



January - March, 2018

Volume 8, Issue 1

## Guest Teachers Schedule

Jan 7	Phillip Moffitt
Jan 14	Oren J. Sofer
Jan 21	Oren J. Sofer
Jan 28	Shahara Godfrey
Feb 4	Wendy Palmer
Feb 11	Oren J. Sofer
Feb 18	Oren J. Sofer
Feb 25	Shahara Godfrey
Mar 4	Phillip Moffitt
Mar 11	Matthew Brensilver
Mar 18	Donald Rothberg
Mar 25	Donald Rothberg

For more information about our guest teachers go to [www.marinsangha.org](http://www.marinsangha.org).

## Update From the Board

Dear Sangha Members,

It has been our custom at the last sangha meeting of the year to dedicate the evening to reflection and intention: reflecting upon the past year in our Dharma practice and setting an intention for our practice in the coming year. I thought it would be helpful for us to review the happenings of the Sangha in 2017 and perhaps set an intention as a Sangha for 2018.

2017 began with the Board determining that we needed some help in getting where we wanted to go. We felt that an experienced facilitator would be necessary in defining our goals and laying out a plan to implement them. We spent a half-day in February with Kim Allen, determining what we wanted to accomplish and learning the basics of the RACI (Responsible, Accountable, Consulted and Informed). Two main areas of action were identified:

- Process for nomination and selection of new Board members and transitioning off retiring members
- Sangha growth

In June we continued our work with Kim, fleshing out the “how to” of these objectives.

The Board process for nomination and selection raised many sub-goals for the current Board: continuity, openness, greater transparency, and facilitating communication between the Sangha and the Board. In trying to make the lines of communication more two-way, we implemented a suggestion box and an email address [Board@marinsangha.org](mailto:Board@marinsangha.org). Agendas and invitations to attend the monthly Board meetings have been posted on the Marin Sangha Yahoo site. We also felt that more hybrid Board/Sangha committees would add transparency and help identify potential Board candidates. This fall, Sara Sacksteder facilitated the formation of the Compassionate Action Committee, which includes Sangha members Deborah Temple, Patti Breitman and Bob Harlow (also a Board member). The Board Transition Committee (Cory Bytof, Mary Kelly, Sara Sacksteder and I) reviewed the qualities the Board had previously identified as desirable in nominees. We set a timeline to align with the January Board meeting election (established in our By-Laws). The Transition Committee proposed to the Board that the nominations be held open to all members of Marin Sangha. This proposal was accepted, and processes were put into place to solicit nominations. I made appeals on Sunday evenings and in the newsletter, and requests to submit nominations to the Board were posted at our Yahoo site and at the back table. Both paper and electronic submission forms were made available. Election of Board Members and officers will be held at our Board half-day meeting on January 13th.

The desire to grow Marin Sangha comes from a deep aspiration of the Board to support the Sangha as a living entity, growing beyond what Phillip started, continuing the core belief of living the Dharma in daily life. Goals of the Growth Committee (Art Jolly, Barbara McHugh, Bill Coffin and Bob Harlow) include:

- Increase ratio of young to old
- Increase average Sunday night attendance to 50 per night by the end of 2018

- Increase visibility to Bay Area community colleges and universities, and to local Buddhist temples called “Wats”.
- Establish a “rainy-day” fund

To accomplish these objectives, the Growth Committee is pursuing

- Outreach – Spirit Rock, College of Marin, Dominican College, bulletin boards
- Inreach – A member survey and a plan to upgrade the Sangha Directory in the “interest” category
- Increase offerings – classes and daylongs

The Sangha is also offering special programs. There will be four daylong retreats in 2018, led by Donald Rothberg, Phillip Moffitt, Sally Armstrong and Oren Sofer. A four-week class on the aggregates, led by Art Jolly, begins Tuesday, January 23. A second multi-week class will be offered in the fall of 2018, led by Barbara McHugh and Bill Coffin.

In addition to focusing on the major projects above, many members of Marin Sangha, both on and off the Board, contributed countless hours to keep our sangha running smoothly, and I would like to acknowledge some of them here.

To Sara Sacksteder – for your efforts in making our programs, daylongs, and weekly meetings, happen — and happen on a dana basis; for your efforts with the Katannuta offerings. . . deep bows.

To Cory Bytof and Dianne Fruin – for your efforts in writing, documenting and illustrating the set-up procedures. . . deep bows.

