

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 8
~ September 2007 ~

Coming Up for the Sangha:

-In September:

- All-Sangha Meeting: Monday, September 10, following the Monday night sit. Page 3.
- A Worldwide Event Coming to Pueblo—Change Your Mind Day: Saturday, September 15, 12:30 PM–5:30 PM, at the Greenway and Nature Center. Page 4.
- All Day Retreat with Joan Sutherland: Sunday, September 16. Page 11.
- Hiking Meditation under the Aspens near Fairplay: Saturday, September 22. Page 11.
- Potluck Social, Meditation Introduction, Precepts Wrap-Up, and WITR. Page 11.
- The time for Saturday sits changes to 6:30 AM on September 8.

-In October:

- Bright Harvest Meditation Retreat with Joan Sutherland: Monday, October 1 to Sunday, October 7. Page 5.

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, 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!

of the ways we find shelter in each other and in this ancient way. Let us continue to seek out opportunities small and large to be a shelter for others as well. Let us continue to return to the one whole body of this world some of our good fortune.

Yesterday I watched my friend Ruth Zaporah, the improvisational theater genius, watching her students as they performed. “Remember,” she called out at one point, “there’s no improv without *you!*” Just so. This long improv that is your life—it doesn’t just fall from the sky like an afternoon downpour and land on your head. It doesn’t happen *to* you, or in spite of you, and certainly not without you. No one does it for you. If you don’t move, it doesn’t move, and it can’t just be an act of private imagining; it belongs to the world. Without you there’s no improv, but with you there’s jumping off cliffs and sheltering others under your branches and getting to be enchanted and finding the mercy life has for our mistakes. When we take up the bodhisattva way we’re promising to give ourselves completely to the great communal improv of the world, and as near as I can tell that’s what a life in Santa Fe, or anywhere else, is for.

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Home Again!

By Sarah Bender

Coming home from two months of travel, first in China with my daughter, and then in Nova Scotia and New England with family, I feel like a snake that has just eaten a pig. To be a visitor in such a foreign culture, even with a daughter who could translate, was a marvelously challenging adventure. There is much that I look forward to discussing with you all, especially regarding Buddhist practice and culture. Then, to be in Nova Scotia where I was not tourist but daughter, sister, sister-in-law, mother, mother-in-law, aunt, ex-wife, and friend—that was an adventure into the wild territory of the familiar.

Here are a couple of early observations from the China adventure.

From a tourist’s-eye view, the temples I saw in China were huge and impressive, ancient, decayed, and reviving. The art was very beautiful and often deeply touching. Devotional practice was most accessible. I made more deep bows in three weeks than I’ve made in years, offered my sticks of incense, and watched families offering huge bundles of flaming incense all at once. The other aspects of practice were inaccessible to tourists, but what could be felt was the absence of the feminine.

The moments that stand out are, as they always are, points of contact: the monk who watched me making my bows and then broke out in a huge smile and gave me a thumbs-up; the old monk on the high steps of a closed temple at lunch hour, who insisted we share his steamed cornmeal bun and then opened the temple and told us about it; the little snake that shook its tail at me on a mountainside trail. Many times the language and cultural barriers seemed to become an opening for acts of simple friendliness. Those moments shine and don’t tarnish later.

The overwhelming feeling that I came home with regarding our Buddhist practice was that we have a rare, an essential opportunity here in the West, to learn how men and women can do deep practice together—a kind of practice that will create new understanding about being human on this planet. Of course, we receive the wisdom of ancient teachers in our own modern hands and see it through our Western eyes. What will we make of it?

SPECIAL NEWS/UPDATES

All-Sangha Meeting: Monday, September 10

At Shove Chapel, Following the Meditation Period

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. We also need enthusiastic volunteers to serve on the Steering Committee for the upcoming year—please toss your hat into the ring!

This is our annual review of:

- ✓ Our community by-laws
- ✓ Approve the nominations to the Steering Committee
- ✓ The financial report, with the goal of accepting it

Additionally, there will be a proposal from the Steering Committee to provide additional support for Sarah in her role as the Sangha's resident teacher (sensei) by funding an eight-month leave from her regular job teaching reading so that she can devote more time to deepening her practice and preparing herself more fully for this new role. To make this leave possible, the Sangha would commit to pay her \$2000 per month (rather than the current \$500 per month) over an eight-month period of time. Members would be asked to donate to a fund for that purpose, but we would be prepared to draw on the general treasury if donations were not sufficient to meet our commitment. Sarah has agreed to share with us her thoughts about how she proposes to use this leave time and when she plans to begin and end it.

