

# MARIN SANGHA NEWSLETTER

## JULY - SEPTEMBER 2025

VOLUME 15, ISSUE 3

### Marin Sangha Schedule

Sun, Jul 6	Ashley Sharp
Sun, Jul 13	Heidi Bourne
Sun, Jul 20	Kim Allen
Sun, Jul 27	Ashley Sharp
Sat, Aug 3	Lisa Ernst
Sun, Aug 10	Hybrid meeting with Eve Decker
Sun, Aug 17	Donald Rothberg
Sun, Aug 24	Donald Rothberg
Sun, Aug 31	JD Doyle
Sun, Sep 7	Lisa Dale Miller
Sun, Sep 14	TBD
Sun, Sep 21	TBD
Sun, Sep 28	TBD

The schedule can change without advance notice. The latest schedule can be found at [www.MarinSangha.org](http://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](http://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 Eve Decker

On August 10, 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](http://www.MarinSangha.org) for all the information.

### Help Wanted

Marin Sangha is looking for people to help run the Sangha. No experience necessary. Board members do things like schedule the teachers and special events, track finances, handle technical issues, and generally solve problems. Serving the sangha in this way is a rewarding *dana* practice. Send email to [info <at> MarinSangha <dot> org](mailto:info@MarinSangha.org) for more information.

### Save The Date:

#### Liberative Dependent Origination

A Daylong Retreat with Matthew Brensilver

October 4, 2025

9am to 3pm (Pacific Time)

Much of the Buddha's effort went to tracing out the process by which suffering arises. Liberative dependent origination is a map to understand how we become free. This daylong will explore the ways that dharma practice progressively grants us access to more and more freedom. The day will include silent and guided meditation periods, walking meditation, a dharma talk and opportunities for dialogue. All are welcome.

This day-long retreat will be in "hybrid" format! We will offer our usual internet connection, AND we will meet in-person.

Join us in person at St. Luke Church, 10 Bayview Drive, San Rafael. We'll be in the actual church, not in our old space. Or join us via zoom! The link is on our website at [www.MarinSangha.org/news](http://www.MarinSangha.org/news).

### Treasurer's Report, May 2025

Regular savings	\$ 408.01
Checking	\$ 5,755.10
CD	\$ 6,573.80
Total	\$12, 736.91

Dana income	\$ 367.54*
Expenses	\$ 0

\*Includes *dana* that usually comes in on the last day of the month.

Mary Page, Treasurer

### Sangha Connections

Here are some suggestions for people (us?) to get together with each other, outside of sangha, starting up toward the end of summer. Please let us know if you have other ideas.

If you are interested in joining a few others to do some creative/free writing... we could start with a poem, a quote, an essay, a few words, a photograph, whatever you'd like. We'll create a safe place where we can share what we've created. If interested, let us know. Contact Jann Powell or Isabelle Forter at [info <at> MarinSangha <dot> org](mailto:info@MarinSangha.org).

Would you like to read, together, our very own Barbara McHugh's book, *Bride of the Buddha*? We could meet online, having read part or all of the book, depending on how we want

to structure readings or the discussion. For example, the group could read together, as a long-ago sangha's book group did. Contact Jann or Isabelle at info <at> MarinSangha <dot> org.

We also came up with other-than-literary group events. These excursions include picnics, hikes, dinners out, or ball games (Warriors or Giants). We could also attend one of the many Spirit Rock daylongs, perhaps with dinner afterwards. Contact Isabelle at info <at> MarinSangha <dot> org.

Besides letting us know if you'd like to embody these or any other ideas you might have, give us some indication of your timeline, if you have one. We look forward to hearing from you!

**Editor's note:** One upcoming activity that might interest Sangha members is **California Coastal Cleanup Day 2025** on Saturday, September 20th. Volunteers will remove trash and debris from beaches, shorelines, and waterways. We've participated in that event in other years; would anyone want to take on organizing for this year?

Here are some key details:

- Date: Saturday, September 20, 2025.
- Location: Nearby locations will be available, and registration will open soon.
- What to expect: Volunteers of all ages are welcome to participate.
- Special this year: California Coastal Cleanup Day will include a "Trashure Hunt" with prizes.

If this idea sparks you, contacting info <at> marinsanga <dot> org is one way to begin. Or call your sangha friends and ask them to call their friends! It's also fun to get together afterwards for lunch.

## Metta offerings at Sangha

At the end of every sangha meeting, we practice metta by asking our members, online and in person (if we're doing a hybrid), to tell us who they'd like for us to add to our group metta meditation. If you would like to volunteer to perform this task, please send your name and phone number to veta at vetajac <at> gmail <dot> com.