To Marge Grella, Nick Rozsa, Rick Flowers and Shiah Cherney – for your untiring efforts, week in and week out, in getting the back table set up and the sangha closed up. . . deep bows.

To Mary Kelly and Mary Paige – for your efforts in securing our weekly teachers and handling all communications with them. . . deep bows.

To Bill Coffin – for your efforts in setting up and maintaining the Marin Sangha website. . . deep bows.

To Lucia Chaudron and Barbara McHugh – for your efforts in wrangling articles and producing the quarterly newsletter. . . deep bows. (Extra bows to Lucia for also creating our first Sangha Directory and continuously updating it).

To Art Jolly, Bill Coffin and Barbara McHugh – for your efforts in teaching both on Sunday nights and in the weekly class offerings. . . deep bows.

To Arlette Cohen and Geri Cooper (and to all those who filled in) – for your efforts in making our

announcements every week, keeping them fresh, and sometimes even rhyming. . . deep bows.

To Linda Olive, Judy and Stan Voets – for your efforts in setting up and cleaning up for Third Sunday Social. . . deep bows (Extra bows to Linda for counting and recording the dana with Lucia every Sunday night).

To Alice Lucas, Patti Breitman, Dianne Fruin and Bob Harlow – for your efforts in opening and setting up so many Sunday evenings. . . deep bows.

To Alex, Carissa, Dale, Elizabeth, Bob, Gina, Jane, Jim, Jann, Lise, Maggie, Margaret, Marion, Mo, Tom, Mimi, Renee, Robert, Ron, Ruth, Sandra, Brenda, Veta and all those who attend Marin Sangha – for your continuous support. . . deep bows.

There are many Sangha members who wear multiple hats, doing everything needed to keep the wheels on, such as maintaining our website, email list and Yahoo site; balancing our books and paying the bills; updating our Facebook page and adding our Sangha in the newspaper’s list of worship sites; and so many, many more things... perhaps, if you have been inspired, impressed or excited by all that is happening in the Sangha, you might want to set some intention as to what energy you might be able to contribute in 2018.

With heartfelt appreciation for all that is done by so many,  
**Linda Howerton-Pritchett, President**  
Marin Sangha Board of Directors

*From the Editors. Our thanks go to Linda for all her efforts administering the Board and writing these updates every quarter...deep bows!*

## **Marin Sangha 2017 End-of-Year Financial Update**

**Dear Friends,**

Our Sangha remains on good financial footing, thanks to contributions from all of us. It is so heartening to know that an organization can exist solely on Dana! Our donations pay the rent, insurance premiums, and nonprofit consulting fees; they also pay for paper products and office supplies and help us continue the Katannuta Residential Retreat Offerings for Marin Sangha members, among other things. We began the year with \$2,511.22 in our checking account and ended the year with \$4,081.54. In savings, we began the year with \$7,176.79 and ended with a balance of \$6,690.21.

This organization is very lean, and your contributions go a long way. Our typical expenses include between \$650-800 each month for rent (depending on the number of Sundays we have in a month), \$764 a year for insurance, approximately \$50 a quarter for newsletter printing, and \$15 each month for web site hosting. The

other major expenses occur when we rent facilities to host daylong retreats or pay for nonprofit consultation to help the Board execute their duties in the most strategic, learned, and mindful way possible.

We are very fortunate in that we have Sangha members who contribute their time and expertise to do things on a volunteer basis so we don't have to expend funds. For example: designing and maintaining the web site, database, and newsletter are all done on a volunteer basis. Other professionals have been willing to donate their time to us as well for legal and accounting advice. In addition, we are fortunate to have a few teachers who donate their Dana to the Sangha when they teach here. It truly does take a village, and we are so grateful for all of you.

As you can see, there are many ways to contribute to Sangha through donation of time or money. In addition, one can donate online and can even set up a monthly or other regularly occurring contribution through our Marin Sangha PayPal account. Just click on the Donate tab on the [MarinSangha.org](http://MarinSangha.org) web site to get there. Marin Sangha is a 501(3)(c) nonprofit organization, so in most cases your donations are tax deductible. However, please note that donations to teachers are not tax deductible. If you are ever unsure, please check with a tax advisor or the IRS.

At the close of our fourth year as an incorporated community, we are doing very well financially. We've managed to meet all our financial needs, in part due to the generosity of individual Sangha members, and we've been able to provide funds for two residential retreat offerings once again in 2018. Thank you for all your time and contributions to Marin Sangha.

