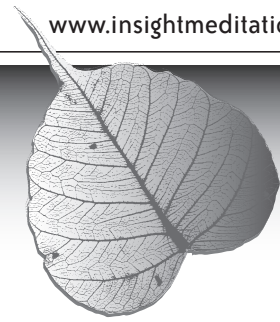


# Insight



JULY, AUGUST, SEPTEMBER 2011

VOLUME 14, NUMBER 3

## Going for Refuge

All of Buddhism flows from the Buddha's awakening. This is so important that the title "Buddha", meaning "One Who is Awake", comes from *bodhi*, the Buddhist word for awakening. Often, because Buddhism is a path by which others may experience this awakening, this goal is what is emphasized in Buddhist teachings. In practice, however, for many Buddhist practitioners 'going for refuge' can involve a change of heart and mind as consequential as awakening itself.

There are two modern meanings of the English word 'refuge' that highlight the value of *sarana*, the Buddhist word for refuge. The first is a place where people can find safety from danger. The second is an area, like a wildlife refuge, set up to protect animals seen as valuable or endangered. In Buddhism, going for refuge includes both these meanings: it is a way of protecting ourselves from danger as well as safeguarding what is most valuable or beautiful within ourselves.

The practice of going for refuge is as ancient as Buddhism. It began with those people who, meeting the Buddha, were so moved that they spontaneously declared their dedication to him and his Dharma or teachings. In time, some of his disciples also experienced awakening. The community of those who awakened became the third refuge, the sangha. Together, the Buddha, Dharma and Sangha are known as the triple refuge. Because of the great value people find in them, these have come to be called the three treasures or the triple gem.

Sometimes the triple refuge refers to the historical Buddha, the Dharma he taught, and the Sangha of practitioners who have followed in his footsteps. This can be called the external refuge. Other times the triple refuge refers to inner qualities that give rise to a Buddha, the Dharma, and the Sangha. As these are inner states or capacities we all have, this can be called the internal refuge.

The external refuge is important because it is difficult to rely completely on oneself. It is helpful to have the Buddha as an example of what is possible. Few people on their own can understand the full potential they have for spiritual transformation. Learning the Dharma teachings protects us from taking paths not helpful for our freedom and awakening. It can also save us from the difficulty of discovering for ourselves the practices and teachings that do help. Being connected to a Sangha is a way to learn from others who are on the path of practice.

The internal refuge in Buddha, Dharma, and Sangha is what

the Buddha referred to when he encouraged people to take refuge in oneself. In the last days of his life he said, "You should live being your own refuge with no one else as your refuge. You should live with the Dharma as your refuge with no other refuge." The first sentence suggests each person must walk the path of practice for oneself; no one can walk it for us. The second sentence suggests that the Dharma is found in oneself, in one's own capacities.

The internal refuge in the Buddha is our capacity to experience the peace of non-harming and non-attachment. It is the possibility of uprooting the fear, hate, delusion and greed that is the source of our suffering. It is our own ability to mature spiritually. To take inner refuge in the Buddha is to have confidence in our potential for spiritual growth and transformation.

The internal refuge in the Dharma can be described in many ways. One powerful way is to understand it as having non-harming as one's refuge. The Dharma is not an abstract principle or reality. It arises from how we are and what we do. When we dedicate our lives to not harming, the Dharma flows through our lives, allowing us to practice with the Buddha's teachings and to live harmoniously.

The internal refuge in Sangha encompasses our own capacity for goodness, such as our kindness, compassion and generosity. The path of non-harming and awakening does not depend only on our efforts to practice; we also need to be supported by those wholesome feelings, motivations, and attitudes that we are capable of but often overlook. To take inner refuge in the Sangha is to have confidence in our inner capacity for goodness, even when it may not be evident.

In relying on the triple refuge a person understands that the Buddha, Dharma, and Sangha are reliable. They can sustain us in difficult times. They encompass values, practices, insights, and realizations that not only protect us from self-destructive behaviors, they also help us to live wisely. They help bring forth the best qualities in our heart.

Some people look to the Buddha, Dharma and Sangha for refuge when what they had been relying on no longer supports them. Changes in work, finances, relationships, health, and society can be stressful when our well-being depends on these being a particular way. Sometimes when they realize that what they

*Continued inside*

## SANGHA PROGRAMS & NEWS

### OPEN HOUSE AT OUR NEW INSIGHT RETREAT CENTER

Saturday July 16, 10am to 5pm  
1906 Glen Canyon Rd, Santa Cruz

Join us at our new retreat center to tour the facility and grounds and learn of our plans. Refreshments will be available. Carpool or questions, contact Debra Chromczak [dchromcz@pacbell.net](mailto:dchromcz@pacbell.net) or 831/421-0876.

