



July - September, 2018

Volume 8, Issue 3

Guest Teachers Schedule

7/1	Donald Rothberg	
7/8	Donald Rothberg	
7/15	Anna Douglas	3rd Sunday
7/22	Ayya Tathaloka	
7/29	Donald Rothberg	
8/5	Donald Rothberg	
8/12	Ayya Sobhana	
8/19	Kevin Griffin	3rd Sunday
8/26	Roy Remer	
9/2	Shaila Catherine	
9/9	Phillip Moffitt	
9/16	Lisa Dale Miller	3rd Sunday
9/23	Lisa Dale Miller	
9/30	Shahara Godfrey	

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

Update from the Board

We wish to honor two of our retired Board members. Two of our Board Members retired in January 2018.

Sara Sacksteder – Sara was a Board member since its inception in January of 2014. Prior to that, Sara spent several years assisting with the running of the sangha thru the informal steering committee created by Phillip. Sara has left her handprint on so many Board activities, from organizing and running our daylong retreats; to managing the classes presented by Art, Barbara and Bill; to handling the Sunday night donations by counting it, tracking donors for EOY records and banking it. But no program of Marin Sangha has been more influenced by Sara than the yearly scholarships - later termed Katannuta offerings. Sara has been tireless in working to get sangha members to apply for the scholarships...she's made flyers, created application forms, orchestrated the drawings to ensure they were totally transparent, but most of all, she worked to get members to apply, even to the point of changing the name from scholarship, which to many meant they had to have a financial need, or should have "earned" the gift in some way, to Katannuta, the Pali word for Gratitude....the sense that these offerings are made to our

sangha members in deep gratitude for their contribution to the sangha...not a monetary contribution, but the idea that each member brings a uniqueness to the sangha, and without each one of us, there would be no sangha. Thus, in deep gratitude to Sara, there will be a third Katannuta offering in January 2019, and it will be offered in Sara's name.

Bob Harlow – Bob served as a director for 1½ years. He brought humor and a unique voice to the Board. His most recent accomplishment before retiring in January was helping to create the Compassionate Action Committee. Bob's efforts to combat climate change have taken on a huge area of his life, and we give him great thanks for his time on the Board and for his continued efforts to save us all from ourselves.

With deep bows to you both, we thank you for all you have done and continue to do for Marin Sangha.

Linda Howerton-Pritchett
President,

Marin Sangha Board of Directors

Marin Sangha 2nd Quarter 2018 Financial Update

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.

Our quarterly account statements are as follows:

Checking:

April 1 beginning balance:	\$3,382.54
June 30 ending balance:	\$4,804.54

Savings:

April 1 beginning balance:	\$6,691.86
June 30 ending balance:	\$6,693.53

Income for Sangha is typically from Sunday night Dana as well as Dana from daylong retreats, of which we had two this quarter. In addition, sometimes teachers

donate their Dana to our Sangha, and we have a handful of Sangha members who donate monthly or occasionally through our PayPal account.

Dana for Sangha helps to pay for rent, insurance, web site hosting, and retreat offerings, as well as for small office needs and the like. Monthly rent for our Sunday evenings generally costs between \$600-\$860 per month depending on the number of Sundays.

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,
Marin Sangha Board of Directors

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. Please check the Yahoo Groups for the exact dates.

Marin Sangha News

Celebration at Spirit Rock for Phillip Moffitt

Marin Sangha members joined approximately 200 people to celebrate Phillip Moffitt's years of service as a Co-Guiding teacher at Spirit Rock as he stepped down from that position on Thursday, April 5, at 6:30 p.m. In Spirit Rock's Community Meditation Hall, Sally Armstrong, Co-Guiding teacher; Michelle Latvala, Executive Director of Spirit Rock; Jack Kornfield, Teacher and founder of Spirit Rock; and Dana DePalma, incoming Co-Guiding Teacher, shared stories of Phillip's contributions in his role and of his support of them in their roles. A sampling of thank you cards written by those who attended the ceremony were read. All of the thank you cards were given to him at the end of the evening.

Jack Kornfield commented that in all the years he had known Phillip and in the many situations they had encountered, he had never heard Phillip say an unkind word about anyone. Michelle said that while she could name 108 things that Phillip had done that were significant, she would mention only eight in deference to the audience, who would probably wish to go home by around 8:30. Sally expressed gratitude to Phillip for negotiating so many important changes at Spirit Rock over the years; Dana added that Phillip stayed in his position until it was possible for him to leave. The notes from the audience thanked Phillip for his teachings on

retreat and the impact of his teachings on their practice. Many people in the audience stated that they had not realized how much he had done in the role of Co-Guiding Teacher until they heard Sally, Michelle, Dana and Jack speak.

