



Mountain Stream Meditation

Invitation Letter

2020

Board of Directors
Mountain Stream Meditation
P.O. Box 2510
Nevada City, CA 95959

Dear Sangha Member,

Warm greetings.

Mountain Stream is reaching out to ask for your support. We are encouraging those who are interested in becoming a more active community member to join one Mountain Stream's established committees. This is a way to contribute your personal creativity, passion, and presence, while providing leadership for our organization. Thank you for taking time to review this informational packet.

Our committees work with a diverse team of dedicated practitioners, including: Dharma teachers, our Board of Directors, Board advisors, admin team and the community. The aim is to establish a cohesive system of governance based on Mountain Stream's mission, vision and values.

Committee members are dedicated keepers of the Dharma., The intention in having committees is to offer a way to engage with and serve our Sangha, the larger community, and all beings. Committee members act as committed stewards of Mountain Stream Meditation/Nevada City Insight Center by developing, expanding, and realizing short or long-term projects or goals in specific areas of interest.

Building systems to strengthen Mountain Stream's health and ongoing sustainability requires capable, discerning, vibrant community members working together, from a place of practice, generosity, trust, curiosity, and patience.

We appreciate your taking the time to review the material in this packet, and we would like to learn more about you personally, in particular your interests and skillset, as explained on the "How to Become a Committee Member" on page 8. As you read through the material provided, if you have any questions or would like more information please contact Mary Helen Fein (maryhelen@mtstream.org)

Serving on Mountain Stream's committees is both a privilege and a responsibility. Thank you for taking the time to consider joining us. This packet contains the following documents to provide helpful information as you explore this opportunity: A Brief Organizational Overview; Our Mission, Vision, and Values; Committee Members Roles and Responsibilities; Code of Ethics for Committee Members; How to Become a Committee Member; and our Leadership Contact Sheet.

With Gratitude,
John Travis, Guiding Teacher
Mary Helen Fein, Board Chairperson



Mountain Stream Meditation

A Brief Organizational Overview

Mountain Stream Meditation has supported Buddhist meditation in the Sierra Nevada since 1992. The tradition of Buddhism that we practice is called Insight, or *Vipassana* meditation, and is part of the Theravada Buddhist tradition.

Mountain Stream Meditation serves an extended community by offering various types of meditation teachings, classes, and daylong retreats at our village temple, the Nevada City Insight Center. There are also longer residential retreats that are seven or nine-nights, using different venues. Mountain Stream's residential retreats are led by teachers John Travis and Heather Sundberg. All the programs Mountain Stream offers are rooted in Insight Meditation which is both taught and practiced by the residential and visiting teachers and the local community leaders.

Each month, Mountain Stream sends an email that highlights news, the month's program schedule, events, and other important information. Mountain Stream maintains an active and vibrant website at www.mtstream.org that includes event calendars, teachings, an extensive audio library, and other resources.

Insight Meditation classes, held two times a year, welcome all levels of practitioners. Regular sitting groups that were founded by Mountain Stream's Guiding Teacher, John Travis, meet throughout the Sierra Foothills and beyond on a weekly basis. These sister sangha groups are also listed on our website.

Guiding Teacher John Travis, and Retreat Teacher, Heather Sundberg, as well as four Community Dharma Leaders comprise a Teachers Committee that collaborates and offers teachings, sitting instructions and mindfulness practice to the community.. The Teachers Committee also provides input to the Board of Directors.

Mountain Stream may be considered an informal spiritual affiliate of the founding U.S. Insight Buddhist centers in Barre, Massachusetts (Insight Meditation Society), and in Woodacre, California (Spirit Rock Meditation Center). There is, however, no interlocking directorate among the centers and no fiduciary relationship. In every legal sense, Mountain Stream Meditation is a freestanding organization, and its Board of Directors is answerable to no other organization.

Mountain Stream Meditation became a California Non-Profit Corporation in 1994. In 1995, we received a 501 (c) 3 tax-exempt designation as a church from the United States Internal Revenue Service.



