

Springs Mountain Sangha

A Zen Buddhist Community

Springs Mountain Sangha

Colorado Springs

voice mail: (719) 684-0210

www.smszen.org

The dharma rag

Volume 9, Issue 6

September 2006

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

Editor: Judith Steed; Published every month, mostly. Submissions of articles related to Buddhism and the Way, events announcements, letters to the editor, reviews 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 email to Smsdharma@ispwest.com. Submission deadline is the third Friday of each month mostly. Come visit our website @ www.smszen.org



JOAN SUTHERLAND'S RESIDENCY WITH SPRINGS MOUNTAIN SANGHA SEPTEMBER - OCTOBER 2006

RETREATS AND WORKSHOPS

In the Shelter of the Ancestors Zen Meditation Retreat

Monday, September 25 – Sunday, October 1
at Benet Pines in the Black Forest. Honoring
new teacher Sarah Bender & including a
Ceremony of taking Refuge in the
Bodhisattva Way

We gather to deepen and refresh ourselves,
alone and together, through intensive
spiritual practice. The retreat is residential
and includes sitting, walking, and moving
meditation; private meetings with the
teachers; daily talks and a koan seminar;
various services; work practice to maintain
the retreat; and vegetarian meals. During
the retreat, both Joan Sutherland and Sarah
Bender will be offering work in the room. All
are welcome to attend the talks at 7:00 pm
Monday through Friday, and the refuge
ceremony on Saturday evening.

Contact person is [Andrew Palmer](#)

The Dream Body: Zen Arts of Sleeping & Dreaming

Friday, October 6 (7:00-9:00pm) & Saturday,
October 7 (10:00 am - 4:00 pm) at the home of
Sarah Bender

Buddhism sees sleeping and dreaming as states
of consciousness as vivid and particular as
ordinary waking life. These states have their own
characteristics, customs, and powers, which we
will explore in this workshop through the
practices of the night, both traditional and new.
Please plan to attend both meetings.

Contact person is [William Jeavons](#)

The Dream of the World: Koans, Imagination & Freedom Koan Retreat

Friday, October 13 (7:00-9:00pm), Saturday,
October 14 (10:00 am – 5:00 pm), & Sunday,
October 15 (10:00 am – 3:00 pm) at the
Woman's Club, 20 Mesa Street, Colorado
Springs

In the autumn the veils between the worlds
grow thin, and we become aware of the deeper
voices we often miss—the voices of our
ancestors, of the spirits of the land, of our own
hearts. Koans can help us explore how to listen
for, and how to respond to, these ancient
voices of the harvest season.

This is a non-residential retreat that includes
meditation, talks, and conversations about
koans, which are a combination of
concentrated works of art and field notes on
transformation. The collaborative form of the
koan retreat arises from the belief that
awakening is a conspiracy of friends. Some
experience with meditation will be helpful, but
almost nothing you think about koans.

Contact person is [Andrew Palmer](#)

JOAN SUTHERLAND

IS A SENIOR TEACHER OF ZEN BUDDHISM
AND THE FOUNDER OF THE OPEN
SOURCE, A COLLABORATIVE NETWORK OF
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 DEEPLY INVOLVED IN RE-
IMAGINING THE KOAN TRADITION AND
EXPLORING ITS RELATIONSHIP TO
CREATIVITY, AND SHE ALSO INTEGRATES
MYTHOPOETICS AND CONTEMPORARY
MIND AND CONSCIOUSNESS DISCOVERIES
WITH MEDITATION. SHE HOLDS FREQUENT
KOAN AND MEDITATION RETREATS, AND
HER WORK WAS RECENTLY CHOSEN FOR
THE ANTHOLOGY BEST BUDDHIST
WRITING 2006 (SHAMBHALA). HER
WEBSITE IS WWW.JOANSUTHERLAND.NET.

