



MARIN SANGHA NEWSLETTER

APRIL - JUNE 2025

VOLUME 15, ISSUE 2

Marin Sangha Schedule

Sun, Apr 6	Dawn Scott
Sun, Apr 13	Hybrid Meeting with Donald Rothberg
Sun, Apr 20	Donald Rothberg
Sun, Apr 27	Dawn Scott
Sat, May 3	Daylong Retreat with Heather Sundberg
Sun, May 4	Ayya Sobhana
Sun, May 11	Caverly Morgan
Sun, May 18	Heidi Bourne
Sun, May 25	Ashley Sharp
Sun, Jun 1	Noliwe Alexander
Sun, Jun 8	Lisa Dale Miller
Sun, Jun 15	Donald Rothberg
Sun, Jun 22	Donald Rothberg
Sun, Jun 29	Stephanie Noble

The schedule can change without advance notice. The latest schedule can be found at www.MarinSangha.org, along with details about the teachers, recordings of their previous talks, and more.

For details on how to attend **Virtual Sangha**, go to www.marinsangha.org to see the connection instructions. We will also be doing some "hybrid" meetings, where we meet both in-person AND online. Check the website for details and for updates on these meetings.

Hybrid Meeting with Donald Rothberg

On April 13, 2025, we'll again be meeting in "hybrid" format. We will offer our usual internet connection, AND we will meet in-person. Visit www.MarinSangha.org for all the information.

Daylong Retreat with Heather Sundberg: Taking the One Seat: Choiceless Awareness & Awakened Awareness Practices

Saturday, May 3, 2025
10:00am – 4:30pm

The teaching and practice of Taking the One Seat, out of the lineage of Ajahn Chah, is a practice of choiceless non-preferential awareness with all experience at the 6 sense doors, which can grow into the recognition of the essence of mind itself, which is empty of self, filled with clarity and awakeness.

Heather will offer teachings and guided meditations on the theme, as well as time for discussion about how to live these teachings in our daily lives.

The practices will emphasize Embodiment, Energy Practice, accessing or familiarizing with Pure Awareness, and Wisdom-Based Inquiry. These are practices which have been the core of Heather's teaching activities for over a decade of her quarter-century teaching career.

In this daylong we will explore the Taking the One Seat teaching/practice from the following perspectives:

- Pure Awareness practice through the use of open questions and 5 aggregates investigations, including working with subtle identification with Awareness itself.
- The interface between Somatic-Body Based practices and Pure Awareness practices, which together offer balance and perspective with the constant grasping and pushing away in the mind.
- Learning more about the differences between Choiceless Awareness practice and Pure Awareness (MahaSati) practice.
- Learning to 'hit rewind' with reactive patterns growing from the aggregate of Feeling Tone into liking and disliking.

This event will be online, details will be posted soon at www.MarinSangha.org.

Dana (donation) The teacher offers the teachings freely in the tradition of the Buddha, and her livelihood is completely sustained by the generosity of the communities she serves. Dana (donation) for these priceless teachings will be gratefully accepted by the teacher, giving participants the opportunity to freely engage in the practice of generosity, the first step toward freedom. For details on offering dana to Heather, please visit www.MarinSangha.org/teachers.php?t=sundberg

Call to Action for Social Activities

Hello Marin Sangha members / friends! The Marin Sangha Board of Directors has a goal in 2025 to increase Marin Sangha social activities, and we are looking to YOU to help!

We would like Marin Sangha members to participate in the drive to develop opportunities for socializing and for doing new things. We have a number of activities in mind but want to hear from all of you what your ideas are. We are asking folks to be more involved and to take ownership of an activity that tickles your fancy!

Here is a list of a few items to choose from and we encourage everyone to offer up your own ideas and to lead these efforts:

Start a movie night
 Start a book club
 Arrange a cooking class
 Arrange a day at a museum
 Arrange a hike day
 Arrange a doggie play date
 Plan attending a Warriors game
 Plan attending a Giants game
 Plan a night out for live music
 Plan a dinner at a nice restaurant
 Plan a trip to a planetarium to stargaze and look at planets
 We want YOUR ideas here!!!

If you are interested in leading an event, whether a one-time event or a recurring event, please email Isabelle at isabelleforter99@gmail.com

Marin Sanga's Latest Hybrid Meeting: Stay Tuned for More

On Sunday, March 16, we held our second hybrid sangha meeting, which was a resounding success. Eighteen people joined us on Zoom, and fifteen attended in person, including at least a half-dozen new faces. Our teacher was JD Doyle, and everyone agreed that we want return visits! JD talked about the relationship of generosity to the Buddha's concept of non-self, pointing out that "non-self" is a more accurate translation of the Pali term *anatta* than "no-self," which can suggest that the self has no agency and is in no way part of our reality. "Non-self" allows for a self that is always changing and interdependent, illusory only when it is taken for an eternal essence, separate from other beings. In other words, "self" can be seen as a core mindset we operate out of, enabling us to live in the world, but not an absolute reality.

JD then discussed generosity and how it can "counter the narrative" that perpetrates the belief in a separate self, a misconception that creates the habit of self-centeredness, a major cause of suffering. Generosity, JD stressed, allows us to free ourselves from this narrative by being engaged with others, in large and small ways. After the talk, JD took comments and questions, from both in-person and Zoom attendees. More rich insights ensued.

Our next hybrid meeting is scheduled for April 13th. We hope as many people as possible attend, either physically or virtually. All are welcome!