### BIRTH OF OUR RESIDENTIAL RETREAT CENTER

I am very happy to announce that on June 1st IMC began its ownership of our new property in the scenic woods of Scotts Valley! We now have the great fortune of creating a residential meditation retreat center. Because meditation retreats are such powerful catalysts for inner growth, I am very excited we will soon be able to add a yearlong schedule of residential retreats to the overall program offerings at IMC. To allow many people to participate, we will have retreats of varying lengths, including regular 2 to 5 day, 7 to 10 day and occasionally longer retreats. I envision a wonderful synergy between IMC and IRC; each will enhance the other.

For many years I have been hoping to lead more retreats while being able to continue to care for my family and to teach regularly at IMC. The retreat center in Scotts Valley is close enough to Redwood City for me to do this. As I have always felt that teaching retreats enhances my teaching at IMC, I look forward to going back and forth between the two centers.

I am very grateful to everyone who is supporting us in creating the retreat center. The generous donations and volunteering of so many people is the inspiring foundation for the values that will guide the retreat center. Like IMC, IRC will be an alternative to the mainstream commercial economy. With the new center we will develop a new model of how meditation retreats are offered. I look forward to a model that will express the values of generosity, simplicity, community, spiritual liberation and compassionate care for each other. As we will be offering retreats freely, participants will not have to pay for retreats. Rather they will have the opportunity to donate so others may also have the chance to sit retreats. In this way we replace the obligation to pay with the opportunity to be generous.

Building a retreat center is a great gift to our world. I welcome everyone to help us financially to make the most of this opportunity.  
—Gil Fronsdal



### UPDATE FROM IRC'S MANAGING DIRECTOR

I'd like to thank the many people who are participating in the creation of the new retreat center. This has been one of the most meaningful endeavors I have been involved in.

Now that we own the property, Barb and Ted Wall, sangha members from Berkeley, are temporarily care-taking the center.

We are working with an architect to help transform the building into a beautiful residential retreat center for up to 40 retreatants, giving attention to green building principles and prioritizing energy conservation. Experienced retreat cooks have been consulted in developing the plans for updating the kitchen and dining hall to create a well-thought out flow and ergonomics for the kitchen volunteers.

We are now beginning the process of developing our procedures and organizational structure. Volunteers will be needed in the various aspects of developing, running and taking care of the retreat center.

Even though the project can be phased, it would be most practical and economical to do the entire renovation at one time, allowing us to begin having retreats by next May or June. If you are considering making a donation, this is the time that it's most needed.

We are grateful for the support of our community and to all the volunteers that have helped us get to this point.

—Ines Freedman, IRC Managing Director

### IRC WEBSITE AND CONTACT INFO:

[www.insightretreatcenter.org](http://www.insightretreatcenter.org) • 408/663-1906

Contact Ines: [insightretreatcenter@gmail.com](mailto:insightretreatcenter@gmail.com)

### RETREAT CENTER FUNDRAISING UPDATE

Our fundraising campaign began on May 14 receiving a wonderful boost when a couple surprised us by providing a \$500,000 matching pledge for the campaign! This has meant that every donation we receive is worth twice what is given.

We are very grateful to the donors who are providing the matching pledge and to all who have donated so far. Thank you! It has been inspiring to know that so many people are joining us in creating this retreat center.

We are inspired with how well our fundraising drive is going. Only one month into our campaign we have received \$381,000 in donations. With the matching pledge we have now raised \$762,000.

Though we plan to continue to raise money, depending on the amount of funds raised by September, we will make a decision about the extent of remodeling that we can afford to do before we open for retreats.

Establishing a meditation retreat center is a great joy. We hope that many more people will feel inspired by what is being created. If you are interested in donating or in being part of our efforts, you can learn more at [Insightretreatcenter.org](http://Insightretreatcenter.org). You can also contact me at [cabyers50@gmail.com](mailto:cabyers50@gmail.com) or 650/306-9264.

—Catherine Byers, Fundraising Chair

## IMC KITCHEN RENOVATION

From May 30 to July 31, IMC's kitchen is being renovated! Steve Johnson, IMC's Facilities Director, has generously donated his time for this project. We will have beautiful new cabinets, sink, stove, and countertops in a more efficient and accessible space.

No work will be done during scheduled IMC events. The bathrooms remain fully functional, and the refrigerator and microwave will be available in the social hall. The water for tea will mostly be available, but the kitchen water will be off some of the time.

In general, assume you cannot enter the work area. For events to which you bring lunch, please plan to bring your own utensils and wash up any containers at home. Thank you for your flexibility and patience! For questions, please contact Dianne Tatro, [DiTatro@aol.com](mailto:DiTatro@aol.com); Steve Johnson, [stevejohnson790@comcast.net](mailto:stevejohnson790@comcast.net).

## IN GRATITUDE

All of IMC's volunteers are greatly appreciated. At this time we would like to give a special thanks to three longtime volunteers whose involvement with IMC is changing significantly.

Steve Gasner has completed his four-year term of service on the IMC board. He previously served as President from 1995–2001, during the time when IMC became incorporated and was searching for our own building. He remains a dedicated sangha member. Through his long involvement with IMC he has become a valued elder of our community. Many thanks, Steve.

