

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 9

~ OCTOBER 2007 ~

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Coming Up for the Springs Mountain Sangha

-In October

- Bright Harvest Meditation Retreat with Joan Sutherland, Roshi—Monday, October 1 to Sunday, October 7. See Joan's article on Page 2 and retreat info on Page 6.
- WITR with Sarah Bender, Sensei—Friday, October 19 and Sunday, October 21. Page 13.

-In November

- All-Day Retreat with WITR—Saturday, November 3 at The Women's Club. Page 13.

-In December

- Rohatsu Retreat with David Weinstein—Wednesday, December 5 to Sunday, December 9. in Green Mountain Falls at the Kings' residence. Page 13.

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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. Submission deadline is the third Friday of each month, mostly. Please come and visit our Web site at www.smszen.org!

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DHARMA TALK

Already Bright Harvest

By Joan Sutherland

I'm just back from the wonderful Change Your Mind Day in Pueblo—congratulations, WMS!—and a lovely one-day retreat in the Springs, and thinking of how to hold those events as the opening of our autumn retreat, which formally begins on September 30. In a single weekend the warm abundance of summer came to its culmination, and we turned with the planet towards the cooler introspections of autumn. The upcoming retreat, called Bright Harvest, marks both the abundance and the inward-turning of the time. If we imagine that we've already set out on the pilgrimage trail to Bright Harvest, then even in the midst of all the preparations and the organizing—all that daylight work—there's already something stirring underneath, in the dark.

We'll continue to look at the questions raised at the one-day retreat: Do you trust your life? Fundamentally, no matter what the circumstances or how you feel about them, do you trust your particular life, and do you trust life itself? If you can answer yes, then do you also trust your death? Whenever and however it comes, do you already trust your death in the same way you trust your life? Even if you feel you know the answers to these questions, carry them with you on the way to Bright Harvest. Bring them out at different times, especially in the ordinary moments of frustration and disappointment. What happens when you ask them then? Does anything shift? Watch your dreams, especially for the things that are unexpected. See if you can catch a glimpse of what's stirring in the dark.

This retreat will be different from usual in that it'll be a commuter retreat, and we'll be returning home or to other lodgings each night. It takes a bit of discipline

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To Know the Taste of It

By Sarah Bender

Rabbits have kept my asters too close-cropped to bloom,
but asters wink up, purple-eyed wonder, all over the field!

We are falling, together

A nine-year-old washes her hands, hair and clothes with great care
before holding the newborn cousin,

falling together

My dear friend in the hospital says cheerfully,
“They are taking such good care of me here!”
although they can’t even figure out what is wrong with her.

Meanwhile, in other places
bits of body-meat are splattered across a window,
and IED sounds way too much like
the IUD with which we tried to hold new life
in abeyance—
the mind wants to push *both* of them away,

as we are falling together

So how is it that on this golden afternoon
the wise, wide air of end-of-summer
is able to hold it all—
we are, I am able
to hold it all in this one late-summer breath
as I drag the pruned branches
down through the field.

The boundless air of the day
lifts the great skirts of time
as she takes her giant step across
the infinitesimal crack
between now and autumn.

This is the taste of it
for me today, this
and a curious weariness
in my so-hopeful bones.

It is not to fall in love
but to fall,
in love.



Every Wednesday Afternoon
from 3:00 to 5:00
beginning August 22
641 Camino del Monte Sol
in Santa Fe
for further information, call
505 989 3915

Directions: From Canyon Road go through
two stop signs and then a little further.
The house is on the left; 641 is on the mailbox.

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SPECIAL NEWS / UPDATES

*May bodhichitta, precious and sublime,
Arise where it has not yet come to be;
And where it has arisen may it not decline,
But grow and flourish ever more and more.*

~ Nagarjuna, 150–250AD

CHANGE YOUR MIND DAY: SEPTEMBER 15, 2007 **REMARKABLE!**

**Remarkable Weather! Remarkable Team! Remarkable Collaboration!
Remarkable Hard Work!**

I am grateful:

To **Joan Sutherland**, for bringing Change Your Mind Day to my attention.

