

Still Water

Mindfulness Practice Center



Building Sangha is our most noble task, and our first step in building Sangha is to become part of a Sangha whether it has already been founded or whether we found it ourselves. We all need a Sangha to support our personal practice and transformation. A Sangha flows like a river so that we do not evaporate as an individual drop of water. The world needs spiritual communities because they contribute a collective energy of peace to the world.

— Thich Nhat Hanh, *Interbeing*

Dear Still Water Friend,

This past year has been challenging for many of us. Every day we hear news about the continuing wars in Ukraine and the Middle East. The violence and loss of life are shocking and heartbreaking. Our own country is sharply divided along political lines, and political discourse is sometimes ugly and frightening. It is easy to become disheartened. Our teacher Thich Nhat Hanh reminds us that spiritual communities are important because they “contribute a collective energy of peace to the world.” During the past year, Still Water has worked hard to be a place where people can find sanctuary from chaos, practice mindfulness and meditation, and calm their hearts and minds. We would like to ask you to [support us financially](https://stillwatermpc.org) so that we can continue this work.

Our community offers more than seven hundred opportunities each year for people to come together to practice mindfulness and meditation and to explore their lives in Dharma sharing. Our weekly meetings take place mostly online, sometimes in person, sometimes in

hybrid form. In Dharma sharing, we often wrestle with the issues of our time, endeavoring not to take sides and to cultivate understanding and compassion for all living beings, for the world, and for ourselves. More information about our practice groups is available [on the Still Water Website](#).

This November we held an in-person Still Water retreat at Blue Cliff Monastery in upstate New York. About thirty-five people came from the Washington DC area and more distant places. People who had been together only on Zoom met in person for the first time. We followed the monastics' daily schedule, with time for sitting meditation, mindful walking and eating, mindful work, and Dharma sharing. Reconnecting with one another, we nourished our gratitude for the practice Thay has given us and for our precious community.



Still Water practitioners on retreat at Blue Cliff Monastery

Still Water continues to support Love in Action – Ukraine, an initiative that we and two other Washington DC sanghas in the Plum Village tradition formed in June 2022 to help people harmed by the war in Ukraine. During the past year, by partnering with local aid groups, we've been able to provide funds to buy needed items such as warm sleeping bags, winter clothing for babies, diapers, infant formula, cookstoves and other household items, and transport them into Ukraine. We have even provided power banks, rechargeable lanterns, and generators to some families, transforming their households into “stations of steadfastness” for their communities. The coming winter months will bring more challenges for people in Ukraine. You can help alleviate their suffering by donating to [Love in Action on the Still Water website](#). Love in Action raised \$30,000 in 2022 and is on the way to raising another \$30,000 in 2023. All funds raised for this initiative go towards relieving the suffering of people in and around Ukraine and are kept separate from donations to Still Water.



Czech volunteers delivering food and supplies to Mariupol, Ukraine

As has been true since its inception, Still Water is guided in financial matters by the tradition of Dana, or generosity — a gift from the heart that brings joy and benefit to both the giver and the receiver. Thanks to the generosity of our donors, for the past twenty-five years Still Water has offered meditation and mindfulness practice free of charge to anyone who wishes to join us.

Dana enables our community to meet its many expenses, including paying for website and social media development; maintaining online databases of participants, events, and financial information; purchasing community supplies; contributing to other nonprofits; offering remuneration for guest teachers; and providing a modest stipend for our full-time senior teacher, Mitchell Ratner. More information on how your contribution will be used [is available on the Still Water website](https://stillwatermpc.org).

Before the pandemic, when our groups were still meeting in person, people would put money into a “dana basket” at the end of the evening. The suggested weekly donation was \$10 or more. Now, almost four years later, Still Water still needs donations to carry out its

work. We invite you to support our community by making a one-time contribution, becoming a monthly sustaining donor, and/or increasing the amount of your contribution. Donations are tax-deductible to the full extent allowed by law.

[CLICK HERE TO DONATE](#)

Still Water fundraising is similar to that of Public Radio: we take time twice a year to directly appeal for your support. All donations are useful and appreciated. As always, we are deeply grateful for your support.

The Still Water Working Group

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