Susan Ezequelle served as Board President after Steve. She played a key role in finding the Birch Street property and establishing our center. She also began the search for a residential retreat center. In recent years Susan has been teaching regularly at IMC. She has been trained as a hospital chaplain and is moving to Oxnard where she will offer her wonderful practice in a hospital there. Many thanks, Susan!

Jim Bronson, another longtime sangha member, will soon move to Ashland, Oregon. Jim's original service to IMC was running the children's program in Portola Valley more than a decade ago, and has also served on the board. He has been serving on the Chaplaincy Council, co-taught the Beginner's group with Susan Ezequelle, and offered basic instruction. Recently Jim was inspired to create the publication *Passing it On* in which lay practitioners from our community share their dharma wisdom. It is a great benefit for Ashland to have Jim! We will miss you friend.

## END-OF-LIFE COMPANIONING

Members of IMC have created an end-of-life companioning program through which a group of trained volunteers are now available to support dying people in the last days or weeks of their lives. The primary support we offer is simple companionship through a meditative, loving presence and conversation. If requested, we are able to offer guided meditation to ease the challenges of this period of life. Anyone interested in our services for themselves, a family member, or friend, can contact Berget Jelane at 408/255-2783 or [imc.eolc@gmail.com](mailto:imc.eolc@gmail.com). After an initial conversation, Berget will provide those who are interested with a questionnaire to help us in our visit.

## Going for Refuge, cont'd. from front page

were expecting would bring them lasting happiness is not able to do so, when all else fails, they turn to taking refuge in the Buddha, Dharma and Sangha.

Some people approach going for refuge as a firm, courageous, and enthusiastic commitment to a life based on spiritual freedom and compassion. It is a commitment that simultaneously energizes one to act in new ways while encouraging a deep relaxation. So many unnecessary things can be let go when one trusts that the Dharma path provides meaningful and profound support. Going for refuge in the Buddha, Dharma and Sangha protects us from danger as much as it nourishes the growth of what is most beautiful within us.

Going for refuge is a choice to orient oneself by what the Buddha, Dharma, and Sangha represent. It could be as simple as "I now orient my life to being very careful with my speech so that my speech is honest." It could be the dedication, "I will try to live without harming others." For some, it may involve a radical, even revolutionary, change in how they live their lives as they dedicate themselves to the path of liberation, wisdom and compassion over all other possible dedications.

—Gil Fronsdal

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## TRANSLATIONS

Gil's book, *The Issue at Hand*, has been translated by various volunteers into several languages. We now have complete translations on IMC's website in Spanish, French, German and Korean. There are also partial translations in Italian and Portuguese. Digital versions (Kindle, iBooks, Nook) are also available in English, Spanish, French and German.

We'd like to thank our volunteers who put so much time and heart into these translations:

- Spanish: Translated by Andrew Wallace, edited by Ginny Contento and Miriam Matienzo
- French: Translated by Phillippe Daniel, with consultation from Claudine Latombe and Mikael Bourges-Severnier
- German: Translated by Ursula Berg, edited by Christian Conrad, Ronald Hechenberger, and Andy Janz
- Korean: Translated by Bhikkhu Buddharakihita

## SPANISH BOOK READING

**"TOCANDO EL CORAZÓN DEL ASUNTO" (THE ISSUE AT HAND) BY GIL**

**FRONSDAL. TRANSLATED BY ANDREW WALLACE**

Wednesday, August 31 at 7:30 pm. Paperback copies will be available at the book reading, and also through Amazon and other distributors this summer. Reading and discussion will be in Spanish.

## MINDFULNESS IN EDUCATION CONFERENCE

October 14 through 16. The Association for Mindfulness in Education is pleased to announce that registration for our fall conference will open in mid-June. The conference is co-sponsored by the Stanford School of Education, and the Stanford Department of Child and Adolescent Psychiatry. Continuing Education Credits are available. [www.mindfuleducation.org](http://www.mindfuleducation.org)

# Insight Meditation Center

108 Birch Street

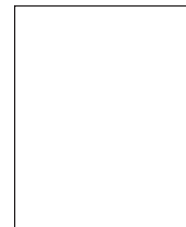
Redwood City, CA 94062

[www.insightmeditationcenter.org](http://www.insightmeditationcenter.org)

Email: [insightmeditationcenter@gmail.com](mailto:insightmeditationcenter@gmail.com)

650/599-3456

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## OTHER WAYS TO DONATE

It is in the spirit of generosity that IMC continues a 2500-year-old Buddhist tradition of providing the teachings freely to all who are interested. The donations we receive support all our expenses, including our building, publications and website. We at IMC are very grateful for all the support we receive. Besides donating in person or by mail, e-Scrip is an additional way to offer support:

**E-SCRIP**—Register your grocery club card and credit/debit cards with E-scrip and the participating merchants will donate a small percentage of your purchases to IMC. You keep all your credit card rewards. Register at [www.escrip.com](http://www.escrip.com). The Group ID is 238528.