To **each member of the Steering Committee** who said, “Yes, we can do this” and followed up with time and talent to do the countless tasks.

To **David Cockrell**, for his careful guidance of the program and introductions of our speakers.

**To our speakers: Joan Sutherland, Roshi,
Sarah Bender, Sensei,
Victoria Garrison, and
Melissa Robinson;**

They anchored the afternoon proceedings with perfection.

To **Merrilee Barnett**, for organizing the setup and takedown.

To everyone who came forward on Saturday to set-up and take-down: **Kate Jarrett, Leigh Cumbee, Shawn Jones, Tracy Foltz, Donna Mack, Wendy Shinn, Duane and Sally Jones, Diane Messner, Jude LaFollette, Diana Capen, Sesame, and Jim Fowler.**

Oh, so many tasks they came to do: drive trucks and vans; to lift and carry; to post signs; to sweep; to climb trees; to bring flowers and plants and prayer flags; to hang prayer flags and banners; care for the information table and direct parking and give out programs so our guests could know where to go and what to expect:

To **Daryll Murphy**, for managing the parking area.

To **Linda Stone**, for overseeing the printing tasks.

To **Leticia Thurman**, for creating the altar.

To **Doug Messner**, leader of walking meditation.

To **Pat Harper**, for setting up and managing the sound system.

To **William Jeavons**, cantor and bell ringer.

To **Andrew Palmer**, meditation instructor during the walking meditation.

To **the leaders of the Sutra Service.**

To **Tejas Hemsell**, who performed her beautiful and exquisite classical Indian dance.

To **Marcee Guttman**, for leading us in yoga practice.

To **the Pueblo Nature Center and their representatives Bonnie and Chuck**, who were incredibly helpful and accommodating.

To **Rowdy at Mandalyn Falls Restaurant**, for taking care of the food needs of our guests.

To **Wet Mountain Sangha**, where meditating together always lifts me up; where our discussions take my practice deeper and deeper.

It is my good fortune to be surrounded by all of you. **Jan Meserve.**

“And through these actions now performed, by all the virtue we have just amassed,
May all the pain of every living being be wholly scattered and destroyed.”

~ Shantideva

The Way of the Bodhisattva, 3.7

Bright Harvest Meditation Retreat with Joan Sutherland, Roshi

Monday, October 1 to Sunday, October 7

Non-residential retreat: 5:30 AM to 9:00 PM daily

At The Woman's Club, Colorado Springs

- We'll hold the *Ceremony of Taking Refuge in the Bodhisattva Way* on Saturday night. All are invited!
- We'll provide assistance to out-of-town participants in securing overnight accommodations.
- Cost: \$350 full-time; \$60/day part-time.

Hosted by **Springs Mountain Sangha**

For more information, contact Andrew at apalmer1@myway.com. Registrar:

Robert at kingrh@comcast.net or 719-684-0130.



Joan Sutherland



Joan Sutherland is the founder of The Open Source, a network of Zen communities and individuals in the western United States; she is the holding teacher for Springs Mountain Sangha in Colorado Springs and Wet Mountain Sangha in Pueblo. She is engaged in re-imagining the koan tradition and exploring its relationship to creativity; her work appears frequently in *Shambhala Sun* and *Buddhadharma*. She has recently moved to Santa Fe, New Mexico.

www.joansutherland.net

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Friday, October 26 – Sunday, October 28
Mountain Cloud Zen Center
7241 Old Santa Fe Trail
Santa Fe, New Mexico
www.mountaincloud.org

PROGRAM

What's the connection between imagination and freedom? How can spiritual realization be a conspiracy of friends? Join us for an intensive and lively exploration of the koan way. Koans are field notes in a thousand-year-long experiment in the transformation of consciousness that began in the Zen traditions of East Asia and continues here today. They are sayings, questions, and stories that deconstruct our mental obstacles and help open us to genuine intimacy with life.

Something startling and beautiful happens when people work with koans as a group; the juxtaposition of different questions and insights begins to create a field richer than any individual heart-mind could make. Some experience with meditation will be helpful, but almost nothing you think about koans.

