

Body of the Way Practice Period

Dear Wet Mountain Sangha,

It was such deep delight to enter retreat this past week with two Wet Mountain Sangha members, David Cockrell and Jan Meserve, on the leadership team, and others attending! We are more and more Mahasangha (the greater family of practice). It was a wonderful retreat, under big old trees that turned deeper and deeper shades of gold as we sat, and began to shower us with their “unleaving.”

We hope you are enjoying your own practice as autumn deepens, knowing that others practice with you. Springs Mountain Sangha is now entering a practice period---a time of conscious deepening or extending of our individual and collective practice of the Bodhisattva Way. I'd like to invite you to join in doing this in whatever way is yours. What is a practice period? What is yours?

Each of us answers this question individually, but our sanghas also offer support for practice. Here are a few to note, in addition to your own listings.

Springs Mountain Sangha's Autumn koan series starts this Sunday. Sunday afternoons, 3 to 5 PM at the Creek Bend Zendo, 7528 Jenkin Place, Colorado Springs: Oct. 26, Nov. 2, 9, 23 and 30. For each of these weeks, we will take up a koan, and we will take up as companion to the koan a selection from our founding teacher, Joan Sutherland's manual for koan practice: [Acequias and Gates](#). This week's selection and koan are found below.

Zen Precepts: We take these up together as ethical inquiry, and as vows. The first two sessions of this series will be on Nov. 1 and 15 (Saturday mornings, 10 AM to 12 noon) at the Center for Inner Peace. Andrew Palmer, Sensei and I will be alternating leading these. For questions, please contact Sarah at sembender@gmail.com.

Work in the Room: Both Sarah Bender and Andrew Palmer will offer additional appointment times during the practice period:

Andrew: Thursday mornings, 10:30 to 12:30, at his home.
alpsensei@gmail.com

Sarah: Wednesday evenings, 6:30 to 8:30, at her home.
sembender@gmail.com

Please don't hesitate to make an appointment if you'd like to meet with one of us.

If the times offered don't work for you, let us know; we'll try to find another time.

Saturday, Nov. 8: your one-day retreat with Andrew Palmer, Sensei.. All are warmly invited. alpsensei@gmail.org

Wednesday, Nov. 19, evening public talk in Pueblo by Sarah Bender. Details will follow. All are welcome.

December 6-7: "Buddha Wakes" retreat leading up to Bodhi Day, when we commemorate Siddhartha Gautama's enlightenment. This one will be held in the Springs at the Creek Bend Zendo, 7528 Jenkin Place.

So please watch for these and other opportunities, and let us know if you have a particular request.

It's a good time to connect with sangha, both offering the energy of your practice to others and drawing from the energy of others to support your practice.

Whether you participate in the community in new ways or not, I wish you an Autumn of entering deeply: entering the time when earth begins to rest in our hemisphere, when living things slow down and take shelter, letting some of the outward impulse rest so that the light that lives in the darker places can be seen.

warm regards,
Sarah Bender