We at IMC are very grateful for all the support we receive.

- For **GENERAL INFORMATION** about IMC contact either [insightmeditationcenter@gmail.com](mailto:insightmeditationcenter@gmail.com) or 650/599-3456.
- **NEWSLETTER QUESTIONS**—contact the editor at [imc.newsletter@gmail.com](mailto:imc.newsletter@gmail.com)

## INSIGHT WORLD AID

WISDOM AND COMPASSION IN ACTION



IWA is a non-profit founded by members of the IMC community that carries out compassionate work worldwide. We are currently planning local relief projects and an overseas aid mission for late

2012. Please visit our website for more information, to join, or to make a donation. Go to [insightworldaid.org](http://insightworldaid.org) or contact us at [insightworldaid@gmail.com](mailto:insightworldaid@gmail.com).

### • MAILING LIST OPTIONS AND CHANGE OF ADDRESS

To be added or removed from the Mailing List, or to update address, phone, or e-mail—contact [imc.mailinglist@gmail.com](mailto:imc.mailinglist@gmail.com)

### • UPCOMING EVENTS & ANNOUNCEMENTS EMAIL LIST

To sign up for our email announcements go to the IMC website and click the 'EMAIL' link, or go to [www.insightmeditationcenter.org/email](http://www.insightmeditationcenter.org/email)

### • IMC COMMUNITY SITE

For Discussion and Interest Groups. To join, click the 'COMMUNITY' link on our website, or go to [insightmeditationcenter.ning.com](http://insightmeditationcenter.ning.com)

# SCHEDULE OF EVENTS

July thru September 2011

## WEEKLY MEDITATION AND TALKS

### MONDAY EVENING SITTING AND TALK

Gil Fronsdal or guest teachers. 7:30 to 9pm. A 45-minute sitting and a 45-minute dharma talk.

### TUESDAY MORNING SITTING AND TALK

Andrea Fella or guest teachers. 9:30 to 11am. A sitting is followed by a talk and time for questions.

### WEDNESDAY MORNING HALF-DAY RETREAT

9:30am to 12:15pm. Sitting and walking meditation, led by Gil Fronsdal or guest teachers. Bring lunch, informal discussion afterwards. You may attend any part of the morning.

- 9:30 am – Sitting • 10:15am – Walking
- 11:00 am – Sitting • 11:45am – Dharmette (Brief Talk)

### THURSDAY EVENING SITTING AND TALK

Andrea Fella or guest teachers. 7:30 to 9pm. A sitting is followed by a talk and time for questions.

### SUNDAY MORNING SITTINGS AND TALK

Gil Fronsdal or guest teachers

- 1st Sitting – 8:30am • Walking Meditation – 9:10am
- 2nd Sitting – 9:25am • Talk – 10 to 10:45am

**Sunday Community Tea**—2nd Sunday of each month at 11am.

**Vegetarian Potluck Brunch**—Last Sunday each month at 11am.

All are welcome. Contact Di or Dave Tatro 650/595-4260.

## MEDITATION INSTRUCTION

### INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

The basic instructions in Insight Meditation will be taught sequentially, starting with mindfulness of breathing, followed by mindfulness of the body, emotions, thinking and the application of mindfulness in daily life. No pre-registration. Taught by Gil Fronsdal.

- 6 Wednesday Evenings—September 28 to November 2, 7:30 to 9pm.

### BASIC MEDITATION INSTRUCTION

- Every Thursday evening 6:15 to 7:15pm
- 1st Monday evening each month, 6:15 to 7:15pm
- 1st Thursday morning each month, 10:45 to 11:45am.

## MONASTIC EVENINGS WITH THE SARANALOKA NUNS

Third Friday of the month, July 15, August 19, September 16, 7 to 9pm. On the Monastic Evenings one or more Theravadan nuns will be offering traditional Buddhist chanting, silent or guided meditation, and sharing Dhamma from the heart.

[www.saranaloka.org](http://www.saranaloka.org).

**DANA**—All teachings at IMC are offered freely according to the Buddhist tradition of dana. Our center and its teachers are supported entirely by your generosity. Thank you.

## NON-RESIDENTIAL RETREATS

### ONE-DAY MEDITATION RETREATS

- July 9, 9:30am to 3:30pm, **Introduction to Mindfulness Meditation** with Ines Freedman
- August 6, 9:30am to 5pm, **Not Clinging** with Will Kabat-Zinn
- August 21, 9:30am to 4:30pm, **Mindfulness of Mind** with Andrea Fella
- September 10, 9:30am to 4pm, **Buddhism and the 12 Steps** with Jennifer Lemas and Kevin Griffin
- October 1, 9am to 4:30pm, **Meditation Daylong** with Gil Fronsdal
- October 22, 10am to 5pm, **Work, Sex, Money, Dharma!** with Martin Aylward

## RESIDENTIAL RETREATS

### IMC SPONSORED RETREATS

There is no cost for IMC sponsored retreats. Donations welcome. For info: [www.insightmeditationcenter.org/programs/retreats/](http://www.insightmeditationcenter.org/programs/retreats/) or 650/599-3456. Registration opens 4 months prior to event.

