

SAKYONG MIPHAM RINPOCHE VISITS THE
NORTHEAST KINGDOM OF VERMONT**June 5-8 ~ Vajra Dawn ~ Karme Choling**

A Conference for 18 to 30 years olds Cost: \$270

Contact: reception@karmecholing.org 802.633.2384**June 10 ~ 7 PM ~ Public Talk and Book Signing**

St. Johnsbury Vermont South Congregational Church

The St. Johnsbury Shambhala Center and Northern Lights Bookshop are honored to be hosting Sakyong Mipham Rinpoche. He will be giving a public talk and signing for his new book, Turning the Mind into an Ally on Tuesday, June 10, at South Congregational Church.

Coordinator, Caroline DeMaio (748-9338 or 748-2151) is asking for assistance with--getting out the publicity, arranging the hall, arranging flowers and getting refreshments together. Please let her know if you are interested in helping with the event. This is an extraordinary opportunity to present the Sakyong's teaching to a wide audience.

June 11, 8 PM SMR Public Talk at Karme Choling

for Turning the Mind into an Ally/ Simplicity Retreat with Michael Greenleaf at Karmê Chöling. Cost for the talk is \$20 for the general public and \$10 for Shambhala Center members.

For more information on Turning the Mind into an Ally/Simplicity Retreat and Summer Dathün please visit: <http://www.karmecholing.org/program>

PRISON DHARMA

Last November Karmê Chöling received a request for Buddhist books from inmates at the Caledonia Work Camp, the minimum security prison facility next to the state prison in St. Johnsbury. In February Kelly Mitchell began conducting a weekly meditation/discussion session at the Work Camp on Friday afternoons.

Tune and Newcomb have now taken over leading the group, presently consisting of 3 inmates, meeting twice a week. Meetings last an hour, with the usual format being about 20 minutes of sitting, followed by a discussion of the problems of practicing in prison and of a dharma topic. The resources of the Prison Dharma Network have been very helpful to all of us. A visit to their website www.prisondharmanetwork.org is highly recommended.

The Work Camp is a far cry from a stereotypical prison. It is a busy place, with work details in the morning and programs in the afternoon and evening. In some ways it is easier to practice in a hellhole where one is locked in a cell all day with nothing to do. Fleet Maull, who founded Prison Dharma Network as well as Prison Hospice Society, while serving his sentence in a maximum security prison, showed that such a charnel ground can be an incredible opportunity for practice.

The prison dharma group includes several "Guest Volunteers," from our Center who will soon be authorized to come on their own. Most of us first approached entering the prison with some degree of apprehension, but we all have found the Work Camp to be a powerful place to teach the dharma, which is intensely relevant to each day of the inmate's life inside. Appreciation for the practice and teachings is very strong.

Recently we obtained furloughs for 2 inmates to attend Sunday morning practice at the Shambhala Center. We expect to continue doing this and to welcome all members of the Work Camp dharma group to our local sangha, to the extent that they are able to join us.

A possibility exists for Karmê Chöling internships becoming available for released meditation practitioners.

MORE SITTING OPPORTUNITIES?

If you are you interested in having additional sittings at the Shambhala Center, please to the following questions via email to newcomb@fcgnetworks.net:

- Would you be interested in a noon sitting?
- If so, which weekdays?
- Would you be interested in morning sitting?
- If so, what times?
- Should additional sittings have assigned umdzes, or be staffed by whoever shows up?
- If the former, would you be available to be scheduled on a regular basis (like once a month)?
- Are there other times when you would like to see additional sitting periods?

HIGHLIGHTS OF THE EXECUTIVE COMMITTEE

From the meeting of Tuesday, May 7

- We will begin posting current minutes on the bulletin board; they will then be archived in the folder.
- Tune will work to create a flyer-posting network.
- Thursday night talks will continue into the summer and we'll see how they go.
- Friday night videos are being considered.
- Nyinthuns will be cut from the third Sunday of the month, but continue on the first Sunday of the month.

Shambhala Training: An assistant coordinator is needed.

Nalanda Gate: A group of six has been getting together to discuss the Dharma Art book. They are looking forward to having various possible presentations in the fall: a contemplative photography exhibit, an art exhibit in October, a journal or poetry writing workshop. There might also be a meeting on the topic of healing. All are invited to participate. Contact Barbara Moraff at 684-9915.

