horizon,
The ones I could see from my bedroom window.
I knew that the night was what allowed them to come,
Ever so delicately softening and kneading the blue cap from the sky,
And opening us all up, vulnerable, to the infinite blackness
And its wild forces.

The day she returned, I remember.
I rose to my soles and walked several miles
On the cold, wet dirt.
We sat together on the forest floor,
And scurried our toes and feet under the black soil.
I told her I wanted to become it,
To melt like leaves, my strained tendons splitting

like the twigs,
And my bones cracking open, like the seeds of the northern maple,
My marrow giving life to a timid white and green stalk
That yearns with its whole being for the light.

Her eyes flared and then hushed,
And told me that I would be frail if I fed
Only on the whispers of light and shadow.
Yet still, their soft, subtle presence was active,
was substance,
Meandering through the air around my chest.

I didn't understand why it couldn't fill our veins,
And live boldly under our skins.
My fingertips could sense it wanted to.

Her toe moved and broke the dirt, her nail a baby's pink.
The playful intention in her movement stopped my breathing.

Only could it be *that* which built the world,
My whole trust in its shape.
She turned her face to me then, and spoke,
That she understood why,
Why she had come so far
In the bluish cold of the morning to meet me.
My small body, holding its wide eyes,
Drowning for something,
Still enfolded and fragile in my white linens.

"And I would like to stay..." she trailed off.
Her eyes had become greenish-blue
Beneath the leaves, one was half-brown now.

Her soft skin touched quietly the tender spot
Where my ear met my neck. And I felt again
The shy, cocooned first expansion of my lungs,
Years ago. In womb. Her breath.
Worlds of color and shape between a heartbeat.

"It's just that, while I was gone..." she started to say...
But I saw it, clearly, before her lips had even parted—
Her golden hair was part of the wind.

~ Justin Michelson

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Environmental Imagination

What is this?

Question...

Before me I can hear the wind scratch
A tree's leaves as pen tip scratches paper.
Silence, it does not exist except within me,
Nature has a different silence,
One it openly shares, that we gained access
to
As we gained entrance into the world.

I laugh uncontrollably in my imagination.
I am a bird, a beetle, and ant,
Hard and fierce on the outside.
I hold more than I could ever imagine.

We deny some, and from this,
We end up forfeiting all.
We want our trees and landscapes,
But not spiders in our sheets.
Is the earth not only in our imagination?
Wild and formless, coming into the shape
Of ourselves in the mirror each morning?
Brush, comb, and tidy. We much enrage
nature.

Is nature a word?
Is nature a breath?
Is resistance a natural action?
We are here, we think
Yet made up of millennia of unknown causes.

We have all eaten the apple,
And scored the tree for more
Before turning it to lumber
To build an office to study the others,
So we can grow and produce more.

We think it serves us,
Yet it is not concerned,
For it belongs to somewhere else.
It speaks softly of another place,
Where human fantasy has never touched,
A living expression of the nine planets
And thousand galaxies that follow one
another
Around the universe.

~ Justin Michelson

Companions

I see you sitting there,
dignified, radiant, serene.

Though you are mature,
you have the naiveté of a child.

Though you are wise,
You overflow with compassion.

Though incarnated in human form,
I recognize you immediately.

Here we are, together again,
working to save a young species.

We may succeed and this world will live.
Or, we may fail and it will die.

But, whatever happens here,
I will know you forever.

~ Skip Sloan

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Into Awareness

Into awareness sinks—days are getting
longer

Is spring so far away?

A warm sun—takes the chill from my
bones.

I watch the sunset, knowing the voices
are rising in my head.

I may pay attention—to sunrise.

~ Nard

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

Details for SMS Events

March 2007

- **Sutra Sing:** Saturday, March 3, 3:00–5:00 PM at the Woman's Club.
- **All-Sangha Meeting:** Monday, March 12, 6:45 PM at Shove Chapel (after our first sit).
- **Retreat: A Public Meditation for Peace.** Saturday, March 17, 9:30 AM–12:30 PM, Gaylord Hall, Colorado College's Werner Center. RSVP to peacesangha@earthlink.net. Send questions to Frank Actis, 719-332-5096. See article on page 4 of this issue for more details.
- **Study Group:** Nelson Foster's *The Roaring Stream*. 3–5 PM at Sarah's house. For more information, contact Sarah at sbender@corb.com.
- **Classes:** Introduction to Zen Class. Fee \$20. Details TBA. For more information, contact William at wmjeavons@earthlink.net.

April 2007

- **Precepts Study Kick-Off.** [Joan Sutherland](#): Sunday, April 1, 3 PM, Sarah's house.
- **Dharma Talk: "To Love the World Fiercely."** [Joan Sutherland](#): Monday, April 2, 7:00 PM, Shove Chapel.
- **Retreat: Spring Nectar Meditation Retreat with Joan Sutherland:** Wednesday, April 4 to Sunday, April 8 at the Franciscan Retreat Center in Colorado Springs. Robert King will serve as registrar. Please contact him with questions or to register for the event at kingrh@comcast.net.

May 2007

- **Event: Big Mind Meditation II:** Tentatively scheduled for Friday, May 5 at the Woman's Club. There will be a morning meditation followed by the Big Mind meditation.



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

6:30 AM to 8:30 AM

- ★ Summer hours are 6:00 AM to 8:00 AM
- ★ After the meditation, many of us walk to a nearby coffee shop for breakfast

Sunday

We often have steering committee meetings or discussion groups or workshops

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

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Please remember to check the Web site in case of changes and additions!!

