



THE SHAMBHALA MEDITATION
CENTER
OF ST. JOHNSBURY

JUNE NEWSLETTER 2006

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BUILDING COMMUNITY

By Tune Faulkner

I often wonder how to truly fulfill my Bodhisattva vow. If we are fortunate enough to live this life with our basic needs of housing, food, and clothing being met on a day to day basis then what is our responsibility to those who are not able to meet those basic needs? Or put in very simple terms, how do we effectively help others? And what is helpful and what is not?

I am involved through my work with a group of young parents, mostly mothers, but some fathers as well. Most of them are single, poor, and don't have much family support. During a recent meeting with this group of parents we had a guest speaker come in from the area economic services agency to answer questions about the benefits they were receiving. I was shocked to learn that most of them live on (well they try to live on) such a miniscule amount of money it was pathetic. I'm talking about \$600/mo + - for housing and utilities, and a little extra for food, for a mother and child. The young parents became very agitated as they asked questions of the guest speaker, one of them said, "I'd like to see our legislators try to live on what I have to live on for a week!" This same mother said she didn't have enough money for diapers (food stamps don't cover diapers) and that when old friends spotted her in town they'd head the another direction because this young mother had borrowed so much money from friends that they tried to avoid her. This story stuck with me like glue the rest of the day, I couldn't ignore it like I have in the past when reading something in the newspaper that has no face and no voice, this woman's face was with me.

So this brings me to the crux of this article. There is an organization in Vermont called PINS or Partners in Service.

PINS is a statewide organization that is a collaborative effort between area churches and local social service agencies that work with youth in various communities in Vermont. The intention is to build community through church groups working with these youth in need; and the St. Johnsbury Shambhala Meditation Center along with the North Congregational Church have been a part of PINS in the past, but due to many circumstances this effort slowed to a halt about a year ago. Now I am interested in revitalizing it by being the representative for the Shambhala Center and through my work at Northeast Kingdom Youth Services. I am in the process of compiling a list of needs from these young parents as well as other youth I work with and I'm asking any of you who would be interested in helping with this to give me a call. Maybe you have something on the list like baby clothes, or would be willing to buy some diapers, or have some women's clothing you'd be willing to donate. It seems like a band-aid being placed on a gaping wound but maybe with time and effort we can be helpful to someone who has much less than most of us. Please call Tune at 626-9612 if you'd be willing to help.

Following is a list of needs: diapers, wipes, pull-ups, swimmers. Tampons and pads. Clothing for parents and children. Undergarments. Gas cards. Sheets. Shampoo and conditioner. Toothpaste and toothbrushes. Deodorant. Toilet paper. Laundry detergent, baby laundry detergent & fabric softener. Shaving cream, razors & Q-Tips. Dish soap. Sunscreen & insect repellent. Adult and baby Tylenol. Over the counter medications. Pedialite. Glasses. Contact lens cleaner. Desitin diaper rash cream, Balmex, Adult & Baby Ora-gel.

Thanks, Tune



**THE ART OF BEING HUMAN:
DISCOVERING BASIC GOODNESS IN
OURSELVES AND THE WORLD**

Shambhala Training Level I

June 9-11, 2006

Roger Guest Director

This weekend workshop includes meditation training and practice, talks by senior instructors, personal interviews and group discussions.

The Friday night talk begins at 7:30 p.m. and is free and open to the public. It would be great to get people there, so tell any of your friends or family about it. Our sessions start at 9am on Saturday and Sunday, ending at 5 on Saturday and 1pm on Sunday.

Shambhala Training is a series of contemplative workshops suited for both beginning and experienced meditators. The simple and profound technique of mindfulness and awareness is the basis of a secular path of meditation, which can benefit people of any spiritual tradition and way of life. Shambhala Training is the study and practice of Shambhala warriorship: the tradition of human bravery and leadership. This path shows how to take the challenges of daily life in our modern society as opportunities for both contemplative practice and social action.

To register or for more information contact:
Caroline DeMaio, 802-748-9338
cdemaio@kingcon.com

MIDSUMMER'S DAY CELEBRATION

Saturday, June 24, 4p.m. at Greg & Tune's

To usher in the summer (which officially begins on Wednesday, June 21st, the summer solstice), Greg McNally and Tune Faulkner are hosting a Midsummer's Day celebration. They are offering meat dishes, so bring any other food to complement that and any beverage you may want.

YARD SALE SUCCESS!

As this goes to press, Yard Sale Coordinator Vickie Schafer reports that the sale was a success and that most of the items were sold. Many thanks to Vickie for doing a great job on organizing the sale with a good deal of flair; to Gerry Haase for so generously allowing us to use his strategically placed yard once again; to all those who have parted with worldly goods for us to sell; and lastly, to all who moved, priced, collected, and cheerfully staffed on sale day.

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