If you ever have questions about the budget, please feel free to reach out to me in person at Sangha or by email at [cmx@sonic.net](mailto:cmx@sonic.net).

In Gratitude,  
**Cory Bytof**  
Treasurer, Marin Sangha

## Board Meeting Dates

Meetings of the Board of Directors are going to be held on the third Sunday of the month. If there is a conflict, Linda Howerton-Pritchett will publish any changes to the meeting dates on our Marin Sangha Yahoo Groups. Please check the Yahoo Groups for the exact dates.

## Marin Sangha News Katanutta (Gratefulness)

The drawing of the Katanutta Offering is the first celebration of Marin Sangha's 20th anniversary. Thank you, Phillip Moffitt, for founding Marin Sangha and for all that you have done to share the Dharma with each of us.

Thank each of you, Marin Sangha members, for attending Marin Sangha, for volunteering in all the ways each of you do. You help bring the Dharma in the particular form of Marin Sangha alive.

In gratefulness, beginning in November we invited all who have attended Marin Sangha 10 times in 2017 to apply for 2 residential retreat offerings of \$550. On January 7 we drew the winners. They are Linda Olive and Mimi Lee. Congratulations and may the merit of your practice be shared by all.

Sara Sacksteder

## Not-Self in the Buddha's Teachings: The Five Aggregates

*Taught by Art Jolly, Four Tuesday Evenings*

**Dates:** January 23, 30 and February 6, 13

**Time:** 7:00 - 8:30pm

**Place:** Larkspur, CA

The Buddha taught that the three characteristics of existence are impermanence (*anicca*), unsatisfactoriness (*dukkha*), and not-self (*anatta*). When teaching about not-self, he most commonly referred to the Five Aggregates. In this class, we will explore what the Five Aggregates are, why they're important on the path, and ways to bring them into our practice in daily life.

This class is for people who have attended a residential retreat of 5+ days or have been attending a Sangha for over two years.

To register and receive the address and directions, RSVP to Sara at: [sarasacksteder@gmail.com](mailto:sarasacksteder@gmail.com) or 415-454-2008

**Dana** is a Pali word meaning "generosity" or "giving." Dating back to the time of the Buddha, there has existed an interdependence between those who offer the teachings and those who receive them. Dana is deeply appreciated and will be offered to the teacher at the class.

**About Art Jolly** Art sat his first meditation retreat in 1995. Since then, he's sat numerous retreats and participated in Spirit Rock's Dedicated Practitioners and Community Dharma Leaders Programs. In 2003 he spent five months as a monk in Burma. He currently teaches occasionally at Marin Sangha and at East Bay Meditation Center. Art lives in the East Bay and, outside of work, enjoys dancing and the restorative power of nature.

## Marin Sangha Daylong with Phillip Moffitt

**Topic:** *The Power of Consciousness to Lead Us to Well-being*

**Date:** *February 17, 2018*

**Time:** *9:30 a.m. - 4:30 p.m.*

**Place:** *St. John's Episcopal Church  
14 Lagunitas Rd.  
Ross, CA*

Just as life has its joys, so does it have its suffering and times of stress. How we relate to joy and suffering determines the quality of peace and well-being in our lives.

During this daylong retreat, Phillip Moffitt will lead an exploration of the nature of consciousness itself and how it is distinguished from the objects our consciousness focuses on. As we learn to make this distinction, it brings spaciousness to our lives. The day will include talks, periods of sitting and walking meditation, and time for questions and discussion.

Open to all who have attended Marin Sangha at least once.

**Dana for the teacher. Dana for rent.**

**Please bring a lunch. Bring a cushion if you wish.**

**Chairs will be provided.**

**Directions from Highway 101 in Marin County.**

Take the Sir Francis Drake Blvd. exit west towards Fairfax/San Anselmo. Continue west for about 2.5 miles. Turn left at Lagunitas Road (opposite the Marin Art and Garden Center). The Church is on the right in about ¼ mile.

