



October - December, 2018

Volume 8, Issue 4

Guest Teachers Schedule

10/7	Noliwe Alexander
10/14	Wes Nisker
10/28	TBA
11/4	TBA
11/11	TBA
11/18	Ayya Sobhana
11/25	Wendy Palmer
12/2	Donald Rothberg
12/9	Donald Rothberg
12/16	Phillip Moffitt
12/23	Heather Sundberg
12/30	End of year Reflection and Intentions

For more information about our guest teachers and schedule go to www.marinsangha.org.

Update from the Board

Dear members of Marin Sangha... I am tasked, as President of the Marin Sangha Board, with writing an "update" each quarter to advise you all as to what we've been up to over the past three months. Things seem to move slowly, and while not much tangible appears to be happening, there is actually a lot of work being done. The Board is very focused on the goal we set of growing Marin Sangha. To that end we have:

- Worked with a graphic designer, a sangha member who volunteered her time to create some of the logo submissions we are currently reviewing
- Met with another sangha member with skills in marketing who has volunteered to lead a brain-storming session for the Board
- Created postcards for posting on bulletin boards at locations around the area
- Gathered and published logo designs on the MS Facebook page and MS Yahoo Group
- Set a date to meet with Donald Rothberg and Oren Sofer, our two principal teachers, to discuss with them their roles and desired input into our growth movement

- Organized an introduction to meditation class as part of our community outreach (thank you, Mary Paige).

As I was writing this article, I answered a query from a Board member, and as I try always to do, I ended my email with the salutation "anumodana". I had some vague idea about this Pali word, but decided to follow Phillip's example, so I went looking for a precise definition. Translations of anumodana were given as

1. Thanksgiving; appreciation
2. Transference of merit
3. Expressing admiration, approving, applauding
4. Seconding (as a proposition)
5. A rejoicing in the goodness of what has happened and what has been done together

When I look back over what the Board has done this past quarter, the work done by individuals and the group in the interest of supporting Marin Sangha, I feel all of these. And I am most touched by the last, and I am rejoicing in the goodness of what has been done together.

Anumodana,

In service to the Buddha, Dhamma and Sangha,

Linda Howerton-Pritchett

President

Marin Sangha Board of Directors

Marin Sangha 3rd Quarter 2018 Financial Update

Our quarterly account statements have been delayed for a few weeks due to unforeseen personal business. The newsletter will be up-dated when the data is available.

The Sangha continues to be in good shape financially. This allows us to continue to function effectively as a nonprofit, and to be able to offer two annual retreat offerings to Sangha members. In addition, your generous donations to the Teachers helps ensure that they can dedicate their time to study and teaching, benefitting us all tremendously.

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.

In Gratitude, Cory Bytof
Treasurer,

Board Meeting Dates

Meetings of the Board of Directors are 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. All Sangha members are welcome to attend. Please check the Yahoo Groups for the exact dates.

Marin Sangha News

Dear Linda (and the Board and everyone else who made my retreat possible),

I am so grateful for the Sangha gift that both encouraged and enabled me to go on my first residential retreat.

I spent one week at Vallecitos Mountain Retreat Center, attending Donald and Oren's retreat on Wise Speech. The Center is absolutely beautiful and was an incredible setting in which to practice. Although there were definitely challenging moments, overall, it was a very positive experience and I learned a great deal.

I would likely not have taken on such a long retreat—so far from home—without the Sangha gift. Not only did the funds encourage me to go and help make it financially possible but also it was very meaningful to have the support of Marin Sangha with me.

Thank you all so much for this generous gift.

With metta and gratitude,
Heather

P.S. please share this email with the Board and whoever else made this experience possible! Thanks!

Heather Jolly

BEGINNING BUDDHIST MEDITATION CLASS

Marin Sangha has noted the lack of beginning Buddhist meditation classes in Marin County and is filling the void with a class that will take place on the Second Sunday of the month just before the normal meeting of the Sangha. The class will be a rotating cycle of different practices. The first class, in October, will focus on samatha (concentration) practice as a foundation. The second class, in November, will focus on vipassana (insight) practice, and the December class will focus on metta (loving-kindness). We will repeat the cycle of classes in 2019 if the demand is there.

Please take a flier from the back table and pass it on to friends or family members who might like to learn Buddhist meditation from the ground up.

