



Lama  
Alive

2013/2014

## From the Coordinator



The Mother of the Immaculate Word hangs on the wall of the dining room, a pregnant Mary, round and lovely. One hand holds a book and the other rests against her chest. A golden halo frames her head. She sits above our “Fall Meetings Altar,” a table crowded with our contributions including tasbihs, Hot Wheels, Hanuman, and a pair of tiny, green, knitted infant’s booties.

As I begin my fourth year at Lama, and second year as Coordinator, I suddenly find myself married and expecting a baby, relocated from the stark, isolated beauty of the Aspen A and into the warmth of cohabitation and proximity to Central. I occasionally come across Pema’s forgotten toys and spoons, and (missing her!) I’m reminded that in February, God willing, Mona and I will have a baby, and Brock and Devin will have another in April. Our small-but-mighty circle of eight will increase to ten, and our

current illusion of order and quiet will be shattered and replaced with new lives, under-slept parents, and the old question, “Do crying babies belong in morning meditation?”

This summer, ending my first year as Coordinator, utterly exhausted, I was finally finding my footing in this role. Asha calls “the odd-shaped seat at the front of the bus.” And now, a whole new curriculum is unfolding for me, and for the circle. So many changes and so many openings have come to my life in such a short period. At times it feels bewildering and unsteady, like the handrails coming off the bridge. But we are held so tightly here, so safely. Though Fall Meetings are safely behind us, the icon of Mary is still on the wall and the altar is untouched. The Mountain is still magic, the water still cold and delicious, the view still vast. We are given enough to hold on to, and so much to anticipate. I can’t wait to give back for another year as my heart continues to open while I dive deeper into this practice of Coordinator. There’s no other place I’d rather start my family and no other place I’d rather be. Please keep us in your sweet prayers. We hold you in ours.

Peace and much love, *Sebastian Robins*

2013 has been a spectacular year of weddings and children to come. In late summer Emma Avalos and Seth Blowers (center) made private vows high up San Cristobal Canyon. A month later, Sebastian Robins and Mona Haydar (left) held their wedding celebration at Lama. In mid-October Devin Powell and Brock Anderson (right) were married at the Church of the Immaculate Conception in Albuquerque. Congratulations to all!



## A Message from the Mommas (to be)...

There must be something in the water! Three marriages and two pregnancies in less than 6 months in the resident circle at Lama Foundation! Being expectant mothers and partners to expectant fathers has been transformative, dare we say even more transformative than our hours spent in meditation or practice! It comes with strange difficulties and great trials but the lasting effects of these are always sweet lessons. Confidence is a wavering thing with so much newness abounding. The clumsiness and awkwardness of pregnancy seems to balance out with grace and miracle. It continues to prove to be a great teacher, and we are so humbled by all that we are learning.

Living on this mountain, we are blessed by all those who came before us in this wondrous place. Remembering the wisdom we’ve heard from so many Beans, “this mountain gives you what you need,” has been a great reminder to surrender. Neither of us thought we would be entering our second year as residents as married and pregnant women. As we transition into parenthood, we have great hope that guidance will flow generously as we give ourselves over to these wonderful and bewildering roles. We feel blessed to be permitted to make our lives here in partnership, family, community and communion. We ask for your continued prayers for all of us, those out in the world and those in utero. We are so grateful for the outpouring of support from the Lama Family, for deepening friendships in our circle and for the tireless support of our husbands, Sebastian and Brock. Our babies are due, in-sha-Allah, in early February (the Monastian baby) and in early April (the Brevin baby). Please pray for us as we move through gestation and birthing pains to participate in the never-ending cycle of life on Lama Mountain.

Love from Lama, *Mona & Devin*

# The 2013/2014 Winter Circle



Top, L-R - Rachel Halder, Aaron Schreiber, Zumbi (cat), Devin Powell  
Mid, L-R - Caitlin Peerson, Rebecca Rodger, Brock Anderson  
Bot - Sebastian Robins, Mona Haydar

**Caitlin** ~ I grew up in Southern California and later moved to the mountains of Lake Tahoe, where I fell in love with nature and experienced a deep connection to Spirit. I look forward to opening my heart to new people, perspectives, and opportunities for personal growth here at Lama.

**Rachel** ~ I grew up Mennonite in rural Iowa. After receiving a degree in women's studies and communication in Goshen, Indiana I spent a year in Indonesia, eight months in Pittsburgh, and then a year traveling the US, during which I literally stumbled upon Lama and fell in love. I'm excited to get to know all the other Lama Beans!

**Brock** ~ I am a happy husband to Devin and excited to be a new papa come April. A former Jesuit Seminarian, I am steeped in Ignatian spirituality. I enjoy offering spiritual direction, natural building, woodcarving, pottery and crocheting. Becoming a father is my major work this year.

**Mona** ~ I am a poet, performer, God enthusiast, wife and soon to be mom (in-sha-Allah!) I love my family: biological and Lama-ogical. I crave closeness to God through closeness to this magnificent creation. Alhamdulillah for everything!

**Devin** ~ I am excited and curious for what this year will bring as a newlywed and mother in community. I am feeling the growing pains of learning these new roles, grateful for a patient and supportive circle and eager to see all that will be birthed here on the Mountain.

**Aaron** ~ I am excited and honored to be entering my third year of residency. I continue to be blown away by the depth of life in a spiritual community. I look forward to a year of inner growth, connection to the land, and service to the Lama community. Rock on!

**Rebecca** ~ Away we go into the second year! I am ever-deepening my relationship to the Lama spirit, community, and land. As the final aspen leaves fall, I look forward to a long, deep winter of inner connection with God and our beautiful resident family, to then blossom into a bountiful summer of service and sharing.

**Sebastian** ~ See *From the Coordinator* opposite.

## Lama Foundation Mission Statement

The purpose of the Lama Foundation is to be a sustainable spiritual community and educational center dedicated to the awakening of consciousness, spiritual practice with respect for all traditions, service, and stewardship of the land.

*Love and thanks to departing residents  
Emma Avalos, Seth Blowers, Bobby Burke,  
Myriam de la Rochefoucaulde, Joseph  
Brodnik, Pema Brodnik, Megan White,  
Becky Sterpka, and Salman Lee.  
We will miss you!*

## This issue of Lama Alive

**Editor, Layout and Design:** Joseph Brodnik

**Contributing Writers:** Sebastian Robins, Devin Powell, Mona Haydar, Joseph Brodnik, Jai Cross, Asha Greer, Roberta (Bird) Sharples, Mirabai Starr, Megan White, Austin Babcock, Aaron Schreiber, Rebecca Weber, Jan Cross

**Photographers:** Mona Haydar, Megan White, Joe Brodnik, Myriam de la Rochefoucaulde, Frank Fox, Lisa Law, Ahad Cobb, David Habib Bishop, Jade Polizzi, Rebecca Rodger, Satyadev Tom Hui

