

The Dewdrop Digest
Connecting Children, Youth and Sangha
Clouds in Water Zen Center
Sunday, March 18, 2007

Parents of Babies and Young Children meets Monday, March 19, 6:30pm

This month, we will discuss a few sections from the book "Everyday Blessings: The Inner Work of Mindful Parenting" by Myla and Jon Kabat-Zinn. This month we will look at the story of Sir Gawain and the Loathly Lady and the chapter on Sovereignty (pages 39 - 62). Those who own the book are invited to bring it and copies of the chapters would be made for those who don't. You may read the chapters ahead of time, or not.

TO RSVP, contact Katharine at cp@cloudsinwwater.org or (651) 222-6968 x7. Newcomers and visitors are always welcome. If you are new, it is best to check in before attending for the first time, in case there are changes.

Bodhisattva Actions Raise \$200 to date

Early in February, four classes – Kindergarten-1st graders, 2nd-3rd graders, 4th-5th graders, and Middle School – created their Bodhisattva Action Plans. The Middle School group wrote letters to elected officials. All classes made some combination of food, altar items and notecards to sell. To date, sales have raised \$200. Profits from sales will be split equally between our neighbor, the Dorothy Day Center, and Wildlife Rehabilitation Center in Roseville. The Dorothy Day Center is St Paul's main emergency housing. It provides meals, food shelf and medical care for homeless and near-homeless individuals. The Wildlife Rehabilitation Center of Minnesota provides quality medical care and rehabilitation for all injured, sick and orphaned wildlife, including songbirds, waterfowl, mammals from fox to rabbits, and reptiles like snakes and turtles.

This is our last Sunday of sales, and we hope to sell all of our remaining stock of lovely and useful items. Thank you so much for supporting these caring organizations, and for supporting our young people in taking compassionate Bodhisattva action.

Spring Quarter starts Sunday April 1st – Invite friends to check us out for free

Our year of exploring the Bodhisattva Vows culminates with an exploration of the Ten Wonderful Precepts.

We have room for more students at all age and grade levels. Please let others know about our program. Please "bring a friend" to class. Students can check out Children's and Youth Practice without fee or obligation.

Today's class

We will hear the story of the great Bodhisattva Kuan Yin, She Who Hears the Cries of the World. Kuan Yin is the female emanation of Avelokiteshvara, the Bodhisattva of Compassion. When she is seated, one leg is raised because she is always ready to instantly respond to help us.

We will discuss how Bodhisattva action can have three aspects - body, speech and mind. Our actions, words, and thoughts make a difference.

We will review the words of the Three Pure Precepts, and ask "What are the ways that we can harm?", "What are the ways that we can help?" and "What needs to be happening inside of us for us to naturally want to be helping all beings"?

We will review the importance of daily practice and try some new ideas.

HOME PRACTICE SUGGESTION

At your family altar, chant or say either the short or longer version of the Lovingkindness Verses. Or encourage your children to practice at their individual altars. If your child does not have their own altar, and wants one, we can help.

Lovingkindness Verse

May I be filled with lovingkindness.
May I be well, happy, and peaceful.
May my friends and family be filled with lovingkindness.
May they be well, happy, and peaceful.
May all beings be filled with lovingkindness
May they be well, happy, and peaceful.

I open my heart and accept the lovingkindness
Of every being and creature in return.
I let that love and peace into my heart.
And I share the benefits of this meditation with every one.

May all beings be well and happy (3x)
May there be peace.

Lovingkindness Verse

May I be well and happy
May my family and friends be well and happy.
May all beings be well and happy.
May there be peace.

Question, suggestion or concern? Contact Children's and Youth Practice Coordinator Katharine Krueger at (651) 222-6968 x7 or cp@cloudsinwater.org