WHAT: A class for people brand new to Buddhist meditation

WHERE: Marin Sangha located in St Luke Church at 10 Bayview Drive, San Rafael

WHEN: 5:00 - 5:45p.m. second Sunday of every month, starting October 14

COST: Free

Email drmarypaige@gmail.com

Growing Marin Sangha

By Art Jolly

For the past couple of years on the Board, a larger and larger issue for us has been growth: our Sangha is aging, and without bringing in more and younger members, we're concerned about our sustainability. With that said, *how do we grow Marin Sangha?* I wanted to share a bit about some goals we've identified, some steps we're taking, and how you can help.

Marin Sangha is a group that includes many very experienced practitioners. Many of the teachers who come to our Sangha really love the depth of practice and cumulative experience of our group. They feel it palpably when they teach here. Not surprisingly for a group with many people who have been practicing for many years, we have a lot of senior students -- and a lot of students who are seniors!

While the depth of practice this brings is a boon, it also brings some challenges. Some members have had to stop coming as they can no longer drive at night. This is a reality that likely more of our beloved members will face over the coming years. We sometimes have a hard time finding people to do tasks, setup in particular. Several people who do setup can't lift the bins anymore. Like all of us, the Board deeply values our Sangha and is exploring how to grow Marin Sangha so that it may continue.

Here's what we hope to do: (1) increase our regular membership, so that attendance on Sunday nights is in the forties, rather than the twenties; (2) increase the number of younger people (50s and younger) who are regular attendees, and (3) make Marin Sangha a safe, welcoming place for people of color, LGBT people, and members of other underserved communities.

To get there, we're taking a multi-pronged approach. We'll be meeting with our Principal Teachers, Donald Rothberg and Oren Jay Sofer, to get their input and wisdom on what may make Marin Sangha a more welcoming and inviting place for a greater number of people. Sangha member Mary Paige will be leading a monthly introduction to meditation class before Sangha for new folks, which will be kicking off this month.

We're looking to spread the word about Marin Sangha. For example, our Board, led by Cory Bytof, has begun a campaign to place postcards promoting our Sangha at locations around Marin and the East Bay. If

you have ideas about where to post these, please speak to Cory.

We're also working to increase our presence on social media. Social media is a major way organizations market themselves these days, and we're a little behind even many local Dharma organizations. Social media is *social*: everyone in the Sangha can play a role. Join the Marin Sangha page on Facebook. Like our posts and events. Repost them to your own page.

Some fairly simple steps can go a long way. We can all have a role to play in this. Spread the word about Marin Sangha with friends, co-workers and others you know in Marin, Sonoma, East Bay, and San Francisco. Invite someone to come with you one Sunday night. Share your ideas about growth with each other and with our Board members. This will be an ongoing process, and it's one we're invested in.

Art Jolly
Marin Sangha Board of Directors

COMING SOON -- New Book Group

Watch for a new book/study group starting the end of January, 2019, in which we will be exploring WHITENESS. Ruth King's wonderful new book, *Mindful of Race*, will be our text.

Mary Paige and Sara Sacksteder

Are You Looking For A Study Group?

Dear Marin Sangha members,

For the past six-plus years, I have been part of a group of sangha members meeting on a monthly basis to study the Satipatthana Sutta. We originally started out using *The Heart of Buddhist Meditation* by Nyanaponika Thera. It was a dense book translated from German, but many of us found it worthwhile. Once Joseph Goldstein's book, *Mindfulness: A Practical Guide to Awakening*, was released, we switched to this as it seemed an easier and more current approach to incorporating the Four Foundations of Mindfulness into our daily practice.

The group met once a month to sit, made a short check-in report, and then read the current chapter we were studying. Between monthly meetings, study buddies (we randomly chose new partners each month) called or met in person weekly to read the next chapter. This gave us a chance to really absorb the work we read and discuss how we could bring it into practice.

We recently finished reading the last and forty-fourth chapter; this took about four years, as we occasionally carried over a particularly rich chapter into a second month. This month we are celebrating the conclusion of our group with a potluck luncheon. At the suggestion of

Mary Paige, we are branching out and opening other groups so that more members of Marin Sangha might have the opportunity to participate.

I am starting one group that I hope to begin meeting with in January. It could follow the structure outlined above (meet once a month, read with a partner once a week) but does not have to do so.... it's just what I'm comfortable with after so many years. I am suggesting we read Phillip's book, *Dancing With Life*. I am not attached to reading this book, but even if you have read it, it is a deeper and (I hope) richer experience to do so with a study group.

