

Still Water Mindfulness Practice Center

***Dana (generosity) is a gift given from the heart.
It brings joy and benefit to both the giver and the receiver.***

Dear Still Water Friends,

Warm greetings to each of you!

In the midst of the holiday season, the Still Water Working Group would like to express our gratitude for your volunteer and financial support throughout this momentous year. Thanks to you, Still Water has been able to offer the practices of mindfulness and meditation, and the opportunity to be part of a spiritual community, to thousands of people over the past twenty-three years. As the year comes to a close, we ask you once again to contribute financially to ensure Still Water's vibrant continuation. We'd also deeply appreciate it if you would consider raising the amount of your monthly/yearly gift.

[Learn more about Still Water and Dana](#)

The passing in January of our teacher, Thich Nhat Hanh (Thay), has taught us in a profound way about continuation and interbeing. People all over the world watched the days-long funeral rites carried out by the monastics of Thay's root temple in Hue, Vietnam, where he became a novice monk at the age of sixteen. In March, Still Water held its own commemoration, a Silent Walk and Gathering to Honor and Remember Thay, at the Woodend Nature Sanctuary in Chevy Chase, Maryland. Thay lives on in each of us: we experience his presence in our sangha meetings, and his teachings illuminate our gatherings.



Honoring and Remembering Thay – A Silent Walk and Gathering, March 20, 2022, at the Woodend Sanctuary in Chevy Chase, Maryland

Still Water's eleven local groups continue to meet weekly for meditation practice and Dharma sharing, mostly on Zoom and occasionally in person for outdoor walks, tea, or a potluck dinner.



Lotus Viewing at Kenilworth Park & Aquatic Gardens, August 13, 2022

In February, we held an online workshop for facilitators on implementing our revised Dharma Sharing Guidelines. In June, Senior Teacher Mitchell Ratner and lay Dharma Teacher Barbara Newell led an online retreat on the topic "True Presence: The Courage to Whole-Heartedly Embrace Joy and Sorrow."

This past year in Still Water has been one of looking deeply, both inward and outward. Looking inward, we have held four online meetings on the topic of envisioning the future of Still Water. Our Senior Teacher Mitchell intends to step back from administrative tasks to have more time for writing, teaching, pastoral care, and involvement with the wider Plum Village community. The Still Water Working Group, Board, and Executive Committee are exploring how our organization can transform and continue to function without Mitchell's day-to-day involvement.

Looking outward, Still Water has responded to the humanitarian crisis caused by the war in Ukraine by creating [the Love in Action initiative](#). Partnering with the Washington Mindfulness Community and the Opening Heart Mindfulness Community, we have raised over \$20,000 this year to alleviate the suffering of people in Ukraine and surrounding countries. This work has been possible through the involvement of Jindra Cekan, a practitioner in Washington DC-based mindfulness communities for over twenty-five years who now lives in Prague, Czech Republic.

This year, as every year, we are grateful for your presence, support, and participation in co-creating Still Water. With your help, we know we will continue beautifully into the future.

Many blessings and heartfelt thanks!

The Still Water Working Group

Barbra Esher, Connie Anderson, Douglas Kincade, Eliza King, Linda Jackson, Lori Perine, Marylin Raisch, Mitchell Ratner, Paul Flippin, Rachel Phillips-Anderson

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Walking Together in Peace – A Still Water Community Gathering, October 9, 2022, at the Woodend Sanctuary in Chevy Chase

Photo credits, with gratitude, to Rachel Phillips-Anderson