SPECIAL EVENTS

Sensei Ceremony for Sarah Masland Bender

Saturday, September 23 at 3:00 pm, at the Woman's Club, 20 Mesa Street in Colorado Springs. A ceremony marking the accession of a new Open Source teacher, officiated by Joan Sutherland, Roshi and celebrated by Springs Mountain Sangha and David Weinstein, Sensei. All are welcome.



Ceremony of Taking Refuge in the Bodhisattva Way

Saturday, September 30 at 7:00 pm at Benet Pines in the Black Forest. Springs Mountain Sangha welcomes those who are taking refuge vows and the bodhisattva precepts, in a traditional Zen ceremony of commitment to this way.

TALKS

Wednesday, October 4 at 6:00 pm in Pueblo, Colorado

Wet Mountain Sangha hosts a public talk by Joan Sutherland. Contact person is [David Cockrell](#)

Monday, October 9 at 6:15 pm at Shove Chapel, Colorado College

At the regular SMS meeting there will be one period of meditation, and then Joan Sutherland will give a talk that is open to the public

Monday, October 16 at 6:15 pm at Shove Chapel, Colorado College

At the regular SMS meeting there will be one period of meditation, and then Joan Sutherland and Sarah Bender will give talks and lead a conversation about Sarah Bender's becoming a Zen teacher.

VOICES

There Comes a Time Each Morning

There comes a time when you
let the past fade to safe pictures painted
with nostalgic patina.

There comes a time when you
stand up, walk to the other side of the room and
wind up the clock.

Then, open night-black windows
and bathe in morning's cool.
Let it flow into your room
on the 4:10 out of Denver,
whooshing softly at a muffled distance
before you are ever notice of it.
Let it flow into all corners of your room
washing you till you become aware
that *it* and *all* are already here.

Let currents flow swirls around you
as you watch dense, stale air
be made translucent
and light, even as night
bows its translucent
to birth today.

Hal (C/S August 6, 2006)

HUMMINGBIRD

This Saturday morning I came home from
meditation to do a koan meditation and as I gazed
out my second story window it was just starting to
gently rain. Below me are the eight foot high
sunflowers planted for the birds. There on one of
the branches was a female hummingbird taking a
bath, a sight I have never seen. They are so small a
typical bird bath is an ocean to one of them. She
was under the edge of a large leaf and as the leaf
filled with water it would release several drops of
water, which fell onto her feathered back. She
would ruffle her wings and tail, look up at the leaf,
wait, and listen and then repeat the process when
the water fell. This lasted about ten minutes as she
then took flight. I felt this started and completed
the koan meditation for the time.

Kathryn

Baby Boy

Two houses with no memories.

The first -- visited via road trip this spring to
Vermillion, South Dakota.

Now, a memory remembered with paint on
paper of a bathtub filled to overflowing with
my blue tears and his—as semen; with
vermillion colored flecks of my arousal floating
above us.

The tub itself, a cage dressed in black.

The second -- visited via memory of St. Paul,
Minnesota, played out in dreams in my
Colorado bed last night.

Dreams of the all of me as a troupe on stage,
living out, practicing together over and over
the burial and death rites of Baby Boy.

We are sometimes dark, sometimes light and
no matter how dark or light the milk still runs
pure.

"I" am always leading and "I" always know
what comes next, but which "I"?

Moving, falling down and getting up together
as one, we are all grieving; mourners in song
and sound and movement over and around
white coffins of two baby boys.

His boy, in the form of blood and tissue, which
I could not hold for him at age 12 and my
boy, the one that never was, because of the
first at 12.

Donella 6/26/06

'Hairball' Gifts

- 1st. the dream.
- 2nd. awakening in the night to a word, a face, a fragment of of a dream or simply awakening.
- 3rd. awareness of an uncomfortable ugly feeling in my lower gut now recognized as FEAR.
- 4th. the voice of my inner child, my 'little one' saying, "You might as well get up. I have something to tell you."
- 5th. fumbling to the kitchen table where my journal is kept.
- 6th. light on, eyes now wide open, pencil in dominant hand I write or simply ask, "What to you have to tell me?"
- 7th. pencil placed in non dominate hand, she slowly answers on paper, sometimes at length in a monologue of sorts, sometimes it becomes a dialogue of sorts—my responses either verbal or written, my contribution going something like this. "Not this too", "What do you mean—just genes!!!", "He did what?", "No wonder...", "You mean to tell me...?" "When?" and so on and so on and so on.