Facility: Sue Ellen has chosen the new lights, which will cost about \$500, installed, thanks to the donated labor of Michael Leszcznski and Greg. A fan will be installed on the left wall for ventilation at an approximate cost of \$60. Screens will be acquired for the entrance to the shrine room. The landlord will install new windows this summer. There will be work on the director's room June 13/14. We will add a wall off the outside corner of the shrine room, creating an alcove for the cushions. There are questions about upgrading the shrines—Sue Ellen can begin with the Tantra shrine room for a cost of \$100.

Membership: What constitutes Center membership? Express your opinion to barry@hereandnow.com

Who wants email/hardcopy versions of the Newsletter? Please respond to newcomb@fcgnetworks.net

PROGRAM CREDIT OPPORUNITY AT KARME CHOLING

Working outside? Setting up for new programs? General assistance? KCL will award program credits at the rate of \$10 per hour. We could use the help for the busy summer season you can work and apply your credits immediately toward any program at Karma Chöling.

For more information or to get started, call or email:
Darryll Rudy, Operations Manager 802-633-4747 ext. 147
operations@karmecholing.org

SHAMBHALA CENTER OF ST. JOHNSBURY EXECUTIVE COMMITTEE

Coordinators:

Tune Faulkner & Newcomb Greenleaf

Study: Marybeth Furr

Finance: Vicky Schafer & Emily McAdoo

Facilities: Michael Leszczynski

Publicity: Sal DeMaio

Study: Anne Stevens

Secretary Karen Bufka

Rusung: Michael Taney

Membership: Barry Rossinoff

Mailing address:

Box 66, St. Johnsbury, VT 05819

Street Address: 17 Eastern Ave, St. Johnsbury
(above Sunshine Boutique)

Telephone: 802.748.4240

Web Address: www.stjshambhala.org

**This Newsletter will be made available in both
electronic and paper copy.**

Please indicate which format you would prefer for future editions:

E-mail___ Mail___ Both___ Neither___

Reply to:

Shambhala Center of St Johnsbury
PO Box 66
St Johnsbury, VT 05819
802 748-4240

Name: _____

E-mail: _____

Street: _____

Town: _____ State: _____

Phone: _____ ZIP: _____

DHARMAHA



A POEM WRITTEN TO OSEL MUKPO

Sunshine blooms red peonies
The practice of kyudo makes my son delicate and precise
Not knowing whom to thank
Have I fathered sun or son?

*By Chogyam Trungpa Rinpoche, for his son (now Sakyong
Mipham Rinpoche) May 23/24 1983 at Fasnacloch,
Dublin, New Hampshire on retreat.*

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Shambhala Center of St. Johnsbury

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p>1</p> <p>Nyinthun 9:00-12:00 Maitri Bhavana between 11 and 12 Wake Up to Your Life group 1:00</p>	<p>2</p>	<p>3</p> <p>Tai Chi 5:00-6:30 Executive Committee 6:30</p>	<p>4</p> <p>Silent Sitting 6:00 Turning the Mind into an Ally book class (last meeting) 7:10</p>	<p>5</p> <p>Tai Chi 4:00-5:30 Sitting 6:00 Thursday Night Talk 7:10</p>	<p>6</p>	<p>7</p>
<p>8</p> <p>Sitting 11:00-12:00</p>	<p>9</p>	<p>10</p> <p>Tai Chi 5:00-6:30 Sakyong Mipham Rinpoche, South Congregational, 7:00, free talk</p>	<p>11</p> <p>Silent Sitting 6:00 Sakyong Mipham Rinpoche, Karmê Chöling 8:00, talk \$20/\$10 members</p>	<p>12</p> <p>Tai Chi 4:00-5:30 Sitting 6:00 [No Thursday night talk]</p>	<p>13</p> <p>Construction day</p>	<p>14</p> <p>Construction day Sadhana of Mahamudra 6:00</p>
<p>15</p> <p>Sitting 11:00-12:00</p>	<p>16</p>	<p>17</p> <p>Tai Chi 5:00-6:30</p>	<p>18</p> <p>Silent Sitting 6:00</p>	<p>19</p> <p>Tai Chi 4:00-5:30 Sitting 6:00 Thursday Night Talk 7:10</p>	<p>20</p>	<p>21</p>
<p>22</p> <p>Sitting 11:00-12:00</p>	<p>23</p>	<p>24</p> <p>Tai Chi 5:00-6:30</p>	<p>25</p> <p>Silent Sitting 6:00</p>	<p>26</p> <p>Tai Chi 4:00-5:30 Sitting 6:00 Thursday Night Talk 7:10</p>	<p>27</p>	<p>28</p>
<p>29</p> <p>Sitting 11:00-12:00 Sadhana of Mahamudra</p>	<p>30</p>					

June 2003