



September 2013 through February 2014

The First Six Months: Favorite Moments

by Heather Sundberg

Empowering the Japanese Lantern & Compassion Altar

Twilight at the Center just after Summer Solstice: A group of 30 community members quietly circumambulate the outside of the Center chanting the Metta Chant “Sabbe Satta Sukhi Hontu” (May All Beings Be Happy.) Reaching the backyard, we circle around our beautiful 5-foot high 200-year-old Japanese lantern, which originally lived in a Zen monastery. This lantern was a gift from a

community member, and we conducted a simple ceremony to empower it with our blessings, and the five elements (earth, air, fire, water, space). We completed our circumambulation in silence trailing behind the center’s caretaker, Eddie Donoghue, who was playing Indian flute.

Once back inside the meditation hall, we built and empowered our brand new Compassion Altar, filling it with personal words, photos, blessings for those who

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Be sure to see our full-color complete newsletter online at www.mtstream.org then click on “E-Newsletter.”	



Photo by
Steve Solinsky



DHARMA STREAM

is the newsletter of
Mountain Stream Meditation Center,
a nonprofit corporation.

We invite you to send a \$10 or \$25 donation to help defer some of the costs of production and mailing. If you send us your email address we can email your newsletter instead of mailing it. Saving on the rising costs of printing and postage is gratefully appreciated.

Please send generosity checks and mailing list additions/deletions to:

Mt. Stream Meditation Center
P.O. Box 2510
Nevada City, CA 95959
email: newsletter@mtstream.org
www.mtstream.org

We appreciate and consider all contributions to the newsletter. Please send articles, book reviews, photos, art and poetry to the above address or email to: newsletter@mtstream.org. by February 1st for the Spring edition and by August 1st for the Fall edition. Submissions may be edited.

Other contributions to Mountain Stream are gratefully appreciated. We can exist and continue to work on community due to your generosity. Our teachers and staff at retreats also are dependent on your dana as well.

Dana is a Pali word meaning **GENEROSITY**. Dana is traditionally offered at sitting groups, classes, and retreats to support the teachers and retreat staff to continue their Dharma work. Registration charges do not cover the teachings which are freely given because they are considered priceless. Nor does registration cover the retreat cook or manager. Donations to Mountain Stream may be tax deductible in accordance with the law.



Metta Eddie!



Photo by
Steve Solinsky



Deep gratitude to Eddie Donoghue for the past two years of continuous dedication in building the Mountain Stream vision. He held an important place in creating the beauty that many people now enjoy. Our metta goes with you, Eddie, as you journey to your new life in Boston.

To donate go to our website at <http://www.mtstream.org/donate.html> Thank you for your support!

The First Six Months . . .

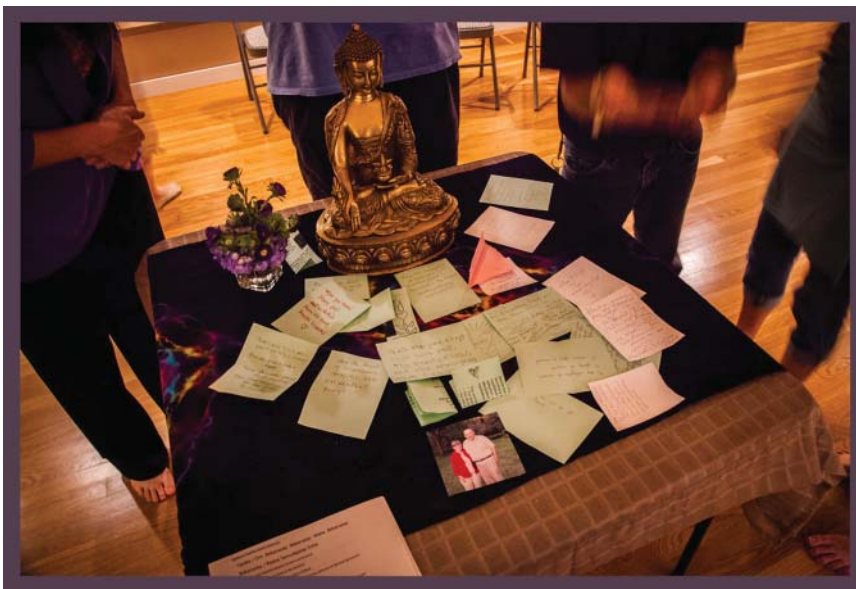
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need our caring. Now living in the Library, the Compassion Altar continues as a living expression of the community's prayers and blessings for those known and unknown in their lives. Feel free to leave your own blessings when you visit the Center!

