

IMC SCHEDULE-AT-A-GLANCE

October thru December 2007

For details on any events below, see the main newsletter schedule or website www.insightmeditationcenter.org.

ONGOING WEEKLY EVENTS

Sittings and Talks with Gil Fronsdal or guest teachers. For name of speaker, see www.insightmeditationcenter.org.

- **Monday Evening**, 7:30 to 9 pm
 - **Wednesday Morning Half-Day Retreat**, 9:30 am to 12:15 pm
 - **Thursday Evening**, 7:30 to 9 pm
 - **Thursday Evening** Basic Meditation Instruction, 6:15 to 7:15 pm
 - **Sunday Morning**, 8:30 to 9:10 am Sit; 9:10 to 9:25 am Walk; 9:25 to 10 am Sit; 10 to 10:45 am Talk
- Yoga** — Monday Evenings, 6:30 to 7:15 pm. **Yoga & Sitting Meditation** — Thursday Mornings, 8 to 10:15 am
Wednesdays 1:30 to 3:30 pm Support Groups for Life-threatening Illness and Caregivers

ONGOING MONTHLY EVENTS

- **Last Sunday of Month—Potluck**, 11 am, **Children's Program 2nd Grade & Younger**, 11:30 am to noon
(No Children's Program in December)
 - **First Monday of Month**: Basic Meditation Instruction, 6:15 to 7:15 pm
 - **First Thursday Morning of Month**: Basic Meditation Instruction, 10:30 to 11:30 am
- For Dharma Friends Events that don't take place at IMC, please see regular Schedule.*

9/23 Sunday—Dharma Friends: Vegetarian Cooking with Surja Tjahaja 12 to 2:30 pm

9/23 Sunday—Householder Retreat with Andrea Fella, 1:30 to 5 pm

9/24-9/28 — Householder Retreat with Andrea Fella, 8 to 9 am, 7:30 to 9 pm

9/29 Saturday—Daylong Retreat with Andrea Fella, 9 am to 4:30 pm

OCTOBER

10/3 (to 11/7) Wednesday — Intro to Mindfulness Meditation, 6-Week Series with Gil Fronsdal, 7:30 to 9 pm, 1/6

10/4 (to 11/1) Thursday — The Five Faculties Series: Confidence/Faith with Susan Ezequelle, 7:30 to 9 pm, 1/5

10/5 Friday— Sati Center: Sutta Study program with Gil Fronsdal, 9:30 to 3:30 pm

10/5 - 10/12 — Hidden Villa Retreat with Mary Orr and Bob Stahl

10/6 Saturday— Insight Dialogue with Gregory Kramer, 9 am to 5 pm

10/7 Sunday— Dharma Rocks (for 3rd to 8th grade), 5:15 to 7:15 pm

10/8 Monday — Half-Day Retreat with Andrea Fella, 9:30 to 12:15

10/9 Tuesday— IMC Board Meeting, 7 to 9 pm

10/10 Wednesday— Intro to Mindfulness Meditation, 6-Week series with Gil Fronsdal, 7:30 to 9 pm, 2/6

10/11 Thursday — The Five Faculties Series: Effort/Energy with Ronna Kabatnick, 7:30 to 9 pm, 2/5

10/12 Friday — Dharma Practice Day: Anapanasati with Gil Fronsdal, 9:30 to 3:30

10/13 Saturday — Daylong Retreat: The Breath with Gil Fronsdal, 9 am to 4:30 pm

10/14 Sunday — Co-Housing Study group, 11:15 am to 1:15 pm, (bag lunch at 12:15)

10/14 Sunday— Dharma Friends: Vegetarian Cooking with Surja Tjahaja, 12 to 2:30 pm

10/16 Tuesday— Dharma of Service and Volunteering with Gil Fronsdal, 7:30 to 9 pm

10/17 Wednesday— Intro to Mindfulness Meditation, 6-Week series with Gil Fronsdal, 7:30 to 9 pm, 3/6

10/18 Thursday — The Five Faculties Series: Mindfulness with Maria Straatmann, 7:30 to 9 pm, 3/ 5

10/19 Friday— Music in the Dharma, Dharma in the Music with Betsy Rose & Eve Decker, 7:30-9:30 pm

10/20 Saturday— Chaplaincy Symposium (for Chaplains and related) with Bill Hart - 9:30 to 4:30 pm

10/24 Wednesday— Intro to Mindfulness Meditation, 6-Week series with Gil Fronsdal, 7:30 to 9 pm, 4/6

10/25 Thursday — The Five Faculties Series: Concentration with Robert Cusick, 7:30 to 9 pm, 4/5

10/27 Saturday — Ceremony of Remembrance and Love with Bill Hart and Maria Straatmann, 10 to 11:30 am