This is a non-residential retreat that includes meditation, dharma talks, and conversations in which we explore koans together. The days also include outdoor walking meditation and free time for writing, drawing, and other creative activity.

SCHEDULE

Friday evening 7:00 PM – 9:00 PM
Saturday 9:00 AM – 5:00 PM
Sunday 9:00 AM – 3:00 PM

- Lunch is provided Saturday & Sunday.
- Full-time participation is strongly encouraged.
- The hall will be open for meditation before and after the sessions.

LOCATION

Mountain Cloud Zen Center is a beautiful, rustic retreat center on the outskirts of Santa Fe. This retreat is non-residential, but participants may stay at the Center in small cabins housing several people; space for tent camping is also available.

COST AND REGISTRATION. Commuting: \$150 before October 1, \$170 thereafter. For accommodations at the Center, add \$25 per night. To register, please e-mail retreats@joansutherland.net or call Pasha Hogan (Registrar) at **505-699-5218**.



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Dark of the Moon Retreat

With Joan Sutherland, Roshi; Vedanta Retreat Center, Olema, California
Sunday, November 4 to Sunday, November 11, 2007

PROGRAM. A meditation retreat is a time we deepen & refresh ourselves through intensive spiritual practice. A retreat includes sitting, walking, & moving meditation; private meetings with the teacher; daily talks & a koan seminar; work practice to sustain the retreat; & vegetarian meals.

Honoring the dark of the moon, we'll be exploring practices of the night—traditional Buddhist yogas of sleeping & dreaming—in combination with western ways of working with dreams. We'll experience how our meditation goes on, not only when we're awake & sitting, but also when we're asleep. We'll see how this intensifies our retreat & how we can incorporate the practices of the night into our everyday lives.

The retreat will begin on Sunday evening at 7:30 PM, with an informal dinner beforehand at 5:30 PM. It will close on Sunday afternoon, after lunch & cleanup.

LOCATION. The retreat center is next door to Point Reyes National Seashore in Marin County, Northern California. It's a magical place—over 2000 acres of forest, meadow, & hills with hundreds of deer roaming the land. The moon will be waning that week. For more information about the site, look at www.sfvedanta.org/VedantaSocietyOlemaInfo.html.

COST. Seven days from \$395–\$495 (sliding scale), which includes retreat, lodging, & meals. Part-time is \$70–\$85 (sliding scale) a day.

REGISTER. To register, please e-mail retreats@joansutherland.net or call Meg Rundel (Registrar) at **510-981-0146**.



Photo credit: Jean-Paul Bourdier

VOICES

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Jewish Zen

Contributed by Wendy Shinn

- Take only what is given.
- Own nothing but your robes and an alms bowl, unless, of course, you have the closet space.
- Let your mind be as a floating cloud. Let your stillness be as the wooded glen. And sit up straight. You'll never meet the Buddha with posture like that.
- In a previous life, you never called, you never wrote, you never visited. And whose fault was that?
- Wherever you go, there you are. Your luggage is another story.
- To practice Zen and the Art of Jewish Motorcycle Maintenance, do the following: get rid of the motorcycle. What were you thinking?
- Learn of the pine from the pine. Learn of the bamboo from the bamboo. Learn of the *kugel* from the *kugel*.*
- Be aware of your body. Be aware of your perceptions. Keep in mind that every physical sensation is a symptom of a terminal illness.
- If there is no self, whose arthritis is this?

- Breathe in. Breathe out. Breathe in. Breathe out. Forget this, and attaining enlightenment will be the *least* of your problems.
- The Tao has no expectations. The Tao demands nothing of others. The Tao does not speak. The Tao does not blame. The Tao does not take sides. The Tao is not Jewish.
- Drink tea and nourish life. With the first sip, joy; with the second, satisfaction; with the third, New York cheesecake.
- The Buddha taught that one should practice loving kindness to all sentient beings. Still, would it kill you to find a nice sentient being that happens to be Jewish?
- Be patient and achieve all things. Be impatient and achieve all things faster.
- To find the Buddha, look within. Deep inside you are ten thousand flowers. Each flower blossoms ten thousand times. Each blossom has ten thousand petals. You might want to see a specialist.
- Be here now. Be someplace else later. Is that so complicated?
- Zen is not easy. It takes effort to attain nothingness. And then what do you have? *Bupkes.***

* Sometimes translated as "pudding" or "casserole."