'Hairball' gifts I call them-- barely, hardly touchable looking but non the less, gifts.
 Written down information about previously and deeply buried knowings; what happened and where it happened and to whom and by whom when I was a wee infant and when I was small and when I was not so small and when I was grown and when my mother had just died and when my dad was dying.

Now it comes forth---And now I begin.
 Thank you, my 'little one' for the 'hairball' gifts.

Donella 8/19/06

All this is Poetry

Rumi sings softly in my heart
 Lin Chi yells at us to wake up!
 Hal sounds muffled as his painkillers
 modulate his speech
 All this is poetry

The clouds pass before the mountain
 The birds swoop and play in the March wind
 Coffee falls off my chin
 The dog snoozes under the trees
 waiting for the delivery truck
 All this is poetry

The bombing in Bagdad kills again
 The soldier's casket waits to leave
 the plane
 The child cries after
 the feeding tube is removed
 The elephant brakes its chain
 to flee the tsunami
 All this is poetry

So why do I think I can't record it?
 So why do I hesitate
 to pause
 to sit
 to pull out my journal?
 So why do I sweat fretfully when
 my teacher rings the dokusan bell?
 So why do I join a writing group?
 All this is poetry.

Judith S.

REVIEWS

In response to Judith L.'s "... At my Bedside" list ... Frank replies:

These are in no order of being read, finished, useful or not! This does not count the books in the bathroom, living room or in the car!

- Living with the Devil (Stephen Batchelor)
- not always so (Shunryu Suzuki)
- Collapse (Jared Diamond)
- Conversations on Consciousness (Susan Blackmore)
- The Empty Mirror (Janwillem van de Wetering) (who loaned this to me?)
- Buddhah (Karen Armstong)
- Fully Empowered (Pablo Nerudo)
- Taking the Path of Zen (Robert Aitken)
- Evolution's Arrow (John Stewart)
- The Eye Never Sleeps (Dennis Genpo Merzel)
- Haiku: Volumn 4 Autum-Winter (R.H. Blyth)
- Opening the Hand of Thought (Kosho Uchiyama)
- thoughts without a thinker (Mark Epstein)
- The Places that Scare You (Pema Shodron)
- The Essential Haiku (Robert Hass)
- The View from the Center of the Universe (Primack & Abrams)
- Music, the Brain and Ecstasy
- The Zen of Creativity (John Daido Looi)

- Guitar Primer #1
- Nixon Under the Bodhi Tree (this is where it is!)
- The Skier's Edge (Ron LeMaster)
- The Creators (Daniel J. Boorstin)
- The Year's Best Science Fiction (1999)
- Yoga for Chickens [yes, the birds!] (Lynn Brunelle)
- National Geographic Magazines
- Shambhala Sun Magazines
- Buddhadharma Magazines
- Mental Floss Magazines

Frank

[Okay, who's next! Kathryn? Nard? Elizabeth? Ed?]

UPCOMING EVENTS!

Precepts Study

No Precept Study scheduled in the near future. The Taking Refuge Ceremony will be the weekend of September 30th; see event announcements for Joan's Residency for details.

If you have questions, please feel free to give Sarah B. a call at 594-0724 or contact her at sbender@corb.com.

Kathryn shared:

This summer, during precept study, we had several discussions about the meaning of taking refuge. This is from Dainin Katagiri, You Have To Say Something.

"To take refuge is not about escaping the human world. True refuge is seeing the depth of human existence. True refuge is where everyone meets. A Buddha is any person who understands human life on the basis of impermanence and cause and effect. Everyday life is difficult. This is why we have to come back to this moment and take refuge in living the life of a buddha. A buddha's efforts never cease."