10/28 Sunday — Workshop with Martine Batchelor: Creative Awareness, 1 to 4 pm

10/31 Wednesday— Intro to Mindfulness Meditation - 6 wk. series with Gil Fronsdal, 7:30 to 9 pm, 5/6

NOVEMBER

11/1 Thursday — The Five Faculties Series: Discernment/Wisdom with Jim Bronson, 7:30 to 9 pm

11/2 Friday— Sati Center: Sutta Study program with Gil Fronsdal, 9:30 am to 3:30 pm

11/3 Saturday— Teen Retreat with Gil Fronsdal, 1 to 4:00 pm

IMC Schedule-at-a-Glance CONT'D

October thru December 2007

- 11/4 Sunday**— Dharma Rocks (for 3rd to 8th grade) 5:15 to 7:15 pm
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- 11/6 Tuesday**— IMC Board Meeting, 7 to 9 pm
- 11/7 Wednesday**— Intro to Mindfulness Meditation - 6 wk. series with Gil Fronsdal, 7:30 to 9 pm, 6/6
- 11/9 Friday** — Dharma Practice Day: Anapanasati with Gil Fronsdal, 9:30 am to 3:30 pm
- 11/10 Saturday**— Introduction to Mindfulness Meditation Daylong with Richard Shankman, 9:30 am to 3:30 pm
- 11/10 Saturday**— Dharma Friends Harvest Potluck, 6:30 to 9:30 pm
- 11/11 Sunday**— Dharma Friends Steering Committee Planning Meeting, Conference room, 11:15 am to 12:30 pm
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- 11/13 Tuesday**— Dharma of Service and Volunteering with Gil Fronsdal, 7:30 to 9 pm
- 11/14 Wednesday**— Beginners Practice Group with Susan Ezequelle, 7:30 to 9pm, 1/5
- 11/16 Friday**— Full Moon Gathering for Women with Shaila Catherine, 7 to 9 pm
- 11/17 Saturday**— Daylong Retreat with Gil Fronsdal, 8:30 am to 5 pm
- 11/17 Saturday**— Improv the Buddha Would Love with Patricia Madsen and Jim Bronson, 7:30 to 9:30 pm
- 11/18 Sunday** — Co-Housing Study group, 11:15-1:15, (bag lunch at 12:15)
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- 11/22 CLOSED** — THURSDAY EVENING FOR THANKSGIVING
- 11/25 to 12/2 Sunday to Sunday**— Hidden Villa Retreat with Steve Armstrong & Kamala Masters
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- 11/26 Monday**— Tea with Ajahn Metta, 5 to 6 pm
- 11/28 Wednesday**— Beginners Practice Group with Susan Ezequelle, 7:30 to 9pm, 2/5

DECEMBER

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- 12/1 Saturday**— Sati Center: Neuroscience and Buddhism with Rick Hanson and Rick Mendius, 9 am to 5pm
- 12/2 Sunday**— Dharma Rocks (for 3rd to 8th grade), 5:15 to 7:15 pm
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- 12/4 Tuesday** — Dharma of Service and Volunteering with Gil Fronsdal, 7:30 to 9 pm
- 11/5 Wednesday**— Beginners Practice Group with Susan Ezequelle, 7:30 to 9pm, 3/5
- 12/7 Friday**— Sati Center: Sutta Study Program with Gil Fronsdal, 9:30 am to 3:30 pm
- 12/8 Saturday** — Daylong Retreat Mindfulness of the Body with Gil Fronsdal, 9 am to 4:30 pm
- 12/9 Sunday** — Co-Housing Study group, 11:15 am to 1:15 pm (bag lunch at 12:15)
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- 12/12 Wednesday**— Beginners Practice Group with Susan Ezequelle, 7:30 to 9pm, 4/5
- 12/19 Wednesday**— Beginners Practice Group with Susan Ezequelle, 7:30 to 9pm, 5/5
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- 12/24 CLOSED** — MONDAY EVENING FOR CHRISTMAS EVE
- 12/31 Monday** — New Years' Eve Meditation and Celebration with Berget Jelane, 7:30 pm to 12:15 am

JANUARY 2008

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- 1/5 Saturday**— Half-day Retreat: Meditation & Yoga with Terry Lesser. 9:30 am to 1pm
- 1/6 Sunday**— Dharma Rocks (for 3rd to 8th grade), 5:15 to 7:15 pm
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- 1/8 Tuesday**— Dharma of Service and Volunteering with Gil Fronsdal, 7:30 to 9 pm
- 1/11 Friday**— Sati Center: Sutta Study Program with Gil Fronsdal, 9:30 to 3:30 pm