There will also be a general discussion of the future direction of the Sangha, where everyone's input is especially needed. Please attend if you possibly can.

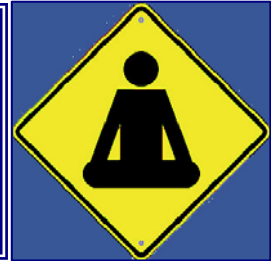
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14th Year of the International Event

Change Your Mind Day

At the Pueblo Nature Center, September 15, 12:30–5:30 PM

Teachers from Zen and Tibetan Buddhist traditions will give introductory talks and lead participants in silent meditation and Buddhist chanting. Change Your Mind Day (CYMD) is designed to introduce meditation practices in a friendly, public setting—free of charge. Participants are invited to relax and enjoy the event!



Joan Sutherland, Roshi — Sarah Bender, Sensei — Melissa Robinson — Victoria Garrison

Meditative Teachings ... Asian Dance Concert ...

Chanting ... Yoga ... Meditation



Sponsored by Pueblo's Buddhist fellowship, **The Wet Mountain Sangha**

Free Parking for the event

Bring cushions or a chair if you can; some will also be available

Cash Grill by Mandalyne Falls, featuring grilled vegetarian items

For a schedule and more information

<http://www.wetmountainsangha.org> or call Jan at 719-565-1168

Or, just come to the Pueblo Greenway & Nature Center, 5200 Nature Center Rd. (Just north of the river; just west of Pueblo Blvd.)

September 15, 12:30–5:30 PM in the pavilion by the river.

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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.



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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VOICES

Hello, all! It's been five years since I took refuge in the precepts. Recently, I have been reflecting upon my practice and the ways in which I have and have not lived according to the precepts. My practice and the precepts have decayed in recent years due partly to a lack of a community that I click with and partly to my own laziness. So ... I thought an update and reaffirmation was in order. Here's what I came up with:

The Ten Grave Precepts

1. I vow to encourage life-affirming energy in myself and others.
2. I vow to let all things be as they are and not act out of a selfish heart.
3. I vow to keep my mind and body pure for myself and my life partner.
4. I vow to be honest with myself and with others. I will not take my stories at face value and will always look deeply at my beliefs and opinions.
5. I vow to keep my mind clear and not to succumb to addictions and habits. I am fully responsible for the products of my mind.
6. I vow to search out and elucidate the essential goodness of all beings.
7. I vow to think and speak well of others if I must speak at all. I wish to encourage all beings on the path of awakening.
8. I vow to learn from whatever or whomever I encounter on the path and to humbly teach whoever can benefit from my knowledge and experience.



9. I vow to release my initial aversive reactions and cultivate a true understanding of all events and situations.

10. I vow to respect all beings on the path to realization. The mountain is tall and the ways are many.

May I joyfully fall on my face as I attempt to live in accordance with these vows. May my existence be of benefit to the many beings.

Bodhi Svaha!

Steev Doyle, Redding, California

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Summer of Trouble, Universe of Change

By Lee Overmann

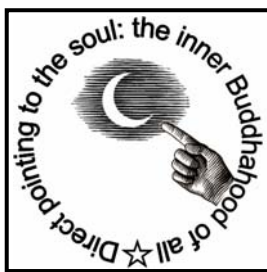
My family survived a typhoon this summer. Not the ordinary kind, mere howling winds and driving rain, but a metaphoric one, a whirlwind of change—most unwelcome change—a turn-your-hair-white kind of onslaught that shook us like nothing we’d ever experienced. The resultant stress made me fear at one point I might be having a heart attack, a viselike grip that squeezed my heart and refused to let go, necessitating an afternoon in the emergency room. Worst of all was the knowledge that I had no control—absolutely zero—over the circumstance causing our distress.