Barbara McHugh

Treasurer's Report for Marin Sangha January 1 to March 24, 2025

ASSETS	
Regular Savings	\$ 407.91
Checking	\$ 5,413.99
CD	\$ 6,528.13

DANA	
Jan, 2025	\$1,384.01
Feb, 2025	\$ 277.35
Mar, 2025	\$ 305.00

Total dana	\$1,966.36
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EXPENSES	
Insurance	\$ 820.00
Computer for Hybrid	\$ 479.00
Rent for March hybrid.	\$ 200.00
Quicken fee	\$ 131.88

Total expenses	\$1,630.88
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Treasurer notes:

Although generous donations in January enabled us to meet our expenses for the quarter, we are averaging only about \$300 a month in dana contributions. As we go to more frequent hybrid events, we will pay \$200 rent for each of these, and we'll continue to need funds for ongoing expenses such as our internet and Zoom fees.

Shortly after I became treasurer in 2023, we had a total of \$18,315.23 in checking and savings. We've had to dip into these reserves for expenses, because the dana we received was insufficient to cover them. We still have enough money to continue operating, but it is important for Sangha members to understand that we are slowly using up our reserves.

Mary Paige, Treasurer

Sunday Night Metta

At the close of our Sunday night meetings, Marin Sangha members have the opportunity to send metta for our friends and others in need of it. Every week, we need someone to respond to the people online who wish to participate in this practice. The more volunteers we get, the better — not to mention that volunteering is a greatly appreciated act of dana. If you'd like to volunteer, please email veta at [vetajac.com](mailto:veta@vetajac.com).

Contributions from Our Readers

Remembering Anna Douglas

I just learned that Anna Douglas died this week. She was my first meditation teacher at Spirit Rock, where she taught yoga classes on Friday morning many decades ago. I thought that other members of our Sangha might want to know this, because many of them knew Anna when she taught at Spirit Rock.

Anna explained that if you didn't understand something in the teachings, it was best to just let the words fall on you like rain. Eventually, she said, you will get wet. I took that teaching to heart and think of her often when I don't understand something a teacher is telling me. And every time I feel soaked in the dharma, I send her gratitude. After she moved to Arizona many years ago, she began Insight

Meditation Tucson. A woman from that sangha called me to tell me the news of Anna's passing. She told me that the cause of death was Parkinson's disease. I stayed in touch with Anna over the years, and I will miss her.

Here's a quote from Anna's 2018 teaching titled "Riding the Waves of Change" published by Spirit Rock, which appeared in Lion's Roar:

"This very life we are living is a temporary event — we will certainly die, but the time of our death and how we die is not known to us or to anyone. In the midst of such uncertainty, what is our refuge? If we have included impermanence as an object of our awareness practice, our own mind's equanimity as we ride the waves of change will be our refuge, revealing a deeper source of true satisfaction and peace."

Patti Breitman

Pets Corner

The newsletter is now providing an opportunity for all readers who have ever wanted to talk about how our pets can be excellent vehicles of Dharma, in their ability to live in the present moment as well as in their love of life and for their human companions. Pet photos are most definitely encouraged. Below is our first effort, by Isabel Forte:



I would love to introduce everyone to my two pups Hazel (the black pup) and Scarlet (the brown one).

Hazel is 3 1/2 and Scarlet is 2 1/2 years old. They are flat-

coated retrievers—quite different from other retrievers, but they love to swim. Hazel's favorite things are to hike, swim, and play fetch with her stuffed hedgehogs. She loves treats and chicken. Scarlet especially enjoys playing fetch in the river, and she loves our kitties, Darwin and Daisy. She also loves treats—of any kind.

I get a deep sense of calm wellbeing meditating with my pets. They are both like therapy dogs, because they are so sweet and loving.



Alone

Our co-editor Deborah Temple offers this quote from Maya Angelou, a helpful reminder in these times:

"Lying, thinking
Last night
How to find my soul a home
Where water is not thirsty
And bread loaf is not stone
I came up with one thing
And I don't believe I'm wrong
That nobody,
But nobody
Can make it out here alone.

Alone, all alone
Nobody, but nobody
Can make it out here alone."

— Maya Angelou

Ongoing:

Circle of Caring

From Jann Powell:

We are revitalizing the Marin Sangha's Circle of Caring and would appreciate your feedback. How do you imagine the Circle of Caring working? Are you wanting some help? What would be helpful right now? In the future? Are you willing to help? What can you offer?

If you want to correspond with me, my cell phone is (voice or text) 415-272-2023. Email: jmpowell3@comcast.net

New to Marin Sangha?

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 groups.io, subscribe to our email list, or go to our Facebook page to find out more about our sangha. We look forward to seeing you again.

Sangha Website

Our website is www.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 email list, our Facebook page, and groups.io.

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.

Sangha Newsletter

The Sangha Newsletter team is always looking for submissions. If you have an excerpt from a favorite poem, a good photograph, a personal experience of dharma, or an item of Sangha news that you would like to share, please contact Deborah Temple at deborah temple@rocketmail.com. All submissions are subject to editing.

Marin Sangha Newsletter

Submissions: Deborah Temple
Managing Editor: Barbara McHugh
Typesetting: Bill Coffin

Contact Deborah at deborah temple@rocketmail.com for submissions. All submissions must be in by the 15th of the last month of the current quarter. All submissions are subject to editing.

Marin Sangha Board of Directors

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Sangha Committees

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