

# The SnowFlower Sun

January – February 2005

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**May all beings everywhere be happy. May all beings everywhere be safe.**

## RELIEF EFFORTS

The following aid organizations are participating in relief efforts for the countries affected by the earthquake and tsunami off the Indonesian island of Sumatra:

- USAID, <http://www.usaid.gov/>
- International Federation of Red Cross and Red Crescent, <http://www.ifrc.org/>
- Doctors Without Borders, <http://www.doctorswithoutborders.org/>
- Unicef, <http://www.unicef.org/>

Also, the Buddhist Peace Fellowship website provides information on how to support Sarvodaya (Sri Lanka) and other Buddhist relief organizations assisting earthquake and tsunami victims in Asia: [http://www.bpf.org/html/whats\\_now/events/tsunami.html](http://www.bpf.org/html/whats_now/events/tsunami.html).

## JANUARY'S CALENDAR

<b>Tuesday (7:00 – 8:30 PM)</b>	<b>Friday (7:00 – 9:00 PM)</b>
1/4 Practice Basics – Savitri Tsering	1/7 Practicing with a Poem – Don Katz
<b>Saturday, 1/8 6:30 PM</b> Sitting Meditation with Holiday Party/ Potluck to Follow At Susan O'Leary and Jim Roseberry's Home Please, no soup or food requiring bowls (plates only). Call 256-0506 for directions.	
1/11 Recitation of the 14 Mindfulness Trainings – (with 45-minute sit) Sarah Carroll	1/ 14 Making Peace with Your Root Religion – Celeste Robins
1/18 Topic TBA – Walt Keogh and John Mysliwec	1/21 The "Body Scan" by Jon Kabat-Zinn (a 45-minute lying down guided meditation) – Susan O'Leary
<b>Saturday, 1/22 – 9:30 AM – 1:00 PM</b> Half Day of Mindfulness [TBA – watch email]	
1/25 <u>Old Path White Clouds</u> , Ch 5 – Judy Francis	1/28 Walking the Dog – Jim Roseberry

## DONATIONS MEETING

By Melissa Thielman

A meeting to decide how to allocate the money set aside for charitable contributions was facilitated by David Lawrence on December 2<sup>nd</sup> at 7:30pm at Friends Meetinghouse. Total funds available for distribution were \$2700. Contributions were allocated as follows: \$400 in support of some aspect of Thây's planned trip to Vietnam, \$400 in support of a Vietnamese project sponsored through Plum Village, \$150 for Veterans for Peace (Purple Heart Project), \$100 to Friends, and \$235 to each of the following: Cambodian School Project, Gilda's Club, Wisconsin Community Fund, East Isthmus

Neighborhoods Planning Council, Richland Center/ Santa Teresa Sister City Project, Madison Community Health Center, and Mayan Education Project, for a total of \$2695.

SnowFlower maintains a reserve of \$1000.00 to cover expenses such as insurance and to provide scholarships for Sangha members attend regional, national, or international retreats. It was expressed at the meeting how highly valued the ability to offer scholarships is. With membership growing, we'd like to ensure sufficient funds to meet the need. As a result, Sangha members might consider contributing \$2 per Tue/Fri night sit, as they are able. To receive financial support from the Sangha to attend a retreat, please contact David (832-6444) or Melissa (831-6267).

I still arrive, in order to laugh and to cry  
to fear and to hope.  
The rhythm of my heart is the birth and death  
of all that is alive.

-Thich Nhat Hanh, from *Please Call Me By My True Names*

**FEBRUARY'S CALENDAR**

<b>Tuesday (7:00 – 8:30 PM)</b>	<b>Friday (7:00 – 9:00 PM)</b>
2/1 Introduction to Practice – Lisa Glueck	2/4 Forgiveness – Katherine Bonus
2/ 8 Recitation of the 5 Mindfulness Trainings – Anne Forbes	2/11 Holding Grudges? – Efrat Livny
2/15 Right Concentration – Dave Haskin	2/18 Recitation of the 14 Mindfulness Trainings – Mary Michal
<b>Saturday, 2/19 9:00 AM – 12:00 PM</b> Half Day of Mindfulness sponsored by the Madison Chapter of Buddhist Peace Fellowship at Madison Zen Center, 1820 Jefferson Street; Call Don for more info, 280-8575	
2/ 22 <u>Old Path White Clouds</u> Ch 6 – Cheri Maples	2/25 Bodhisattva Kshitigarbha (Earth Store Consciousness) – Savitri Tsering

**MEETING TIMES & LOCATIONS**

Tuesday meetings (7 – 8:30pm) are held in the Wesley Room of the Trinity United Methodist Church, 1123 Vilas Avenue (two blocks west of Park St.). Enter through the parking lot door on the right side of the building, go through the double door to your right then turn left and go up stairs - the Wesley room is on your right. *NOTE:* All entrances are locked at 7:30pm per church policy. If you are late, please be sure to come before 7:30pm.

Friday meetings (7 – 9 pm) are held in the Sanctuary of the Friend's Meetinghouse, 1704 Roberts Court, near the Stadium in Madison (straight ahead after entering, leave coat and shoes in the hall).

For both, please try to arrive at 6:55pm so that we can begin our sits in quiet (earlier if you can help set up).

Want to learn about our larger Sangha? Visit [www.lakesidebuddha.org](http://www.lakesidebuddha.org) (where our regional Dharma Teachers, Jack and Laurie, practice), and [www.plumvillage.org](http://www.plumvillage.org), [www.greenmountaincenter.org](http://www.greenmountaincenter.org) and [www.deerparkmonastery.org](http://www.deerparkmonastery.org) (where Thây's communities in France and the U.S. practice).

### **SANGHA WEB SITE & E-MAIL LIST**

The SnowFlower Sangha web site is at <http://SnowFlower.org>, and we also have an email list. You can subscribe to the email list on the web or by sending an email to [SnowFlower-subscribe@yahoogroups.com](mailto:SnowFlower-subscribe@yahoogroups.com). Don Katz (reachable at 260-8575 or [questions@SnowFlower.org](mailto:questions@SnowFlower.org)) currently maintains the web site and email and postal mailing lists. Contact him with any questions. Please consider receiving the newsletter via email if you can to minimize postage and save a tree.

Please note: all attachments sent via email need to be sent to Don and not directly to the SnowFlower listserv. He enables attachments only for the period in which it takes him to send them to minimize spread of viruses.