

# DHARMA ZEPHYR INSIGHT MEDITATION COMMUNITY 2018 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 nine 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. 2018 Guiding Sangha members are:

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

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.

## Membership & Sitting Groups

Nine regular sitting groups are included under the Dharma Zephyr umbrella. Five in Carson City:

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

Three in Reno:

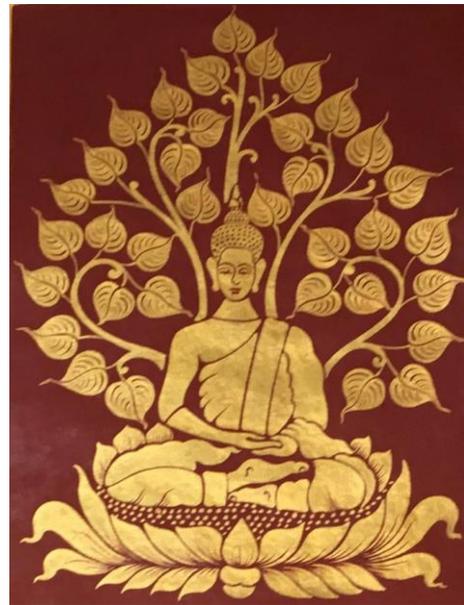
- Dharma Zephyr Sangha Reno
- Mindfulness, Movement & Meditation
- Mindfulness Meditation and Recovery

One in Douglas County:

- South Wind Sangha

Sun Mountain Meditation, Mindfulness, Movement & Meditation, and Mindfulness Meditation and Recovery groups are new to Dharma Zephyr in 2018. Details about all the sitting groups are on our website.

Our mailing list includes approximately 570 people who are interested in our activities. Not all these people open every email, but a fair number open notices about retreats and programs. We now send a welcome note to all new people who sign up for emails.



## Financial Report

### 2018 Sangha income and expenses

<u>Income</u>		<u>Expenses</u>	
Donations	5,458	Operating expenses	7,186
Residential retreat income	48,177	Residential retreat expenses	39,454
Non-residential dana	2,053	Non-residential expenses	<u>2,100</u>
Sitting Group dana	<u>6,528</u>		
Total Income	62,216	Total Expenses	48,740
Net Income	13,476		
<u>Balance Sheet - Assets</u>		<u>Balance Sheet - Liabilities</u>	
Checking Account	26,385	Scholarship Fund set-aside	5,686
Savings (MM) Account	<u>3,000</u>		
Total Assets	29,295	Total Liabilities	5,686

Please see the financial statements for full financial details.

Financially, 2018 was a good year. We received some generous donations from some of our residential retreatants and our residential retreats made a net income of over \$8,700. This was enough to pay for our normal operating expenses. Our non-residential retreats essentially broke even, which is fine. We do not aim to make money on our retreats beyond that necessary to cover our operating expenses; and this year we experienced a 150% increase in our insurance costs - mainly because more people are attending our retreats.

This year we opened a money market savings account and seeded it with \$3,000. 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 in 2017 DZIMC had a net financial loss of \$2,654, though some of this is a matter of timing since certain retreat costs for 2018 retreats were paid for in 2017 and the income received in 2018.

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 2019

<u>Income</u>		<u>Expenses</u>	
Donations	2,500	Operating expenses	7,200
Residential retreat income	28,000	Residential retreat expenses	23,000
Non-residential dana	2,000	Non-residential expenses	2,000
Sitting Group dana	<u>6,500</u>	Returned sitting group dana	<u>3,000</u>
Total Income	39,000	Total Expenses	35,200
Net Income	3,800		

## Vision Action Committee

In January 2018, in conjunction with the Annual Meeting, Dharma Zephyr held a visioning session facilitated by Mary Helen Fein of Mountain Stream Meditation. Several goals and objectives were identified and the Vision Action Committee (VAC) was formed in the spring to develop a path to turn the goals into actions. VAC members include Kathy Schwerin, Lisa Foley, Steve Swartz, Colleen Lyons, Helen Hill, Bob Elston, and occasionally Chas Macquarie.

The VAC met three times in 2018. The group planned its goals by reviewing the 2018 Annual Meeting's visioning session conclusions. Member feedback indicated interest in more social events, more communication among DZ sitting groups, expanding the volunteer base, and outreach to increase diversity. The VAC set up a formal Suggestion Box to be stationed at retreats to continue to get input from members.

The VAC is revising its welcome packet, including a pamphlet called "Who We Are" (still in progress). Additionally, the VAC created new business cards with a redesigned logo. These materials will be distributed in 2019 to all sitting groups, retreats, and outreach



*Christy Tews, Angela Sullivan, and Kathy Schwerin, leaders of the ReTreat from the Holidays – our first retreat of the year.*

events. VAC made tweaks to the DZ "beginners" web page, renaming it "newcomers", and will incorporate the new welcome packet materials.