## **2018 Marin Sangha Schedule of Daylongs and Classes**

**Art Jolly: "The Aggregates"**

Four Tuesdays: 1/23, 1/30, 2/6, 2/13

7:00 - 8:30pm

Larkspur, CA

**Phillip Moffitt: "The Power of Consciousness to Lead Us to Well Being"**

Sangha Daylong

Saturday, February 17

9:30am - 4:30pm

St John's Episcopal Church,

Ross CA

**Donald Rothberg:** Topic to Follow

Sangha Daylong

Saturday, March 24

9:30am - 4:30pm

St. Luke Presbyterian Church

**Sally Armstrong:** Topic to Follow

Sangha Daylong

Saturday, July 7

9:30am - 4:30pm

St. Luke Presbyterian Church

**Oren J. Sofer:** Topic To Follow

Sangha Daylong

Saturday, October 20

9:30am - 4:30pm

St. Luke Presbyterian Church

**Bill Coffin & Barbara McHugh**

Topic and Schedule to Follow

## **Donald Rothberg's 10 Guidelines**

These are 10 guidelines for practicing with opponents, "difficult people," and those with opposing views.

1. Remember guiding teachings and practices.
2. Work skillfully with difficult emotions, like anger, fear, despair and sadness or grief.
3. Commit to empathy and understanding in relationship to the other.
4. Cultivate compassion in relationship to the other.
5. Know the history and dynamics of the views of the other (particularly noting how hurt people hurt people, and the "divide and conquer" dynamics of racism and other extreme views).
6. Respond and act appropriately.
7. Watch the tendency to de-humanize, to turn one's opponent into an "other".
8. Work with the judgmental mind and other forms of reactivity.
9. Inquire into why there is such a charge with the "other".
10. Keep cultivating the intention to practice with this person.

**Marin Sangha from Donald Rothberg Nov. 2017**

## **Sangha Member Contributions**

### **TRUTHFULNESS**

I wish to start with a little review of the Parami that we have been looking at over the last months. These are qualities that the Buddha recommended we develop if we want to be happy. These qualities are counterintuitive to our western cultural expectation that "things" and relationships are the only way to find happiness. Instead, the Buddha taught that if we are generous, patient, and morally thoughtful, with a light and gentle energy and an ability to not hold onto any "thing," opinion or person, we are likely to experience a deep happiness. Wisdom starts

to grow if we nourish these qualities like a seed that is planted and watered.

The Paramis are the following:

- 1) Energy
- 2) Generosity
- 3) Virtue
- 4) Letting go
- 5) Wisdom
- 6) Patience
- 7) **Truthfulness**
- 8) Resolve
- 9) Kindness
- 10) Equanimity

Truthfulness is the next in this series of qualities that add to our sense of happiness and satisfaction. There seems to be two different kinds of truthfulness. One is in our behavior: can we be trusted that our word is true? Can our partner and friends feel safe that what we tell them is true and that they will not be misled?

There is a second way that I find even more important to living a life happily, and that is being able to face what is true in ourselves, in those we love, and about our world.

For example, a current way that I am looking at myself is realizing that as a white woman, I have lived a life unaware that my race has accorded me many privileges. Although I was raised in a family where social justice was a major concern and racism abhorrent, I grew up in a world where to be white was considered the norm and people of color are the Other and in some way assumed to be inferior. As a result, racism as it has evolved in the last 400 years in the US is the conditioning that all of us, black and white, have been bathed in. We are all like fish in water, not knowing the very atmosphere we breathe. Facing this reality is painful but leads to an awakening of joy as we find ways to look deeper at each other.

Being able to look at myself with honesty and take an inventory each evening keeps me aware of my behavior. I bring to mind these perfections and ask the questions: Was I kind? Was I patient? Did I learn something new to develop wisdom? Was I generous? When I can answer these questions every day in the affirmative, I can rest peacefully and happily.

Mary Paige

### **Veta goes on a Real Adventure. Comes home to tell about it!**

Hey, 80 years old and the Peace Corps – hey, why not! Phil Ochs said it well in the song: “(I can’t do it)

when I am gone, so I guess I’ll have to do it while I’m here.”

Sometime early 2016 I heard of a 60-plus-year-old who was in the PC (Peace Corps). Well! I’ll be damned, they take old farts. This took me back to the sixties when President Kennedy started the PC; I was raising my three daughters, working and going to school...so, guess not the right time. 2016 was a different story. It did sound a bit unusual (those who know me are probably not too surprised); after much thought (maybe 22 minutes), I applied. It was a loooong process. First the application, then the Skype interview, then medical clearance, then placement. The app was straightforward. The interview date set, the recruiter reminded me not to say “shit”, and I practiced how to use Skype (I’m not very techie), re-positioned the computer from facing the toilet to facing the wall with photos, got “professionally dressed” – and the Skype didn’t work! And not my bad – which, when you think of it, it’s a bit disconcerting that the U.S. Peace Corps cannot program Skype correctly. Anyway, the phone interview went fine, and the Peace Corps determined, given my wisdom acquired over the decades (HA), that I was a good candidate. At this point I met with Phillip to get his take on this idea. Dear Phillip was very supportive.