### RETREATS LOS ALTOS HILLS (AT HIDDEN VILLA)

- October 9–16 with Gil Fronsdal and Paul Haller

### RETREATS LOS GATOS (AT JIKOJI RETREAT CENTER)

- August 10–14 with Andrea Fella and Pamela Weiss

### OTHER RETREATS WITH GIL FRONSDAL OR ANDREA FELLA

#### AT SPIRIT ROCK [www.spiritrock.org](http://www.spiritrock.org)

- November 18–27 Thanksgiving Insight Meditation Retreat with Andrea Fella, Anushka Fernandopulle, Will Kabat-Zinn, Pat Coffey & Teja Bell (qigong).
- December 26–January 4, New Year's Insight Meditation Retreat with Gil Fronsdal, John Travis, Sharda Rogell, Eugene Cash and Janice Clarfield (yoga)

### OTHER RETREATS WITH ANDREA FELLA

- Jikoji Retreat: July 15–29. Permission Required. Contact Andrea at [imc.andrea.fella@gmail.com](mailto:imc.andrea.fella@gmail.com)
- Insight Meditation Society, Barre, MA—September 10–October 22. Three Month Retreat—Part 1 with Carol Wilson, Guy Armstrong, Sally Clough, James Baraz and Andrea Fella. [www.dharma.org/ims/retreats.php](http://www.dharma.org/ims/retreats.php)

## YOGA

Suitable for all levels, including absolute beginners. Bring a large towel and sticky mat, if you have one. Mats are also available. Taught by Terry Lesser.

### MONDAY EVENING YOGA

- 6:30 to 7:15pm. Join us for Yoga before evening meditation.

### THURSDAY MORNING YOGA AND SITTING MEDITATION

- 8:30 to 10:30am

### SPECIAL EVENTS

#### INTRODUCTION TO MINDFULNESS MEDITATION

WITH INES FREEDMAN, Saturday, July 9, 9:30am to 3:30pm.

Introducing the basic practice of mindfulness, with direction in mindfulness of the breath, body, emotions, thoughts, walking and eating. There will be sitting and walking meditation and discussion. Suitable for both beginners and those wanting to review the basics of practice. Bring lunch.

#### OPEN HOUSE AT OUR NEW INSIGHT RETREAT CENTER

Saturday, July 16, 10am to 5pm. 1906 Glen Canyon Rd, Santa Cruz.

Join us at our new retreat center to tour the facility and grounds and learn of our plans. Refreshments will be available.

Carpooling requested. For carpooling or questions: contact Debra Chromczak [dchromcz@pacbell.net](mailto:dchromcz@pacbell.net) or 831/421-0876

#### NOT CLINGING TO ANYTHING IN THE WORLD

THE PATH AND FRUIT OF THE BUDDHA'S TEACHING WITH WILL KABAT-ZINN, Saturday, August 6, 9:30am to 5pm.

The Buddha taught that it is not the world itself that holds us in bondage, but our own misguided relationship to it. In this daylong we will look closely at how we relate to our own experience and explore the possibility that liberation lies not in fundamentally altering ourselves or the world but in learning to meet all experience without clinging or aversion. Suitable for all levels. Bring lunch.

#### DAILY LIFE PRACTICE WITH ANDREA FELLA

August 21, 1:30 to 5pm; August 22–26, 7:30am to 9am and 7:30pm to 9pm; August 27, 9:30am to 4:30pm

Integrating practice into our daily lives can be difficult. Many of us need support for this challenging but rewarding aspect of practice. We will integrate formal practice and Dharma discussion with our daily life by surrounding our usual workweek and workdays with practice and discussion. We begin with a half-day retreat with instructions and discussion on Sunday, and end with a daylong retreat on the following Saturday. During the week we will meet each morning and evening to inspire, encourage and support our daily life practice. If you would like to attend the retreat during the week, please attend the Sunday session. The Sunday and Saturday sessions are open to all; the Monday and Thursday evening programs are also open to all as usual—the retreat will integrate with these evening programs.

#### MINDFULNESS OF MIND DAYLONG WITH ANDREA FELLA

Saturday, August 27, 9:30am to 4:30pm

Taught in the style of U Tejaniya. The simplicity, silence and support of retreats contribute to letting go of many distractions that get in the way of clear seeing and for developing a continuity of awareness. We will explore relaxed open awareness with an emphasis on qualities of mind, and the attitude towards one's experience. The retreat will alternate periods of sitting & walking with instructions and discussion. The day will be primarily in silence. Recommended for both beginners and experienced practitioners.

