

DHARMA ZEPHYR INSIGHT MEDITATION COMMUNITY

2019 ANNUAL REPORT



Introduction

Dharma Zephyr is a community of Buddhist Vipassana (Insight) Meditation sitting groups in Northern Nevada. Our first meditation group was organized in the late 1980s near Carson City. Other groups organized in adjacent communities as the need arose. We now have several sitting groups meeting in Northern Nevada communities including Reno, Carson City, Minden/Gardnerville, and a special group for inmates of the Warm Springs Correctional Center.

Dharma Zephyr Sanghas was incorporated under the Nonprofit Corporation Law of the State of Nevada in September 2006. In 2012 we changed our name to Dharma Zephyr Insight Meditation Community, and in 2016 we became exempt from federal income tax under section 501(c)3 of the Internal Revenue Code.

Mission Statement

Dharma Zephyr Insight Meditation Community, following the Theravadan Vipassana tradition, offers the Buddha's teachings on wisdom, ethical behavior, and mindfulness to the Northern Nevada community. Activities include sitting meditation, reading groups, classes and retreats.

Guiding Sangha

Dharma Zephyr has a board of directors, known as the Guiding Sangha. There are currently eight members on the Guiding Sangha, though it may have up to 11 members. The Guiding Sangha has four regular in-person meetings a year and special meetings as required, which can be by email or other electronic media. 2019 Guiding Sangha members are:

- Chas Macquarie - President
- Susan Juetten - Secretary
- Denise Barclay - Treasurer
- Kathy Schwerin
- Christy Tews
- Susan Antipa
- Harry Ednie
- Colleen Lyons

In addition to those mentioned above, Lisa Foley served part of the year as secretary. Many bows to those serving on the Guiding Sangha. They provide a wide range of ideas and expertise that contributes to the smooth and skillful operation of the sangha. It is a form of dana that often goes unrecognized, yet it is essential to the well-being of the larger sangha.

Additional DZIMC team members are: Stephanie Coleman, DZ's MailChimp maven; Cheryl Macy, Stephanie's backup; Shannon Hataway, DZ's web master; and Frank Ozaki, the graphic artist who creates our beautiful retreat flyers. We are all grateful for the essential work they do!

Membership & Sitting Groups

Nine regular sitting groups are included under the Dharma Zephyr umbrella.

Four in Carson City:

- Dharma Zephyr Sangha
- West Wind Sangha
- Beginners' Mind Sangha
- Sun Mountain Meditation Group

Four in Reno:

- Dharma Zephyr Sangha Reno
- Mindfulness, Meditation & Recovery
- Mindfulness, Movement & Meditation
- Midtown Meditation

One in Douglas County:

- South Wind Sangha

Details about all the sitting groups are on our website.

<https://dharmazephyr.org/>

Our mailing list includes over 600 people who are interested in our activities. Not all of these people open every email, but a fair number open notices about retreats and programs. We send a welcome note to all new people who sign up for emails.



Financial Report

2019 Sangha income and expenses

<u>Income</u>		<u>Expenses</u>	
Donations	2,660	Operating expenses	8,236
Residential retreat income	31,190	Residential retreat expenses	34,885
Non-residential dana	2,790	Non-residential expenses	2,340
Sitting Group dana	<u>7,204</u>	Donations	<u>3,850</u>
Total Income	43,844	Total Expenses	49,311
Net Income	-5,455		

<u>Balance Sheet - Assets</u>		<u>Balance Sheet - Liabilities</u>	
Checking Account	7,152	Scholarship Fund set-aside	5,757
Savings (MM) Account	<u>16,758</u>		
Total Assets	23,910	Total Liabilities	5,757

Please see the financial statements for full financial details.

Financially, 2019 was a break-even year. The figures above show a net loss of \$5,455 but that includes pre-paying \$6,215 in deposits for the 2020 residential retreats. The income from these retreats will occur in 2020. In 2019 our residential retreats made a net income of \$3,060 and our non-residential retreats had a net income of \$450. This was enough to pay for a bit under half our operating expenses. The remainder of our operating expenses (which include, in part, our sitting group facilities rent, website, insurance, postage, and supplies) were covered by dana from our various sitting groups. We again experienced an increase in our insurance costs - mainly because more people are attending our retreats.

This year we moved more money from our checking account to our money market savings account, which now has over \$15,700 in it. The idea of the savings account is to have an account that is earmarked for savings that may be used in the future for potential big (or even medium) ticket items that are outside our normal financial operations. These might include: increased outreach to the community; a major overhaul of the website;

an unexpected loss on a retreat; or an annual budget shortfall. It should be noted that our annual net income or loss is partly a matter of timing since certain retreat costs are paid for in the year prior to the income being received.

Once again, deep bows to our hard-working treasurer, Denise Barclay. Since we started offering residential retreats several years ago, we have a considerable (for a small, non-profit organization) amount of money passing through the books and it is important to account for this properly.

Budget for 2020

<u>Income</u>		<u>Expenses</u>	
Donations	2,500	Operating expenses	8,600
Residential retreat income	52,000	Residential retreat expenses	50,000
Non-residential dana	2,000	Non-residential expenses	2,000
Sitting Group dana	<u>6,500</u>	Returned sitting group dana	<u>2,000</u>
Total Income	63,000	Total Expenses	62,600
Net Income	400		

Vision Action Committee

The Vision Action Committee, formed after the 2018 visioning meeting, includes Kathy Schwerin, Lisa Foley (since resigned), Steve Swartz, Colleen Lyons, Helen Hill, Bob Elston, and Chas Macquarie.