**Front Cover Photo:** Stephani-lila Murdoch

**Back Cover Photo:** Caryn Simon

**Thank you!**

## Lama Alive In This Issue:

Coordinator's Letter ...	2
Weddings and Sprouts ...	2
Winter Circle ...	3
Revisiting Snowmass ...	4
Big-Hearted Rahaman ...	4
The Old Kitchen ...	5
Summer Stewardship ...	5
Mirabai Starr ...	6
Pat and Bob Johnson ...	6
Goodbye Lama ...	7
Wish List ...	7
Summer 2013 ...	8, 9
The Buff Hut ...	10
Flag Page ...	11
Dome Complete ...	12
2013 Raffle Winners ...	12
Fundraising ...	12, 13
Thank You! ...	14, 15
2014 Summer Program ...	16

## How to Reach Us

### On the Mountain

PO Box 240  
San Cristobal, NM 87564-0240  
Phone: 575-586-1269  
Fax: 206-984-0916

[info@lamafoundation.org](mailto:info@lamafoundation.org)  
[www.lamafoundation.org](http://www.lamafoundation.org)  
"Lama Foundation - The Official Facebook"

### Fundraising Office

PO Box 782  
Taos, NM 87571-0782  
[taos@lamafoundation.org](mailto:taos@lamafoundation.org)

## VISIT US ON THE WEB!

[www.lamafoundation.org](http://www.lamafoundation.org)

- ◆ [Retreat Registration](#)
- ◆ [Flag Orders](#)
- ◆ [Visitor Information](#)
- ◆ [Upcoming Events](#)
- ◆ [History](#)
- ◆ And more!

## Revisiting Snowmass

by Joe Brodnik



The Retreat House and surrounding mountains at St. Benedict's

In 1983 [Fr. Thomas Keating](#) led the first Centering Prayer retreat at Lama Foundation. A connection between the monks from [St. Benedict's Monastery](#) in Snowmass, CO and the residents of Lama Foundation quickly blossomed. Visits were made back and forth for many years. Lama Beans Mary Ann Matheson and Pat Johnson

describe these visits as highlights of their time at Lama, and it is no surprise that after leaving they helped to found and develop [Contemplative Outreach](#), an organization dedicated to the Centering Prayer tradition of Fr. Keating that now holds retreats around the world.

But as the monks aged and the Beans relocated, the connection, though spiritually strong, grew less and less visible. That changed in 2012, when Pat and Mary Ann led a weeklong winter intensive on Centering Prayer. The circle was hooked. Six hours of silent meditation was accompanied by a series of videos in which Fr. Keating disclosed not just a method of prayer, but a whole cosmological and psychological framework of the human condition.

In 2013, through a grant provided by The [Trust for Meditation Process](#), an opportunity was made for the entire circle to attend a ten-day retreat at St. Benedict's. The opportunity to retreat was unparalleled, even after years of Lama intensives. We were offered silence, meditation, morning mass and evening vespers, and the wintery valley.

Many of us took back something else - a sense of what it was like to be served. As hosts of summer retreats here at Lama, we sometimes lose sight of what it is we are holding for others. Everyone, it seems, has felt or knows the story of the tired, overwhelmed, and grumpy Lama resident. I have met him several times myself. Under the loving care of Pat, Mary Ann, Sherry, and Carol we learned a valuable lesson in service and devotion.

A dialogue was held for the Beans and the monks. It was a fascinating reunion. Many of the older monks were there for the early Lama years. Father Joseph, the current abbot, was particularly inspiring with his message of inclusion, love, and perseverance on the spiritual path. We also talked about what life was like right now, how the monks live their lives, and the structure at Lama. There was a lot of agreement that living in community was at the core of the challenge, transformation, and beauty of the spiritual life.

The visit to Snowmass inspired a return visit by three of the monks, Brothers Aaron, John, and Gabriel, who came to Lama in late September for a week. Plans are currently underway for the new circle to make the trip to St. Benedict's again this winter. Thank you to everyone, past and present, who made this connection possible. May it be a continued source of inspiration for future Beans.



Lama residents with Fr. Keating and other monks at St. Benedict's

## Big-Hearted Rahaman

by Jai Cross

I want to tell you about my friend Rahaman David Brown. By the time I first came up the Mountain in the spring of 1996, Rahaman had been a steady presence at Lama for more than ten years. He was a resident in the mid 80's and continued to contribute to and collaborate with subsequent resident circles.



He was an active participant in [Community Camps](#), interacting with newcomers to share some of his love for Lama through working side-by-side with them. This year he did the same thing again by befriending and mentoring numerous stewards throughout the summer.

Rahaman is a big guy with a big heart in a big frame, yet he possesses a childlike readiness to make jokes and poke fun at anything, including Lama's sacred cows. I quickly warmed to his wide smile, his quirky sense of humor, and his ability to go deep quickly.

I have repeatedly heard Rahaman say, "The first thing you need to do is show up." He has mastered the art of being present in the moment, whether leading a pipe ceremony or sweat lodge, chanting at the Hanuman Temple, or swirling in a Dance of Universal Peace. I view him as an accomplished Lakota, Hindu, and Sufi practitioner – equally at home in such seeming diversity because each of these traditions invites us to an open-heartedness that comes naturally to him.

Luckily for Lama, Rahaman possesses many practical skills that have greatly benefitted the Foundation. This summer he came back from his residence in New Zealand to serve as a Summer Steward. Amongst other projects, he rebuilt the upper portal ramp, which sorely needed repair, providing long term handicap accessibility. Rahaman is also a master stone mason, and his rock work is scattered throughout the Foundation, most notably in the beautiful memorial to Murshida Vera Cora.



On the day of his departure I asked Rahaman what he was taking away from this summer on the Mountain. "I just feel enriched again," he replied. "I'm humbled by the new generations and what they're carrying. I have even more love for this place." I then asked if the core of Lama had

changed over the years. After a moment's pause, his eyes twinkled. "No," he said, "each resident circle has its own flow. Lama is like a river, and you never enter into the same water."

Rahaman hopes to make the Lama pilgrimage again in another two years. Apparently he wants to enter into the river again, and I am grateful for that.

## The Old Kitchen: In the Beginning

by Asha Greer



Photos from *Early Lama Foundation* by Ahad Cobb

In the beginning it was the New Kitchen. It was 1968 and we had walls for the central dome, and had roofed the Only Room. Steve Durkee and Minor Van Arsdale (Van) were discussing the Only Room as a kitchen. They planned a stove, refrigerator, and wash sink on one side with a long community sink opposite, with maybe a foot between them. The rest of the room was for living and dining. I think I laughed. I insisted that there be counter space, storage space, and room to move as well as eating space.

Fortunately by the next day they had designed the new kitchen, now almost fifty years later the Old Kitchen. The site was obvious in relation to the Dome, and the pinon tree outside the kitchen was

really fantastic. We used wood from the land, cut and milled by Abe down the road. The symmetry of the octagon expressed the 4 directions, 8 directions, stability, and the radiating spokes underpinning the second floor were like the sun.



## Old Kitchen Calling For Renewal

by Roberta (Bird) Sharples

Built in the early days as a center of nourishment for the budding Lama community, in sacred relation to the Dome and the spring, the Old Kitchen still stands in silent witness to Lama. After two decades of use, the structure began to twist badly in the 90's. That led to a fundraising drive and eventually a new kitchen housed in the Community Center. After the '96 fire it was a warm dry spot in a sea of ashes, still hosting guests on the 2nd floor, and later becoming home for Flag Mountain. Currently it provides storage room and space for drying herbs and seeds.