#### VIVIENDO EN EL PRESENTE. ENSAYOS SOBRE LA PRÁCTICA BUDISTA DE LA ATENCIÓN PLENA (SPANISH EVENT)

Wednesday, August 31, 7:30 to 9pm. *Se ofrecerán lecturas del libro y tendremos una discusión en español. La intención de nuestro centro es de establecer y cultivar el contacto con la comunidad hispana. El libro se ofrecerá gratuitamente.* IMC will host the presentation of the Spanish translation of Gil Fronsdal's *The Issue at Hand*. Translation by Andrew Wallace. Reading and discussion will be in Spanish.

#### MAKING A DIFFERENCE

##### A VISION FOR THE ROLE OF MINDFULNESS IN SOCIETY

A presentation by Gil Fronsdal, Wednesday, September 7, 7 to 8:30pm. As interest in mindfulness has exploded in recent years, the practice has been applied to many aspects of modern life. It has been shown to bring benefits in such areas as education, parenting, medicine, mental health, business, sports, prisons, and conflict resolution. Gil will share his vision for the important role mindfulness can have in our society and how it can help create a society that benefits and supports all its members.

#### PARENTS' SERIES: MINDFUL PARENTS DISCUSSION GROUP

WITH LIZ POWELL AND PATTY MCLUCAS

Fridays, 5:30pm to 7pm, Sept 9, Oct 14, Nov 11, Dec 9. Offers an opportunity for parents to practice in community with mindful speech and listening, meditation and stress reduction. Each participant will have time to share their mindful parenting experiences. The monthly series will include council practice sessions alternating with sessions featuring local dharma teachers who also practice mindful parenting and mindfulness for children.

#### EIGHT MONTH DHARMA PRACTICE PROGRAM

THE BRAHMA VIHARAS WITH GIL FRONSDAL

Fridays, Sep 9, Oct 7, Nov 4, Dec 2, Jan 6, Feb 3, Mar 2, Mar 30. 9:30am to 3:30pm. Starting September 9, IMC is offering an eight month program of practice and study of the four Brahma Viharas or Sublime Abidings. These are Loving Kindness, Compassion, Appreciative Joy and Equanimity. Each daylong session will include meditation, teachings and discussion. People are welcome to attend any or all of the Friday sessions.

#### BUDDHISM AND THE 12 STEPS

WITH JENNIFER LEMAS AND KEVIN GRIFFIN

Saturday, September 10, 9:30am to 4pm. A daylong exploration of Buddhism and the 12 Steps.

#### COMMUNITY MEETING AND TEA WITH GIL FRONSDAL

Sunday, September 11, 11am to Noon. A time for discussion and questions about IMC and our community. Everyone welcome.

#### MEDITATION DAYLONG WITH GIL FRONSDAL

Saturday, October 1, 9am to 4:30pm. This day will include alternating periods of sitting and walking meditation, instruction in mindfulness practice, particularly in mindfulness of the body and a dharma talk. It is recommended for both beginners and experienced practitioners. No interviews. Bring lunch.

## SCHEDULE pg. 3

### **BUDDHIST SPIRITUAL CARE SYMPOSIUM**

Saturday, October 8, 9:30am to 4:30pm. Vegetarian lunch included. For Buddhist chaplains and those interested in deepening their spiritual care practice for a day of learning and community-building. Presented by Buddhist Chaplains Group. Pre-register at [www.buddhistchaplainsnetwork.org](http://www.buddhistchaplainsnetwork.org) or Bill Hart, 415/567-9823.

### **WORK, SEX, MONEY, DHARMA! WITH MARTIN AYLWARD**

Saturday, October 22, 10am to 5pm. A day to inquire together into some of the most strongly charged areas of our lives, bringing reflection and wisdom to places that we often most struggle, and strongly maintain our sense of identity; areas that a traditional monastic approach deals with by removing them from the lifestyle situation, but which as engaged, lay practitioners are crucial to explore, and deeply revealing as we make them more conscious.

### **SATI CENTER**

These events are presented by Sati Center: [www.sati.org](http://www.sati.org) or 650/223-0311 for more information. Pre-registration preferred.

### **SOCIALLY ENGAGED BUDDHISM WITH DONALD ROTHBERG TRADITION, INNOVATION AND CONTEMPORARY CHALLENGES**

Saturday, July 30, 9:30am to 5pm. This day combines periods of sitting and walking meditation with talks on four basic themes: the roots, history, nature and challenges of socially engaged buddhism.

### **BUDDHISM BEFORE THE THERAVADA WITH JOHN PEACOCK**

Sept 3, 9 to 5pm, Sept 4, 1 to 5pm, Sept 5, 9:30am to 12:30pm. The earliest Buddhist teachings in their historical context. Exploration and conversation with John Peacock on how the Buddha developed a spiritual practice based on ethical activity and internal experience in contrast to the metaphysical thinking of his times. Note: times may change. Please check calendar closer to dates.