I know life—the universe—is always like this. *Everything changes; nothing is permanent.* But most of the time, I don’t notice. Usually, change doesn’t bother me; usually, it doesn’t demand I notice it. Most is subtle, imperceptible: things grow older (like me), dustier (my house), one gray hair or dust mote at a time. But on this occasion, the universe demanded I pay attention to its impermanence; the true realization that *nothing is real*—that everything, including the “self,” is emptiness, illusion—was terrifying. I felt like a drowning swimmer, all flail and nothing within reach. Like tumbling down the stairs: the sudden absence of solidity, the desperate—futile—grab.

Somewhere in the middle of all this turmoil, I found an unexpected point of stability, something to which I could cling: the precepts. Taken together, they said to me, “*There are no absolutes, just choices with consequences.*” In a universe where everything is empty, here was something that acknowledged the emptiness and showed me where and how I fit in. In a universe where everything changes, here was something unchanging, a place where I could stand, solid ground beneath my feet. I had the sense of standing sheltered, watching as the change of the universe raged around me unabated. *How interesting*, I thought as I stood inside the calm eye of the storm looking out, observing in a new way.

Why I found the thought “*there are no absolutes but the fact there are no absolutes*” so comforting was perplexing. For weeks, I struggled to find the words to make sense of what I was experiencing, to explain it to myself, to articulate it to others. This too was a novel experience: I am analytical and seldom at a loss for words. Finally, the precepts discussion offered me the right language: *refuge*, a word for which I will always be grateful. Life—*everything*—is change, uncontrolled and uncontrollable; there are no absolutes but the fact there are no absolutes. This paradox is something I can rest in, a place of *refuge*.

While I’m still working through the implications of this, I know this *refuge* is a change in my perception that makes me different. It makes me feel like my struggles are ordinary, unremarkable; it helps me know I’m no different from the mass of humanity, that *everyone* struggles with change and impermanence. It helps me know I’m no more “messed up” than anyone else, a leveling that is a great relief; it helps me understand and be more compassionate to the people around



me because I know they struggle like I do inside themselves. It helps me see my *karma*, the trail of cause and effect I create through my choices, my actions. Things seem clearer—simpler—somehow, though I know life is no less complex than it was before, no less full of wonders and difficulties, beauties and tragedies, things I appreciate and things I wish would just go away. I find myself being more patient with others and myself, catching myself more often before I get angry, not becoming “hurt” by “unkindness” as often. I feel like my illusions have started falling away, and it doesn’t hurt to lose them or let go of them like I thought it would. *Liberation* is another good word that describes something of what I am feeling; I feel freer, lighter, *released*, and this enables me to choose my actions differently than I did before. I don’t know if this is the beginning of “awake,” but I’m starting to have the sense that “awake” isn’t some great mystical state of being, it’s a simple, calm perception that makes one different in a fundamental way.

This experience and its aftermath make me glad I am planning to take formal refuge at the retreat in October, when I will vow to “save all the beings of the world,” something I cannot possibly do because it is something that cannot possibly be done, another paradox. I understand it as an articulation of my intent to choose actions that support life—compassion, kindness, generosity, patience, and so on—whenever I can, and to recognize, honor, and learn from the trade-offs and mistakes involved in the choices I do make. Before the “typhoon,” before finding the eye in the “storm,” I wasn’t sure I’d be ready, that I would truly understand the commitment I’d be making. Now I have a feeling of certainty—of *rightness*—that makes me feel really good about my decision. I’m looking forward to the vows in an unexpected way, as if I’m celebrating a coming home to a place and a family I love: refuge in *awakening*, refuge in *the way*, and refuge in *my companions*.

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Crystal Vase

By Nard, July 2007



I had a cherished crystal vase. It once belonged to Sarah, and it had been passed down from Ruth, her mother, so it was a family heirloom. Sarah loved this vase and the beautiful flowers that often filled it. I held it dear, and a year or so ago put some plants in it and kept it full of water. There was a ring growing where the waterline was, but I did not worry about it. Finally, the vase was empty. The grimy waterline was thick and hard. I soaked the vase and scrubbed and soaked it some more. Slowly, the water ring was dissolving and disappearing. I would have my fine vase back in its original shape, its shape sacred for its fine memories. This process took weeks of loving scrubbing as the ring dissolved and the original smooth, clear finish returned. I was proud that I had not ruined this vase, so dear to me, and I was ready to call the job done, dry the vase, and place it on a pedestal to admire. But while it was still wet and slick, I dropped it. It was almost as if someone had brushed it from my hands. It fell and hit the sink and shattered. Pieces landed everywhere.