The eight wooden corner posts are dry-rotted. The walls are weathered and twisted. The roof shingles are peeling. There never was much, if any, foundation. And still it stands, a beautiful building. The site itself has great power and importance. I, at least, would like to see it preserved for future generations of Beans.

This summer I spoke with several residents and CMs, with Myles Saigh, who renovated the Dome roof, and with Eric Doud, who did a cursory assessment of the Old Kitchen several years ago. I also spoke to Surya and Asha, who know the building intimately. All have encouraged me to bring this discussion to the whole community for visioning and action.

I am volunteering to develop a discussion forum, as was done with the ISC, to address whatever questions may arise as a prelude to a more formal initiative that could then be passed through Lama Council. Perhaps we are not so very far from visioning what gifts a renewed building on this site may hold for us.

If you are interested in helping with this restoration process, please write Bird at [oldkitchen@lamafoundation.org](mailto:oldkitchen@lamafoundation.org)



## Summer Stewardship

by Rebecca Weber

Jumping at the opportunity for a summer at the Lama Foundation was one of the best instincts I have ever had. I remember waking up at six to hike the Lama Loop, coming back down over the Maqbara just as the sun rose over the mountain behind me and the coyotes howled below. I remember red ink under my fingernails, Hanuman smiling, printing flag after flag. I remember watching little Pema growing up, changing fast and beautifully, and realizing that something within me was growing too. There must be something special in the gardens.

For me, Lama was an opportunity to be entirely immersed in self-transformation. The spirit of Summer Stewardship – a commitment to selfless service – combined with the intimacy of Lama's size and practices provided a context that was continually challenging and tremendously fulfilling. Every morning I nourished myself. The spring water nourished my hands and face. Meditation nourished my soul. Washing my plate after breakfast, I found that we had all nourished each other. My intention was to retain every ounce of that when I left.

My goal is to pause in awe at least once every day. Even here in New York there is quiet. I want to love myself, to remember. I want to find comfort in having everything, when everything is what I can count on my fingers.

## Mirabai Starr: Our New Trustee



I first went to Lama in 1973. I had just turned twelve. My parents were on a counter-culture odyssey that required a pilgrimage to the place where Ram Dass created [Be Here Now](#). It was late afternoon. The bells rang four times, then twice, then once. I started to get anxious. What was happening next? A group of people who looked like they knew what they were doing filed down from the kitchen toward the dome, veering off to the right and ducking to enter a tiny room with a sign that read, “Come in Peace.” So I went in, not sure where my parents were. The last person in turned the sign around so that now it read, “Go in Peace” and then closed the door behind her. We were plunged into darkness, except for the long glass candle that burned in the center. People grabbed cushions in silence and sat down, so I did too. Then someone rang a small gong and everyone just sat there. And sat there. They didn’t move or make a sound. What was going on here?

This was my first introduction to Lama Foundation. And to silent sitting practice. They have both become an integral part of my life and being, but that first day they freaked me out. When I was fourteen, I moved to Lama on my own, and I have never really left.

Forty years later, I am on the Board of Trustees of the Foundation and I make my living speaking and writing about everything I learned at Lama, which can be summarized something like this: *All sacred paths lead us home to the One.*

Wherever I travel and whenever I am interviewed, I speak about Lama. I hold Lama up as a luminous example of love, harmony and beauty, a place where multiple faith traditions are studied and practiced, where all teachings and all teachers are welcomed and honored, as long as their driving force is love, a place of conscious community, of caring for the earth, of deep quiet and ecstatic celebration. My Lama stories give people hope.

And, through all these years, Lama continues to give me hope. Which is why I accepted my nomination as trustee, where I now shake my head in wonderment as I take my seat among a circle of elders, determined to do my best to tend the garden that grew who I am.

[Mirabai Starr](#) is the author of [GOD OF LOVE: A Guide to the Heart of Judaism, Christianity & Islam](#)



### Thank you Pat and Bob Johnson!

After serving on the Board of Trustees for a combined 25 years, Pat and Bob Johnson have stepped down to focus on their lives in Carbondale, CO with their 8 children, 13 grandchildren, and 6 great-grandchildren (one more due in March). As trustees they gave countless hours of service to Lama, making the trek to Annual Meeting and the winter trustee meeting every year, amongst others. Their wisdom and counsel has exuded into every pore of the Foundation.

Bob and Pat were residents from 1982 - 84, and since then their service has come in many ways. During that time, Pat attended the first Centering Prayer retreat, a two-week retreat held at the ISC led by Fr. William Keating. Afterward she became a founding member of [Contemplative Outreach](#) which now offers similar retreats all over the world. She and Bob have led retreats for Lama’s residents during winter intensives. Most recently she wrote a grant request that allowed the residents to attend a retreat at [St. Benedict’s Monastery](#). Bob, a master wood worker, built the beautiful central table for Lama’s kitchen, a piece of furniture that has touched the lives, and hearts, of thousands. They have given their time, their money, and innumerable other gifts, including all the love and care they put into the Burial Gardens where their daughter Sarah is buried. Together, they helped steer the Foundation to where it is today.

“We consider Lama our spiritual home.” *Pat Johnson*

Thank you Pat and Bob!

## Goodbye Lama Foundation

by Megan White

Seth came first. When Joe and I showed up, Lama Beans said they'd rarely seen the gardens thrive so. Three days after my arrival, with confusion and trepidation, I agreed to head cook for Annual Meeting. When I overheard Rabia predict that I'd become the Kitchen Manager, I hid. Emma came last that summer but was the most at home. It surprised even her to learn that Kitchen Manager was for her curriculum. We found Lama Foundation at the right moment for four people who thrive when given the perfect combination of vast responsibility and freedom.

Joe and I swore we'd only stay one year. Four years later, in my last days, I was tearful, singing one Traveler's Blessing after another as I said goodbye to the Lama Loop trail, the Dome, the outhouse. I had fallen in love with Lama Foundation.

As with people I love, sometimes disappointment has been so painful that I want to run and hide. I've been found on a bucket in the larder crying and on angry walks – not ready to return. So far, every time Lama's magic causes wave after wave of love to flow again, not disappearing the pain, just sharing space with it. I have been transformed by all the different kinds of love I have shared in at Lama Foundation in only four years. It's for this gift of love that I leave in awe.

Emma, Seth, Joe, Pema and I have come to love one another so much that we're choosing to live together. It's not easy in a house without aural privacy (it's akin to the Tree House). It's totally crazy. We've chosen to take this transition step together in wonder at this tender, powerful gift that Lama magic helped sow – love.