Family Program Births

I spent a former decade of my life serving families in the dharma through the Family/Teen Programs at Spirit Rock Meditation Center. Though Mountain Stream Center will likely never have the great number of families practicing together that Spirit Rock experienced, it still brings me great joy to have set aside time each month this summer to bring our small group of local families together for story-telling, music, meditation, art, and gardening. My favorite moments in our Family Program include Robert (a parent) leading us in Thich Naht Hahn songs (with hand movements); bell meditation with the kids sitting so still(!); and the wonders of transplanting some tree seedlings growing too close to the meditation hall into pots to take to a family's greenhouse to grow in safety. Perhaps one of these seedlings will travel back to the land at Mountain Stream as a sapling to grow up somewhere else on the land!

The future of our family gatherings is uncertain as the season's change towards fall/winter, but the bonds we are developing with each other will last far beyond our simple



"Altar"

Photo by
Steve Solinsky

gatherings, and I assume there will be more family activities during fair weather next year.

Committed Students Program

My all time favorite program at the center this year is one you may not even know about: The Committed Students Program. This closed program is for practitioners with retreat experience who are studying and practicing deeply together over time. The program is initially two years long, but I already anticipate a third year program, as interest and dedication is very high in this group. The nice thing is that practitioners are only asked to commit to a year at a time, so there may be a few open spaces for new practitioners who want to join for year two in 2014 (see website home page for details).

It is fascinating to observe how when a group of serious practitioners comes together over time, everyone's practice takes off in a myriad of exquisite expressions. For some this means studying the suttas on a whole different level. For others this means really manifesting a daily sitting practice. For still others, the profound weaving of the depth of the teachings into all activities is where the juice is. It's all welcome at Committed Students Program. Our topics for study and practice this year are the Four Truths and the Divine Abodes. Next year will be a full exploration of the Four Foundations of Mindfulness.

One lovely unanticipated joy of the Committed Students Program is the composition of the participants. Varied in age (by Mt. Stream community

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The First Six Months . . .

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standards anyway), gender, sexual orientation, and with a welcome percentage of participants also practicing in 12 step traditions, or other spiritual traditions as well as the dharma; the group has a richness that is enlivening on many levels. In addition it just happened to turn out that the participants represent every other dharma sitting group (with the exception of Rocklin) with which Mountain Stream is connected. Participants are traveling from as far as Carson City, Reno, Tahoe, Chico, Davis, Placerville, Sacramento, Auburn, and The San Juan Ridge. This group represents dharma leadership of the Sierra Foothills, Sacramento Valley, and Western Nevada communities, who have never before come together in a single group over time. What a wonderful unexpected benefit having a

center has already provided! The other thing I love about Committed Students is not just who is participating, but the way they are connecting with each other. I meet individually with each practitioner regularly. They each have a Dharma Buddy, whom they get to know better. Walking around during the small group periods at our monthly gatherings, I am privileged to bear witness to the depth at which people are sharing, the honesty, the laughter at dharma inside jokes and the tears concerning the challenges of life. I feel like we are growing connections which will long outlast a formal program.

Moving Forward

One of the things I look forward to the most as we move forward at the center is stabilizing our center

operations, events management, and volunteer program to the point at which we can offer what I am calling 'open time' at the center. Time for silent sitting in the meditation hall, reading in the library, spontaneous dharma discussions in the backyard, and the sharing of food together. I believe this kind of open time will support the rest of the community to begin organically developing a similar tone of depth of connection as the Committed Students Program already experiences.

Thank you to everyone who has offered your heart, time, skills, and financial resource to support the center to grow and thrive!



"Helen giving Water Blessing"

Photo by
Steve Solinsky

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Donor Appreciation Brunch

by Susan Solinsky and Lisa Wallace

In late July, Mountain Stream hosted a lovely outdoor gratitude brunch for people who have offered monetary contributions in the past several years.

Their thoughtfulness contributed more than financial support during the big shift from not having a physical center to actually having one. They helped provide a foundation for growth, for vision, for organization, for faith, really, that the dharma can thrive in a small community.

One person spoke about her experience with meditation and sangha which profoundly changed her life and how it continues to inspire her. Several personal stories were shared and John Travis talked about the true teachings after almost 50 years of practice. Hearing how the dharma now has a home created for us all a heartfelt space on that very hot morning in July.

This is the true foundation of our new center. The bricks and mortar are the physical form

holding up a serene meditation hall, but the gifts of practice are what keep it all in place. The gifts include generosity and offerings.