The medical clearance was a horror; all PCV’s (Peace Corps Volunteers) complain about the process; mine was double the trouble. The medical people were extra vigilant because of my age. Examples: 1. They asked for records about my hip replacement, which were so old the doctors didn’t have them, and it took a half dozen conversations to clear that up. (Lesson #1 – don’t tell them what they don’t need to know). 2. My hearing aids really threw them off center. Peace Corps: “What will we need to do to take care of your hearing aids?” Me: “Nothing.” PC: “What if you don’t have electricity on site?” Me: “They are battery-operated.” PC: “What if, what if, what if...?” MANY conversations to clear that up. (Lesson #2 – don’t tell them what they don’t need to know.) 3. PC: “Any history of back problems?” OY VEY. (Lesson #3 – see above.)

Next was placement – Peace Corps asks for requests of where to serve. I knew I wanted Africa, I had loved Ghana. (Why did I choose Lesotho? Well, I read that Lesotho’s second language was English. Now, this is accurate if you are living in the city; however, in the Villages not so much so – not at all so.) After placement came updating my passport, purchasing LOTS of recommended essential purchases (which were not essential), and setting the date – and away she goes. Back track just a bit. This was really a challenge for my family. My family was surprised, since they had no idea this was

in the plan of their old ma. It took some discussions and processing; in the end, as always, my family was supportive of my new adventure.

I left mid-September for Philadelphia, for ‘staging’... the first intro to the Peace Corps proper and to the other 57 volunteers who would be my cohorts, mostly just out of college. Three days later we were on a 35-hour trip, with three plane changes, to Lesotho, Africa, where it was expected I would spend the next two years. A downside: being the only volunteer over fifty made it challenging in terms of those intimate discussions about feelings and traveling (21- to 25-year-olds have different reactions and attitudes than an 80-year-old (duh)).

The first three months were spent in training – cultural, and lots of language. I realized, a bit too late in the game, that I could have used some guidance on *how* to study. It had been some four decades since I had been in a classroom. The lowest language score you could get was a 1+ -- yep, that is what I got -- or I could not go on to be sworn into the Peace Corps (during training, we were Trainees). They may have passed me because my fella PCVs said they would stay behind with anyone who did not pass – and none would be sworn in.

The housing during this time was with a host family. I lived in a separate space (a little one-room house) next to my host mother. She was so very sweet and caring. Her husband only came home twice a year; like so many Basotho males, he worked in the South Africa mines. The neighbors next door had children, so we played together. Soccer is a big deal, and they played with a ball made of plastic bags. They were sooo excited when I gifted them a real soccer ball when I left.

In late December we were sworn in and officially became Peace Corps Volunteers. Most of us had traditional clothing made for the occasion.

Our next stop – our sites. We traveled by bus to the village of Bua Sono, and the villagers danced and sang -- all happy to see us. America is almost revered! Consequently, so are Americans. The assumption is that all Americans are wealthy, and given the standard of living of most Basothos, we are. Our African American volunteers sometimes faced challenges. Host families, who like most Basothos usually assume Americans are all Caucasian, were frequently disappointed that the volunteer was not white. Also, Basothos often derided African Americans for their lack of fluency in the language – being Black, African Americans were assumed to be Basotho. This is a complicated issue, and an important one for the Peace Corps to address.

My job was to assist in starting a one-year residential program for teen mothers, ages 13 through 19, and their babies, newborn to age five. I was excited about this

project. I established an advisory committee in the village, established a timeline for projects, set up fundraising activities, etc. Unfortunately, the priest and the villagers did not get along; the Priest dismantled the committee and then wanted me to do all the work. This is not how the Peace Corps operates – projects are community-based, not Peace Corps based. This was really a challenge, but at least there were a few locals who I hope stepped in to complete what we started.