So, if this piques your interest, even a little bit, please let me know if you are interested or have any questions/suggestions. As one person put it "...for sure we're interested, but not sure we have the time to give to it. We're still mulling it over. On second thought, I'll probably never sit down and read unless there's a group and a structure!"

If you, like me, need the structure of reading with someone on a weekly basis and value the chance to discuss with a larger group, please contact me at l.howerton@sbcglobal.net or 415-305-3995.

Linda Howerton-Pritchett

Marin Sangha Circle of Caring

We are energizing Marin Sangha's Circle of Caring. This is an opportunity for members to give and receive services from fellow members. The services might range from telephone calls for regular check-ins, transportation to or from sangha, shopping or laundry assistance, providing occasional meals, and many other offerings. If you are interested in being a part of this community or if you have suggestions and comments about how best to organize this effort, please connect with Jann Powell at 415-456-1969 or by e-mail (see Sangha Directory).

Jann Powell

2018 Marin Sangha Schedule of Daylongs and Classes

Coming on October 20th – A Daylong with Oren Sofer

Oren Sofer's daylong, entitled "*The Power of Giving and Receiving*", will take place on Saturday, October 20, from 9:30 a.m. to 4:30 p.m., here at St. Luke Church. Oren describes this event as follows: *Generosity is the foundation of the Buddhist Path. When we give freely from the heart we feel a natural sense well-being. This experience, when recognized and consciously fostered, lays the groundwork of connection, sensitivity and happiness for the rest of the path to Awakening. We all live in a flow of giving and receiving. Experiencing this*

relationship with life can dissolve our sense of alienation, connect us with nature, and open our hearts to a profound sense of gratitude, joy and belonging. In this daylong we will explore how to deepen our experience of giving and receiving through a combination of meditation, silent reflection, movement and interaction.

The daylong is offered on a dana basis; registration is strongly encouraged to help us manage enrollment and to reserve your space.

Bill Coffin & Barbara McHugh

Topic and Schedule to Follow

Sangha Member Contributions

The Way is simple.

It moves and bends, aligns and realigns, meeting each moment with perfection.

Our very birthright is to join this movement with our mind and body.

Ko Myo Ho Zo, (Kathleen Gustin)



*Ko Myo Ho Zo
(Kathleen Gustin)*

Rae Sikora's Crock Cheese

- 1 cup raw, organic cashews
- 4 ounces red pimentos (come in 4 oz jars)
- ½ cup organic lemon juice
- 6 tablespoons nutritional yeast
- 1 teaspoon salt (or to taste)
- 1 teaspoon onion powder
- ½ teaspoon garlic powder

Process the cashews in a food processor or a blender, until powdery. Add the remaining ingredients and process together until very smooth. Chill. Serve with crackers.

If you want a thicker, spreadable cheese, double the amount of cashews. Serves 6-8

From “**Never Too Late to Go Vegan: The Over 50 Guide to Adopting and Thriving on a Plant Based Diet.**” by Carol J. Adams, Patti Breitman, and Virginia Messina, RD, MPH

Patti Breitman

Member Profile

We wish to thank _____ for this issue's Member Profile.

Dear Sangha members,

Because we were unable to find an actual person to provide a profile this month, we decided to interview No-Self. The Profile appears below:

When and how did you get interested in Buddhism?

I got into Buddhism around 500 BCE. A wholesome desire (known as chanda) created a “me,” which instantly denied itself – only to have the “me” spring up again, over and over, arising and passing, for 2500+ years. But the karma was basically good, and the Buddha's teachings have kept not-me in the flow.

How long and how often have you been coming to Marin Sangha?

Given my impermanence, I'd say pretty much weekly, off and on, from 1998 to the present.

What do you wish for sangha members to know about you regarding basic demographics?

Gee, where do I begin? With Lucy, I guess, a few hundred thousand years ago. You might say I've occupied real estate in every human being on earth since then – but of course this property was, and remains, empty. At the same time, some humans are far more crowded than others.

Do you want to say anything about your education?

I've never met a self who couldn't teach me *something*. Of course, some functioned mainly as negative examples -- but, hey, I'm no-self! So these examples can be very helpful, thank you very much

Donald Trump and Attila the Hun. Among the positives: no-Moses, no-Abraham, no-Jesus, no-Mohammed, no-St. Theresa, no-Martin Luther King, no-Ruth Bader Ginsberg, and no-God (okay, that last One's been a mixed bag).

