



Gay Buddhist Fellowship

Newsletter

February 1997

GBF Calendar

Call 415/974-9878 for news about GBF and GBF-sponsored events. To skip the recording and leave a message, press 5.

2 Feb., Sunday Sitting (East Bay), 10:30 am, at the home of Geoff McEnany,

5 Feb., Wednesday, Steering Committee Meeting, 7:15 pm, at the home of Jeff Miller,

All are welcome.

6 Feb., Thursday Sitting, 7:45 pm, at the home of Bill Kirkpatrick,

9 Feb., Sunday Sitting (SF), 10:30 a.m., 273 Page St. Mark Marion, a psychotherapist and GBF member, is our speaker for February and will talk about adapting to loss.

10 Feb., News Deadline for next GBF Newsletter. Send all articles to Jeff Miller, Co-Editor, GBF Newsletter,

13 Feb., Thursday Sitting, 6:30 pm: potluck dinner, 7:45 pm: meditation, at the home of Lee Robbins,

15 Feb., Saturday, GBF's Feed-The-Homeless Project at Hamilton Family Center. To participate, contact Clint Seiter,

16 Feb., Sunday Sitting (East Bay), 10:30 am, see 2/2

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New Approach to Grief and Loss is Topic February 9

Mark Marion, a psychotherapist and GBF member, is our speaker for February. He will discuss loss or life transitions from a Buddhist perspective, as a pathway to renewal and awakening. This will include a new "circular model" of living with loss, which views loss as a normal process of life.

Mark's approach differs from Kubler-Ross' more familiar model, which sees loss as occurring in a linear progression, and moving through five stages: denial, bargaining, anger, depression, and acceptance. ♡

In Brief

Time Is Running Out!

If you have not yet sent in your subscription fee to the GBF Newsletter, there will be a red insert notifying you that this will be your last issue. If you want to continue receiving this newsletter, please subscribe as soon as possible.

Thanks...

After years as the GBF Newsletter editor, Bob Hass has decided to move on to other projects. GBF would like to warmly thank Bob for the outstanding job he has done. He has set a standard that will be hard to match.

And Welcome!

GBF would like to welcome Alan Oliver and Jeff Miller as the new co-editors of the GBF Newsletter, starting with the March, '97 issue. ♡

GBF's Feed-The-Homeless Project Needs Your Help!

On the third Saturday of every month, a band of GBFers gets together and prepares a meal for the Hamilton Family Center, a shelter for homeless families. Typically, we feed about 50 people, half of whom are children. We plan the menus, buy the food, prepare the meals in the shelter kitchen, and serve them to the residents.

Last month, GBFer Richard Saiz' mother, Esther, headed the detail, selecting a menu that included chicken molé enchiladas, Mexican rice, pinto beans, green salad, and apple-cranberry-raisin pie (made from scratch) with vanilla ice-cream.

We have been doing this for almost three years now, and the project has been a tremendous success. However, it is run solely on contributions. A typical meal to feed 50 to 60 people costs \$120. GBF donates \$50 a month; the balance comes from contributions by individual members.

Most of us are deeply concerned about the rising homelessness we see in this city, but don't know what we can do to help. This project is one way we can help. There are no overhead costs involved. Every dollar donated goes directly to buying food to feed homeless families. A monthly \$10 commitment by 7 contributors would be all that it would take to keep this project alive. One time donations, of course, would also be greatly welcomed. For information on how you can help, please call Clint Seiter

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