On the agenda for its January 2019 meeting are exploring more outreach opportunities and the possibility of hosting a retreat at the Silver City Community Center to broaden our reach geographically.

## Retreats and Scholarships

The Retreat Committee had a very successful 2018, meeting 4 times to plan retreats for 2018, 2019, and into 2020. The dedicated team of members - Christy Tews, Harry Ednie, Karen Kvasnicka, Kathy Schwerin, Susan Priest, Susan Antipa, Renate Massing, and Tom Gray, with additional support from Susan Juetten - planned and managed a total of 6 non-residential and 4 residential retreats.



*Leigh Brasington residential retreat*

### Attendance

Total attendance for the non-residential retreats was 200. Total attendance for the residential retreats was 104. It should be noted that Leigh Brasington's retreat left 6 people on the waiting list because Leigh limits the number of attendees to 24. Total attendance for the year was 304.

### Financials

The non-residential retreats essentially broke even. The residential retreats generated a net income of over \$8,700, with both the John Travis and Leigh Brasington retreats doing exceptionally well.

### Scholarships

Six scholarships were awarded in 2018 for a total of \$2,000.00.

John Travis Retreat: 2 @ \$250.00 = \$500.00

Leigh Brasington Retreat: 2 @ \$250 = \$500.00

Heather Sundberg's Committed Student Program: 2 @ \$500.00 = \$1,000.00

### 2019 and Beyond

The Retreat Committee has 6 non-residential and 4 residential retreats on the calendar for 2019. Teachers for the residential retreats are Denise Barclay (twice), Santikaro, and Heather Sundberg.

Non-residential retreats will feature familiar teachers John Travis, Amita Schmidt and our local team of Kathy Schwerin, Christy Tews, Anne Macquarie, and Angela Sullivan. Teachers new to Dharma Zephyr will be Oren Sofer and Ayya Santacitta and Ayya Anandabodhi of the Aloka Vihara Forest Monastery outside Placerville, CA.

Teachers for 2020 are already being invited with Amita Schmidt, John Travis and Donald Rothberg 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

Mid-year, Anne Macquarie, Beth Sutton, Colleen Lyons, and Lisa Foley began planning for this group, and the first meeting was held in early October at the Unitarian Universalist Fellowship in south Reno. Bi-weekly meetings followed through December.

The group welcomes new and experienced activists, from any and all traditions, including secular humanism, who want to approach their activism from a place of deep compassion and internal peace. Knowing that this mindful activism depends on being deeply honest with ourselves and one another, we believe that having a place to explore the internal and external challenges as they really are, will be a great help.

The meetings included a period of mindfulness meditation and a presentation relevant to the challenges of being a mindful activist, with plenty of time for lively discussion.

Beth gave a talk on *The Shambala Warrior*; Kathy Schwerin gave a talk on *Difficult Emotions*; Anne gave a talk on *Right Speech: The challenge of listening well and speaking well in the public sphere*; and Colleen talked about *Moral injury in the helping professions*. Initial attendance was about 15 people with a slight drop-off over time.

After taking a holiday break the group is resuming on January 17, 2019.

## Classes

Kathy Schwerin and Angela Sullivan offered a five-week Mindfulness and Meditation Class in the fall. 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. There were two follow-up sessions to explore other Buddhist topics. Since the class was popular, they will be offering a similar class in February 2019.

## Website & Other Outreach

Our excellent and informative website was updated to show the latest information on sitting groups, retreats, and classes and some other minor updates. Visit us at <http://dharmazephyr.org/> or through our Facebook page.

Deep bows to Frank Ozaki for updating our logo wheel to include eight spokes to remind us of the eight-fold path. The new logo was incorporated into our new business cards.

We had our first "newsletter", titled "On the Wind" which was distributed via Mailchimp in December. We intend to continue On the Wind in 2019.

## Plans for 2019

Plans for 2019 include more outreach to the public to let them know about the wonderful meditation retreats, classes, and sitting opportunities that Dharma Zephyr provides. We are offering even more short residential retreat opportunities than in 2018.

We will, however, not be having our long fall retreat. Most of the residential retreats have to be organized two years in advance and in 2017 it was felt that with additional retreats from our local Community and Lay leaders added to the retreat calendar, it would be prudent to give the long fall retreat a break in 2019. However, Denise Barclay will be leading a short fall retreat. The change in retreat lengths is the main reason that the budget for 2019 is smaller than 2018 in both income and expenses.

We plan to have more social events to allow members from different sitting groups to get to know folks outside their regular circle of practitioners. We hope to have more movie nights also.

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. Visiting teacher Leigh Brasington said at his Camp Galilee retreat this fall that he viewed Dharma Zephyr as one of the most active and successful sanghas in the country. WOW - high praise, but he travels a lot so he is in a good position to know. Well done all of you!

Chas Macquarie  
Guiding Sangha President