



THE SHAMBHALA MEDITATION
CENTER
OF ST. JOHNSBURY

MARCH NEWSLETTER 2006

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SHAMBHALA BALL

Saturday, March 4, 7:00 pm

The annual ball will take place at the Masonic Temple on Eastern Avenue in St. Johnsbury. Our entertainment for the evening will be the Slant Six Band. Suggested donation of \$15 accepted at the door. Dress is creative formal--black or any other color tie.

Food will be pot-luck, plates and napkins will be provided. B.Y.O.B and mixers, glasses provided.

Feel free to invite friends and acquaintances from the area as the ball is open to all.

Please volunteer to help make this a ball to remember! Your help is needed for decoration, set-up, and cleanup crews. Especially needed is a vision and plan for decorating.

For more information or to volunteer your help, contact Ken Campos at 802-695-1165 or

email at <peaches@surfglobal.net>.

ORDINARY MAGIC

The staff of Wednesday evening's *Ordinary Magic* open house has a secret to tell you - we are having an Extra-Ordinary good time!

We've touched upon a wide variety of dharma topics *Fear and Fearlessness, Ordinary Magic and Direct Perception, Awake at Work, Relationship as Path, Meditation and Boredom, Devotion and Freedom, Doubt, Peaceful Abiding* and many more.

Each week a teacher chooses his or her topic, engages in a personal journey of preparation with the topic and then shares their fresh contemplations with the group. Our discussions are rich and lively and continue to echo as an inspiration during the week. In the future, we may also do a series such as the *Six Paramitas*. Current teachers are Wayne Schoech, Vicki Giella, Greg McNally and Mary Beth Furr.

The format is great for new visitors and seasoned

practitioners alike. We sit for thirty minutes, which sometimes includes brief guided meditation instruction. Then, there is a short talk and a discussion, followed by a reception. One week we hosted a visit of about 20 high school students from the White Mountain School in Bethlehem, N.H. They were wet behind the ears in more ways than one, having just come from a rainy day of skiing and leaving behind a few damp gondens.

Our dedicated host, Ken Campos, provides us with odd and ordinary teas, trans-fat free cookies and garden vegetables in season. Participants have nourished us with homemade humus, pie, banana bread and even soup.

One of the real pleasures of the evening is having the opportunity to spend time with sangha, getting to know each other better, as we mix mind with dharma. What could be better? Come join us!

EDUCATION NEWS

Teacher Training Course

All members who have completed Warrior's Assembly and/or Seminary are encouraged to consider this up-coming event. We will be offering a teacher training course at the center this spring. By having a solid core of fresh, locally grown teachers, prepared to teach Shambhala, Buddhist and related classes along with Acharyas and senior teachers, we will be able to offer ourselves and the community at large the presentation of dharma more fully and richly.

Consider this--the first transcendental paramita is generosity. One way to practice generosity is to not be afraid to be a fool. Just ask any new drummer or umdze, if you've forgotten that feeling! A powerful way to practice fearlessness of being a fool is to sit in front of a group of people and teach the dharma, don't you think? Yet no one else is going to do it, really, we are all there is. So, let's buck up, be brave, and just do it, eh? If



you decide you want to hear more and try this out, please call Mary Beth, after Shambhala Day. Meanwhile, think about it.

Ruling Your World discussion group has been so enjoyable that we can't stop! We will extend the group to one more session on Thursday, March 16, at 7:15 after sitting, to complete the last section and have a party! We'll pick up again in April with what may be called the companion text, *Shambhala: Sacred Path of the Warrior* by the Druk Sakyong, Chögyam Trungpa. Every one is still welcome to join this lively and informative series, led by Caroline Demaio and Greg McNally.

The SSBS curriculum will pick up this spring. Oscar Garcia and Arthur Jennings will teach *The Sadhana of Mahamudra* class the weekend of April 7-9. This is a Friday evening, Saturday and Sunday program, open to all who are studying the Shambhala Buddhist teachings.