This was something precious, something with meaning far beyond that of a vase. Shattered change I could not control, could only accept, for it was definitely done. I could not accept what life gave me. I had fought for the past and had almost restored the old story. Now it was in pieces. Now it was gone, only a memory.

I swept up the remains and recycled them. Maybe this fine crystal vase will be reborn into some future fine memory to be cherished.

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WET MOUNTAIN SANGHA—PUEBLO

Change Your Mind Day: a worldwide event, September 15 in Pueblo!

Wet Mountain Sangha—2007 Summer Events

- **Wednesdays:** Meditation 6 PM to 7:30 PM. Please join us as you wish for the traditional 25/10/25 minutes of sitting/walking/sitting meditation. As usual, there will be sharing and announcements, and tea afterwards!
- **Saturdays:** Morning meditation second and fourth Saturdays of each month, 8:00-10:00 AM, with four periods of alternating sitting and walking; no chants or announcements.

MY SHENPAS & KLESHAS *

By Wendy Shinn

Please don't interrupt
 I'm feeling sad today
 I'll ruminate and fuss
 It is my holiday

From all the ups and smiley faces
 To walks and talks and six mile races
 I find I'm dazed with happy ways
 I'll choose complaints in my malaise

I like to chat about my meds
 And how the work of unmade beds
 Disturbs my conscious plan to cry
 About my dismal plans and why

I have those sleepless nights
 And days of worry frights
 Hot flashes push me to the pills
 Rather this than walk up hills

I'm anxious and I'm nervous
 About most anything
 The cat, the mouse
 The dog, the house
 And what the mail will bring

Yoga is for Yogis
 Meditation for monkeys
 Prayer for pompous pumpkins
 Walking and hiking and biking for bumpkins

I really prefer sad
 And when I am
 Very much like today
 I sit and stew and wimp about
 'Cause I just like it that way

** That is, hooks and emotions. Word translation from
 No Time to Lose by Pema Chodran.*

Check out our Web site for more information: wetmountainsangha.org

Wet Mountain Sangha, Pueblo, CO
 Lady of Assumption, 900 E. Routt
 The Zendo is at the side entrance on Fairview.

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SANGHABUSINESS

Steering Committee Update

The Steering Committee met on August 12 at William's home from 4:00 PM to 5:30 PM. Present were William, Andrew, Pete, Clay, and Lee.

Finance Committee. Clay said the Finance Committee met with Sarah to discuss the proposed sabbatical, which the Steering Committee recommended be presented to the membership at the upcoming All-Sangha Meeting (September 10) for decision. Clay noted that the name "sabbatical" could be confusing

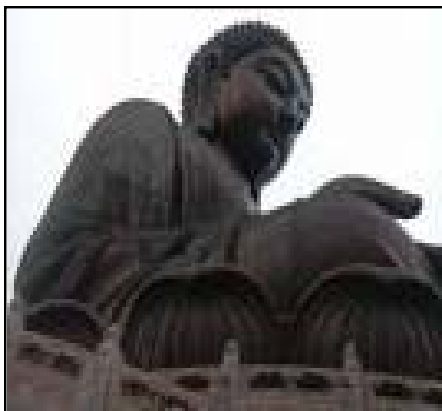
because Sarah would only be taking leave from her “day job” teaching reading skills; she would continue to provide teaching and leadership for the Sangha during her sabbatical. Prior to the meeting, the Steering Committee will publish the details of the financial commitment involved so members can be ready for questions and discussion. Clay noted that members are more likely to support a cause when they understand the **need** that their donation will meet and the **benefit** it will bring them. He offered this thought as a way of thinking about the value of a sabbatical and in articulating this to the Sangha. Clay also said that Sarah would share her vision about how she proposes to use this leave time and when she plans to begin and end it.