I will try to rotate this lovely ending of our meeting.  
Much metta,  
ve

## Contributions from Our Readers

### News from Pudding Creek, April 5, 2025

At this very second, here at Pudding Creek, the air smells green and the leaves on the apple trees are just unfolding. They are like little emerald mouse ears reaching towards the fresh blue sky while the frogs sing a chorus of springtime "Why hello, sexy"! My old friends - nettle, elderberry, and horsetail - have returned to their homes by the creek. The garden is waking up too, and I swear I can see the grass growing if I look. Next week we have our first work trade

visitor coming for two weeks to help us out with all the springtime outdoor chores.

Tiger the cat spent most of the winter curled up in front of the wood stove. I started to wonder if he was an ancient fire worshipping creature living only in dreamtime. But this morning, like all mornings recently, he woke up and stretched himself, one leg at a time, and then went outside to sit on the deck and watch the world go by. If I spend too long inside, he will fuss at me! He stands outside by the door and meows in his loudest cat voice to catch my attention. Come outside, he says. The day, the sky, the frogs, the trees - they all await you.

Many years ago, on a long silent meditation retreat, as an experiment, I let my mind think as much as it wanted. I thought and thought. So many thoughts, a thought parade, a thought torrent. I had the time, and it allowed me to learn a lot about thinking. Thinking is powerful, and yet it doesn't always solve our problems. Paralysis by analysis is real. Sometimes we solve things by thinking, yes, but then we must act. Or even more surprisingly, we solve things by feeling. We solve things by loving each other and this world.

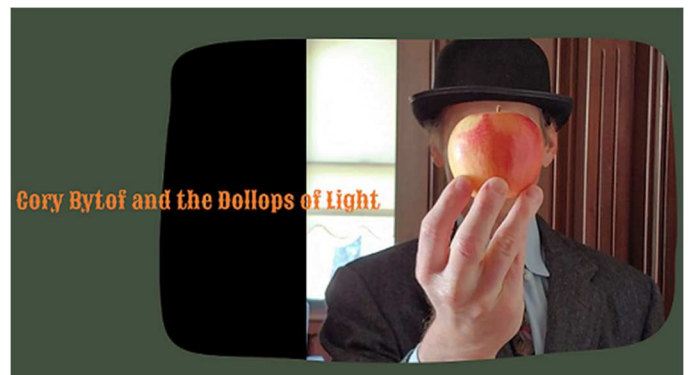
Put down the analysis, put down the video/article by the smartest pundits. Put down the incessant thinking, analyzing and dissecting. We cannot think our way out of this collective conflict and disintegration.

It's spring and Tiger says put down your device. He says step outside and rest your heart under a tree.

Ashley Sharp

## Sangha Member Rocks, Literally!

Our former fab President of the Board & long-time sangha member, Cory Bytof, has a real treat for us. His first two, original, songs have been recorded and are available on his website, <https://cbytofmusic.com/music>, with a third recording coming in August.



When Cory left the Board, it was in order to pursue his dream of learning the craft of recording and applying that to his own songs, which he'd been writing for 25 years. It was time! The first song, Hand Me Down Girl, was my fav of the two, and he wrote it 25 years ago! (Says something about how old I am?!)

In addition to the two we can hear now, and the one coming in Aug, another 3-4 songs are in the hopper, leading to an album of original music. I, for one, am excited!

Cory's only request is... If you check out the music and like it, please share it, so it gets out into the world. Let's cheer Cory on!

Deborah Temple

## Ongoing:

### 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](http://www.marinsangha.org). You are also welcome to join the Marin Sangha groups.io discussion group, 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](http://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](http://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](mailto: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](mailto: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.

#### Sangha Committees

<i>Circle of Caring</i>	<b>Jann Powell</b> <a href="mailto:jmpowell3@comcast.net">jmpowell3@comcast.net</a>
<i>Chanting Group</i>	<b>Linda Howerton-Pritchett</b> <a href="mailto:l.howerton@sbcglobal.net">l.howerton@sbcglobal.net</a>
<i>Newsletter</i>	<b>Barbara McHugh</b> <a href="mailto:barbara@eclipsoid.com">barbara@eclipsoid.com</a> <b>Deborah Temple</b> <a href="mailto:deborah temple@rocketmail.com">deborah temple@rocketmail.com</a>
<i>groups.io</i>	<b>Bill Coffin</b> <a href="mailto:billc@eclipsoid.com">billc@eclipsoid.com</a> <b>Linda Howerton-Pritchett</b> <a href="mailto:l.howerton@sbcglobal.net">l.howerton@sbcglobal.net</a>
<i>Announcements</i>	<b>Mary Kelly</b> <a href="mailto:momkelly@comcast.net">momkelly@comcast.net</a>
<i>Technical Support</i>	<b>Bill Coffin</b> <a href="mailto:billc@eclipsoid.com">billc@eclipsoid.com</a>

#### Marin Sangha Board of Directors

- |                            |           |
|----------------------------|-----------|
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