What are your hobbies?

Nothingness, Non-Being, Neither Perception nor Non-Perception, and of course Non-Harming. I also enjoy hot air balloons and the occasional moonlight swim.

What do you value about Marin Sangha?

It's a place where I get some respect and where I can socialize with fellow no-selves, where we all can observe selves from an appropriate distance, and where nobody needs to worry about being a nonentity.

What would you like to see more of at Marin Sangha?

More diversity! There are so many kinds of no-selves that would help the Sangha grow. Non-old, non-white, non-cis – and oh yes – non-attached.

Would you like your contact information in this newsletter?

Sure, just close your eyes, click your heels together and say, “there's no-place like home!”

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

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. 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, 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: **July 15, August 19, September 16**

Sangha Website

Don't forget the Marin Sangha website at 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.

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.

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 Chaudron or Barbara McHugh. All submissions are subject to editing.

Newsletter Support

If you would like to volunteer, the Newsletter team is looking for another person to help out once a quarter to gather articles and to track the progress of these contributions. If you are interested, please, contact either **Lucia Chaudron or Barbara McHugh**, at Sangha or by e-mail. Addresses are listed below under **Committees, Contacts**. Either of us can provide details of the work required. We are looking for someone willing to commit to approximately 8 - 10 hours at the end of each quarter. Many thanks for your interest,

Lucia Chaudron

Marin Sangha Board of Directors

Linda Howerton-Prichett	President
Cory Bytof	Treasurer
Dianne Fruin	Secretary
Art Jolly	
Mary Kelly	
Barbara McHugh	
Bill Coffin	

Marin Sangha Newsletter

Submissions Contact: Lucia Chaudron
 Managing Editor: Barbara McHugh
 Production and Layout: Lucia Chaudron
 Contact Lucia at lmchaudron@comcast.net
 for submissions.

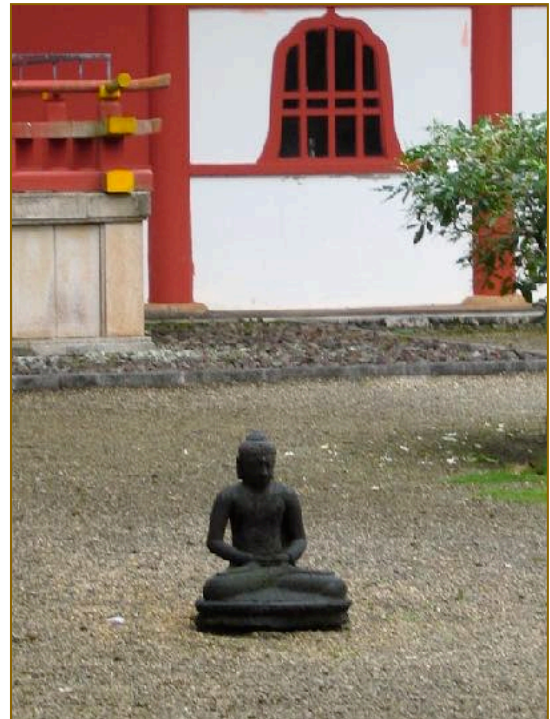
All submissions must be in by the 15th of the last month of the current quarter.

All submissions are subject to editing.

© 2014 Marin Sangha

Published Quarterly by Marin Sangha, San Rafael, CA

Committees	Contacts
<i>Circle of Caring</i>	Jann Powell jmpowell3@comcast.net
<i>Chanting Group</i>	Linda Howerton-Prichett l.howerton@sbcglobal.net
<i>Committees and Groups</i>	Lucia Chaudron lmchaudron@comcast.net
<i>Newsletter</i>	Lucia Chaudron lmchaudron@comcast.net Barbara McHugh barbara@eclipsoid.com
<i>Compassionate Action Committee</i>	Deborah Temple deborah temple@rocketmail.com
<i>Sangha Yahoo Group</i>	Linda Howerton-Prichett l.howerton@sbcglobal.net Bill Coffin billc@eclipsoid.com
<i>Sunday Announcement</i>	Mary Kelly momkelly@comcast.net
<i>Sunday Set-up & Closing</i>	See notebook on the Information Table
<i>Technical Support</i>	Bill Coffin billc@eclipsoid.com



*Byodo In Temple, Hawai'i
L. Chaudron, 2010*