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Dear Lama Beans,



As many of you may know, this September we completed the enormous project of dismantling the Old Kitchen. All thanks to the skillful guidance of Ray Bernhardt and help from stewards, residents, and a handful of other dear Beans. After so much work and effort, all thankfully without incident, what remains, as you can see in the photos shared here, are the four central columns surrounding the table that once sat at the heart of the building. Ray has whimsically (and aptly) referred to it as, "Wood-henge." A title I find just witty and corny enough to elicit a smirk each time I think of it.

It's hard to fully describe the feeling I now get standing before the space where the Old Kitchen once was. It's a felt sense of vacancy. It's the subtle impression of memory that lingers in space, like the scent of a beloved that hangs about despite their absence. What remains though, I feel, serves as a mirror reflecting to us where we have been, where we are, and where we may yet go.

In truth, this is a rather messy time for Lama Foundation. As a community and as an organization we are in the midst of our own deconstruction process. Structures erected at Lama's inception have steadily been falling away. It's a process which is unnerving and at times concerning to observe and be a part of, to be sure. For as the familiar gradually becomes memory, that same feeling of vacancy I get standing before where the Old Kitchen once was, can take hold. It's the tenuousness felt in the space between what was and what is yet to be. And yet, not unlike the Old Kitchen, when those familiar containers are stripped down, what remains standing at the center of it all are the pillars that have supported this whole radical endeavor all along. In this case, the pillars of **community as a profoundly transformative practice, interspirituality, service, and heartfelt, present, relationship with self, other, and earth.**

While the form surrounding these pillars—the structures we house them in—may be in question, the necessity and relevance of them are not. The world is in no less need of these things than it was 50+ years ago, arguably the need is even greater now. And so we are undergoing changes, yes, necessary, and unavoidable changes, as we move and evolve to meet an ever changing and increasingly turbulent world. Yet in the shedding of our layers, what remains standing at our core reveals the many essential ways we have and can yet still serve. As a bastion of sanity and care in an all too often divisive world. As a sanctuary that reminds us of our shared humanity, the preciousness of the earth, and the value of a life dedicated to wakefulness. As a healing balm to the ails of isolation and separation. As a place to experience and affirm the truth of our connectedness.

And so friend, we ask for your support in continuing this work by considering us in your end of year giving. Nearly a quarter of our annual operating budget is made up of donations from beloved Beans like yourself. So in a very real way, we can't do this without you. Your donations are tax-deductible and they support Lama Foundation directly.

And of course we welcome and encourage you to support Lama in whatever way you can. Join us on the mountain next summer. Help us spread the word about our events and offerings. And if you'd like to find ways to be more involved, but aren't sure how, please feel free to reach out to me at: kestrel@lamafoundation.org

With gratitude, *Kestrel*

Donate to Lama



www.lamafoundation.org

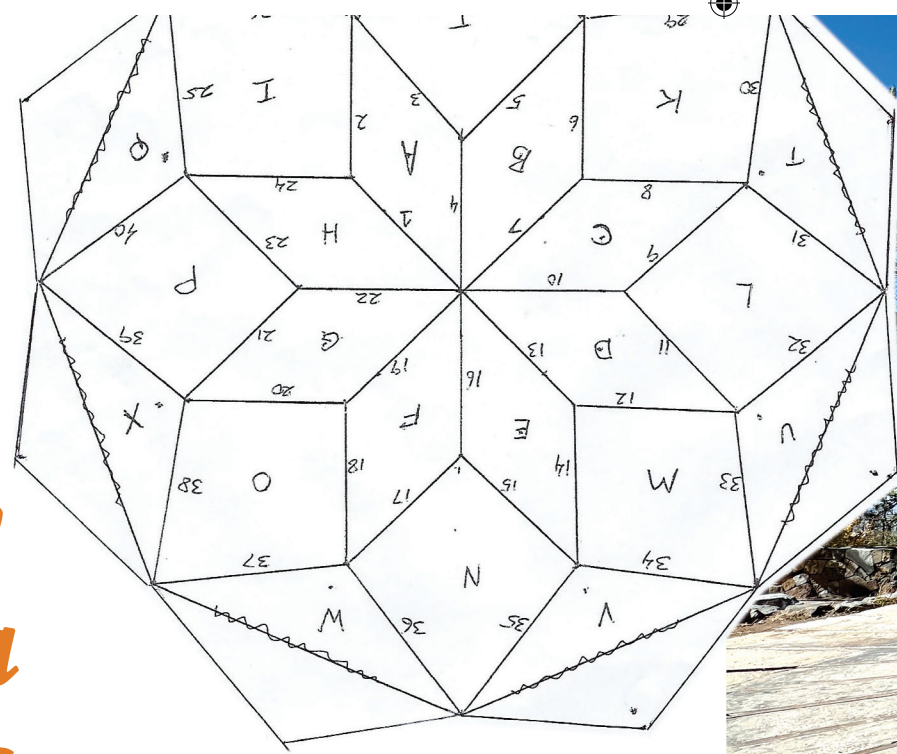
DEPARTING RESIDENTS:

A heartfelt 'thank you' and 'ya-fattah' to you! Your spirits and contributions are forever woven into the Lama land and community.