## Lama Foundation Wish List

### Community Needs

Flashlights (LED - Small)  
Good Quality Couch

### Resident Care

Warm Socks, Gloves  
Large Glass Water Jugs  
Stereo/Boom Box  
Rugged Women's Winter Coats  
(Small and X-large)  
Baby Clothes and Items  
(Infant to 12 mo.)  
Infant Car Seat

### Kitchen

Mugs, Plates, Bowls (no cracks)  
Dish Towels  
Large Plastic Storage Bins  
Pyrex Glassware for food storage  
Professional Grade Oven/Stove

### Land

Solar Outdoor Path Lights  
Work Gloves  
Tarps  
Large Plastic Storage Bins

### Sacred Spaces/Office

Stackable/Folding Chairs  
Large Room Floor Rugs  
Bed Sheets - all sizes except king  
(2) Full Size Mattress Pads  
Small Desks, Chairs & Dressers  
Small Wood Stoves  
Towels & Washcloths  
Unscented Candles

### Most Needed Items

- ◆ Fuel Efficient Passenger Car
- ◆ Heavy Truck  
(for snow plow)
- ◆ Energy Efficient Industrial Refrigerator and/or Freezer
- ◆ Enclosed Trailer for Hauling

### A Special Appeal

Lama's vehicles are aging. We have a Subaru with 190k miles, a diesel Suburban that is essentially unusable in winter, an aging Ford Ranger that lacks the power for significant hauling, and a 1965 Ford F150 pickup that is more antique than practical.

We need a fuel-efficient passenger car and a heavy duty truck that can double as a snow plow. If you can donate a vehicle, help us raise the money, or if you know of someone with a good vehicle, please call 575-586-1269.

**All donations are tax-deductible!**

### Thank You!

If you have any questions, or leads, please contact us at 575-586-1269 or [info@lamafoundation.org](mailto:info@lamafoundation.org).



## Ram Dass Reunion

by Austin Ravi Babcock

This year's Lama Family Reunion had a very special guest - [Ram Dass](#) live from Maui! Thirty stewards, residents, visitors and returning Beans packed into the Den for an intimate web-video link, complete with sound system, microphone for asking questions, and a large-scale video projection on the wall. [Mirabai Starr](#) hosted the event. It was a special moment for everyone when Ram Dass' huge smiling face appeared five feet tall on the wall.

For 45 minutes we asked questions, and he gave expansive, generous, humorous, sometimes irreverent, and deeply insightful answers. "I am still stroking..." he told us at one point because everything he spoke took considerable effort. Nevertheless, with a combination of gestures, words, and his smiling presence, he delivered powerful answers to our questions. He was relaxed, smiling continuously, and had that unmistakable twinkle in his eye.

I asked him, "In tough times, how can I love someone in community even more?" Ram Dass responded that we cannot change the other person; we can only change ourselves. And so we should put our efforts into changing ourselves. Such a simple and direct answer, but it has stayed with me since then - how much energy have I put into wanting to change others?

He also told us the story of how [Maharaji](#) stopped the printing of [Be Here Now](#). Just as the book was going to print in Albuquerque, Maharaji told Ram Dass that he disapproved of some of the language and it had to change. At the same time the printing plate with Maharaji's picture mysteriously disappeared at the press. Printing had to stop until they found the plate, providing a chance to correct the information, and receive Maharaji's blessing. "A minor miracle," beamed Ram Dass.

His final words, just before the connection weakened and his smiling face disappeared from the room, "Remember love."

Thank you Ram Dass for continuing to support Lama Foundation!

*Special thanks to Mirabai and Dasi Ma for putting this event together!*





# Conscious Harmony at Lama Foundation

by Aaron Schreiber

Every summer a group of young adults comes up the Mountain from the [Church of Conscious Harmony \(CCH\)](#) to share in the experience of community here at Lama. During their week-long stay the group participates in morning practice and tuning, seva, Zikr, Shabbat, and [Dances of Universal Peace](#), providing an opportunity to explore the depths of life in a spiritual community. On the last night of their stay they offer a practice to the Lama community, a Christian [Taize](#) service that is a deep practice of humility and letting go.

I have had the pleasure of being the liaison for CCH for the past two years and have continuously marveled at the young adults' ability to connect with the spirit of Lama, the strength of their intentions in being here, and the passion of selfless service to the community and the land.

This summer the group made an incredibly strong effort cleaning up and beautifying Lama's burial garden. After removing all of the rubble that lay around the entrance to the garden, the youth built two beautiful altars to mark it. Previously, the entrance was unmarked and even difficult to find. Using fallen tree limbs from the '96 fire, a path was laid out from the entrance, just below the Ram Dass bus, to the start of the gardens about 500 feet below and along the two main pathways into the gardens. A beautiful stone labyrinth was erected in front of the main entrance sign, an area overgrown with weeds due to neglect. The remainder of their time was spent trimming back oaks and marking trails within the gardens, some of which had been lost to encroaching oaks.

The youth group of CCH has been an integral part of Lama's summer program for over 17 years, but the connection stems all the way back to church founder Tim Cook whose inspiration grew, in part, out of his time spent at Lama. The church's founding practices include [Fr. Thomas Keating's Centering Prayer](#) and the Work as presented by [Gurdjieff](#), further enmeshing the spiritual connection between the two communities. Many of the young men and women who graduate from the CCH youth group have returned as [stewards](#), and many adults return to visit Lama again and again. Financial support from the CCH community has been essential to efforts such as the Dome roof.

Every year, the group brings a strong, youthful energy to the community. Intention-setting, contribution to selfless service and hosting a Saturday Taize service are just a few of the ways that the youth bring incredible love and light to Lama. I know that I speak for a large number of Lama Beans when I express how grateful I am to have this group here. As a community, we are eager to see CCH again next summer and look forward to sharing a transformative experience, both inner and outer.





## The Buff Hut

In July, a group of students from the [University of Colorado Program in Environmental Design](#) built a new summer guest house in the retreatant campground near the ISC. Playfully named the Buff Hut, its namesake is the school's mascot, a buffalo.



Inside the Buff Hut

Two classes were held to complete the project. The first class focused on design, the second on construction. During the spring semester (Jan - May), the students visited Lama and communicated with the residents to inspire a series of designs. The primary design criteria were simplicity, low maintenance, and inaccessibility to rodents. By the end of the semester every student designed a structure, and three were selected and presented to the residents for consideration. With input from several construction-savvy Beans, the final design was chosen with a few modifications. The final design and location were approved by the Lama Council in May.

It took 57 days to erect the new building, but only twenty of those days were spent at Lama. In June, the students built as many components of the structure as possible in UC's extensive work shop. These components were then transported to Lama, fitted together, and finished during two 10-day long trips the students made in July - completing the new guest house just before Annual Meeting!

Jade Polizzi and her husband Stephen Eckert, both professors at the University, led the effort. They brought along their lovely daughters Josie and Zora. The structure, which cost \$8,525 to build, was funded in entirety by a grant Polizzi and Eckert sought for the project, along with material donations, making the Buff Hut a complete gift to Lama.

The partnership between Lama and CU was the brainchild of Gracybelle Broussard, Lama Bean, and Matthew Jelacic, of CU. Plans are underway for next year's class!