The MOST fun was being with the children from the orphanage. They ranged from eighteen months to 21 years old; many of them had lost one or both parents to AIDS, or they had young single mothers overwhelmed with multiple children. (The youngest child’s 14-year-old mother was pregnant.) I had coloring books, crayons, blank paper, colored pencils and a stoop outside my house. These little ones, mainly eighteen months to eight years, would come knocking on my door at 6:30 in the morning (after chores -- yes, they all had chores), saying “Mme Palesa” (that’s me), “colors”. (“Colors” might have been the only English word the little ones knew.) I would put out the supplies, and sometimes there were a dozen children on my stoop coloring. For the first time, they learned to color and draw. I put up an “art gallery” in the dining room, and they were so excited to see their work hung! *See photos below.*



*Young flourishing artists and the Art Gallery*

I don't want to get into too much of the politics here -- but just a few comments. Lesotho has the second largest HIV population per capita in the world; there are multiple reasons for this high rate. Out-of-marriage intercourse is evidently acceptable, but protection is not: the country is 95 percent Catholic. In reality, the men don't like condoms, and the women don't argue. In addition, many men are away from their wives, working in the South African mines, so they have multiple partners, many of whom are sex workers. Then they come home to their wives and/or have relations with younger women. Very common. One cannot blame the young girls; the sugar daddy's money helps feed and clothe her family and provide some luxuries.

Unemployment is *very* high and poverty is widespread. Corruption somewhere along the line is one cause of the poor economy. Lesotho diamond mines supposedly produce one of the most sought-after diamonds in the world -- where, oh where, does that money go?

Enough of that, veta.

Another activity, during the six-week winter break, was math instruction for the older children who were interested. I have as much math ability as artistic talent, but neither made much difference. A few of the children really excelled and enjoyed progressing from the simple to the more complex problems (thank goodness for calculators for correcting papers).

A young Basotho woman named Mpho and I conducted an HIV awareness program. The 12-session program dealt with safe sex, treatment, the joint responsibility of females and males for protected sex, the need for and ability of girls to say NO, the consequences of multiple partners, self-esteem, etc. It was a very interactive program, and it was a challenge to get the 14-to-16-year-olds to be verbal. In school, if children answer a question wrong, they get punished -- could be a slap on the hand with a stick -- so participation is not often easily forthcoming. When they did respond to us, we gave them a *cudo* -- praise. In Session 7, one boy answered a question and was not given due praise. He said, "hey, where is my *cudo*?" GREAT! We didn't even know they cared. It was this same boy that came up to me in the airport when I was leaving, put his arms around me and said, "I will never forget you." Hey, maybe that is what the whole service is about.

My housing was a 9 by 14 room (kitchen, bedroom, living room, office!!) with an outside latrine. It was possible to make this little room really feel like home. I had photos strung across one wall, on yarn with clothes pins; the pots and pans were hung on another wall; I put up book shelves, made curtains, etc. It was very sweet.

Now I did have electricity -- which was nice, since in the winter it gets dark at 4:30. Did not have refrigeration; in the winter we put food on a high shelf outside (away from the *many* dogs). Water was hauled in buckets from the tap (I was fortunate, the tap was not too far away). It just amazed and amazes me how very little I need in this world. I bathed in buckets, washed dishes in buckets, washed clothes in buckets -- same buckets, changed the water! The Latrine was nearby, and was that seat cold in the winter!! I decorated it with calendar photos of kittens.

This was shared with the Orphanage staff, but not the children -- their latrine could *really* stink.

I was actually very fortunate. The Volunteers in the mountains mostly had no electricity, had farther to walk for water, and were farther from transportation than I was. Transportation -- a lot on foot! I sometimes walked three to four miles a day -- mostly uphill on rocky terrain. I must say I feel stronger now than maybe ever (or at least strong for an old lady). I walked 30 minutes uphill for a "taxi," which is either a big van or a bus. Truly an experience, a bus equipped to hold eighteen could squeeze in twenty-four, with packages, chickens, whatever. Given the local economy, transportation could be costly, and it was frequently far to get to, so people would do a month's worth of shopping at a time. We (the Volunteers) did a lot of hitchhiking. If the driver spoke English, the first thing they asked was, "what do you think of your new President?" We often felt that the wrong answer (i.e., that we liked Trump) would get us left on the road.

Back to my village, Bua Sono. I was the only white person in the village; and although the Basothos see white people in town, I may have been the first old white person they had seen. Everyone was very pleasant. It is customary to say hello to everyone you meet on the road: *Lumella, Lumella, Lumella* (Hello, hello, hello). The children were particularly interested in me, and they would follow me around wanting to touch my skin and my hair. I got LOTS of high fives. They would run across the field to high five.