### **BUDDHIST CHAPLAINCY TRAINING PROGRAM**

Taught by Jennifer Block, Gil Fronsdal, Paul Haller and guest teachers. One Friday a month starting September 30. A year-long training in Buddhist chaplaincy and spiritual care-giving oriented to Buddhist practitioners with at least four years of committed practice. Its aim is to provide a strong foundation in Buddhist chaplaincy for volunteer chaplains, those working toward being professional chaplains, and those serving the pastoral needs of their local sanghas.

### **SPIRIT OF THE BUDDHA WITH MARTINE BATCHELOR**

October 29, 9am to 5pm.

### **ONLINE MIDDLE LENGTH DISCOURSE CLASS**

Starting this September, the Sati Center is partnering with the Institute of Buddhist Studies to offer an online class taught by Gil Fronsdal on the Middle Length Discourses of the Buddha. See [www.sati.org](http://www.sati.org) for more details.

### **BUDDHISM AND RECOVERY GROUP**

A monthly Buddhism and Recovery Group is being planned to begin in September. For more information contact Jennifer Lemas at [jennlemas@comcast.net](mailto:jennlemas@comcast.net) or 415/602-2039.

### **YOUNG ADULTS SITTING GROUP**

3rd Sunday of the month starting October 16. 6 to 7:30pm. Led by Anthony Rodgers.

### **IMC YOUTH PROGRAMS**

#### UPCOMING PROGRAMS FOR CHILDREN AND YOUTH

This summer, IMC's Dharma Rocks and Middle School programs will be refined with an eye to re-launching them in September. In late August, please watch IMC's online calendar, its web pages about the children's programs, and the IMC literature counter for further announcements about these programs.

**DHARMA SPROUTS (K-2ND GRADE)** Led by Liz Powell and Carla Rayacich. First Sunday each month, 11:15am to 12pm. (There will be no meetings in July and August). Meditations and dharma practice through stories, songs, art, movement, and games. Parents/caregivers participate with their children. Contact Liz at [eapowell@aol.com](mailto:eapowell@aol.com) if you plan to attend.

**DHARMA ROCKS: (3RD-6TH GRADE)** Led by Liz Powell, Second Sunday each month, 5:15 to 7:15pm. (There will be no meetings in July and August). Includes fun, interactive, community-building games and crafts, pizza, and a half-hour of practice and dharma. Contact Hilary, 650/575-2052 or [hborison@sbcglobal.net](mailto:hborison@sbcglobal.net).

**MIDDLE SCHOOL DHARMA:** We plan on starting a Middle School Dharma program in September. The dates and other information will be available on IMC's website. For information contact Hilary, 650/575-2052 or [hborison@sbcglobal.net](mailto:hborison@sbcglobal.net).

**DHARMA TEENS (HIGH SCHOOL)** Led by Alicia McLucas, Aaron Chavira and Trent Walker. First Sunday each month, 5 to 7pm (No meetings 7/3 or 9/4). A safe, fun space where teens apply mindfulness to self-discovery, empowerment, and fulfillment. A trusting environment where teens discuss among themselves and adult facilitators, issues important in their lives. Contact Alicia 650/361-8800.



### **INSIGHT PRISON PROJECT TRAINING WITH JACQUES VERDUIN**

July 15 & 16, 9am to 4pm in San Rafael (exact location TBD)

This two-day training intensive focuses on developing skills and acquiring techniques in teaching and facilitating mindfulness meditation to prisoners. It guides participants in how to inspire others to commit to a transformational process that enables a person to effectively "leave prison before getting out." Suitable for chaplains, social workers, therapists, mediators, mediators and anyone else committed to keepin' it real. Taught by Jacques Verduin, founding director of Insight Prison Project, who has 15 years of experience working in prisons. A former life-sentenced prisoner will assist in teaching the workshop. Contact Jacques Verduin [jverduin@comcast.net](mailto:jverduin@comcast.net) or 415/488-1348

## SUPPORT GROUPS

### (A) LIFE-THREATENING ILLNESSES

Wednesdays, 1:30 to 3pm at IMC

### (B) THOSE EXPERIENCING CHRONIC HEALTH CHALLENGES

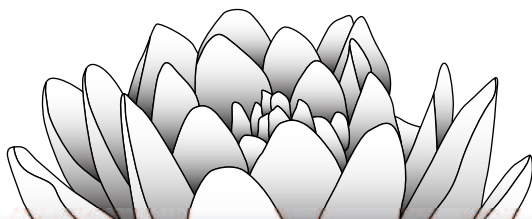
Wednesdays, 3:30 to 5:30pm at IMC.

At least 4 days before attending either group for the first time, please contact Mick Bennett [hmbennett@sbcglobal.net](mailto:hmbennett@sbcglobal.net) or 650/368-2518.

## DHARMA FRIENDS

Dharma Friends encourages spiritually-based friendships and a sense of community in our Sangha. To receive e-mail updates on upcoming Dharma Friends events, click 'Dharma Friends' on the IMC website and follow instructions.