There was mingling and visiting after the short talks, some munching and tea. It was a simple way to say thank you to those who have stepped up and continue to hold the larger vision. Everyone is welcomed to become the founding members of a beautiful foothill meditation center.



Juli and Mei Lin
Photo by
Susan Solinsky

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This peaceful Quan Yin was donated by Linda Farley before she moved to North Carolina. It sits in the backyard, under the hydrangeas, and welcomes those doing walking meditation or eating lunch or socializing.

"Quan Yin"
Photo by
Susan Solinsky

Oil on Canvas
by Sharon Lane



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Bodyness

by John Travis

The wind whistling through this valley.
Maybe it could blow the many thoughts,
Stories and feelings out through the hills.
Scattering them for miles and miles.

Yet today setting on this sore bum.
Knees a little creaky.
Not sure why I would want to inhabit
This ignored body.

Difficulty pulling buoyant mind down,
Down into this skittish body.
Staying only a moment then off again.
Prancing around – hoping to think myself-
Out of all these discomforts.

Yet remembering this sacred and enchanted
place.
Asking only to surrender to a body;
Steeped in its own natural liveliness.
Body inhabiting body.

Awareness- has this home.
Destined to feel itself one breath at a time.
Making -nothing- out of all of this.
Resting in its totality.
Body in body.
Heart--- Full...



"John Travis at the Zion Center"

Photo by
Susan Solinsky



Volunteer at the Zion Center!

Mountain Stream needs volunteers for the following jobs:

- Help maintaining the center interior rooms
- Help maintaining the center grounds
- Help making flyers in Adobe InDesign or Microsoft Publisher

- The following three jobs require only simple computer skills (Microsoft Word)
 - Help maintaining the website
 - Help with our database
 - Help in our office

Contact: ann@mtstream.org

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**Mountain Stream
Meditation Center**
Retreats & Events
Sept 2013 through Feb 2014

Sept 16 - 22, Mon - Sun

6-Night Residential Retreat
John Travis, Dennis Warren
Sacramento Insight Meditation
Angela Center, Santa Rosa, CA
www.sactolinsight.org

Sept 14, Sat - Daylong

John Travis
Reno, NV
www.dharmaZephyr.org

Sept 15, Sun - Daylong

John Travis
Minden, NV
www.dharmaZephyr.org

Sept 28, Sat - Daylong

John Travis
Sacramento Buddhist Meditation
Center
www.sbm.org

Sept 29, Sun - Daylong

Heather Sundberg
Nevada City, CA
joyce@mtstream.org

Oct 4 - 13, Fri - Sun

9-Night Residential Retreat
John Travis
Jackson, WY
www.tetonSangha.com

Oct 6, Sun - First Sunday Program

Maeve Hassett
Nevada City, CA

Oct 12 & 13, Sat - Sun

Two Daylongs with Marv Treiger
Mountain Stream Meditation Center
vitskaia@mtstream.org

Oct 18 - 27, Fri - Sun

9-Night Residential Retreat
John Travis
Oakwood Retreat Center at Rainbow
Farm Selma, IN
Barb: 513-542-5258

Oct 19, Sat - Daylong

Heather Sundberg
Chico, CA
Registration info TBA

Oct 20, Sun - Daylong

Heather Sundberg
Placerville, CA
Mike: 530-626-1640
meburgess.lotus@gmail.com

Oct 23 - 27, Wed - Sun

4-Night Residential Retreat
Heather Sundberg, Kevin Griffin
Vajrapani Institute
Boulder Creek, CA
www.kevingriffin.net

Nov 3, First Sundays at The Center,

Special Guest Speaker, Toni Bernhard
Nevada City, CA

Nov 8 - 15, Fri - Fri

7-Night Residential Retreat
John Travis, Heather Sundberg
Kailua Kona Big Island, Hawaii
Amanda: 530-400-0737
mtstream.hawaii.retreat@gmail.com
FULL. Contact to be put on Wait List

Nov 19 - 22, Tues - Fri,

Householder Retreat
John Travis
Mt Stream Center,
Nevada City
barbara@mtstream.org

Nov 23, Sat - Daylong

John Travis
Nevada City
ann@mtstream.org

Dec 1, Sun - First Sunday Program

Maeve Hassett
Nevada City, CA

Dec 7 - 8, Sat - Sun

Two Daylongs with John Travis
Reno/ Carson City, NV
info@dharmaZephyr.org

Dec 14, Sat - Daylong

John Travis
Davis, CA
jenna@mtstream.org

Dec 17 - 22, Tues - Sun

5-Night Residential Retreat
John Travis, Heather Sundberg,
Donald Rothberg
Spirit Rock Meditation Center
Woodacre, CA
www.spiritrock.org
415-488-0164