[Note from the Editor: it would terrific if other Precept Study members would share personal quotes or thoughts with us. Please consider]

History of Buddhism Study Group at Clay Taylor's house Wednesdays 6:30pm to 8:00pm
Buddhism: Its Essence and Development
by Edward Conze

No meetings planned in September.

If you have questions, please call Clay at 213-6553.

Hiking Meditation

Saturday September 16th with Clay & Skip. Call Clay at 213-6553.

Introduction to Zen

September 15th (6:30-8:30pm) and 16th (9:00am-12:00pm) at the Woman's club. Sarah will present an Introduction to Zen. \$40/\$30 for CC students If you are interested, please let Sarah Bender know.

**All-Sangha Meeting
Monday, September 11**

Springs Mountain Sangha will hold its annual All-Sangha meeting on community night, the second Monday in September. Everyone is invited and encouraged to attend.

The by-laws approved last year call for a general meeting of this sort once a year to approve nominations to the steering committee and accept the financial audit report. It is also the time to make any changes in the by-laws that seem called for.

This year two amendments to the by-laws will be proposed. With the designation of Sarah Bender as Resident Teacher or Sensei (to use the traditional Japanese Zen term for teacher), we need to revise the by-laws to replace Meditation Instructor with Resident Teacher and then approve her for this position. The revised by-laws would then read:

Article 5, Section 4: Resident Teacher (Sensei)
The Resident Teacher is designated as such by the Holding Teacher and approved by the Sangha at large for this position. The Resident Teacher works closely with the Holding Teacher on teaching, training practice leaders, and other Dharma matters.

The steering committee is also proposing to change the date of the annual meeting from January to September, since that seems to work best for us as this time.

These items of official business should not take long. The outgoing chair of the steering committee will then give a brief report on the current "state of the Sangha," to be followed by a general discussion of the future direction of the Sangha. That is where everyone's input is especially needed.

So plan to attend if you possibly can.

LETTER FROM THE EDITOR

Dear *dharma rag* Readers,

I have been experimenting with new formats and other ways to break up the standard columns of this newsletter. I am playing and experimenting. If you have some ideas or suggestions, please share!

I would like to thank Marsha for stepping up and offering her support! She is collecting event announcement information and she has done a fantastic job of organizing it and of building the at-a-glance calendar at the end of the issue. Thank you, [Marsha!](#)

Also, please send your warm support to Wendy how has been tirelessly trying to revive the website. It got sick after the most recent server change and it has been a royal heart ache for her. She did manage to get the distribution lists back up and running. WELL DONE, [Wendy](#).

Lastly, I am getting ready to go on a Sabbatical. In November, my family and I will to go New Zealand for a month. We are very excited about this.

This reminds me that the *dharma rag* will need an interim editor for November and December. Is anyone interested in volunteering? This will also be a great way to infuse new energy in to this newsletter and community builder. Let [me](#) know!

Humbly and gratefully,

[Judith](#)
(Editor)

LETTERS TO THE EDITOR

Please consider submitting letters to the Editor.

You know the routine.

This could be a space for dialogues between readers and across the SMS community.

This is an another experiment, so let's play.

What a great addition to our practice.

Kindly & respectfully,

Judith



Bounteousness Practice

The Springs Mountain Sangha, her teachers and our Steering Committee are grateful for all your various support. As we come into our busy season with Joan's Residency and the abundance of events and ceremonies, please remember to give generously your financial and resource support as you are able. The contribution bowls are often placed at the entrance of our halls, wherever they may be. Thank you!

OTHER EVENTS/ ACTIVITIES TO CONSIDER

"The Science of a Compassionate Mind"

Sunday, September 17, 2006

The Mind and Life Institute will be sponsoring a public talk given by **His Holiness the Dalai Lama** at the Pepsi Center in Denver. If you would like more information about this event, please visit their website at www.mindandlife.org.

Out of State Events: not on the at-a-glance calendar

September 16: Koan Seminar with John Tarrant (Santa Rosa, CA): For more information go to www.pacificzen.org.