Mountain Stream Meditation

Mission, Vision, and Values

"I am so pleased that over the years, through a grassroots system of mindfully practicing together, we have each discovered the Dharma, and through that inspiration we have created a wave... a movement that now manifests itself as a viable organization and community center which will serve us now and into ~~the next~~ generations to come." John Travis

In 1994, Mountain Stream Meditation became a 501 (c)3 nonprofit organization. Our purpose is to be a resource and a support for Insight Meditation (Vipassana) practice. Through this endeavor we learn from and respond to one of the Buddha's core teachings known as The Three Jewels or Refuges comprised of Buddha (awakening), Dharma (truth), and Sangha (spiritual community).

Our committees act in collaboration with the Mountain Stream teachers, the Board of Directors, the administrative team, and the spiritual community to collectively discern, guide, and provide stewardship for the well-being and economic viability of Mountain Stream Meditation and of our thriving community center.

From a place of unity, this collective leadership recognizes its shared responsibility serving the needs of the local and broader Sangha for the benefit of all beings now and for future generations.

Committee members who serve reflect the heart-centered mission, broad vision, and timeless values which make Mountain Stream unique, inspiring, sustainable, and relevant.

Thank you for your interest in this essential work!

Mission:

Mountain Stream Meditation offers the heart and depth of the Buddha's teachings for all beings, to ease suffering and to awaken to compassion and joy.

Vision:

Universal Awakening

Values:

Generosity, Compassion, Wisdom, Mindfulness



Committee Member Roles and Responsibilities

Serving as a Mountain Stream Committee Member is a way to make a contribution to the community. Mountain Stream maintains the following committees. Each committee includes a Board member or an administrative team member.

Fundraising

Develops, implements, and cultivates a sustainable funding strategy to support Mountain Stream's purpose, long-term financial viability, programs and growth. Responsible for outreach, appeal letters and other communications so that the Sangha is kept informed about fundraising events and drives. The FRC connects closely with other Mountain Stream groups and committees such as Finance, CYIAC, Programs, and Teachers, and participates with the Admin Staff's maintenance of a donor database. The committee gives monthly reports to the Mountain Stream Board of Directors and creates recommendations for actions and goals to be considered by the Board.

Programs

Envisions and decides on specific programs to implement, including daylongs with our local teachers, daylongs with visiting teachers, the family practice program, and many other programs. Events are also included and coordinated by this committee. The Program Director is the leader and organizes all its meetings. The committee ensures that that appropriate materials are created as needed, including website announcements and pages, Facebook postings, constant contact emails and flyers. The committee communicates as needed with other groups and committees such as Teachers, CYIAC, and Facilities. The committee also reports to the Mountain Stream Board of Directors, and makes recommendations for actions and goals to be considered by the Board.

CYIAC (Center Yogis in Action Committee)

Provides operational support to Mountain Stream Board, Teachers, Admin Staff, and other Mountain Stream committees. CYIAC provides overall support for activities that further the mission of the organization. CYIAC organizes volunteers to support Mountain Stream's programs and events. This committee provides support to, rather than the organization of, the programs and events. The committee reports to the Mountain Stream Board of Directors, and makes recommendations for actions and goals to be considered by the Board.



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Committee Member Roles and Responsibilities (continued)

Finance

This committee creates budgets with the Mountain Stream Financial Advisor as an advisor and guide. It presents financial information to the board as needed. In collaboration with the Board Financial Advisor, this committee reviews annual fiscal year budgets, profit and loss statements, year-end statements and other financial reports for fuller understanding of Mountain Streams financial picture. The committee reports to the Mountain Stream Board of Directors and makes recommendations for actions and goals to be considered by the Board.

Facility (Center Maintenance)

Oversees, maintains, and improves the building and grounds at Nevada City Insight Center (710 Zion Street, Nevada City, CA). The facility committee acts in accordance with principals of beauty, functionality, and spirituality. And seeks individuals with specific skill sets to propose and oversee projects that affect facility structures and grounds and they determine all the maintenance and repair needs. This includes making plans for the maintenance and repairs to happen by providing bids and estimates to present to the Board for approval. The committee reports to the Mountain Stream Board of Directors and makes recommendations for actions and goals to be considered by the Board.