** In other words, not much.

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Change My Mind?

By Wendy Shinn

Change my mind?
 Why would I do that?
 I'm such a smug and superior brat,
 I know heaps of this and a lot of that!

I've studied and questioned
 And gathered the data;
 I've fluffed up my pillow
 And claimed I have *satta* (lot)!

And with my MM,
 Which continues to dance,
 I've watched the parade
 And the horses prance.

Now tiptoeing by me
 More often than not,
 I've smiled at their mischief,
 A wild friendly lot.

And as I breathe softly
 Into garden of *tyrds*,
 I've noticed the music
 Of water and birds.

Sounds of the street,
 Beckoning dharma,
 Beat below beat,
 CE of karma.

Now sipping and smiling
 With cup of tea,
 I'm often reminded
 How often I pee.

So prepping for sitting,
 Awareness contrive,
 I'm glad I can be here;
 I'm glad I'm alive.

Change my mind?
 Is that part of the deal?
 I may not like any kind (of it),
 Nor like what I feel.

And when the dharma
 Pushes my work,
 I move through the refuges
 Out of the murk.

Change my mind?
 Give up my old stuff?
 I revisit the treasures
 And get off my duff.

Change my mind?
 Just bit by bit;
 I sit and I sit.
 "Fortunately, I'm here—
 to do it."

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Thoughts on Thoughts

"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves."

~ **Buddha**

"The universe is change; our life is what our thoughts make it."

~ **Marcus Aurelius**

"Thought is the seed of action." ~ **Ralph Waldo Emerson**

"You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you." ~ **James Allen**

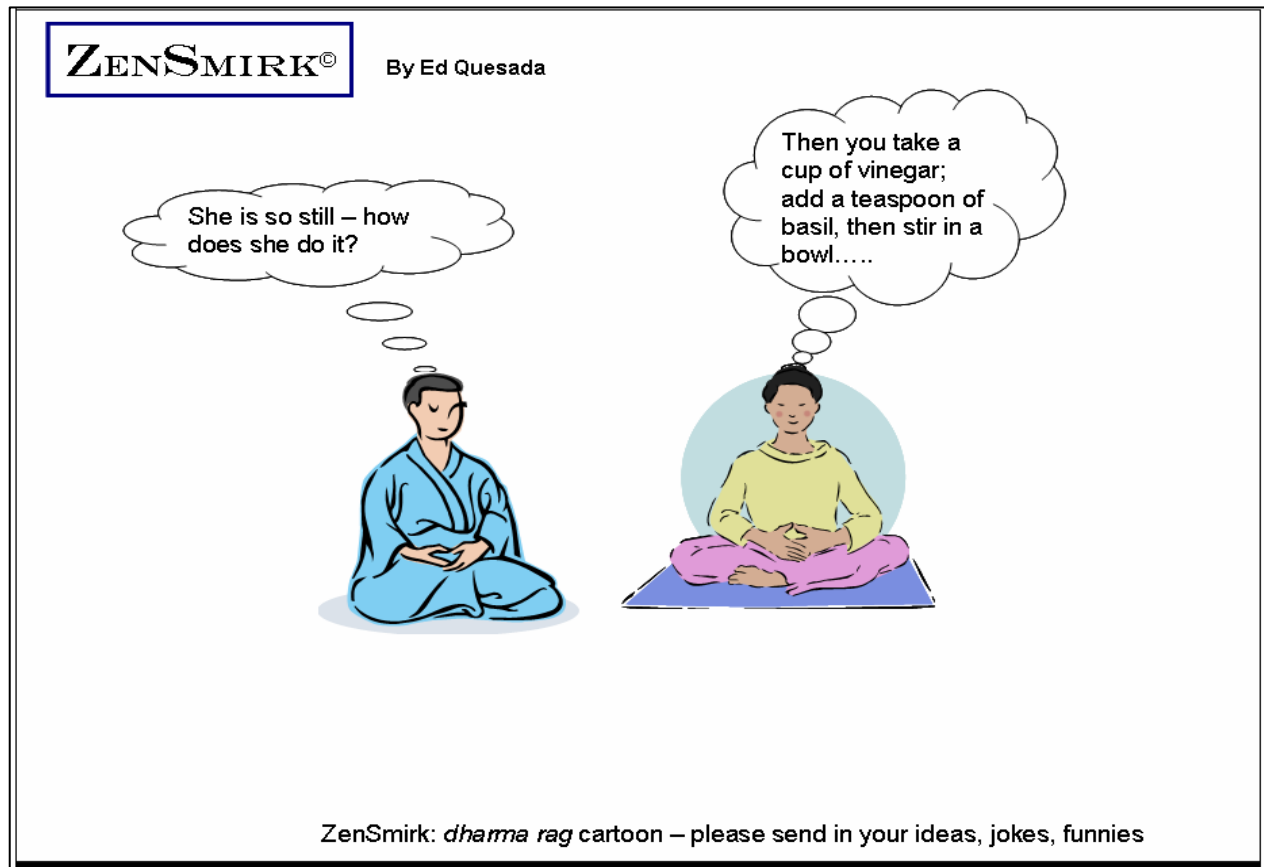
"Remember that everything starts with a thought and thoughts produce in kind." ~ **Wally Amos**

