

ACTIVITIES of SARAH BENDER, ROSHI

ANNUALLY

- Prepares and teaches for two long meditation retreats (one 5 day, one 7 day)
- Prepares and teaches for two weekend retreats: one integrative, one meditation
- Teaches one or more one-day retreats.
- Offers one or more introductions to Zen, single-day or longer, if possible.
- Offers one 6 -to 8-session sutra study series
- Offers two koan inquiry series, around 5 sessions each (spring, fall)
- Offers a precepts and refuge series, if needed (not every year)
- Consults with SMSAction in planning events (1-2 per year, so far)
- Attends one or two leader training meetings (in preparation for retreats)
- Attends, and helps plan for all-sangha meetings, leader meetings, and one steering committee retreat
- Assists the steering committee in developing a vision and a plan for the coming year.
- Prepares and conducts ceremonies (5 per year)

MONTHLY

- One Dharma talk, usually the third Monday of the month
- One Saturday AM Work in the Room time, with time for 5 individual conversations
- Consults with steering committee chair to prepare the meeting, and attends
- Prepares and facilitates the 5:15 discussion, two times per month
- Helps to facilitate Community Night conversations (with the meditation leader)
- Leads "Meditation and Muffins" for CC students 2-3 times per month
- Collaborates with a steering committee member to publish the monthly newsletter
- Facilitates, with others, a monthly meeting of the Ecodharma group
- Writes a brief response for "In Good Faith" column in the Independent
- Meets with the other Open Source teachers via Zoom

WEEKLY

Meets with students individually for work in the room

variable, 4 to 8 per week

Attends every meditation session, if possible.

Meets/ talks with people who are in need or wanting some support

about 4 per week

Phone conversations and emails regarding sangha events and developments

many hours per week

Engages with other teachers and members of the wider community as a representative of our sangha

one or more per week

Studies and reads with other Buddhist teachers in the community

Communicates with sangha via email, sends mailchimp announcements

OCCASIONALLY

Represents the sangha at interfaith meetings and events (~ 4 per year)

Gives a talk for another organization or class (2 or 3 per year)

Meets with someone who wants information about our group (~1 per quarter)

Conducts weddings, house blessings, baby blessings, funerals (~1 per year)

Attends retreats or courses elsewhere (not paid for by sangha; ~2-3 per year)

Meets with other Open Source Teachers (we try to meet once per year)

Meets with other Dharma teachers on the front range (e.g. Ecodharma group)

Conducts leader training for individuals ready to lead meditation sessions

(2-4 per year)

Leads a retreat for Colorado College Students (2 per year)

Writes something that might matter (very rarely)