



January - March, 2019

Volume 9, Issue 1

Guest Teachers Schedule

Jan 6	Phillip Moffitt
Jan 13	RichardShankman
Jan 20	Shaila Catherine
Jan 27	Wes Nisker
Feb 3	Matthew Brensilver
Feb 10	Kevin Griffin
Feb 17	TBA
Feb 24	Kevin Griffin
March 3	Art Jolly
March 10	Lisa Dale Miller
March 17	Noliwe Alexander
March 24	Jacque Verduin
March 31	Phillip Moffitt

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

Quote for the Quarter

Attention is the beginning of devotion.

—Mary Oliver

Deborah Temple has offered several wonderful quotes which we will include in each upcoming issue of the newsletter. If you have a favorite quote from a Buddhist teacher or author, feel free to submit it to the newsletter team. And, let us know what you think.

Update From the Board

Dear Members of Marinso, as the John Lennon song goes, "...and what have you done, another year over, a new one just begun?" What we as the Board have tried to do over this past year is twofold: (1) determine what we can offer to meet the needs of the sangha and (2) figure out how to grow the sangha so that we have the personnel and energy needed to support it.

And so, I have a two-part query for you, the Sangha members:

- What can we do to enrich your Sangha experience?
- What can you do to support the Sangha?

As for the first question – what do you want from your Sangha?

- If you would like to see more programs, please let Art Jolly know. Art is the coordinator of programs and has already scheduled two daylong retreats for 2019. The Board decided to limit daylongs to two this year, as participation in last year's four daylongs was sparse at times. If you have no interest in sangha daylongs, let us know that, too. It takes a lot of energy (and money) to host them. Please communicate your thoughts/ideas to Art at artjolly@gmail.com
- Do you have a teacher you would like to see on a Sunday night at Marin Sangha? Our 2019 calendar is filled, thanks to the efforts of Mary Kelly. We have to schedule these teachers as soon as we can as their schedules fill up, and we sometimes have difficulties finding teachers for a specific date. Let Mary know if you have a suggestion, especially if there is a new teacher who has impressed you. New teachers often have a lighter schedule, and we also want to support them as they move into the larger dharma community. Mary can be reached at momkelly@comcast.net
- Do you need help getting to sangha, or assistance of another kind? Jann Powell is resurrecting the Circle of Caring; she is compiling a database of Sangha members willing to offer a ride, make a phone call, sit with another member, or other services. Please contact Jann both to offer your assistance or to ask for some at jmpowell3@comcast.net
- Would you be interested in participating in community activities such as Earth Day, Coastal Cleanup Day, or Habitat for Humanity? Marin Sangha has volunteered in all of these areas in past years...lately, the difficulty has been in getting someone to spearhead the activity. I get it – we are all busy with our lives, some of us work full time, some of us have health issues that make us hesitant to commit to a future date. But if you are interested, please let me (Linda) know. I can be reached at l.howerton@sbcglobal.net I hope to shed some of my Board duties in the coming months and have more time/energy to devote to these projects. And now – what can you do to support your sangha?

- The obvious answer is to show up: attending on a weekly basis supports the teachers we have invited. It is dispiriting to see a sprinkling of attendees in the seats on some Sunday evenings. The teachers spend time preparing their talks and getting to St Luke, and we pay the rent whether there are fifteen or fifty people attending. I have heard some yogis comment that they don't like one particular teacher or another; I, too, have my preferences. And yet I find that there is almost always something for me to take away from the evening. A different teacher may give just a slightly different slant on a topic, something that I may have heard before, but for some reason didn't settle in to my consciousness.
- Help us spread the word about Marin Sangha. Cory has created beautiful golden Buddha postcards, which are always on the back table. If everyone took just one, and posted it at a library, book store, coffee house, gym, community bulletin board.... or passed it along to a friend, it would help us expand our "brand". Also, if you haven't done so, please help us out on social media. We have a Facebook page, and every week the teacher for Sunday night is featured there. Please make it a habit to like the page and repost it. This goes for our daylongs as well.
- If you're not into social media, would you like to get Marin Sangha out in the print world? We have a notice of our Sunday evening meetings that runs in the Saturday IJ services page. It has been suggested that we contact the Pacific Sun and other media, but we haven't found anyone with the interest/time/savvy to do this. The IJ also runs (free of charge to non-profits) small "ads" -- would someone with print experience be willing to run with this? How about an article about Marin Sangha celebrating its twenty-year anniversary? If so, please let me or any Board member know you are interested.

