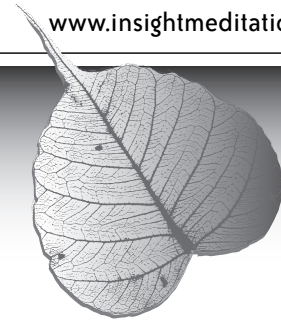


Insight



JULY, AUGUST, SEPTEMBER 2012

VOLUME 15, NUMBER 3

From Mad to M.A.D.L.E.S.S.

Anger is one of the most common human emotions and perhaps the most dangerous. Regardless of whether the anger is directed toward ourselves or others, it can be painful and cause a great deal of suffering. While the danger of mild anger may only be discomfort for the person who is angry, rage and simmering hostility can lead to significant pain and distress for ourselves and others. The danger of anger increases dramatically when it's acted out: relationships can be ruined, enemies made, and people's lives shattered with angry words or actions. It's painful to be angry, and acting with anger easily produces more pain.

It seems that whenever I teach about overcoming anger, someone inevitably insists, "But isn't anger sometimes appropriate?" The answer depends on the nature of the anger. If the anger involves hostility, then I hope it is never necessary. I hope we can always find a better way to accomplish what is needed than through aggression. If hostility is absent and the anger is a compelling frustration or the disapproval of an injustice or harmful behavior, then perhaps anger can be appropriate—provided it is acted on with wisdom and care. Yet even if anger is appropriate, it can all too easily be expressed in harmful ways. When anger is justified, it may not be necessary to become angry. We find our freedom by seeing we have a choice.

When we're motivated to avoid the dangers of anger, it's important to understand the anger and to learn how to work with it so it doesn't drive our behavior. Because taming the flames of anger can be difficult, I offer seven approaches that can help. For the sake of remembering them, I refer to them by the acronym M.A.D.L.E.S.S.—Motivation, Attention, Dissipation, Learning, Empathy, Story, and Speaking/Sharing.

M stands for Motivation and involves understanding what lies beneath our anger. Motivation can be explored with the following questions: What purpose is the anger serving? What is the anger trying to accomplish? Is the anger an attempt to release pent-up frustration or to push away something uncomfortable? Does being angry involve wanting to change, reject, or rectify something? Does the anger have a wise goal or purpose? Might there be wiser motivations or wiser actions?

Taking the time to ask these questions begins an important process of stepping back from the anger and considering it objectively. Having distanced ourselves in this way, we can then examine our relationship to the anger. We can ask ourselves: Do I want to be angry? Do I want to allow the anger to provoke and motivate me? If what we want is freedom, then our motivation for freedom has to be greater than our desire to remain angry.

This brings us to the **A** in the acronym: Attention. This involves being mindful of our anger by clearly seeing what is happening emotionally, physically, and mentally. What thoughts and beliefs come with the anger? What is the subjective experience of being angry? How does it feel in the body? What is happening right now in the present? How

much does past and future thinking affect the anger?

One of the important functions of mindfulness of anger is to learn how to allow the anger to exist without being caught up in it. This involves cultivating an awareness that provides either mental distance from the anger or a sense of spaciousness around it. It can help to learn how to feel the anger in the body while imagining the body as an open container in which our energies flow freely. We can feel the impulses to move or to speak without acting on them. Mindfully breathing while being aware of the anger in the body can be useful for giving "breathing room" to the anger. It can help us find a way to be aware of anger while being neither for it nor against it.

D stands for Dissipation. This is useful when we are so mad that we have trouble paying wise attention to our anger. Dissipation involves discharging the energy of anger so it doesn't continue to harm us or cause us to act in ways we later regret. We can do this by going for a walk, exercising, taking a shower or a nap, or finding someone to talk to about the anger in a manner that calms us down. I have known people who've gone into the woods to be alone and then found a tree toward which they could safely express the anger.

Dissipation is not meant to be a way to forget the issue that caused the anger. Rather, it's a way to diminish the intensity of the anger so we are not being pushed around by it. It's also a way to become calm enough that we can Learn about the anger—which brings us to the **L** in M.A.D.L.E.S.S.

Anger presents us with an opportunity to learn something about ourselves. The presence of anger is a symptom of a disharmony or conflict that would be helpful to understand well. This can be done by reflecting carefully on what happened, including an honest consideration of our own contribution to getting worked up. For example, we can explore our own reactivity so that in the future we aren't as easily triggered. Hopefully pride, embarrassment, resentment, or blame won't interfere with the willingness to do this important investigation.