October 14 – 21: Great Autumn Sesshin with John Tarrant & Rachel Howlett (Sonoma County, CA): For more information go to www.pacificzen.org.

October 26 - 29: The Dream of the World: Koans, Imagination & Freedom: Koan Retreat with Joan Sutherland (Mountain Cloud Zen Center - Santa Fe, NM). For more information go to www.joansutherland.net.

WEEKLY SCHEDULE

The Steering Committee changed the Monday night meditation schedule. We will hold each session to an hour and fifteen minutes. We will begin sitting as usual at 6:15, but plan to conclude by 7:30.

As a practical matter this will mean one sitting period of 25 minutes on the first three Mondays of the month and two periods on the fourth Monday. If there is a fifth Monday in the month, it will consist of two periods of sitting meditation, unless there is a talk, in which case there will be one period of meditation followed by the talk.

We hope this change will make it easier for everyone to plan the evening and also make the practice more inviting to new members, who frequently leave after one period of meditation.

- ❖ **Monday** evenings starting at 6:15 p.m. at Shove Chapel: 1010 North Nevada on the campus of Colorado College.
 - ✓ *First Monday* of the month: 30-minute sutra Service, brief walking meditation, a 25-minute periods of sitting
 - ✓ *Second Monday*: one 25-minute sitting period, followed by a social gathering
 - ✓ *Third Monday*: one 25-minute sitting period, followed by a talk or reading
 - ✓ *Fourth Monday*: Two 25-minute sitting periods with a brief walking meditation in between.
 - ✓ *Fifth Monday*: Two 25-minute sitting periods with walking meditation between or the second period will be replaced by a community member's sharing a personal Zen Practice experience: "Way Speaking Mind." If you'd like/willing to take a turn, please call Sarah Bender.
 - ❖ **Wednesday** Mornings from 6:00 a.m. to 7:00 a.m. at Shove Chapel.
 - ❖ **Saturday** Mornings from 6:00 a.m. to 8:00 a.m., also at Shove Chapel. After the sitting many of us usually walk to a nearby coffee shop for breakfast.
 - ❖ **Sunday** we often have steering committee meetings or discussion groups or workshops
- PLEASE REMEMBER TO CHECK THE WEBSITE IN CASE OF CHANGES AND ADDITIONS!!

SMS September 2006

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2 SMS Zazen Shove Chapel 6:30-8:30am Followed by breakfast @ Wooglins
3	4 SMS Sutra Service & Zazen Shove Chapel 6:15-7:30pm	5	6 SMS Zazen Shove Chapel 6:00-7:00am	7	8	9 SMS Zazen Shove Chapel 6:30-8:30am Followed by breakfast @ Wooglins
10 Steering Committee Meeting Woman's Club 4:00pm	11 SMS Zazen & Community Night - <u>Annual</u> <u>All-Sangha</u> <u>Meeting</u> Shove Chapel 6:15-7:30pm	12	13 SMS Zazen Shove Chapel 6:00-7:00am	14	15 Intro to Zen Class (6:30-8:30pm)	16 SMS Zazen Shove Chapel 6:30-8:30am Followed by breakfast Hiking Retreat 8:00-4:00pm Intro to Zen Class 9am-12pm
17 His Holiness the Dalai Lama Denver	18 SMS Zazen & Dharma Talk Shove Chapel 6:15-7:30pm	19	20 SMS Zazen Shove Chapel 6:00-7:00am	21	22	23 SMS Zazen Shove Chapel 6:30-8:30am
24	25 SMS Zazen & Way Seeking Mind Talk Shove Chapel 6:15-7:30pm	27	26 SMS Zazen Shove Chapel 6:00-7:00am	28	29	30 SMS Zazen Shove Chapel 6:30-8:30am

Sarah's Ceremony
Women's Club, 3:00pm
followed by a pot-luck
dinner and party!