Phillip beamed as he left the platform, signifying the end of his role as a Co-Guiding Teacher. He will continue to teach retreats at Spirit Rock Meditation Center and elsewhere.

Sara Sacksteder

Marin Sangha Twentieth Anniversary Party

Dear Sangha Friends,

Our 20th Anniversary/Birthday party was a smash! It was festive, yummy, buzzing with good energies! We had 39 people at our colorful, flower-strewn tables, and they bestowed upon us so much tasty, healthy, beautiful-looking food, plus adequate amounts of wine! There were organic juices, tea, 'pour-over' coffee and



Party Table

Barbara McHugh

'fresh-brewed' filtered water! We also had a wonderful cake that was not only gluten-free, but vegan as well, topped with freshly prepared strawberries and rhubarb from Margaret's garden. Thank you, Margaret!

I want to offer a very large & heartfelt THANK YOU! to all the people who made this is a really good night. To Margaret and Cory especially, and Margaret in particular, for her wonderful ideas, fresh flowers and grounded, competent energies during incredibly busy weeks in her own life. To my two neighbors who let me 'catch' them on their way out of the Community room and put them to work setting up tables and chairs. To all our



Party Table

Barbara McHugh

generous Sangha members who showed up with their offerings of food and beverages, and friendly, connecting energies. To the people who came early ~ Veta, Bill, Barbara, Katie, and whomever I'm forgetting ~ to help at the door and get the party rolling! To Alice, for bringing the beautiful book she created for Phillip with our cards and her art, thanking him for all his teaching gifts to us. To Art, for his words over our meal. And, finally, to all the people who cleaned up! I can't tell you how relieved and grateful I was to walk out of the kitchen and see the room empty again! Bless you! And the dishwashers and kitchen cleaners ~ Ron, Alex, and to whomever I didn't see ~ Bless you, too!

Gratitude for the abundance of help, offerings, efforts and good energies that created a very special Sangha celebration! May all Beings know Abundant Peace & Delight.

Deborah & Margaret

Deborah Temple

Marin Sangha Survey Results

(Or, Marin Sangha Always Wants to Know!)

Recently, Marin Sangha conducted an online survey, titled "Marin Sangha Wants to Know." First, a big thank you to everyone who participated! We thought you might like to know about the results.

1. Most of the results were positive; people feel that the Sangha is doing the right stuff.
2. Some people don't like the location or the time, but most people are happy (or OK) with our current arrangements.
3. Most of you found out about us through friends or from retreat connections. A few found us in sangha lists or even the *Independent Journal*.
4. Some people miss Phillip and want to see him more often. A few people, though, feel that we are too Phillip-centric! Most people seem to like our current teacher balance.
5. A few people talked about conditions that have changed greatly, showing us that they haven't visited

our website or read the newsletter for a long time. We would urge everyone to take a look at our website, MarinSangha.org, and read the latest newsletter, too. You might find that there have been some big changes since your last visit....

6. Although most people think we're a great group, several feel that we're not very friendly. We certainly try to be friendly and welcoming, but we're just people, too.
7. Several people feel that the Sangha is run by an insider clique. Well, the clique really wants help, and we're happy to share the work of keeping the Sangha going!
8. We got lots of suggestions for growing the Sangha, although some people expressed a strong satisfaction with the current size. We certainly don't want to get huge, but we'd like to stay sustainable. And we could use more help maintaining the Sangha!

We're going over many suggestions and will implement many of them. There were some great ideas!

Thanks again! And, as always, you can talk to anyone on the Sangha Board of Directors, or you can send email to our internet suggestion box:

board@MarinSangha.org. As the subtitle of this article suggests, we always want to hear from you.

Bill Coffin
Secretary

Marin Sangha Board of Directors

2018 Marin Sangha Schedule of Daylongs and Classes

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

Sangha Member Contributions

Awakened Heart by Jose Cuellar

At those times
When you've gone astray
And you've let your fear
Or anger get the better of you

Go to that inner village
And place yourself in the center of the circle
That circle where all of the tribe gathers

To remember all the good deeds you have done
And recount in detail
All the times you've come from your heart
And were generous with others

Let that kindness carry you
To the place of knowing who you truly are
To that deeper knowing
Where there is no blame
No recrimination

Let this Love tend to the suffering
To the confusion
To that sense of loss
So it can be held with Steadiness and Faith

Trust in this truth
Relax into it
It won't betray you
No matter how far
You may have strayed

The Awakened Heart
Doesn't judge
the slightest thing
It is filled with Compassion

Submitted by Deborah Temple

Member Profile

We wish to thank **Brenda Walsh** for this issue's Member Profile.

How did you get interested in Buddhism?