When learning about our reactivity in relation to anger, it's helpful to consider that there are chain reactions within us. The anger may be the last link in a series of reactions, many of which have gone unrecognized. Three of the most common and underappreciated causes of anger are hurt, sadness, and fear. Taking the time to discover if and how these underlying emotions are present can change not only our relationship to the anger but also our relationship to the person or situation with whom we're angry. Seeing how anger is a symptom of the underlying feelings can help us to address those root feelings without perpetuating a conflict or antagonism toward others.

When anger involves hostility, there are even deeper layers to uncover and explore. Perhaps the most important is selfishness. There is

Continued inside

SANGHA PROGRAMS & NEWS

IRC RETREATS COMING SOON!

We stood in our future meditation hall, with walls framed, electrical fixtures exposed, and the sound of hammering pounding in our ears. And yet, there was already a pervasive quiet there. I smiled to think of the generations of people who will be sitting and experiencing the peacefulness of this room in our Insight Retreat Center.

The construction continues on schedule, and our first retreats have been tentatively scheduled for November and December. (Details to come soon.)

Even through the construction, our landscaping volunteers have continued to take care of the grounds, including saving plants that have been growing in our future parking areas.

Our fund-raising has gone well, and with the help of a \$500,000 construction loan we should be able to finish the renovation as planned. We will still need additional funds for starting up—to buy bedding and beds (43 of them!), window coverings, meditation hall chairs, dining room furniture, the sound system, office and kitchen equipment/supplies, and so on...

If you have access to discounted or wholesale items, or donations of specific items we might need, please contact us at insightretreatcenter@gmail.com.

Newly posted on the IRC website is a wish list, as well as photos of the renovation in progress: www.insightretreatcenter.org.

We are awed and very appreciative of all the support that has come forth to help create IRC.

—Ines Freedman, IRC Managing Director

2011 IMC FINANCIAL SUMMARY

All of IMC's programs are freely offered. The programs and operation of our center are funded by donations and supported by volunteers.

2011 INCOME

Regular Donations to IMC	\$93,809
Donations to Residential Retreat Fund	\$45,616
Total Ordinary Income	\$139,425

2011 EXPENSES

General Operations	\$68,191
Building Operations	\$8,685
Seven Residential Retreats	\$53,375
Reserved for 2012 Retreats	\$9,174
Total Expenses	\$139,425

In addition, in 2011 we spent \$22,965 from our 2010 year-end fund drive, for the kitchen remodel.

IMC received \$21,810 from its 2011 year-end fund drive. This money will be used to continue developing our Dharma offerings and to maintain a healthy reserve during these difficult economic times. Donations to our new Insight Retreat Center are not included as IMC income.

Thank you for your continuing generosity. All donations to IMC or IRC are fully tax deductible.

—Diana Clark, IMC Treasurer

MINDFUL PARKING

So we can minimize our impact on our neighbors, we ask that you park as far from IMC as your comfort allows. If you are able to walk a couple blocks, please park along El Camino, Whipple, Brewster, or Broadway. On Sundays and any evening after 6pm, the Caltrain lot on Perry St between Broadway and Brewster is free. Walking the three blocks from there can make a nice preparation for meditation. We strongly encourage carpooling, biking, and taking public transportation.

DHARMA STUDY PROGRAM

THE NOBLE EIGHTFOLD PATH WITH GIL FRONSDAL

From October to May, monthly Dharma Practice Days will focus on cultivating the Noble Eightfold Path in the fullness of our lives. This is the Buddha's classic formulation on how to walk the path of liberation—a path that integrates our outer life and our inner meditation practice. The program will combine meditation, teachings, and discussions. You may attend any part of the series, held on the following Fridays from 9:30am to 3:30pm: October 5, November 2, December 7, January 11, February 15, March 15, April 5, May 3.

DHARMA MENTORING PROGRAM

Parallel with the Dharma Study Program on the Eightfold Path, IMC is offering a one-on-one mentoring program supporting individuals' practice with the Eightfold Path. Those who sign up for mentoring will have the chance to explore their relationship to each step of the Eightfold Path with one of IMC's seasoned, senior practitioners. The monthly, hour-long mentoring sessions will consist of a brief period of meditation and a discussion structured around that month's Eightfold Path factor. Readings and exercises will be assigned for each month. Participation in the Friday Dharma Study Program is encouraged but not required. If you are interested in this eight-month mentoring program, please fill out the application on IMC's website (Special Events & Daylong Retreats page).

NEW PRESIDENT AND TREASURER FOR IMC

IMC is run entirely by volunteers, for whose service we are deeply grateful. Three of our board members will complete their terms on June 30. Kim Allen is departing the president position, which will be filled by Rob Hammond. Diana Clark is finishing her term as treasurer and will be followed by Ed Drury. In addition, Victor Medina has completed a four-year term on the board.