## New T-Shirt Design



Shirt Logo

### T-shirts \$25

Organic Cotton Shirt  
Made in USA

Printed With Intention at Lama

Men's Sizes S-XXL  
Sea-Green Logo on  
"Natural" Shirt (as shown)

Women's Sizes XS-XL  
Sea-Green Logo on  
"Light Blue" Shirt

**For orders or questions about t-shirts, or for more information about Flag Mountain Cottage Industries, call Rachel at 575-586-1269 or email [flags@lamafoundation.org](mailto:flags@lamafoundation.org)**

See our complete line of prayer flags and greeting cards on our website:

[www.lamafoundation.org](http://www.lamafoundation.org)

**Thank you  
to all the students who  
collaborated on this beautiful building!**

Michael, Cody, Trey, Gaby, Alex, Marissa, Kaitlin, Gary, Brendan, Fredy, Jim, Cory, Kyle, Jasmen, Chris, Annie, Nancy, Jordan, Lauren, David, Elizabeth, Keith, Pamela, Andrew

*Special Thanks to  
Jade Polizzi and Stephen Eckert  
for making it happen.*



# Flag Mountain Cottage Industries

## Prayer Flags

\$5.00 each unless otherwise noted.  
Mindfully hand-printed one at a time on  
19x19 unbleached muslin unless noted.

In Tibetan tradition, flags containing sacred images and phrases are flown by the thousands, offering prayers for the peace and happiness of all beings with each gust of wind. We've expanded on this tradition, embracing and celebrating the universality of spiritual traditions around the world. Hung outdoors, the prayers are offered to and released on the winds. Indoors, they create a sacred space of remembrance.



**Celtic Cross**  
Navy blue



**Hamsa**  
Purple



**Labyrinth**  
Navy blue

### Flags from the brown pages of *Be Here Now!*



**The Butterfly**  
19x26 \$8.00  
Navy Blue



**The Guru**  
19x26 \$8.00  
Turquoise



**Heart Cave**  
19x26 \$8.00  
Red



**Metamorphosis**  
19x26 \$8.00  
Blue

### To Order Flags:

The easiest and fastest way to order is through our website, [www.lamafoundation.org](http://www.lamafoundation.org), where you can find more detailed information, order through PayPal, or print an order form.

Order by mail by sending your check or money order to:  
Lama Foundation•PO Box 240•San Cristobal, NM•87564

Use Visa or MasterCard and call us 575-586-1269,  
fax to 206-984-0916, or Email: [flags@lamafoundation.org](mailto:flags@lamafoundation.org).

Please Include a shipping and handling charge of \$5.50 per order. Order more to save on shipping!

Thank you for supporting our cottage industries!



**Namasté - Red & Yellow**  
26x19 \$7.00



**Blue Buddha**  
Blue



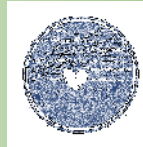
**Remember**  
Purple & Blue  
26x19 \$7.00



**Ram Sun**  
Orange



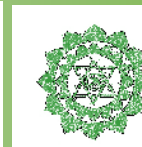
**Kali Yantra**  
Purple



**Dew Drop**  
Blue



**Hanuman Eyes**  
Red



**Lotus Om**  
Green



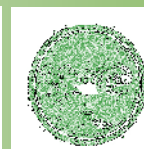
**BUDDHA BANNER**  
"The Buddha sits on  
Yon San Mountain,  
picking flowers,  
transmitting Dharma."  
By Dr. Seo, an  
esteemed Korean  
calligrapher.  
Black  
19"x 48"\$11.00



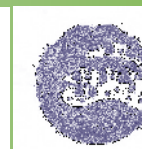
**Rain Cloud**  
Navy Blue



**Hindi Om**  
Purple



**Lama Seal**  
Green



**Wave**  
Navy Blue



**Red Buddha**  
Red 19x26  
\$6.00



**Tibetan Om**  
Burgundy



**Bismallah  
Bird**  
Purple 19x26  
\$6.00



**Elkheart**  
Green



**Banner of  
Peace**  
Red



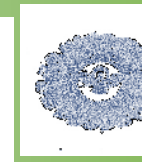
**Allah**  
Blue



**Allah's Glory**  
Green



**Yin Yang**  
Black



**Dove**  
Blue



**Green Tara**  
Green



**Sufi Heart &  
Wings**  
Green



**Vast Luck**  
Green



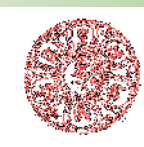
**Cranes**  
Purple



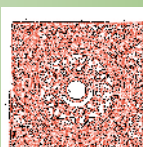
**Flying  
Hanuman**  
Red



**Brushed Heart**  
Red



**Mantra of  
Amitabha**  
Red



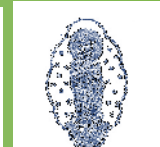
**Assembly of  
All Lama's  
Hearts**  
Orange



**Meeting of  
the Ways**  
Blue



**Om Mani  
Padme Hum**  
Burgundy



**Blessed  
Virgin Mary**  
Blue



**Lung Ta**  
Purple 19x26  
\$6.00



**Dhikr Boat**  
Green 26x19  
\$6.00



**Yod Hay Vav Hay**  
Purple 26x19  
\$6.00



**Standing  
Hanuman**  
Red 19x26  
\$6.00



## The Dome Roof

After three years of fundraising, six months of planning, and two months of construction - the Dome has a new roof. The project began in April and was completed one day before opening day on May 26th. Three concentric circles of Dances of Universal Peace could barely fit inside, and prayers poured out in every direction. What a blessing.

Thank you to everyone who contributed to this project. Over \$78,000 was raised to complete the work, and the final cost came in just under \$84,000. Less than \$6,000 of Lama's precious savings were needed. Over 500 people donated money, and many more gave their time, expertise, and their prayers.



Special thanks to our crew - Myles, Bill, Eric, Blaine, Joseph, and Eric (there were two) - who worked many hours on the steep slopes and often in high winds.

Thanks to All!

Special thanks also to Farid Schintzius who helped orient the plan, and also to Roberta (Bird) Sharples who, with guidance from Carol Crews, matched and resealed the stained elise on the northern wall - a perfect match!

## ◆◆◆◆◆◆◆◆◆◆ WHAT COMES NEXT? ◆◆◆◆◆◆◆◆◆◆

### Guest Housing & Amenities Project

Lama seeks to be accessible to all, but many of our beloveds, though young at heart, are aging. Others in our family are simply not comfortable in tents and outhouses. This has a direct relationship to the number and quality of summer retreats Lama can attract. We have a need for **new and improved guest spaces!**

Phase I of our new Guest Housing & Amenities Project will focus on constructing more summer guest housing along with necessary facilities (i.e. improved toilets, indoor showers, etc.).

This July we hosted the first class/workshop from the University of Colorado Program in Environmental Design. Students designed, funded, and built a three season residence located near the guest campground. This comfortable indoor space now serves as summer housing for guests. See the enclosed article (pg. 10) for more details. Plans are already in the works for next year's class, and we expect this relationship to continue and grow. Using the student's simple design, with further cost saving measures, Lama hopes to raise funds to build 10 or more such structures.

Shay Salomon, who built the Bear hermitage, will be coming back in 2014 with a group of students to initiate a comprehensive design for Lama's human waste facilities. Recent years have proven Lama's current systems just aren't meeting the needs of the humans using them, or the earth. The group also plans to build a prototype composting toilet based on a design from the US Park Service.