Dec 26 - Jan 4, Thur - Sat

9-Night Residential Retreat
New Year's Retreat
John Travis, Gil Fronsdal, Sharda Rogell,
Adrienne Ross, Janice Clarfield (Yoga)
Spirit Rock Meditation Center
Woodacre, CA
www.spiritrock.org
415-488-0164

Dec 27, 2013 - Jan 1, 2014

5-Night Residential Retreat
Heather Sundberg, Donald Rothberg
Cloud Mountain Retreat Center
Castle Rock, WA
www.cloudmountain.org

2014

Jan 4, Sun - Daylong

Heather Sundberg
Sacramento Buddhist Meditation Group
Sacramento, CA
www.sbm.org

Jan 5, Sun - First Sunday Program

TBA
Nevada City, CA

Jan 10 - 19, Fri - Sun

9-Night Residential Retreat
Harmony Ridge
John Travis
jenna@mtstream.org

Jan 13 - 20, Mon - Mon

7-Night Metta Retreat
Spirit Rock Meditation Center Heather
Sundberg, Donald Rothberg, Larry Yang
www.spiritrock.org

Feb 1, Sat - Daylong

Heather Sundberg
Chico, CA
www.skycreekdharmaCenter.org

Feb 2, Sun - First Sunday Program

TBA
Nevada City, CA
barbara@mtstream.org

Feb 8, Sat - Daylong

Insight Modesto
Heather Sundberg
insightmeditationmodesto.wordpress.com

Feb 18 - 23, Tues - Sun

5-Night Retreat
IRC, Santa Cruz
John Travis & Gil Fronsdal
www.insightretreatcenter.org

March 1 - 28

One Month Retreat
Spirit Rock Meditation Center
John Travis, with Gil Fronsdal, Mary Grace
Orr, Sharda Rogell, Phillip Moffit, Heather
Martin, & Teja Bell (qi gong)

Nov 8 - 9, Sat - Sun - 2 Daylongs

Leigh Brasington
Nevada City
Registration TBA

*For the most up-to-date
retreat information, please
visit our website at:
www.mtstream.org*



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Thank you for your support!



Nevada City Sitting Group Teacher Schedule

Mountain Stream Meditation Center - Monday 7:00 - 8:30 pm.

Sept 16 Maeve Hassett
Sept 23 John Travis
Sept 30 John Travis
Oct 7 Heather Sundberg
Oct 14 John Travis
Oct 21 Maeve Hassett
Oct 28 TBA
Nov 4 Mary Helen Fein
Nov 11 Mary Helen Fein
Nov 18 John Travis
Nov 25 John Travis
Dec 2 John Travis
Dec 9 John Travis
Dec 16 John Travis
Dec 23 John Travis
Dec 30 TBA

Auburn Sitting Group Teacher Schedule

Canyon Spirit Yoga Center - Thursday 7:00 - 8:30 pm.

Sept 19 TBA
Sept 26 Tony Bernard
Oct 3 TBA
Oct 10 Maeve Hassett
Oct 17 Mary Helen Fein
Oct 24 TBA
Oct 31 Tony Bernard
Nov 7 Mary Helen Fein
Nov 14 Maeve Hassett
Nov 21 Tony Bernard
Nov 28 Maeve Hassett
Dec 5 Heather Sundberg
Dec 12 Mary Helen Fein
Dec 19 Maeve Hassett
Dec 26 TBA

Board Meetings

Board meetings are open to all. All meetings held at Zion Street Center in Nevada City.

Oct 2 Wed, 6:00 pm
Oct 29 Tue, 6:00 pm
Nov 23 Sat, 6:00 pm
Dec 15 Sun, 5:00 pm
Jan 19 Sun, 5:00 pm
Feb 16 Sun, 5:00 pm
Mar 30 Sun, 5:00 pm

Dharma Talks by John Travis

John Travis's Dharma talks are available on our website. Please visit www.mtstream.org for more information. You can download and listen to over 80 talks. Enjoy!