"All action results from thought, so it is thoughts that matter."

~ **Sai Baba**

"Happiness and suffering come from your own mind, not from outside. Your own mind is the cause of happiness; your own mind is the cause of suffering. To obtain happiness and pacify suffering, you have to work within your own mind." ~ **Lama Zopa Rinpoche** from *The Door To Satisfaction*

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EVENTS AND ACTIVITIES

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Details of SMS Events

OCTOBER 2007

- *Bright Harvest Meditation Retreat with Joan Sutherland:* Monday, October 1 to Sunday, October 7, from 5:30 AM to 9:00 PM daily at the Woman's Club. Non-residential. For information, please contact Andrew at apalmer1@myway.com or register with Robert at kingrh@comcast.net.
- *WITR with Sarah Bender:* Friday, October 19, from 9:30 AM to 12:30 PM, and Sunday, October 21, from 12:00 PM to 2:30 PM. Please contact her at sembender@gmail.com for an appointment.

NOVEMBER 2007

- *All-Day Retreat with WITR:* Saturday, November 3, from 9:30 AM to 4:30 PM at The Women's Club. For information, please contact Sarah at sembender@gmail.com.

DECEMBER 2007

- *Rohatsu Retreat with David Weinstein:* Wednesday, December 5 to Sunday, December 9 in Green Mountain Falls at the Kings' residence. For information, please contact Robert at kingrh@comcast.net.

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Dharma Talks given by SMS teachers are available on CD for \$10 each. For a list of available talks and to order, please contact Andrew at apalmer1@myway.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 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

- ★ Winter hours (Sept.-May): 6:30 AM to 8:30 AM
- ★ Summer hours (May-Sept.): 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, discussion groups, workshops, or socials!

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!

Lecture: Buddha and the Brain: Exploring Consciousness in Contemplative Neuroscience.

Professor Evan Thompson of the Department of Philosophy at the University of Toronto specializes in philosophy of the mind, and has worked and studied with Daniel Dennett, Francisco Varela, and Gregory Bateson. He is the author of *Mind in Life: Biology, Phenomenology and the Sciences of the Mind*; *Color Vision: A study in Cognitive Science and the Philosophy of Perception*; and *Embodied Mind: Cognitive Science and Human Experience* with Francesco Varela. Sponsored by the CC Science, Consciousness, and Spirituality Lecture and the CC Religion Department.

Monday, October 15, 2007 at 7:30 PM, Gates Common Room, third floor of Palmer Hall, 1025 N. Cascade Avenue (east of Tutt Library), free.