A conversation has begun about refurbishing the Old Kitchen (see enclosed article), not only for preservation, but to convert this space and perhaps expand it into more guest housing.

This year's raffle raised over \$8,000 toward the completion of these, and other, projects. But we will need a lot more if we are to complete this work in a timely way. Please consider making a gift to the [Guest Housing and Amenities Fund](#) today!

Dear Lama Community,

As the new fundraiser for Lama Foundation, I have immense gratitude to all those who came before me, from Sakina and Siddiq who built our impressive database and much of Lama's current systems, to the many hard-working folks who helped Lama survive after the fire, and all those who held those critical early years. Having served as Lama's Treasurer, I know how reliant we are on those precious donations of time, money, and goods to make everything that Lama is come alive.

I give special thanks to Jan Cross, my mentor and confidant for over four years now. So much of what I know I learned from her, and still I write or call her nearly every day. She puts up with my endless chatter! She has been a gift for me. I will miss her collaboration, though I know she'll never be far...



Our partnership over the last few years has given me a deep insight into what Jan has done for Lama. Her level of service is difficult to put into words, but it involved countless hours, often unexpected, late into the night and last minute. Her devotion was always fueled by her love for Lama and its family. The structure and organization that she has left behind is paralleled in immensity only by the disarray and confusion that can sometimes be Lama's storage closets. It is a blessing to follow in her path. I hope to serve Lama as completely. Please be in touch, and let me know how I can help.

*With Gratitude, Joseph Brodnik*

Joe can be reached at [taos@lamafoundation.org](mailto:taos@lamafoundation.org)

Dear Friends,

Thank you for your support over the past nine years while I served as Lama's Fundraiser - nine years of making friends, working with the changing circles, and witnessing the love that people have for this magical place on the Mountain. I have been awestruck again and again by the outpouring of support and love of so many people - from the two-dollar donation for the Dome roof, to the beloved who mentions Lama to a friend, to the warm socks donated to the Gypsy, to the large monetary donations.



I have great confidence in turning over the fundraising position to departing resident Joe Brodnik. I have worked closely with Joe for the past four years and witnessed his hard work, his understanding of the Lama ways, his meticulous attention to detail, his creativity, his

persistence in shepherding projects through to completion, and his passion for Lama. I look forward to watching him propel Lama fund-raising to an exciting new level.

I hope to see you and visit with you again on the Mountain when I will simply be another friend of Lama.

I bow to you.

Blessings to each of you in your life and on your path.

*Love, Jan*

**Thank You Jan! You will be sorely missed!  
May your future open wide and free.  
Ya Fattah! Ya Fattah! Ya Fattah!**

## How You Can Help Lama Foundation

### Make a Tax Deductible Cash Donation -

Lama still relies heavily on cash donations for the many needs of the Foundation. General donations help to provide the basics, such as food, warmth, communication, medical care, resident stipends, repair and maintenance, vehicles, insurance, and the many other expenses necessary for running the Foundation. Or donate to a project or cause that resonates with your intentions.

### **Donate Stocks or Securities -**

Tax write-offs can be substantial on appreciated stocks! Or donate those small holdings and clean up your portfolio.

### **Donate Goods or Services -**

See if you have an item from our [wish list](#) - these make a big difference to the beloveds on the Mountain! Professional services of all types are also deeply appreciated!

### **Attend a [Retreat at Lama](#) -**

Or tell a friend about a retreat that would interest them. Word of mouth is still the best advertising.

### **Spend Time at Lama as a [Hermit](#) -**

Rejuvenating hermitages are available year round.

### Purchase Cottage Industries Products & Raffle Tickets -

Support our sustainable efforts! Buy our Flag Mountain Cottage Industry products such as our popular prayer flags or the beautiful line of greeting cards, and help us help ourselves.

### **Tell Your Friends about Lama -**

Or better yet, come visit us and bring a friend to an open [Shabbat or Zikr](#), or to a Visitors' Day!

### **Include Lama in your Gift-Giving Plans -**

Making a gift to the Lama Foundation Endowment Fund or remembering the Foundation in your estate plans will ensure that Lama will live on for future generations. Email Joe Brodnik at [taos@lamafoundation.org](mailto:taos@lamafoundation.org) for more information.

### **Volunteer on the Mountain!**

Cooking, gardening, building, cleaning, maintenance, serving retreats, and many other rewarding forms of Seva are always available. It is a fun and a fulfilling way to spend time on the Mountain. Email: [info@lamafoundation.org](mailto:info@lamafoundation.org) for information.

Please feel free to contact us for more information:

Lama Foundation Fundraising Office •• PO Box 782 •• Taos, NM 87571-0782 •• Joe Brodnik •• [taos@lamafoundation.org](mailto:taos@lamafoundation.org)

Lama Foundation (Mountain) •• PO Box 240 •• San Cristobal, NM 87564-0240 •• [info@lamafoundation.org](mailto:info@lamafoundation.org)

**Donate via PayPal on our website [www.lamafoundation.org](http://www.lamafoundation.org)**

*Every year you give your time, your new and used items, and your hard earned money to Lama Foundation. You also give your prayers, your love, and encouragement. Without people like you Lama could not survive. Lama is people like you.*

*We are all one family.*

Paul F Abrams ∞ Diane Adkins ∞ Beverly Ahlstedt ∞ Eric Bear & Kathy Albrecht ∞ Barbara Allen ∞ Jeff Allison & Kate Mann ∞ Margaret Allsebrook ∞ Lisa Altenau ∞ Jonathan Altman ∞ Nidia Arguedas ∞ Robert Attiyeh ∞ Catherine Auman ∞ Austin Ravi Babcock & Kathy Lyons ∞ Candice Babcock-Blocker ∞ Cid and Betty Backer ∞ Margaret Baird ∞ Melanie Baise ∞ Mariam Baker & Bill Robinson ∞ Lois Banner & John Laslett ∞ Saul Baradofsky ∞ Daniel Barbezat ∞ Mary Shaffea & Abdul Aziz Bartley ∞ Olan Arjun Bassett & Susan Haugen-Bassett ∞ David Beler ∞ Asha & Andre Uwais Bernard ∞ Farishta Janice Bibeau ∞ David Habib Bishop ∞ Bob & Sally Blair ∞ Tawwaba Samia Jennifer Bloch ∞ Michele Boccia & Lewis Sawatzky ∞ Jan Boyer ∞ Varda Brahms ∞ Catherine Brandenburg ∞ Lee Braun ∞