A little about the country. Lesotho is a small country in the middle of South Africa. An aside: I am afraid of heights and love the water. Lesotho is a land-locked, mountainous country. Ya just learn to adapt.

The country is beautiful, the mountains magnificent. The most beautiful is the sky. The stars, the milky way, the sunsets and sunrises. I wish I had the poetry to describe it. The rain - WOW - the sound of the thunder and lightning, just beyond description. Lots of cattle -- and donkeys, sheep, and cattle dogs. You could set your watch by the herdsmen's schedule: out to graze at 5:00 a.m. and home at 4:30 or 6:00, depending on the time of

year. As for cattle crossing – no stop signs in the Village; the cattle have the right of way.

I did take a couple of trips. Almost got a tattoo, but chickened out (did get red hair, THAT was a disaster). Went on a Safari, which was awesome. Most awesome was going to a cheetah reserve to volunteer for the day. I slept in the compound with three cheetahs. They have very big teeth.



*Puurrrrrrr!*

About my formal meditation practice: not much sitting. I don't know why, I had the time. Probably my main practice was when walking. There was lots of walking, and I was pretty much able to be in and with my body then. I still try to walk a lot and maintain that awareness. There you have it. Could have spent the time getting enlightened, and blew it.

I came home August 14<sup>th</sup>. Early than I had planned. Various reasons, mainly because my daughter, Judy Appel, is running for State Assembly, and I want to be here to help with her campaign, which is very exciting.

Well, I could say so much more. I miss Lesotho and am very glad to be back with my dear family, friends, Sangha. If you have questions, please ask, I love to talk about the experience.

**veta Jacquelin**

## Member Profile

*We wish to thank Dale Gostnell for this issue's Member Profile.*

**Q.** *How did you get interested in Buddhism?*

**A.** I got interested in Eastern thought, philosophy and religion when I met a civilian employee of the U. S. Army sometime in 1973. He was very happy, contented, and fulfilled, and he was a devotee of a Hindu master. He started me on a path of spiritual inquiry. Buddhism was one of several philosophies I investigated at that time, but

my investigations were more a review of philosophical writings and did not include meditation practice.

**Q.** *How did you happen to begin coming to Marin Sangha?*

**A.** I had been attending the Monday Evening sanghas at Spirit Rock and had heard Phillip Moffitt speak many times. A friend told me that he had a Sunday Sangha and I was immediately interested.

**Q.** *When did you begin attending?*

**A.** I began attending events at Spirit Rock in 1996 — mostly the Monday Evening sanghas and daylong events. I started coming to Marin Sangha in 1999 or 2000.



*Dale all dressed for a formal occasion*

**Q.** *What would you like other sangha members to know about you such as basic demographics, career, family information, etc.?*

**A.** I am currently 68 and plan to retire in three more years. I am currently a Database Analyst, but in the past I have had careers as a Human Resources professional, a mental health therapist (master's level unlicensed), and an electronics technician. I am engaged to Sandra Berger, who also attends the Marin Sangha, and I have no children. I have a brother, sister-in-law and mother who live in Michigan plus a nephew living in Michigan, another nephew in Nashville, Tennessee, and a niece near Houston, Texas. Sandra's family have accepted me as a member.

**Q.** *Do you have interests that you would like to share with other sangha members?*

**A.** I have been a bit of a wanderer in my spiritual and personal growth. My explorations included yoga, martial arts, Silva Mind Control (very similar to EST), rebirthing (was a Rebirther for 2 years), traditional psychology both as a therapist and a client, Buddhism and Buddhist meditation, and most recently with Human Awareness



Institute including service as an Assistant and then an Intern.

**Q.** *What are the things that you value and appreciate about Marin Sangha?*

**A.** I appreciate the diversity of sangha speakers and the dedication of the sangha members. This Sangha has a long and distinguished history.

**Q.** *How you like Marin Sangha to grow?*

**A.** I would like to see Marin Sangha attract a more diverse group of members - some younger people and a more diverse ethnic mix. I would also like to see more opportunities for sangha members to interact with each other, such as structured exercises, events, community service, etc.

Dale's contact information: [dalegostnell@gmail.com](mailto:dalegostnell@gmail.com), 415-383-4013, Mill Valley, CA.