Like many, I was searching for freedom from *dukkha*, and a deeper understanding of the meaning of my life. By the late eighties, a demanding career, the impending end of a twenty-year marriage, and concerns about being a good parent left me emotionally vulnerable. I began an intense period of self-reflection and psychotherapy that eventually lead to a focus on spirituality. I read about Christian mystics, the Sufis, Hinduism, Zen, Theravada and Tibetan Buddhism, psychotherapy and even quantum physics. I listened to taped talks by Luang Por Sumedho, whose Dhamma spoke to the deepest part of my heart. I consulted with my son's Catholic priest who had been a monk under the auspices of Thomas Merton. I went on my first weekend retreat with a group under the guidance of Eknath Easwaran, who had luminous eyes from his years of kind-hearted meditation. I meditated briefly with a group in San Anselmo that would later be part of the beginnings of Spirit Rock. Over time my path into

Buddhism crystallized. In 1995 I visited Tibet and my first Buddhist monasteries.

I now follow Theravada Buddhism, with a focus on Thai Buddhism. I am grateful for the western and Thai monastic teachers I have been so very lucky to meet on this path, including the Venerables Luang Por Sumedho and Luang Por Jamnian Seelasettho who have contributed immeasurably to my practice.



How did you happen to begin coming to Marin Sangha?

A friend of mine practiced meditation, and knew that I was looking for a group. He had found a class at Spirit Rock with Phillip Moffitt who, at the time, offered body movement exercises that I found helpful. I began attending Phillip's group and his Dhamma talks began systematizing Buddhism for me. Luckily, Phillip was generous in his mentorship, and his encouragement that I take a ten-day retreat at Spirit Rock to deepen my practice changed my life. That first Spirit Rock retreat was in early 2001 with Luang Por Sumedho, whom I now consider to be my root teacher (from the early recordings that had influenced me so deeply).

When did you begin attending?

I began attending a few months after the start of Phillip's group: January or February 1999.

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

I have one wonderful son who lives in Boulder Colorado with his wife and my two-year old granddaughter. My extended family including my mom, (so lucky to have her!) live mostly in New England, where I was raised in the fifties and sixties.

After graduate school, I worked for ten years as a public policy consultant with minority consulting firms (Black, Hispanic and Asian), and then enrolled at UC Berkeley for my law degree. I had a successful career as a lawyer, becoming general counsel to a biomedical

device subsidiary of an international corporation. The people I worked with were wonderful innovators in this field and I am happy to have practiced “right livelihood.” In 2003, I decided that I wanted to deepen my Dhamma practice, and Amaravati Buddhist Monastery in England agreed that I could spend three and one half months there serving the monastic community during their winter retreat. My company did not feel they could give me such a lengthy sabbatical and so I decided to resign, ultimately not returning to the workforce. Since then, I have volunteered significant pro bono legal time to various Buddhist Sanghas, including the Zen Hospice Project, the Bhikkhuni organizations of Dhammajarini and Saranaloka, Wat Buddhansorn, Wat Phra That Bua Luang Thai Meditation Center, Oregon Ariyamagga Okasati Refuge, Mahasati Retreat Association and Marin Sangha.

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

Ven Chaokhun Rajdhammavites, Abbot of Wat Buddhansorn, invited me to teach a children’s program of Dhamma at the Wat, which is something I am honored to do, and love doing.

I began practicing calligraphy in the sixties and enjoyed it until my legal career caused me to drop it. I am starting to pick it up again, but am rusty!

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

Over the years I benefitted very much from Phillip Moffitt’s mentorship. I have been part of a lovely Marin Sangha sutta study group for many years. And, I receive inspiration from the authentic practices of the wonderful people who compose this Sangha, whom I love very much. Just a week ago, Ajahn Pasanno, strongly emphasized the importance of Kalyanamitta (spiritual friends) and I realize that friends who sincerely wish to uphold the Dhamma in their lives are jewels beyond measure.

How would you like Marin Sangha to grow?

I believe that if a group like Marin Sangha offers the Buddha’s Dhamma, in its complete and uncompromising fullness, with clear and sincere hearts, on a dana basis, then the people who should hear what is offered will come and will hear it. The Dhamma organizes!

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

**Brenda Walsh
Larkspur, 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

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.

Marin Sangha Board of Directors

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



Reflections

Lucia Chaudron 2018

Committees	Contacts
<i>Circle of Caring</i>	Jann Powell jmpowell3@comcast.net
<i>Chanting Group</i>	Linda Howerton-Pritchett 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-Pritchett 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

Marin Sangha Newsletter	
Submissions Contact:	Lucia Chaudron
Managing Editor:	Barbara McHugh
Production and Layout:	Lucia Chaudron
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All submissions are subject to editing.	
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