In the Shelter of the Ancestors Zen Meditation Retreat
September 25 - October 1 @ Benet Pines

Taking
Refuge
Ceremony
Benet Pines
7:00pm

SMIS October 2006

<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>Zen Meditation Retreat cont'd</p>	<p>2</p> <p>SMS Sutra Service & Zazen Shove Chapel 6:15-7:30pm</p>	<p>3</p>	<p>4</p> <p>SMS Zazen Shove Chapel 6:00-7:00am</p> <p>Joan's Public Talk Pueblo, 6:00pm</p>	<p>5</p>	<p>6</p> <p>The Dream Body: Zen Arts of Sleeping & Dreaming Workshop Sarah's House</p>	<p>7</p> <p>SMS Zazen Shove Chapel</p>
<p>8</p>	<p>9</p> <p>SMS Zazen & Dharma Talk with Joan Shove Chapel 6:15-7:30pm</p>	<p>10</p>	<p>11</p> <p>SMS Zazen Shove Chapel 6:00-7:00am</p>	<p>12</p>	<p>13</p> <p>The Dream of the World: Koans Imagination & Freedom Retreat Women's Club</p>	<p>14</p> <p>SMS Zazen Shove Chapel 6:30-8:30am</p>
<p>15</p> <p>Koan Retreat cont'd</p>	<p>16</p> <p>SMS Zazen, Dharma Talk & Conversation with Joan & Sarah Shove Chapel 6:15-7:30pm</p>	<p>17</p>	<p>18</p> <p>SMS Zazen Shove Chapel 6:00-7:00am</p>	<p>19</p>	<p>20</p>	<p>21</p> <p>SMS Zazen Shove Chapel 6:30-8:30am Followed by breakfast @ Wooglines</p>
<p>22</p>	<p>23</p> <p>SMS Zazen & Way Seeking Mind Talk Shove Chapel 6:15-7:30pm</p>	<p>24</p>	<p>25</p> <p>SMS Zazen Shove Chapel 6:00-7:00am</p>	<p>26</p>	<p>27</p>	<p>28</p> <p>SMS Zazen Shove Chapel 6:30-8:30am Followed by breakfast @ Wooglines</p>
<p>29</p>	<p>30</p> <p>SMS Zazen Shove Chapel 6:15-7:30pm</p>	<p>31</p>				

SMS November 2006

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 SMS Zazen Shove Chapel 6:00-7:00am	2	3	4 SMS Zazen Shove Chapel 6:30-8:30am
5	6 SMS Zazen & Sutra Service Shove Chapel 6:15-7:30pm	7	8 SMS Zazen Shove Chapel 6:00-7:00am	9	10	11 SMS Zazen Shove Chapel 6:30-8:30am
12	13 SMS Zazen, & Community Night Shove Chapel 6:15-7:30pm	14	15 SMS Zazen Shove Chapel 6:00-7:00am	16	17	18 SMS Zazen Shove Chapel 6:30-8:30am Followed by breakfast @ Wooglins
19	20 SMS Zazen & Talk. Shove Chapel 6:15-7:30pm	21	22 SMS Zazen Shove Chapel 6:00-7:00am	23 US Thanksgiving Holiday	24	25 SMS Zazen Shove Chapel 6:30-8:30am Followed by breakfast @ Wooglins
26	27 SMS Zazen Shove Chapel 6:15-7:30pm	28	29 SMS Zazen Shove Chapel 6:00-7:00am	29	30	

Dana for Springs Mountain Sangha

Springs Mountain Sangha (now with tax exempt status) engages in three weekly sittings, study groups, retreats, residencies for our holding teachers, the *dharma rag*, website, and other communication media. Contributions from members and friends are the Sangha's sole financial resource. Let's share the dharma assets!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (h) _____ (other) _____

Email: _____ (required for e-distribution)

Contribution Amount Enclosed: \$ _____

Checks should be made out to Springs Mountain Sangha c/o Robert King, Treasurer.

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

To learn more, visit our website, <http://www.smszen.org/> or contact us at SMSdharma@ispwest.com

(editor). Please check if you prefer to receive the newsletter by email, saving resources & expenses.