As part of connecting the community, two social events were held, a barbecue potluck in Carson City in June, and a movie night (Christopher Robin) and potluck in Silver City in September.

A beautiful brochure, called Welcome to "Dharma Zephyr Insight Meditation Community" was completed and is available for distribution. It covers the fundamentals of our practice (precepts, generosity, meditation and mindfulness, lovingkindness, and wisdom); how we practice (sitting groups, retreats, classes); and the practicalities of how to find us.

As part of our outreach to new communities, we had a one-day retreat at the Silver City Community Center. Additionally we now have an integrated active presence on MeetUp, listing many of our sitting groups and classes.

Retreats and Scholarships

The Retreat Committee had a very successful 2019, meeting 4 times to plan retreats for 2019, 2020, and into 2021. The dedicated committee members include Christy Tews, Harry Ednie, Karen Kvasnicka, Kathy Schwerin, Susan Priest, Susan Antipa, and Tom Gray. This group, along with Renate Massing, planned and managed a total of 7 non-residential and 4 residential retreats.

The committee has two new members, Jasmine (Jazz) Gouveia and Penny Fairfield. We look forward to their help and ideas.



2018 Leigh Brasington residential

Attendance

Total attendance for the non-residential retreats was 246. Total attendance for the residential retreats was 111. Total attendance for the year was 357, up from 304 in 2018.

Financials

The non-residential retreats had a net income of about \$450. The residential retreats generated a net income of about \$3,060.

Scholarships

Seven scholarships were awarded in 2019 for a total of \$2,480.00.

Denise Barclay Retreat: 1 @ \$100 = \$100

Santikaro Retreat: 1 @ \$250; 1 @ \$155; 1 @ \$125 = \$530

Heather Sundberg Retreat: 1 @ \$350 = \$350

Heather Sundberg's Committed Student Program: 1 @ \$1000; 1 @ \$500 = \$1500

As of December 19, 2019, the balance in the scholarship account is \$5,757

2020 and Beyond

In 2020, the Retreat Committee has five confirmed non-residential retreats, with the possibility of two more. Non-residential retreats will feature familiar teachers Heather Sundberg and Donald Rothberg, along with our local team of Kathy Schwerin, Christy Tews, Anne Macquarie, Denise Barclay, and Angela Sullivan.

There are five residential retreats on the calendar as well. The residential teachers will be Denise Barclay (twice), Santikaro, John Travis, and Leigh Brasington.

For 2021, Amita Schmidt, Heather Sundberg, and the nuns of Aloka Vihara Forest Monastery are already confirmed.

Many bows to the Retreat Committee, who put in a great deal of work to recruit teachers, organize retreats and venues, and make the whole endeavor run smoothly.



On the way to the Mountain Meadow Retreat

Mindful Activism Group

The Mindful Activism Group, started last year by Anne Macquarie, Beth Sutton, and Colleen Lyons, continued meeting at the Unitarian Universalist Fellowship in south Reno, with a summer break of four months. Topics that were explored included ecological grief, mindful media consumption, gender and communication, and moral injury. Attendance varied, averaging about six people, with attendees from Gardnerville, Carson City, Reno, and Tahoe, in several faith traditions.

Meetings are held the first Thursday of each month, 6-8 pm in the Starr King Room of the Unitarian Universalist Fellowship of Northern Nevada, 680 Del Monte Lane, Reno. They will continue through winter and spring of 2020, and potentially through the summer given that it is an election year.

Classes

We started 2019 with a five-week introduction to meditation class series in Carson City, taught by Angela Sullivan and Kathy Schwerin. The class introduced attendees to the practice of sitting, walking, and eating meditation, and taught participants how to bring mindfulness to everyday life. Core Buddhist concepts were covered, and some classes included mindful movement.

Website & Other Outreach

Our excellent and informative website was updated to show the latest information on sitting groups, retreats and classes, plus some other minor updates. The website continues to get regular praise for its beauty, easy navigation, and content. Retreatants appreciate the ability to register and pay for residential retreats online. We've made some small tweaks, including changing the logo and color scheme to blue to match our other graphic materials. We now have a landing spot for DZIMC's policies; the clickable link is found at the bottom of the homepage. We'll be reorganizing the Resources section in 2020 as we continue to add more content.

Visit us at <http://dharmazephyr.org/> or through our Facebook page.

Plans for 2020

Plans for 2020 include continued outreach to the public to let them know about the wonderful meditation retreats, classes, and sitting opportunities that Dharma Zephyr provides. We will continue to offer short residential retreat opportunities and Kathy Schwerin and Tom Gray will be offering a six-week introductory class beginning in January.



John Travis will be back for the five-day August retreat at Camp Galilee and 2020 will see the return of our long fall retreat with Leigh Brasington leading a 10-day retreat on concentration.

We plan to continue to have social events to allow members from different sitting groups to get to know folks outside their regular circle of practitioners.

Finally, I want to once again express my heart-felt thanks to all those who have served a role in making Dharma Zephyr the vibrant, mindful community it has become. More than one visiting teacher has commented that Dharma Zephyr is one of the most active and successful sanghas in the country. WOW - high praise, but these teachers travel a lot so they are in a good position to know. Well done all of you!

Chas Macquarie
Guiding Sangha President