

SISTER ANNABEL LAITY AND SISTER DANG NGHIEM’S OCTOBER VISIT TO MADISON



SnowFlower is pleased to welcome Sister Annabel Laity and Sister Dang Nghiem to Madison in October. Sister Annabel was formerly head of practice at Plum Village, Thich Nhat Hanh’s practice community in southwest France. She is currently abbess of Green Mountain Dharma Center in Vermont. Sister Dang Nghiem resides at Deer Park Monastery in California.

Sister Annabel and Sister Dang Nghiem, along with Jack and Laurie Lawlor, will lead our annual Sangha Retreat in October. The day before the retreat, Sister Annabel will give a public talk in Madison. The day after the retreat, SnowFlower will welcome the Sisters to the Farm Zendo for a Half-Day of Mindfulness and potluck. Please see the October calendar for details on these events.

THE ENERGY OF PRAYER

In the months of September and October most Friday night Dharma discussions will focus on Thây’s book The Energy of Prayer: How to Deepen Your Spiritual Practice (Parallax Press, \$11.95). Some copies of the book will be available through the Sangha library. We hope that many of you will read the book or parts of it, but the sits will be organized recognizing that not everyone will have time to do so. ‘Chapter’ in the Friday calendar refers to this book.

SEPTEMBER CALENDAR

Tuesday (7:00 – 8:30 PM)	Friday (7:00 – 9:00 PM)
	9/1 Plum Village Activities for <i>Dana</i> (generosity) Led by Steve Spiro
9/5 Practice Basics Led by Ed Celnicker	9/8 <u>The Energy of Prayer</u> , Ch. 1: Does Prayer Work? Led by David Haskin
Monday, 9/11 9:30 a.m. – 12:30 p.m. Half-Day of Mindfulness Vipassana Style Rounds of 45-minute sitting and 10-minute walking meditation, at the Farm Zendo No bag lunch; call 832-6444 for more information	
9/12 Ch. 18, <u>Old Path, White Clouds</u> Led by Kathleen Caron	9/15 Ch. 2: The Object of Prayer Led by Cheri Maples
9/19 Recitation of the 14 Mindfulness Trainings Led By Heather Mann	9/22 Ch. 3: Heart, Body, Spirit Led by Susan O’Leary
Saturday, 9/23 9:30 a.m. – 1:30 p.m. Half-Day of Mindfulness at the Farm Zendo To be followed by an (optional) hour of work meditation cutting grapevines Bring a bag lunch; 832-6658 for more information	
9/26 Tea Ceremony Led by Mary Gallagher	9/29 Extended Sit and Mindfulness Trainings Leader TBA; Claude AnShin Thomas Talk at First Unitarian Church, 7:30 p.m.

CLAUDE ANSHIN THOMAS SPEAKS IN MADISON

On September 29th at 7:30 p.m., Claude AnShin Thomas will be giving a talk at the First Unitarian Society (900 University Bay Drive). You may find this talk interesting because of his roots in Thây’s tradition. On Sunday morning, October 1 at 8:30, Claude will be sitting with the Madison Zen Center (1820 Jefferson St.). The sitting will be followed by a dharma talk and light brunch. SnowFlower members are invited to attend.

OCTOBER CALENDAR

Tuesday (7:00 – 8:30 PM)	Friday (7:00 – 9:00 PM)
10/3 Practice Basics Led by Cheri Maples	10/6 Ch. 4: The Role of Prayer in Medicine Led by Ed Celnicker
10/10 Touching the Earth Led by Don Katz	10/13 Annual SnowFlower Retreat No Meeting at Friends
Thursday, 10/12 7:00 p.m. “Transforming Stress and Touching the Spiritual Dimension” talk by Sister Annabel Laity First United Methodist Church, 203 Wisconsin Ave. Parking in MATC Ramp. Suggested donation of \$5.	
Friday – Sunday, 10/13-10/15 Annual SnowFlower Sangha Retreat At Bethel Horizons in Dodgeville; \$160 per person. Call 832-6444 or email sarahcarroll@yahoo.com for more information	
Monday, 10/16 1:00 – 5:00 p.m. Half-Day of Mindfulness with Sister Annabel Laity at the Farm Zendo Followed by potluck at 6 p.m. Please bring a dish to pass. Call 832-6658 or 832-6444 for more information.	
10/17 Discourse on True Contentment Led by Walt Keough	10/20 Ch. 5: Meditation and Healing Led by Jim Roseberry
Saturday, 10/21 9:30 a.m. Adopt-a-Highway Cleanup, Highway G near Mount Horeb Call David at 832-6444 for more information.	
10/24 Metta Practice Led by Anne Forbes	10/27 Appendices: Meditation Exercises and Buddhist Prayers and Gathas Led by Jane Peckham
10/31 Topic and Leader TBA	

AN IMPORTANT CHANGE TO TUESDAY SANGHA MEETING

Mary Gallagher

Trinity Methodist Church, where regular Tuesday sits and occasional Friday sits are held, has completed its renovations and is instituting some new policies for user groups.