*Anyone may submit a profile or ask any questions about this project by calling Mary Paige, at 415-771-8767, or email her at: [drmarypaige@gmail.com](mailto:drmarypaige@gmail.com)*

## Ongoing Activities

### New Members

If you are new to Marin Sangha, welcome! More information about Marin Sangha can be found at our website [www.marinsangha.org](http://www.marinsangha.org). You are also welcome to join the Marin Sangha Yahoo Group or go to our FaceBook page as other ways to find out more about our Sangha. We look forward to seeing you again.

### Sunday Setup and Closing

Each Sunday three people are needed to set up the room prior to Sangha, and as many as are available are needed for restoring the room after Sangha. Please join us - a little Sangha serving the big Sangha! Nick Rozsa, at [nkrozsa74@gmail.com](mailto:nkrozsa74@gmail.com), is available to help. You can meet him at Sangha or by emailing him at the above link.

### Sunday Dinner

A group of members continue to enjoy each other's company after Sangha by having dinner together at a local restaurant. Want to join us? Contact Bill Coffin after Sangha.

### Third Sunday Social Gathering

Celebrate Sangha! Come early for Third Sunday Social at 5:00 PM. Bring snack food and something to drink if you wish. Reminders will be sent out ahead of time. Dates are: **Jan. 21, Feb. 18, Mar. 18.**

### Sangha Website

Don't forget the Marin Sangha website at [marinsangha.org](http://marinsangha.org). There you will find the schedule for

upcoming guest teachers, the current copy of the newsletter, additional news, and, above all, the recorded Dharma talks for each Sunday's meeting. There is also information on joining our Yahoo group, Facebook page, and email list. Thanks to Bill Coffin, our webmaster, for putting it together and maintaining it. Check it out!

### Marin Sangha on Facebook

If you would like to join, just log on to your Facebook account and type in Marin Sangha in the search bar. Once on the Marin Sangha Facebook page click the green "join" button. Bill Coffin or Mary Kelly will approve your request, usually within the day. There is also a link to the Facebook page on the Marin Sangha website at [www.marinsangha.org](http://www.marinsangha.org).

### Member Directory

The Marin Sangha Directory is now available for all members. A copy of the Directory is on the information table or available from Lucia Chaudron. If you are already in the Directory, **please check and verify that the information you provided is correct.** The Directory will be up dated quarterly. If you would like to add your name to the Directory, please complete the sign-up sheet on the table or contact Lucia at [lmchaudron@comcast.net](mailto:lmchaudron@comcast.net).

### Sangha Newsletter

The Sangha Newsletter team is always looking for submissions to the newsletter. If you have a favorite poem, a good photograph or a Dharma lesson that you would like to share please contact either Lucia or Barbara McHugh. All submissions are subject to editing.

### A Poem

#### The Quiet

The Quiet swaddles my brain and mind.  
I rest my shoulders on my arms, my chest, my back.  
I breathe deeply and slowly, and look out the window at  
Quiet colors and shapes that have no names.

Lucia Chaudron, 2017

### Marin Sangha Board of Directors

Linda Howerton-Prichett	President
Cory Bytof	Treasurer
Bill Coffin (non-voting)	Secretary
Dianne Fruin	
Bob Harlow	
Art Jolly	
Mary Kelly	
Barbara McHugh	
Sara Sacksteder	

<b>Committees</b>	<b>Contacts</b>
Circle of Caring	Mary Paige drmarypaige@gmail.com
Chanting Group	Linda Howerton-Prichett l.howerton@sbcglobal.net
Committees and Groups	Lucia Chaudron lmchaudron@comcast.net
Newsletter	Lucia Chaudron lmchaudron@comcast.net
Sangha Service Projects	Deborah Temple deborah temple@rocketmail.com
Sangha Yahoo Group	Bill Coffin billc@eclipsoid.com
Sunday Announcement	Mary Kelly momkelly@comcast.net
Sunday Set-up & Closing	See notebook on the Information Table
Technical Support	Bill Coffin billc@eclipsoid.com

**Marin Sangha Newsletter**

Submissions Contact: Lucia Chaudron  
Managing Editor: Barbara McHugh  
Production and Layout: Lucia Chaudron  
Contact Lucia at [lmchaudron@comcast.net](mailto:lmchaudron@comcast.net)

for submissions.

All submissions must be in by the 15th of the last month of the quarter.

All submissions are subject to editing.

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