



# Leaning Into Uncertainty

A Full Day Meditation Retreat  
November 16, 2024, 8:30 am 4:30 pm  
Wet Mountain Sangha  
Center for Inner Peace, 740 W. 15<sup>th</sup> St., Pueblo, CO

Lately it seems that all the vows are about letting uncertainty guide relationship.... allowing us to be truly curious about each other and about our ways of being together, until this curiosity morphs into an abiding wonder. And that, in turn, connects with the teaching of “Faith in Mind,” to go underneath dualities and notice the wonder of each of us as a unique expression of the way emptiness and form dance, or shimmer. So even in the difficult moments, something in us can remember to delight in the “once and only once” nature of this moment. The practice of the precepts helps us notice the wonder and see through the illusions of interpersonal, cultural, and yes, political preconceptions.

The Wet Mountain Sangha is hosting a full day meditation retreat Saturday, November 16, in the midst of the descent from the fall equinox into the winter solstice and eleven days after the election. What an auspicious time to honor the silence together in retreat! The retreat will be held from 8:30 am to 4:30 pm at the Center for Inner Peace. It will include a morning tea service, sitting and walking meditation, a sutra service, afternoon Qigong, and a silent potluck lunch. The retreat will be led by Sarah Bender, Roshi who will offer the dharma talk and help us explore the theme.

**Sarah will also be offering *Work in the Room* (private interviews). Appointments are required because of time limitations, but everyone is encouraged to make an appointment! Register for the retreat by contacting registrar Robin Cope, at [rc@robincopepm.com](mailto:rc@robincopepm.com), who will send you a registration form. Save a step by accessing the retreat registration form [here](#), filling it out and emailing it to Robin.**

Suggested dana (donation) for the retreat is \$30. Payment can be made by cash or check at the retreat or through WMS’s [paypal](#) account. Scholarships are available; no one is turned away for lack of funds. Additional dana for Work in the Room to support the teacher is customary, and there will be dana bowls clearly marked at the retreat.



Sarah Bender, Roshi, resident teacher for Springs Mountain Sangha, began her practice of Zen Buddhism with the Honolulu Diamond Sangha in 1979. In 1984 she moved to Colorado Springs, and soon found a few others who shared her love of meditation and Buddhist study and became a co-founder of Springs Mountain Sangha in 1998. In 2006 she received authorization to teach from Joan Sutherland, and she received full transmission from Joan Sutherland, Roshi in June, 2017.