Upcoming Events. Your hardworking Steering Committee talked about the requirements needed to support the many events that are coming up in the next few months:

- **Change Your Mind Day, September 15 (Pueblo).** William led a brief discussion of items needed and transportation arrangements for supporting the WMS-hosted worldwide event.
- **Retreat with Joan Sutherland, September 16 (TWC, Colorado Springs).** William led a discussion of how best to conduct Work in the Room with two teachers; he will coordinate this with Joan and Sarah. Parking for the event will consist of the street down the hill from TWC, as well as Cascade.
- **Bright Harvest Retreat, October 1–7 (TWC, Colorado Springs).** The Steering Committee discussed Robert’s recommendation for charging \$350 (full-time participants) and \$60 per day (part-time), with no adjustment in the part-time fee for those who attend less than a day. Further, scholarship assistance would be available for both full- and part-time participants on a need basis; anyone who wished to contribute to a scholarship fund would be encouraged to do so, but this fee should allow scholarship help for those who most need it without drawing on a separate fund. Robert thought that with a minimum of fifteen full-time participants, we would be able to cover retreat costs. After discussion, the Steering Committee approved Robert’s proposal for retreat fees.
- **October Out-of-Town Accommodations.** Pete looked into the motel situation and reported that we can rent rooms in the Econo Lodge near TWC for \$40 single occupancy and \$45 double. If out-of-towners can arrange to share a room, staying overnight would add another \$135 (plus tax) to their costs for a total of \$485-500.
- **October Bodhisattva Vow Ceremony.** William noted the need for a special set-up for the vow ceremony on Saturday night, and that there were about seven people who would be taking vows.
- **Winter Retreat, December 5–9 (Kings’ Home, Green Mountain Falls).** The Steering Committee discussed plans to hold a Rohatsu retreat at the home of Robert and Elizabeth in Green Mountain Falls, with David leading as he has done in other years. David is agreeable to the proposed dates. The Steering Committee will ask David to provide a Dharma talk to the Sangha on Monday night.

Other Topics

- The Steering Committee reviewed the recent changes to *The dharma rag* and SMS Web site. All present agreed the changes should serve to highlight upcoming events.
- William took the opportunity to **thank Robert and Clay for all their hard work on financial matters!**



And, lest you think that we’re all work and no play. After the business portion of the meeting concluded, William and his son, Peter, fixed delicious homemade pizza for the birthday party that followed in honor of Donella’s birthday. We then discovered two other Leos with August birthdays: Andrew and Lee. Andrew kept busy rescuing ants—brought inside on a stalk of wild sunflowers—as they wandered the table and tried to get into the food (hey—it’s not a real picnic without ants!). Gathering to help celebrate were Judith L., Judith S. and her daughter, Sophie, and Wendy and her son, Ian. With a splendid carrot cake and two kinds of ice cream, not to mention the combined number of candles and three people to blow them out, much merriment ensued!

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Events and Activities

Details of SMS Events

September 2007

- **Potluck Social:** Sunday, September 2, at noon at Sarah's house. Bring the family!
- **Meditation Intro:** Saturday, September 8, from 9:30 AM to 2:30 PM with Sarah Bender at the Woman's Club. Please contact Sarah at sembender@gmail.com for more information.
- **Precepts Wrap-Up:** Sunday, September 9, from 3:00 PM to 5:00 PM at Sarah's house. Contact—Sarah, sembender@gmail.com.
- **All-Sangha Meeting:** Monday, September 10, following the Monday night sit.
- **Change Your Mind Day:** Saturday, September 15, 12:30 PM–5:30 PM, in Pueblo at the Greenway and Nature Center.
- **All Day Retreat with Joan Sutherland:** Sunday, September 16, from 9:30 AM to 4:30 PM at the Woman's Club. Contact—Andrew, apalmer1@myway.com.
- **Hiking Meditation under the Aspens near Fairplay:** Saturday, September 22 (time TBD). Contact—Sarah, sembender@gmail.com.
- **WITR:** Friday, September 21, 9:30 AM–12:30 PM, and Sunday, September 23, 12:30–2:30 PM, at Sarah's house. Contact—Sarah, sembender@gmail.com.

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. Contact—Andrew, apalmer1@myway.com.

November 2007

- **Meditation Intro:** Details TBD.
- **All Day Retreat with WITR:** Details TBD. Contact—Sarah, sembender@gmail.com.