Thank you for taking the time to plow through this tome.... I didn't mean for it to run so long, but I have been thinking long and hard about the Sangha, and its growth. To end on another musical note (pun intended) from Bob Dylan: "Proves to warn that he not busy being born is busy dying." Let us all work to add to the growth of Marin Sangha, to keep it a vital and living force in all our lives.

Anumodana,

**Linda Howerton-Pritchett
For the Marin sangha Board of Directors**

Marin Sangha 4th Quarter 2018 Financial Update

Dear Friends,

Our Sangha remains on good financial footing, thanks to the generous Dana we all contribute. Our donations go to pay the rent, insurance premiums, nonprofit consulting fees, 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 \$4,081.54 in our checking account and ended the year with \$2,812.33. In savings, we began the year with \$6,690.21 and ended with a balance of \$6,696.91.

This organization is very lean, and your contributions go a long way. Our typical expenses include between \$650-800 each month for rent, \$700-800 a year for insurance, approximately \$50 a quarter for newsletter printing, and \$15 each month for web site hosting. The other major expenses are 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.

There are many ways to contribute to Sangha through donation of time or money. We are very fortunate in that we have Sangha members and others who contribute their time and expertise to do things on a volunteer basis so we don't have to expend funds. 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 everyone's contributions!

For those interested in ongoing charitable contributions, one can donate online, and can even set up a monthly or other regularly occurring donation through our Marin Sangha PayPal account. Just click on the Donate tab on the 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 fifth 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 Katannuta offerings once again for residential retreats for lucky Sangha members. Thank you for all your time and contributions to Marin Sangha.

In gratitude,

**Cory Bytof
Treasurer, Marin Sangha
(415) 721-0435, cmx@sonic.net**

“It is the heart that does the giving; the fingers only let go.” —Nigerian proverb

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

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 takes place on the second Sunday of the month just before the normal meeting of the Sangha. The class is a rotating cycle of different practices. The first class, held in October, focused on Samatha (Concentration) practice as a foundation. The second class, in November, focused on Vipassana (Insight) practice, and the December class focused on Metta (Loving-kindness). We will repeat the cycle of classes in 2019 if the demand is there.

Beginners and anyone who wants a refresher course are welcome. All attendees are encouraged to attend the sangha afterwards for the sit and Dharma talk from 6 to 8 p.m.

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.

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. The next Class is Feb. 10th.

COST: Free

Email drmarypaige@gmail.com

New Study Group Forming

A new study group is forming, open to all Marin Sangha members. Two books have been suggested: Phillip Moffitt's *Dancing with Life* and *Parami, Ways to Cross Life's Floods* by Ajahn Succitto. The latter is out of print but is available to download for free at <https://www.amaravati.org/dhamma-books/parami-ways-to-cross-lifes-floods/>

We will meet the fourth Thursday of every month (if that works for the majority of folks interested in joining), from 7:00-8:30 PM. The structure is open to input by those forming the group, but will probably follow an outline similar to this:

- Meet monthly on the fourth Thursday, 7:00-8:30 PM

- Read one chapter each month, coming to the meeting prepared to discuss that chapter
- Agree to meet up with another group member via phone or in person, once a week, to discuss the current chapter

If you are interested, please contact Linda at L.howerton@sbcglobal.net for location of the first meeting. At the first meeting we will agree on the day/time to meet, select a book, and assign the study partner for the next month. Meeting location will rotate among participants' homes, and chairing the meeting will also rotate among members.

Please let me know if you have any questions, would like to join, or at least come check it out. Please bring any other reading suggestions to the first meeting.

Blessings,

Linda Howerton-Pritchett

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

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

Sangha Member Contributions

Member Profile

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

How did you get interested in Buddhism?

I have been interested in comparative religion since I was in high school. I was raised in the Congregationalist tradition of the Protestant faith, but organized religion did not stick with me. Over the years I have collected a large book shelf of religious literature. I was also fortunate enough to have traveled and lived in various parts of the world and to get first-hand exposure to the relationship of religion and society.