- **Windy Hill Hike**—Sunday, July 10, 11:15am carpool from IMC. 7-8 mile moderately steep hike. Bring lunch. Ryan Delaney [Ryan@feesavr.com](mailto:Ryan@feesavr.com).
- **Dharma Friends Steering Committee Planning Meeting**—Sunday, August 7, 11am to 12:15pm. Plan events for October thru December. IMC conference room. Come join us! Anne Foster [afoster@rawbw.com](mailto:afoster@rawbw.com) 650/591-1285.
- **Pulgas Ridge OSP Hike**—Saturday, August 13, 9am carpool from IMC. A 3 mile hike at nearby park. Ryan Delaney [Ryan@feesavr.com](mailto:Ryan@feesavr.com).
- **Summer Family Vegetarian BBQ and Potluck**—Saturday, August 20, 3 to 6pm. Red Morton Park, Redwood City. Enjoy a summer evening outdoors with family and Sangha friends. Contact Lulu Garrett [luisagarrett@live.com](mailto:luisagarrett@live.com) to RSVP or offer help.
- **Poetry Night**—Saturday, September 24, 7 to 9 pm. IMC. Bring up to 5 min. of poetry to share (your own or a favorite). Phyllis Klein [pkgold@earthlink.net](mailto:pkgold@earthlink.net).
- **Dharma-Inspired Book Group**—Friday, July 1, August 5, September 2, 5:30 to 7pm. IMC meditation Hall. We are currently reading *Meditations 3* by Thanissaro Bhikkhu (available on the IMC literature counter). Anne Foster, 650/591-1285 [afoster@rawbw.com](mailto:afoster@rawbw.com).
- **Cinema Sanity**—Occasional Weekend evenings. Know of a movie with a Dharma message you'd like to see with some dharma friends? Contact Jim Podolske, 650/968-6168 [James.R.Podolske@nasa.gov](mailto:James.R.Podolske@nasa.gov).



## RELATED SITTING GROUPS

On IMC website: under Community, click on Other Resources and scroll down to Associated/Local Groups for more information.

### BERKELEY VIPASSANA GROUP WITH RICHARD SHANKMAN

Wednesdays 7:15 to 9:15pm at St. Clement's Episcopal Church  
Info at [www.mettadharm.org](http://www.mettadharm.org)

### COASTSIDE VIPASSANA MEDITATION GROUP

Wednesdays in Montara, 7 to 8:30pm.

[www.coastsidevipassana.org](http://www.coastsidevipassana.org)

### INSIGHT MEDITATION SOUTH BAY

Tuesdays 7:30 to 9pm. 2094 Grant Rd, Mtn. View [www.imsb.org](http://www.imsb.org)

### MODESTO DROP-IN MEDITATION GROUP WITH LORI WONG

Tuesday evenings 6:30 to 8:30pm Unity Church at 2467 Veneman Ave. [insightmeditationmodesto.wordpress.com/](http://insightmeditationmodesto.wordpress.com/)

### OAKLAND MONDAY DROP-IN MEDITATION GROUP

Instruction 5:15pm; meditation/discussion 5:30 to 6:30pm.  
Unitarian Church, 14th/Castro. Rebecca Dixon 510/482-2032.

### PALO ALTO DROP-IN MINDFULNESS GROUP

Wednesdays 2 to 3pm, at Avenidas (Garden Room), 450 Bryant St, Palo Alto. Contact Julie Forbes 650/323-2601.

### SAN JOSE SANGHA

1041 Morse Street, San Jose. Contact Berget, 408/255-2783

[bbjelane@gmail.com](mailto:bbjelane@gmail.com), Website: [sanjoseinsight.org](http://sanjoseinsight.org)

- July 23, 9:30am to 12:15pm, Half-day retreat (optional lunch together)
- Sept 10, 9:30am to 12:15pm Half-day retreat (optional lunch together)
- Sept 12–Oct 17, Mondays 7 to 9pm, Intro to Vipassana Meditation and Basic Buddhist Principles
- Sept 21–Oct 26, Wednesdays 6 to 7:15pm, Meditation and Psychotherapy Experiential Group
- Oct 8, 9:30am to 3:30pm, Daylong Retreat (to accompany Intro class).

### LODGING NEEDED FOR OVERNIGHT SANGHA GUESTS

In August, IMC is hosting a meeting of sangha leaders from Insight Meditation groups across North America. Some sangha members may remember the lovely potluck we shared with last year's meeting attendees. People are coming from as far away as the East Coast and Mexico.

We will need hosts for overnight guests the evenings of August 11 through 13 (Thursday, Friday and Saturday). If you can host for even one of these nights, please contact Kim Allen, 408/998-5491 or [kimall@mindspring.com](mailto:kimall@mindspring.com). This is a wonderful chance to meet people from sanghas in other places.