The Sadhana of Mahamudra, written by Vajracarya Chögyam Trungpa Rinpoche, is chanted on the full and new moon, so many of us are hearing and speaking these words on a fairly regular basis. It is helpful to understand what it is we are saying! VCTR was inspired to write this sadhana as he was being exposed to both western and eastern spirituality and reality. It is based on the principles of space and energy and the bringing together of both. How can we work with the tendencies toward spiritual and psychological materialism and transmute them into livable, workable, enlightened basic sanity? This timely, timeless, and frankly, quite beautiful practice is well worth spending a weekend studying, particularly with friends and fellow practitioners.

All students, new and old are welcome to deepen their understanding and appreciation of our teacher and his gift to us. Mark your calendars and join us for this remarkable weekend.

PRACTICE NEWS

Sadhakas

The next Vajrayogini feast will be held in St. Johnsbury on Friday, March 24th at 5:30pm.

Gatekeeper and Drumming Class, Thursday, March 7th at 7:15pm

Community members are invited to become gatekeepers, and drummers for our practice sessions. It's a great way to support the practice environment. Please sign up on the "JUMP IN" sheet, posted on the bulletin board.

The 'Gatekeeper' calls the sangha to practice and protects the practice environment from distractions.

The 'Drummer' accompanies the chants, specifically the Heart Sutra and the Protectors chants.

CELEBRATE MILAREPA DAY

at Karmê Chöling, Monday, March 13th!

This day celebrates the enlightenment and life example of Milarepa by reading the songs of the lineage fathers in *The Rain of Wisdom* (Tib: *Kagyü Gurtso*). These songs are the direct personal voices of the lineage holders, sharing their experiences of the path, practice, and realization. In chanting them, we attune our minds to theirs, invoking the inspiration of their sanity and devotion. This collection was first compiled by Mikyö Dorje, the eighth Karmapa.

The St. Johnsbury Shambhala community will celebrate this day at Karmê Chöling on Monday, March 13th, beginning at 7 am and continuing into the evening. Everyone is welcome and encouraged to attend all or part of the day, during which meals and breaks are taken in silence. Karmê Chöling requests \$5 per meal on that day.

CENTER STAFF

Executive Committee

Co-directors: Gerry Haase and Ric Walter

Shambhala Training: Caroline DeMaio

Education: Marybeth Furr

Dekyong: Merle Thompson

Finance: Vickie Schafer

Hospitality: Ken Campos

Secretary: Linda Warner

Rusung: Michael Taney

Service Personnel

Communications: David Wilde

Decor: Suelyn Whittington

Librarian: Ken Campos

Recycling: Sandy Raynor

Shrinekeepers: Alan Boye and Julie Swan

contact information available at www.stjshambhala.org/personnel



Shambhala Meditation Center

March 2006

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 6:00pm "Ordinary Magic: Meditation for Life"	2 9am-noon yoga 6:00pm sitting & chants	3	4 SHAMBHALA BALL	5 Nynthun 9am-noon & 1-4pm sitting & chants
6 6:00pm yoga	7 5:00-6:30pm Tai Chi 6:45pm Khandro Rinpoche study group	8 6:00pm "Ordinary Magic: Meditation for Life"	9 9am-noon yoga 6:00pm sitting & chants 7:15pm Gatekeeper & Drumming class	10	11	12 11:00am sitting & chants
13 Milarepa Day at Karne Choling 6:00pm yoga	14 5:00-6:30pm Tai Chi 6pm Sadhana of Mahamudra in tantra SR 6:45pm Shambhala Council meeting	15 6:00pm "Ordinary Magic: Meditation for Life"	16 9am-noon yoga 6:00pm sitting & chants 7:15pm Ruling Your World discussion group (final session)	17 Saint Patrick's Day	18	19 11:00am sitting & chants noon Potluck lunch 1:00pm Community Meeting
20 6:00pm yoga	21 5:00-6:30pm Tai Chi 6:45pm Khandro Rinpoche study group	22 6:00pm "Ordinary Magic: Meditation for Life"	23 9am-noon yoga 6:00pm sitting & chants	24	25	26 11:00am sitting & chants
27 6:00pm yoga	28 5:00-6:30pm Tai Chi	29 6:00pm "Ordinary Magic: Meditation for Life" 6:00pm Mahamudra Sadhana (tantra S.R.)	30 9am-noon yoga 6:00pm sitting & chants	31 7:30pm Shambhala Arts video		
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