“It is possible that the next Buddha will not take the form of an individual. The next Buddha may take the form of a community, a community practicing understanding and loving kindness, a community practicing mindful living. And the practice can be carried out as a group, as a city, as a nation.” Thich Nhat Hanh



Code of Ethics for Committee Members

1. I will cultivate compassion and non-harming in my work and in my life.
2. I will cultivate loving kindness and learn ways to work for the well-being of all beings. I will not take that which does not belong to me and will respect the property of others. I will be honest in my dealings with money and not misappropriate money committed to Dharma projects.
3. I will avoid creating harm through sexual misconduct and will refrain from all forms of sexual exploitation. I will refrain from any sexual activity during working hours and on the premises of the Nevada City Insight Center or Mt. Stream retreats.
4. I will engage in wise and constructive speech. I will not criticize or condemn things of which I am not sure. I will refrain from uttering words that can cause division or discord. I will practice patient listening.
1. I will refrain from using alcohol or drugs during my working hours or at any time on the premises of the Nevada City Insight Center or at any Mt Stream dharma event. If an employee has a drug or alcohol addiction problem, the issue will be referred to the Ethics and Reconciliation Council.



How to Become A Committee Member

Please indicate which committee(s) you are interested in. There is no formal application or acceptance process for being on a committee. We are interested in getting to know you better and are curious what your interests are. The questions below will help us to better understand how you would like to be involved. Please complete this form and email to Mary Helen Fein, President of the Board of Directors, at maryhelen@mtstream.org Feel free to email any questions you may have as well.

Committee of Interest _____

Name _____

Mailing Address _____

City, State, Zip Code _____

Phone (cell) or landline _____

Email Address _____

1. How long have you been a meditation practitioner, and what is your Dharma practice experience (retreats, daylongs, teachers, etc.)?
2. To best support Mountain Stream's mission, vision, and values, do you have experience or a skillset in the following areas: fundraising, finance, media outreach or nonprofit legality? How can your skills help the committee fulfill its purpose?
3. Please express your overall intention regarding joining a Mountain Stream Committee.
4. Do you find our mission, vision, and values in alignment with your own?



Leadership Contact Sheet

Guiding Teacher & Board Members

John Travis

13029 Eagle Pine Place

Cell: 530-470-8905

Nevada City, CA 95959

Home: 530-263-4096

mettajt@gmail.com

Residential Retreat Teacher

Heather Sundberg

13029 Eagle Pine Place

Cell: 415-819-8440

Nevada City, CA 95959

heathersundberg@gmail.com

MSM Board

Mary Helen Fein

11005 Blue Wing Place

Cell: 530-852-2260

President

Auburn, CA 95603

Work: 530-887-9400

maryhelen@mtstream.org

Steve Solinsky

15335 Lewis Rd.

Cell: 530-559-2142

Nevada City, CA 95959

Home: 530-265-5977

srsolinsky@gmail.com

John Travis

See above.



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Contact Sheet (Continued)

MSM Staff

Marcia Craighead <i>Program Manager</i>	PO Box 2510 Nevada City, CA 95959 marcia@mtstream.org	Cell: 307-690-1889
Tina Tesene <i>Bookkeeper</i>	13694 Miller Rd Nevada City, CA 95959 wherestinabear@yahoo.com	Cell: 530-559-7332
Jen Scott <i>Volunteer Coordinator</i>	12246 Shady Lane Nevada City, CA 95959 jenrose1961@gmail.com	Cell: 530-277-8944
Juanita Bratton <i>Development Communications</i>	PO Box Nevada City, CA 95959 juanita@mtstream.org	Cell: 530-559-4036 Home: 530-256-2510



Contact Sheet (Continued)

MSM Volunteer Consultants

Randall Harris <i>Board Advisor, Organizational Consultant</i>	randall@harrisconsulting.net	Cell: 805-279-2908
Stu Clancy <i>Board Advisor, Financial Consultant</i>	11005 Blue Wing Place Auburn, CA 95603 stu@stuclancy.com	Cell: 530-305-2048
Maeve Hassett Ethics & Reconciliation Council Chairperson	230 Timberline Lane Auburn, CA 95603 maeve@mtstream.org	Cell: 530-305-2142