December 2007

- **Rohatsu Retreat:** Wednesday, December 5 to Sunday, December 9. Details TBD. Contact—Robert, kingrh@comcast.net.

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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.

SMS Weekly Schedule

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

Monday Evenings

6:10 PM to 7:30 PM

- ★ **First Monday of the month:** 30-minute Sutra service, walking meditation, one 25-minute period of meditation
- ★ **Second Monday:** One 25-minute meditation period, walking meditation, followed by a social gathering
- ★ **Third Monday:** One 25-minute meditation period, walking meditation, followed by a Dharma talk or reading
- ★ **Fourth Monday:** Two 25-minute meditation periods with a walking meditation in between
- ★ **Fifth Monday:** Two 25-minute meditation periods with a walking meditation in between, or one 25-minute meditation period, walking meditation, and the second meditation period will be replaced by a community member sharing a personal Zen practice experience: "Way-Seeking Mind." If you'd like to take a turn, please contact Sarah Bender to schedule.

Wednesday Mornings

6:00 AM to 7:00 AM

Saturday Mornings

6:00 AM to 8:00 AM

- ★ Summer hours (May–Sept.): 6:00 AM to 8:00 AM
- ★ Winter hours (Sept.–May): 6:30 AM to 8:30 AM
- ★ After the meditation, many of us walk to a nearby coffee shop for breakfast.

Sunday

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

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

Please check the Web site for changes & additions!

On Monday evenings, meditation is very much enlivened by the thoughts and writings that people bring to share. Please consider offering your practice in this way!

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Other Local Groups

Rocky Mountain Insight

- www.rockymountaininsight.org
- Metta meditations on Fridays

Fireweed Sangha

- Robert Harkins, 719-540-8617

TSL Group

- tslcolorado@yahogroups.com

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All Hallows
Koan Weekend
with
Joan Sutherland, Roshi

Friday, October 26 to
Sunday, October 28, 2007
Mountain Cloud Zen Center
Santa Fe, New Mexico
contact The Open Source
opensource@wildblue.net

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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. September 22 and 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. See ad on page 3. For more
information, call 505-989-3915.
- *Bright Harvest Meditation Retreat*
October 1-7, Springs Mountain
Sangha, Colorado Springs, Colorado.
See page 5.
- *All Hallows Koan Weekend*
October 26-28, Mountain Cloud Zen
Center, Santa Fe, New Mexico. See ad
at left. Contact The Open Source at
opensource@wildblue.net.
- *Dark of the Moon Retreat*
November 4-11, Vedanta Society
Retreat Center, Olema, California.
- Register at retreats@joansutherland.net.

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September 2007	<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	
								1 Meditation Shove Chapel 6:00–8:00 AM Followed by breakfast @ Wooglin's
	2 Potluck Social Sarah's house 12:00 PM	3 Meditation & Sutra Service Shove Chapel 6:15–7:30 PM	4	5 Meditation Shove Chapel 6:00–7:00 AM	6	7	8 Meditation Shove Chapel 6:30–8:30 AM Breakfast-Wooglin's	8 Meditation Intro The Woman's Club 9:30 AM–2:30 PM
	9 Precept Study Wrap-Up Sarah's house 3–5 PM Steering Meeting Sarah's house 5:30–7:30 PM	10 Meditation & ALL-SANGHA MEETING! 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 Breakfast-Wooglin's	15 Change Your Mind Day Pueblo, Greenway and Nature Center 12:30–5:30 PM
	16 All Day Retreat with Joan Sutherland Woman's Club 9:30 AM-4:30 PM	17 Meditation & Dharma Talk Shove Chapel 6:15–7:30 PM	18	19 Meditation Shove Chapel 6:00–7:00 AM	20	21 WITR Sarah's house 9 AM–12:30 PM	22 Meditation Shove Chapel 6:30–8:30 AM Breakfast-Wooglin's	22 Hiking Meditation under the Aspens near Fairplay
	23 WITR Sarah's house 12:30–2:30 PM /30	24 Meditation & Meditation & Precepts Recitation Shove Chapel 6:15–7:30 PM	25	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	

November 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 Followed by breakfast @ Wooglin's
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 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	

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: _____

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Phone: (h) _____ (other) _____

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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).

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