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OTHER LOCAL GROUPS

Thubten Shedrup Ling (TSL)

- tslcolorado@yahoo.com

Rocky Mountain Insight

- www.rockymountaininsight.org
- Metta meditations on Fridays

Fireweed Sangha

- Robert Harkins, 719-540-8617

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OUT-OF-STATE EVENTS

Pacific Zen Institute

(www.pacificzen.org)

- PZI Sesshin. Sonoma County, California. October 13-20.
- Koan Seminars with John Tarrant. Santa Rosa Center, California. November 3.

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The Open Source

(www.joansutherland.net)

- Sweet Rain Koan Salon. Every Wednesday, 3:00-5:00 PM, 641 Camino del Monte Sol, Santa Fe, New Mexico. For information, call 505-989-3915.
- Bright Harvest Meditation Retreat. October 1-7, Springs Mountain Sangha, Colorado Springs, Colorado. Registrar: Robert King, 719-684-0130.
- All Hallows Koan Weekend. October 26-28, Mountain Cloud Zen Center, Santa Fe, New Mexico. Registrar: Pasha Hogan, 505-699-5218.
- Dark of the Moon Retreat. November 4-11, Vedanta Society Retreat Center, Olema, California. Registrar: Meg Rundel, 510-981-0146.

2008 Schedule

- Meditation Retreats. January 28-February 3 and July 21-27.
- Koan Retreats. March 21-23 and October 24-26.

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Register by sending an e-mail to: retreats@joansutherland.net.

To join The Open Source e-mail list, send an e-mail to list@joansutherland.net.

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NOVEMBER

2007

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 Meditation Shove Chapel 6:30-8:30 AM Breakfast-Wooglin's All-Day Retreat Women's Club 9:30 AM-4:30 PM
4	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 Breakfast-Wooglin's
Dark of the Moon Retreat with Joan Sutherland, Roshi in Olema, CA						
11 Steering Meeting Sarah's house 4:00-6:00 PM Dark of the Moon Retreat 	12 Meditation & Community Night 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 Followed by breakfast @ Wooglin's
18	19 Meditation & Dharma Talk Shove Chapel 6:15-7:30 PM	20	21 Meditation Shove Chapel 6:00-7:00 AM	22 Thanksgiving: Happy Harvest!	23	24 Meditation Shove Chapel 6:30-8:30 AM Followed by breakfast @ Wooglin's
25	26 Meditation Two Periods & Precepts Recitation Shove Chapel 6:15-7:30 PM	27	28 Meditation Shove Chapel 6:00-7:00 AM	29	30	

DECEMBER 2007	SUN	MON	TUE	WED	THU	FRI	SAT
	2	3 Meditation & Sutra Service Shove Chapel 6:15–7:30 PM	4	5 Meditation Shove Chapel 6:00–7:00 AM	6	7	1 / 8 Meditation Shove Chapel 6:30–8:30 AM Breakfast-Wooglin's
	<i>Rohatsu Retreat with David Weinstein Green Mountain Falls</i>						
	9 <div style="border: 1px solid green; padding: 2px; display: inline-block;"><i>Rohatsu Retreat</i></div>	10 Meditation & Community Night Shove Chapel 6:15–7:30 PM	11	12 Meditation Shove Chapel 6:00–7:00 AM	13	14	15 Meditation Shove Chapel 6:30–8:30 AM Followed by breakfast @ Wooglin's
	16 Steering Meeting Sarah's house 4:00–6:00 PM	17 Meditation & Dharma Talk Shove Chapel 6:15–7:30 PM	18	19 Meditation Shove Chapel 6:00–7:00 AM	20	21 Winter Solstice	22 Meditation Shove Chapel 6:30–8:30 AM Followed by breakfast @ Wooglin's
	23	24 Meditation Two Periods & Precepts Recitation Shove Chapel 6:15–7:30 PM	25 Christmas	26 Meditation Shove Chapel 6:00–7:00 AM	27	28	29 Meditation Shove Chapel 6:30–8:30 AM Followed by breakfast @ Wooglin's
	30	31 New Year's Eve Meditation & "Way-Seeking Mind" Shove Chapel 6:15–7:30 PM					

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. 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@hotmail.com (your friendly editor).

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