Through my studies I was gradually drawn to Buddhism as being the most in line with what resonated with me.

How did you happen to begin coming to Marin Sangha?

I was in a period of personal crisis in 2017. I moved to Marin at that time and began looking for resources that incorporated meditation and teaching. Marin Sangha was a perfect fit for me. I began attending around April, 2017.

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

Where to begin? It is hard to boil down a 70-year life into a paragraph. I have been very privileged to have the opportunity to work and travel around the world and to be exposed to different cultures. This all came from a fortuitous decision in 1969 to take a temporary job on the shipping docks of New York. Four overseas assignments and 48 years later, I retired from my temporary job in the shipping business. I have two amazing daughters, and I am incredibly fortunate to have a partner, Teresa Keller, who shares my enthusiasm for life. We have developed our spirituality practice together and had the good fortune to be able to put our compassion to work jointly on social projects, mostly involving youth.

Do you have interests that you would like to share with other sangha members or just know about you?

I secretly wanted to be an archaeologist way before Indiana Jones came on the scene. Since my partial retirement in 2009, I have been working with Maya projects mainly in Belize. I retain my strong interest in cultures around the globe. I have a long travel list and an equally long list of nonfiction reading.

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

I thoroughly enjoy the diversity of the teachers who grace us with their presence each week. The diversity of topics and perspectives is refreshing. I also deeply respect and enjoy the sense of community.

How would you like Marin Sangha to grow?

Like many of our members, I would like to see us successfully reaching out and engaging the next generations of people who are exploring a spiritual path. I would also like to see us grow in a diverse manner.

Would you like your contact information in this newsletter, i.e., email address, phone, city?

Douglas Tilden
Mill Valley, CA 94941
415-713-2677
dougtrw@gmail.com

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 nkroza74@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. This quarter's dates are: Jan. 20; Feb 17; Mar 17.

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

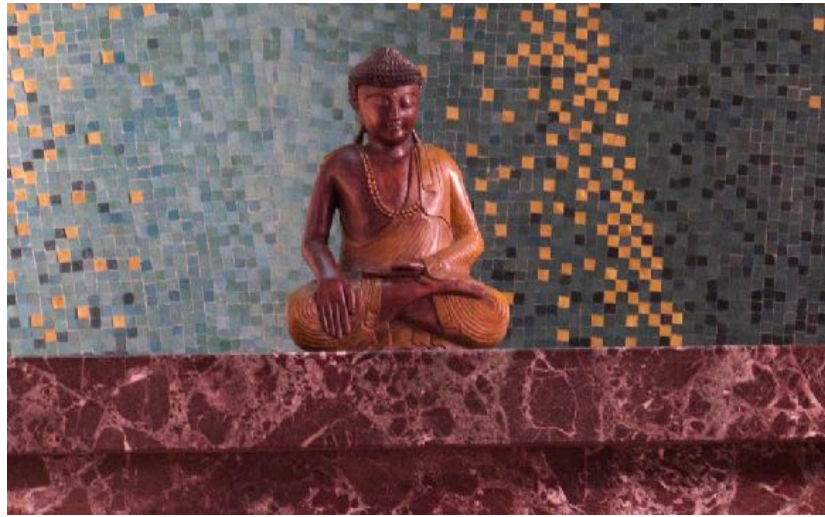
lmchaudron@comcast.net.

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, Barbara McHugh or Deborah Temple. All submissions are subject to editing.

Marin Sangha Board of Directors

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



Lucia Chaudron, 2016

Committees	Contacts
Circle of Caring	Jann Powell jmpowell3@comcast.net
Chanting Group	Linda Howerton-Prichett l.howerton@sbcglobal.net
Committees and Groups	Lucia Chaudron lmchaudron@comcast.net
Newsletter	Lucia Chaudron lmchaudron@comcast.net Barbara McHugh barbara@eclipsoid.com
Sangha Yahoo Group	Linda Howerton-Prichett l.howerton@sbcglobal.net 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:	Deborah Temple
Managing Editor:	Barbara McHugh
Production and Layout:	Lucia Chaudron
Contact Deborah at	deborah temple@rocketmail.com
for submissions.	
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All submissions are subject to editing.	
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