Azim Devin Breise & Ruth Leivers ∞ Steve Brewer ∞ Alex Brod ∞ Graceyelle Broussard & Richard Lindley ∞ Rahaman David Brown ∞ Kate Brown ∞ Roy T Bruno ∞ Holmes Bryant ∞ Bobby Burke ∞ Deborah Butterfly ∞ Donna Calame ∞ Lissa Callirhoe & Harlan Van Camp ∞ Bob Campbell & Melissa Russo ∞ William & Marie Carman ∞ T. Bruce Carpenter ∞ Katherine F C Cary ∞ Paolo & Alia & Ariel Caserta & Lori Cohen ∞ Tracy Cates ∞ Samuel D & Cynthea Caughron ∞ Wakila (Patricia) Cawthon ∞ Mikal Ceronowski ∞ Donna Chamisa ∞ Reuben Chodosh ∞ Peggy Chung ∞ Liz & Paul Clemmer ∞ Alicia Clyde ∞ Ahad Cobb & Mary Rose Bennett ∞ Douglas Conwell ∞ Patrick Crawford ∞ Carole Crews & Patty McKee ∞ Jai & Jan Cross ∞ Sulis Cutler ∞ Candace Parvati d'Obrenovic ∞ Mirabai & Eddy Daniels ∞ Janice Daugherty ∞ Shiva De Palo ∞ Melanie Deason ∞ Annie Degen ∞ Melanie DeMore ∞ Susan Derby ∞ Carol DiMarcello ∞ Mark Dixon & Sandy Fazio ∞ Michael Donlan ∞ Phil Dougan ∞ Dr Neil Douglas-Klotz ∞ Shalimar Sara Downing ∞ Rahima Eaton ∞ Leonard Edmondson ∞ Pedro Engel ∞ Reverend Christy Engels ∞ Merrybelle D England ∞ Julie Esterly ∞ Sandra Evans ∞ Jim & Dorothy Fadiman ∞ Chris Fairchild ∞ Richard Falk & Francine Falk-Allen ∞ Lynn A Farquhar ∞ Wendy Feldman-Bohoskey ∞ Janice Jemila Felisko ∞ Marigold Fine & Jim Stanford ∞ Charles Fisher ∞ Nora Fisher ∞ Felicia Flower Gironda ∞ Rabiya Lila Forest ∞ Terry Karima Forman ∞ Frank Fox ∞ David Franz ∞ Mike Freebourn & Sirena Muhler ∞ Michael Freeman & Amy Schmidt ∞ Danielle Freeman ∞ Sarah Friedel ∞ Halim & Vakila Friedman ∞ Justin & Linda Friedman ∞ Lorraine Sharada Fuller ∞ Stephanie Gaines-Blevins ∞ John & Alyne Galm ∞ Teresa Gardner ∞ Herbert & Frances Garn ∞ Beth Garrigus ∞ Terry Garthwaite ∞ Tim Gautchier ∞ Rosemary Gerber ∞ William & Lyle Gerbracht ∞ Mira Lyra Geroy & Tom Kondo ∞ Lex Gillan ∞ Jasper Gomez & Rose Gatewood ∞ Marci Graham ∞ Elysia Green ∞ Rand Greenfield ∞ Arthur & Virginia Greeno ∞ Asha Greer ∞ Jari Bennett & Douglas Grimm ∞ Ruth Ann Grove ∞ Irena Raina Grygorowicz ∞ Don & Deborah Hale ∞ Sylvia Clarke Hamilton ∞ Richard Hammer ∞ Haqiqa Jeri Anne Hampton ∞ Marilyn Harris ∞ Bishr Haydar ∞ Dimid Hayes ∞ Jane Heider ∞ Judith Henry ∞ Cori Rahima Wadud Hetzel ∞ Hae Won Kwon ∞ Mark & Christine Hickman ∞ William Hogan ∞ Satyadev Tom Hui ∞ Jim Hunt ∞ Susan Isabel ∞ Sita Jamieson ∞ Bradley Jerman ∞ Jolynn at Pinch Penny ∞ Mansur Johnson ∞ Mariel Margery Johnson ∞ Robert & Patricia Johnson ∞ Stewart, Sharon & Tesia Johnson ∞ Shabda Kahn ∞ Joan Kaiser ∞ Cheryl Kaladas ∞ Kenneth Kalata ∞ Joel Kapp ∞ Jonathan Kaufman ∞ Michael Kearney ∞ Iris Keltz ∞ Dianne Rashidah Kerlin ∞ Jamil Kilbride & Karin Arielle ∞ Basira King ∞ Randall Klarin ∞ Rick & Terry Klein ∞ Sarfaraz Cathy Knight ∞ Ammi Kohn ∞ Joanna Koslowsky ∞ Mika Kraemer ∞ Steve & Julie Krajacic ∞ Rich Kramer ∞ Evelyn Kunkel ∞ Dawn Ladd ∞ Angela Lancaster ∞ Diane Lange ∞ Carol Langford ∞ C Shaffia Laue MD & Ralph Bauer ∞ Katrina Lehman ∞ Susan Lime ∞ Carol LoCastro ∞ Priscilla Logan & Michael Mandell ∞ Gayan Long ∞ Paula Lozar ∞ Darvesha Victoria MacDonald



### **Congratulations to our 2013 Raffle Winners!**

- **Grand Prize - Katrina Lehman of Saudi Arabia**  
Participation in any retreat offering, plus \$500.00 cash
- **Second Prize - Alane Hadiya Witt-Lajeunesse of Alberta, Canada**  
Four weeks of stewardship or two weeks of visiting, plus \$200 cash
- **Third Prize - Dawn Ladd of New York, NY**  
Three-night hermitage or visit at Lama Foundation
- **Fourth Prize - Julie Boucher of Upland, CA**  
\$75 Gift Certificate for Flag Mountain Cottage Industries
- **Fifth Prize - Merrybelle England of Overland Park, KS**  
\$50 Gift Certificate for Flag Mountain Cottage Industries