Area Sitting Groups

Auburn
Canyon Spirit Yoga Ctr
538 Auburn Ravine
Tues—7:30–9:00 PM
Mary Helen 530-887-9400
maryhelen@mtstream.org

Carson City, NV
Dharma Zephyr Sangha
Methodist Church
213 N. Minnesota
Mon—7:00–8:30 PM
Kathy 775-882-4980
info@dharmazephyr.org
www.dharmazephyr.org

Dharma Zephyr Beginner's
Mon—5:30–6:30 PM
Jeff 775-884-3676
www.dharmazephyr.org

West Wind Sangha
Methodist Church
213 N. Minnesota
Wed—6:30–8:30 PM
Terrah 775-841-3921
www.dharmazephyr.org

Chico
Heart of the Lotus Sangha
Tues—6:30–8:15 PM
Joanne 530-895-1579

Thurs—7:00–8:30 PM
Dharma Study Group
Nancie 530-898-9139

Davis
Thurs—7:00–8:30 PM
Jenna 530-756-4494
jenna@mtstream.org
www.davisinsightgroup.org

Mon—7:00–9:00 PM
and 2nd Saturday of the month
9:00 am–12:30 PM
Tony & Toni 530-758-2904

Minden/Gardnerville, NV
O2 Yoga and Wellness
1557 Zerolene Place
Thurs—6:00–7:00 PM
Karen 775-267-2424

Nevada City/Grass Valley
Mountain Stream
Meditation Center
710 Zion Street
Mon—7:00–8:30 PM
www.mtstream.org
530-265-6111

2nd and 4th Weds
7:30–9:00 PM

First Sunday
10:00 AM–12:00 PM

Deadline for submissions of articles, photos, and artwork for the Spring newsletter is February 1, 2014.

North San Juan Ridge
Your Place Too
Private home off Oak Tree
(Call for Directions)
Tues—7:30–9:00 PM
Bruce 530-277-3470
bruce_pardoe@yahoo.com

Placerville
Sierra Insight Sangha
Wed—6:30–8:00 PM
Gale 530-621-3089
galesrespect@gmail.com
sue@boegerwinery.com
www.sierrainsightsangha.com

Thurs—6:30–8:00 PM
Will Lister 530-306-7264
mettaphoto@mac.com

Reno, NV
St. John's Church
1070 West Plumb Lane
Mon—6:30–8:15 PM
Dionne 775-771-3435
www.dharmazephyr.org

One River Sangha
Reno Buddhist Center
820 Plumas Street
Tues—6:30–8:15 PM
Frank 775-813-7159
oneriversangha@gmail.com
www.oneriversangha.org

Rocklin/Roseville
Rocklin Montessori School
5250 Fifth Street
Mon—6:30–8:00 PM
Donna 916-532-6955
Elke 916-632-8766
donna@mtstream.org
elke@mtstream.org

Sacramento
Sacramento Buddhist
Meditation Group
Sun—7:00–8:45 PM
www.smbg.org
info@smbg.org

Thurs—7:00–9:15 PM
Sacramento Insight Meditation
www.sactoinsight.org
info@sactoinsight.org

South Lake Tahoe
Penny 530-541-1610
pennyfairfield@bmwmotorcycletech.info

Truckee
Thurs—6:45–9:00 PM
cathynason@sbcglobal.net





Playing Music In Our Lovely Backyard Garden

by Vitskaia

An awesome space, flowing lines and green grasses
All, suiting the drifting vibrations of flute and cello
In no particular rhythm, the music fills the silence
The sweet songs of many birds adding to the richness of the moment
As trees' leaves sway, they drop bits onto the winding pathway
Dominated by an ancient (or maybe not) stone temple
And cedar tree trunk encircled with loving kindness
In this place of forest, the wisteria and multicolored hydrangeas bloom
These announce The Coming of St. John's Wort and multitude of roses
Playing music in our lovely backyard garden
The statuary hidden by Japanese maples sigh.



Beginning Meditation



Auburn

Sept 24 - Oct 22, 2013

Five consecutive Tuesdays

6:00 to 7:30 ^{PM}

Maeve Hassett/Mary Helen Fein

Unity Church

1212 High Street

Auburn

Contact 530-887-1573

or 530-887-9400

maeve@mtstream.org

maryhelen@mtstream.org

Nevada City/Grass Valley

Oct 17 - Nov 14, 2013

Five consecutive Thursdays

7:30 to 9:00 ^{PM}

Bruce Pardoe

(with Heather Sundberg on October 17)

Mt. Stream Meditation Center

710 Zion Street

Nevada City

Contact 530-277-3470

bruce@mtstream.org

 InterSangha 2013

Steve Solinsky and Bruce Pardoe represented Mountain Stream at InterSangha 2013. This gathering of leaders from Insight Meditation centers was put on by the Buddhist Insight Network and held at the Insight Retreat Center in Santa Cruz, CA. This year's theme was "Investigating Western Approaches to Insight Practice."