Everyone is asked to use the double doors on the West side of the building. In addition, doors are not to be left unlocked unless someone is at the door.

These changes allow us to add a new practice on Tuesday. We will now have a Greeter to welcome you at the door, point the way to the room, offer information to newcomers, assist those who use the elevator, etc. The doors will be unlocked about 10 minutes before the sitting time and the Greeter will lock the door and join the group about 15 minutes into the first sit. If you need to enter the building at a different time, please contact the leader for the evening.

About the practice of greeting, Thây writes: “...mindfulness becomes present in both of us as we touch the Buddha with our hearts, not just with our hands. Suddenly the Buddha in each of us begins to shine and we are in touch with the present moment.” We think greeting will be a good addition to our practice.

A LOTUS FOR SARAH

Let us take a moment to recognize Sarah Carroll’s contribution as editor of the SnowFlower Sun for the past two years. Thank you, Sarah!

NEW SANGHA ACTIVITIES

INTRODUCTION TO MINDFULNESS CLASS

Expanding from the "Practice Basics" first Tuesday of the month, SnowFlower Sangha is pleased to offer a four week Introduction to Mindfulness class starting at the end of October. Cheri Maples, an experienced teacher, mindfulness practitioner, and a member of the Order of Interbeing, will teach the class. Sessions are set for 6:15 (before Friday evening sangha) in the Sun Room of the Friends Meetinghouse. Topics include Thich Nhat Hanh and mindfulness; sitting and walking meditation; dharma sharing; and practice and daily life.

METTA COLLECTIVE

If you have a need for support or assistance, the Metta Collective wishes to help. An important piece of our lives as members of SnowFlower Sangha has been to offer support in times of need. The death of loved ones and illness are examples, but many situations benefit from extra physical and emotional support. You might need someone to talk with or help making life decisions, or you might be helped by something more tangible like receiving dinner or assistance with errands. The Metta Collective is here to provide whatever particular kind of loving-kindness your situation calls for. We invite you to be aware of this resource and to open yourself to help if you need it. Contact Savitri, Jim, David L., Jane, Karuna, Erin, or others as you feel called.

MENTORING PROGRAM

A Mentoring Program is available for newer members of SnowFlower. Talk about your practice one-on-one with a senior practitioner. Call Edward at 831-8152 if you are interested.

ADOPT-A-HIGHWAY CLEANUP DAY

Please join us on Saturday, October 21 for the final Adopt-a-Highway Cleanup of the season. We will be joined by members of Madison Insight Meditation Group at Highway G near Mount Horeb. Wear sturdy shoes and bring a pair of work gloves. After the trash pickup, we'll go to Pop's Knoll (part of a county park nearby), which overlooks a beautiful prairie, for a short sit and a brown bag lunch. Call David at 832-6444 for more information.

MEETING TIMES & LOCATIONS

We meet Tuesdays (7–8:30pm) in the Wesley Room of the Trinity United Methodist Church, 1123 Vilas Ave. (2 blocks west of Park St.). Enter through parking lot door on right (West) side of building. Go up the stairs, following the arrows to the Wesley Room. Note: a Greeter will be available until 7:15 p.m., after which time the doors will be locked per church policy.

We also meet Fridays (7–9 pm) in the Sanctuary of the Friends Meetinghouse, 1704 Roberts Court, near the Stadium in Madison. Please leave shoes in the hall. For both meetings, please try to arrive at 6:55pm (earlier if you can help set up) so that we can begin our sits in quiet.

SANGHA WEB SITE, E-MAIL LIST & NEWSLETTER

The SnowFlower Sangha web site is <http://SnowFlower.org>. You can subscribe to the SnowFlower listserv on the web or by sending an email to SnowFlower-subscribe@yahoogroups.com. Contact David Haskin with any questions (608-924-3060 or questions@SnowFlower.org). Mike Winckler maintains the web site. He can be reached at mwinckler@charter.net and mwinckler@matcmadison.edu. The SnowFlower Sun is published bimonthly and is edited by Erin Hanusa. Email Erin at erinhansa@yahoo.com if you have announcements, articles, or other writing for the newsletter.