**Thanks to everyone who participated!**

Anne MacNaughton ∞ Katie Maedke-Hall ∞ Richard Mahler ∞ Anne Marie Mal ∞ Lisa Mandelstein ∞ James E Marienthal ∞ Rick Markov ∞ Mary Ann Matheson & Cassim Dunn ∞ Pat McCabe ∞ Michelle McCauley ∞ Alice McClelland ∞ Earnest & Nancy McDaniel ∞ Michelena Naud, Joseph & Naia McPherson ∞ Ataallah William Meacham & Alia Patricia Michael ∞ Liliana Mejia ∞ Deborah Milosevich ∞ Kasey Mitchell & Anna Hrybyk ∞ Brenda Morgan ∞ Sara Morgan ∞ Chien Motto ∞ Kate Munger ∞ Rick Murphy ∞ Alisha Musicant ∞ Bette Kay Myerson ∞ Mary Neikirk ∞ Whitney Molly Nieman ∞ Lorraine Williams Norby ∞ Melissa O'Connell ∞ Ned O'Malia ∞ Kate O'Neill ∞ John F O'Regan ∞ Chad and Toru Oba ∞ Peter Oliver ∞ Bret Parrish ∞ Caitlin Peerson ∞ Julie Peet ∞ Gyana Pendleton ∞ Sabura Deborah Perry ∞ Franklin & Linda Peters ∞ Nina Amina Peterson ∞ Scott Pittman ∞ Jade Polizzi & Stephen Eckert ∞ Joy Powell ∞ Roger Pritchard ∞ Annat Provo ∞ Ela Ramos ∞ Polly Margaret Raye & Bill Christmas ∞ Krishnadas Rayfield ∞ Becky Reardon ∞ Bonnie & Ron Reese ∞ Ruth Reitan ∞ Gilbert Renault ∞ Thomas Renault ∞ Wayne Rice ∞ Beth Rigby ∞ Fatima Rigsby ∞ Najat & Jaman (Patricia) Roberts ∞ Sebastian Robins ∞ Elissa Rookey ∞ Carl Rosenberg & Romany Wood ∞ Kathryn Sky Roshay ∞ Hal & Carolyn Ross ∞ Judith Rousso & David Arneson ∞ Nancy Rowan ∞ Tovia Safford ∞ Myles Saigh ∞ Nicole Salimbene ∞ Theresa & Jon Sapunar ∞ Lorraine Schechter ∞ Jill & Michael Scher ∞ Pam Schlade ∞ Gary & Rosalind Schrodt ∞ Kate Tara Schuyler ∞ Dona Seay ∞ Lucas Segó ∞ Bobbi Shapiro ∞ Roberta (Bird) Sharples ∞ Ellie Starishevsky ∞ Tajali Shellie Steckel-Sheppard ∞ John Sherburne & Sara Crovitz ∞ Vakil Forest Shomer ∞ Scott Thomas Shuker ∞ Caryn & Hazel Simon ∞ Steve Slusher & Jon Lewis ∞ Victoria Sojourn-Prince ∞ Sue-Anne Solem ∞ Norbert & Elizabeth Sperlich ∞ Mirabai Starr & Ganga Das Little ∞ Leland Stearns ∞ Adele Strasser ∞ Sully Sullivan ∞ Elaine Surya ∞ Elaine Sutton ∞ Sarah Sutton ∞ Charles Maboud Swierkosz & Tara Andrea Brunjes-Swierkosz ∞ Sura Gail Tala ∞ Julie Tato ∞ Eva Thaddeus ∞ Janet Tiegerman ∞ Kathy Tornquist ∞ Dylan Trachtman ∞ Kim Treiber & Chipper Thompson ∞ Steve & Nina Ulrich ∞ Irit Umani ∞ Amy Upperman ∞ David Vargo ∞ Steven Vedro & Beverly Gordon ∞ Peter Vennewitz ∞ David Vollmer ∞ Siddiq Hans & Sakina von Briesen ∞ Ruth Von Goertz ∞ Earl Wagor & Zarifah Marie Demcho-Wagor ∞ Scott Walker ∞ Irene Walkiw ∞ Nancy Wallen ∞ PB and Ron Walsh ∞ Regina Jamila Walther ∞ Paul Wapner & Diane Singerman ∞ Morton & Elinor Wapner ∞ Leslie Warnick & Harris, Owen, Ellie Donovan ∞ Jeff Warren ∞ Nathan Wehrly ∞ Latifa & Abd al-Hayy Weinman ∞ Jill Wichlens & Rich Gabriel ∞ Larry Wiesner ∞ Rafia Marian Wilcox ∞ Dianne Gary Williams ∞ Nanda Wilson & Perry J Di Benedetto ∞ Genevieve Windsor ∞ Gayan Sylvie Winter & Tony Arnold ∞ Alane Hadiya Witt-Lajeunesse ∞ Sandy Wolf ∞ Kathy & Ray Wooten ∞ Eileen Alia & Joel Yager ∞ Surya Das Youngwolf ∞ Marin Ziegler ∞ Melvin & Susan Zwillenberg ∞ Zuleikha



**Special thanks to:** Diana Adkins ∞ Jeff Allison ∞ Jonathan & Kathleen Altman Foundation ∞ Austin Babcock ∞ Saul Baradofsky ∞ Daniel Barbezat ∞ Gracybelle Broussard & Richard Lindley ∞ David Rahaman Brown ∞ Holmes Bryant ∞ Daniel Carmona & Cerro Vista Farm ∞ Mikal Cerenowski ∞ Church of Conscious Harmony ∞ Liz & Paul Clemmer ∞ Ahad Cobb ∞ Jai & Jan Cross ∞ Danza Azteca ∞ Melanie DeMore ∞ Dervish Healing Order ∞ Danielle Freeman ∞ Beth Garrigus ∞ Terry Garthwaite ∞ Global Youth Leadership Initiative ∞ Asha Greer ∞ Don & Deborah Hale ∞ Pat & Bob Johnson ∞ Mariel Margery Johnson ∞ Shabda Kahn ∞ Sandra King ∞ La Lama Neighborhood Association ∞ Carol Langford ∞ Gayan Long ∞ Darvesha Victoria MacDonald ∞ Michelle McCauley ∞ Michelena Naud & Joseph and Naia McPherson ∞ Ataallah William Meacham & Alia Patricia Michael ∞ Sara Morgan ∞ Kate Munger ∞ Scott & Arina Pittman and the Permaculture Institute ∞ Jade Polizzi & Stephen Eckert ∞ Ram Dass ∞ Krishnadas Rayfield ∞ Becky Reardon ∞ Gilbert Renault ∞ Thomas Renault ∞ Fatima Rigsby ∞ Roots and Wings Community School ∞ Carl Rosenberg ∞ Myles Saigh ∞ Nicole Salimbene ∞ Lucas Segó ∞ Roberta (Bird) Sharples ∞ St. Benedict's Monastery & All the Monks & Staff ∞ Mirabai Starr ∞ Tajali Shellie Steckel-Sheppard ∞ Sufi Ruhaniat International ∞ Elaine Surya ∞ Taos Community Foundation ∞ The Trust for Meditation Process ∞ University of Colorado Program in Environmental Design ∞ David Vargo ∞ Paul Wapner ∞ Jeff Warren ∞ Latifa & Abd al-Hayy Weinman ∞ Larry Weisner ∞ Zuleikha ∞ Zia & Rocky Road & Baby Mama (the goats)

**Thank you to our Board of Trustees:**

Diana Adkins (Chair), Thomas Renault, Fatima Rigsby, Mirabai Starr, Paul Wapner, Latifa Weinman

**Thank You!**

# Lama Foundation

PO Box 240

San Cristobal, NM 87564-0240

Phone: 575-586-1269

Fax: 206-984-0916

Email: [info@lamafoundation.org](mailto:info@lamafoundation.org)

[www.lamafoundation.org](http://www.lamafoundation.org)



## Lama Foundation Summer 2014

- |            |  |                |  |
|------------|--|----------------|--|
| May 19-25  | - Community Camp   | August 5-10    | - Women's Singing in Circle                                    |
| May 22-26  | - UNM Sacred Sites   | August 13-17   | - Sufi Sesshin<br><i>with Pir Shabda Kahn</i>                  |
| May 25     | - Opening Visitors Day   | August 19-24   | - These Are My People<br><i>with Saadi Neil Douglass-Klotz</i> |
| June 6-21  | - Permaculture Design Certification                                      | August 30-31   | - Annual Meeting   |
| June 24-29 | - Church of Conscious Harmony  | September 5-11 | - Vast Silence   |
| July 4-6   | - Back to the Mountain<br><i>with Natalie Goldberg and Mirabai Starr</i> | September 21   | - Closing Visitor's Day  |
| July 8-21  | - Global Youth Leadership Institute                                      |                |  |