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Peter Matthiessen is a naturalist, novelist, co-founder of The Paris Review, and author of more than twenty works of fiction and nonfiction, including “The Snow Leopard,” “At Play in the Fields of the Lord,” “Bone by Bone,” “Blue Meridian,” and “In the Spirit of Crazy Horse.” He will speak at 7 PM Wednesday, May 2 in Packard Hall, 5 West Cache La Poudre Street.

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Other Local Groups

Wet Mountain Sangha (Pueblo)

- Meets Wednesdays 6:00-8:00 PM
<http://wetmountainsangha.org>
(new hyperlink!)

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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Out-of-State Events

Pacific Zen Institute, Santa Rosa, California (www.pacificzen.org)

- **PZI Sesshin**, Sonoma County, California

June 19–16 and October 13–20

- **Koan Seminar** with John Tarrant, Santa Rosa Center, California

April 14

May 26

July 21

September 22

November 3

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Open Source, www.joansutherland.net

- March 23–25: **Vernal Equinox Koan Retreat**, Mountain Cloud Zen Center, Santa Fe, New Mexico. See www.mountaincloud.org
- April 4–8: **Spring Meditation Retreat**, Springs Mountain Sangha, Colorado Springs, Colorado
- June 8–9: **Koan 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: **Koan 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 March 2007

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1	2	3 Meditation Shove Chapel 6:30-8:30 AM
						Sutra Sing The Woman's Club 3-5 PM
4 Study Group Sarah's House 3:00-5:00 PM	5 Meditation & Sutra Service Shove Chapel 6:15-7:30 PM	6	7 Meditation Shove Chapel 6:00-7:00 AM	8	9	10 Meditation Shove Chapel 6:30-8:30 AM Followed by breakfast @ Wooglin's
11 Study Group Sarah's House 3:00-5:00 PM Steering Meeting Sarah's House 5:30-7:30 PM	12 Meditation & All-Sangha Meeting Shove Chapel 6:15-7:30 PM	13	14 Meditation Shove Chapel 6:00-7:00 AM	15	16	17 Meditation Shove Chapel 6:30-8:30 AM
						A Public Meditation for Peace Gaylord Hall,
18 Study Group Sarah's House 3:00-5:00 PM	19 Meditation & Talk Shove Chapel 6:15-7:30 PM	20	21 Meditation Shove Chapel 6:00-7:00 AM	22	23	24 Meditation Shove Chapel 6:30-8:30 AM Followed by breakfast @ Wooglin's
25	26 Meditation Shove Chapel 6:15-7:30 PM	27	28 Meditation Shove Chapel 6:00-7:00 AM	29	30	31 Meditation Shove Chapel 6:30-8:30 AM Followed by breakfast @ Wooglin's

SMS April 2007

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p>1</p> <p>Precept Study Series Sarah's House 3 PM</p>	<p>2</p> <p>Meditation & Sutra Service Joan's Talk Shove Chapel 6:15-7:30 PM</p>		<p>4</p> <p>Meditation Shove Chapel 6:00-7:00 AM</p>			<p>7</p> <p>Meditation Shove Chapel 6:30-8:30 AM</p>
Spring Sesshin with Joan Sutherland						
<p>8</p> <p style="border: 1px solid black; padding: 2px;">Retreat (cont'd)</p>	<p>9</p> <p>Meditation & Community Night Shove Chapel 6:15-7:30 PM</p>		<p>11</p> <p>Meditation Shove Chapel 6:00-7:00 AM</p>			<p>14</p> <p>Meditation Shove Chapel 6:30-8:30 AM Followed by breakfast @ Wooglin's</p>
<p>15</p> <p>Steering Meeting Woman's Club 4:00-6:00 PM</p>	<p>16</p> <p>Meditation & Talk Shove Chapel 6:15-7:30 PM</p>		<p>18</p> <p>Meditation Shove Chapel 6:00-7:00 AM</p>			<p>21</p> <p>Meditation Shove Chapel 6:30-8:30 AM Followed by breakfast @ Wooglin's</p>
	<p>23</p> <p>Meditation Shove Chapel 6:15-7:30 PM</p>		<p>25</p> <p>Meditation Shove Chapel 6:00-7:00 AM</p>			<p>28</p> <p>Meditation Shove Chapel 6:30-8:30 AM Followed by breakfast @ Wooglin's</p>
	<p>30</p> <p>Meditation & "Way-Seeking Mind" Talk Shove Chapel 6:15-7:30 PM</p>					

SMS May 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 6:00-7:00 AM	3	4	5 Meditation Shove Chapel 6:30-8:30 AM Followed by breakfast @ Wooglin's
6	7 Meditation & Sutra Service Shove Chapel 6:15-7:30 PM	8	9 Meditation Shove Chapel 6:00-7:00 AM	10	11	12 Meditation Shove Chapel 6:30-8:30 AM Followed by breakfast @ Wooglin's
13	14 Meditation & Community Night Shove Chapel 6:15-7:30 PM	15	16 Meditation Shove Chapel 6:00-7:00 AM	17	18	19 Meditation Shove Chapel 6:30-8:30 AM Followed by breakfast @ Wooglin's
20 Steering Meeting Woman's Club 4:00-6:00 PM	21 Meditation & Talk Shove Chapel 6:15-7:30 PM	22	23 Meditation Shove Chapel 6:00-7:00 AM	24	25	26 Meditation Shove Chapel 6:30-8:30 AM Followed by breakfast @ Wooglin's
27	28 Meditation Shove Chapel 6:15-7:30 PM	29	30 Meditation Shove Chapel 6:00-7:00 AM	31		

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*, Web site, and other communication media. Contributions from members and friends are the Sangha's sole financial resource. Let's share the dharma assets!

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Springs Mountain Sangha is a member of the Open Source Project, in both the Soto & Rinzai traditions.

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