DEPARTING TRUSTEES:

A deep bow of gratitude for the 25+ combined years of your dedicated service. Your presence, wisdom, and care have been a great blessing to Lama.

>> This diagram of the Old Kitchen dome by Ray Bernhardt will be used to reassemble the roof for the building to come...



Meet the new resident circle

(From top left to bottom right) Maria Wood, Jeremiah McAuliffe, Fergus Goodfellow, Paul Clanton, Miri Crivero, Paolo Rossi, Michael Smith, Remi & Tlazo Barnes, Sam Warren, Nina Flores, Maryam von Briesen, Baylee Beninda

What inspires you at Lama?

What drew you here?

PAUL CLANTON

The thing that inspires me most right now is the idea of building a solid container that can hold anyone on this mountain in a good way. I had no understanding of the concept of a container before getting here, and I realize more and more that it is so important. People come here and have incredible experiences. I want to encourage that in any way I can. It's just another way to serve, and that is what I am here to do.

MARYAM VON BRIESEN

Lama residency is teaching me resiliency in my heart, body, and mind, to prepare for the future that is to come, not just here, but in the world. I hope that up here I can continue to find my voice, drinking tea around a fire and singing all through the night, liberating myself from a culture of consumerism and isolation from my true needs. It's hard but so is everywhere else. I am here. I am here. I am here.

JERAMIAH MCAULIFFE

The feeling of support in community and working towards common ideals. I like the fact that I live and wake up in a place that supports spiritual practice as a foundational need for everyone.

PAOLO ROSSI

The idea that we can live in harmony with the earth and those around us. I wish to work towards this ideal through work, rest, ceremony, and clear awareness.

SAM WARREN

I am inspired by all the work that has been poured into this collective house. Our HOME. May we find time to continue to pour our love into these holy spaces!

BAYLEE BENINDA

I am here to grow into courage and recognize myself fully and authentically. I see myself and my fears unfolding and dissolving as I let the mountain carry me. I know this is the right time and place for me to be when I wake to the pink sky resting over the mountain and am grateful to be alive and pursue another day in this work.

FERGUS GOODFELLOW

I came here with an open mind and an open heart, devoid of any preconceived notions. My journey was fuelled solely by a desire for meaning, a thirst for adventure, and a longing for love. Realizing an opportunity to pursue and engage in these very things has become the driving force behind my decision to remain as a resident.

REMI BARNES

I am here in response to an internal cry for liberation and a home for the soul. An ache for a place to nourish and experience harmony with what my heart knows is an original way of life; clean water, clean air, beauty, space for bodily and spiritual self care, and space and time to grow and develop my soul's purpose.



MARIA WOOD

The wind gives me peace
The sun gives me joy
Community haven
Though the flies do annoy
I hope to ascend
My friends do too
When you come to Lama
It'll happen to you

MICHAEL SMITH

I came to this beautiful mountain seeking spiritual truth in the meeting of the ways. This had to be the place. A place to receive knowledge and enlightenment, not dogma or doctrine. Upon arriving I wasn't disappointed. And I now see many places where I can contribute my work and skills, as well as places where I can use my own insights to enliven and enrich this experiment we call Lama. I belong here; truly belong. I'm excited to see, to live and to be part of that which is to come.

MIRI CRIVERO

My journey to becoming a Lama resident was a gradual and intricate process. It involved unpredicted life experiences, a yearning for spiritual growth, communal healing, and a connection with nature. There wasn't a single pivotal moment but rather an accumulation of realizations. It feels as if I subconsciously knew I wanted to be a Lama resident long before consciously acknowledging it, as if an inner calling had always guided me to this extraordinary place.

NINA FLORES

I have come to learn the language of the mountains. I feel honored to be a part of the Lama lineage. *Achachilanaaku, uyarichkani.*

PHOTO CREDITS: Kestrel Alexander, Holmes Bryant, Nina Flores & Willow Brook. Thanks also to unknown photographers. OLD KITCHEN DRAWING: Steve Waldvogel



Summer 2024

If you're interested in hosting a retreat at Lama in summer of 2024 or beyond, please contact us at info@lamafoundation.org.

San Cristobal, NM 87564
Lama Foundation, PO Box 240.

SENDER:



*Farewell to
the old Lama
Kitchen*



Lama Foundation • New Mexico