Specific sessions ranged from nuts-and-bolts practical aspects of creating and running sanghas to larger questions of what aspirations we bring to our practice of Insight as Western laypeople.

To learn more, please visit www.buddhistinsightnetwork.org/intersangha-2013



Intersangha 2013
Photo by
Steve Solinsky

This is in the meeting room of the Insight Retreat Center in Santa Cruz. It's just after the closing ceremonies, and some of the participants had already left. Of the 75 or so who attended, these are the remaining 40. I'm in the front only because as the photographer, I was the last to jump in. Both Bruce and myself represented Mountain Stream. - Steve Solinsky

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Regarding the Zion Street Center

“How can this be anything but right given this wallpaper?
And in the bathroom of all places:
the sacred and the profane!”
-observed by Kathy Schwerin
Dharma Zephyr Sangha, Carson Clty, NV



Flocked Buddha Wallpaper in the back bathroom at the Zion Street Center-
Photo by
Mary Helen Fein



A Better Me

by John Travis

I went looking for a better me today,
One that sparkled in the sun.
Inviting resistance and impatience to accompany me.
We again took the wrong fork in the road.
Bowing deeply: I went my own way
Leaving all the many voices behind.
The bushes inflamed by the spring sun
Gave completely to the bees
I knew right then!
“Surrendering to the bee, taking whatever it wants.”
Nectar moved by invisible wings.
Calling my friends resistance and impatience back, holding myself, we were all
together again, but nobody spoke this time,
The sky held us without questions.

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Mountain Stream
Meditation Center

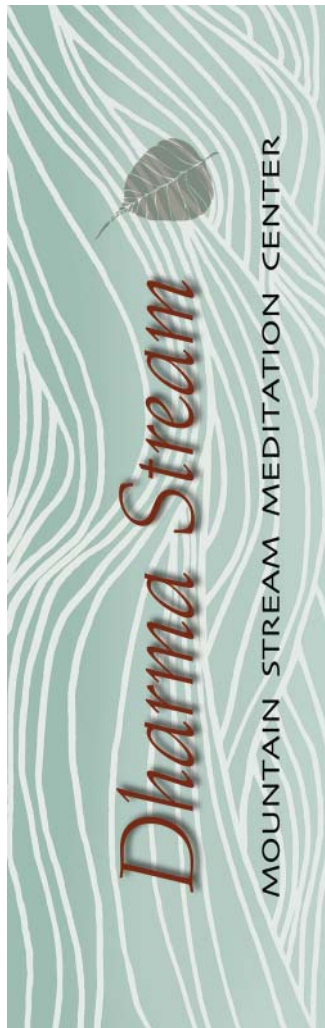
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Mountain Stream Meditation Center

is a nonprofit organization, an insight meditation community of Buddhist groups dedicated to open heart, open mind. Retreats are held in various locations from the Sacramento Valley to the Eastern Sierras. Local meditation retreats are small and intimate. They feature insight meditation instruction, sitting/walking meditation, group or individual meetings with the teacher, opening and closing circles, vegetarian fare, and dharma talks.

John M. Travis

has been teaching meditation since 1986. He studied in Asia with senior teachers of both Theravada and Tibetan traditions and completed a four-year teacher training with Jack Kornfield. He is the founding teacher of Mountain Stream Meditation Center in Nevada City, California, and a teacher for Spirit Rock Center, a Buddhist retreat and training center in Marin County. John has a private practice as a meditation counselor and has trained in Hakomi body-centered therapy. For appointments call (530) 263-4096.

Insight Meditation

is a simple and accessible vehicle for opening the heart, clearing the mind, and living in a peaceful and free way. It is based on a 2,500 year-old Buddhist practice which trains a clear awareness of breath and body, heart and mind, and the universal laws which govern our lives.

Buddhist Teachings

Buddhist teaching are considered priceless and there is never a charge for them. Registration donations for events cover space rentals, transportation, food and other expenses. These donations do not go to the teachers nor staff. Classes and daylongs are also held on a donation basis. To allow teachers and staff to continue their Dharma work, support from the students is requested. Opportunities to contribute are at the end of each retreat, class, daylong and event. But no one is ever turned away from inability to pay. Contact the event registrar to make arrangements for assistance for those in need.