Kim Allen joined the board in 2008 and has served as president since January 2009. She will continue to serve in various ways at IMC. Diana Clark, as IMC's treasurer for the past four years, has brought many changes to streamline our financial procedures. She will be moving on to serve as IRC's treasurer. Victor Medina pioneered AudioDharma and will continue to develop it as a smooth system of recording, video, and online posting.

With gratitude, we bow to Kim, Diana, and Victor. We also welcome the new officers. Rob Hammond, who has served as IMC's communications director since 2009, joined the board in 2011 and

From Mad to M.A.D.L.E.S.S. cont'd. from front page

no hostility without some degree of self-absorption and ideas of “me, myself, and mine.” Listening to how often our speech and thoughts are self-referential can provide a useful way to understand the degree of our self-centeredness. Sometimes we may learn that anger arises when our self-identity is hurt or threatened. Hopefully becoming aware of our selfishness doesn’t become an additional reason to be angry. Such self-understanding is meant to be a step toward freedom and greater self-compassion.

The **E** in the acronym stands for Empathy—a quality that, while often absent when anger is present, can be evoked by searching for a fuller understanding of the people or situation we’re angry with. People seldom cause harm unless they are suffering themselves. Their meanness or negligence may have more to do with stresses they are living under than with the person they are hurting. Those who are ill, for instance, may anger easily because they have little tolerance for frustration. A bully may be smarting from an earlier humiliation. A boss may speak sharply because of the strain of being unable to care adequately for a dying parent. Or someone may exhibit anger as a way to compensate for insecurity.

Of course, understanding people’s inappropriate behavior is not the same as excusing it. Empathy might, however, allow us to soften our hard position toward them, perhaps even to let go of our anger. Realizing the other person has difficulties just as we do may help us to take their behavior less personally. And most important, this empathy may actually lead to a feeling of compassion: rather than lingering in our anger, we feel concern for the person’s well being. Working through conflict and disagreement becomes easier when there is empathy for the other party.

Related to empathy is Story, the first **S** in M.A.D.L.E.S.S. Anger often arises from an inaccurate story we tell ourselves. For instance, we might make up a story about another person’s intention. Or we imagine our anger will teach the other person a lesson, or that anger is necessary to prevent others from taking advantage of us. Investigating the story we have around the anger is a way to question what we may be holding on to and begin to consider if there are other ways of understanding.

will now step into the role of president. He has contributed greatly to the streamlining, beautification, and automation of our electronic communications. Ed Drury has been an IMC bookkeeper for several years and joined the board in 2011. He has long been a devoted sangha member.

IMC TO HOST DHARMA GROUP LEADERS

The fourth annual InterSangha meeting will be held at IMC August 9–11, bringing together leaders and teachers from Insight meditation groups in the United States, Canada, and Mexico—and we may remotely tie in some European folks too.

The purpose is to create community and generate collective wisdom around developing our Insight sanghas. Prior meetings have drawn about 60 leaders from about 30 groups. Through these meetings, we are forming a network of support—a “sangha of sanghas.”

This year, we plan to explore a small number of common topics in some depth and also to include some less focused sessions where sangha leaders contribute topics more spontaneously. We leave plenty of time for group meditations and social interaction to create a rich program overall.

The generosity of the IMC community is a great support to the

One useful story to consider is that being angry may be causing us pain while having minimal or no effect on the other person. I have known people who did the cost/benefit analysis of anger and concluded that being mad was not in their best interest. They found that holding on to resentment was not worth the pain it caused them. Another useful story is to imagine that the circumstance that elicited the anger was designed as the perfect training opportunity for one’s path to freedom. The task then is to discover appropriate ways to take advantage of the opportunity.

If we find ourselves seeing conflict through the filter of a hard “me versus you” view, it might be interesting to find a realistic story that sees everyone as “us” or “we.” Is there an approach that considers what is best for everyone involved, not just “me”?

The last **S** in M.A.D.L.E.S.S. is Speak and Share. Overcoming anger is not a substitute for dealing with the conflicts we have. Rather, it opens the door to finding productive ways of discussing the conflicts with others, especially with those involved. Even if we have not overcome the anger, we can learn wise ways of speaking that don’t offend or threaten those we’re speaking to. Telling someone we are angry with them probably won’t create the best conditions for a fruitful conversation because the other person may feel criticized. If instead we explain how much we feel hurt by their behavior, the person may be given a chance to feel empathy for us and then be willing to have a constructive conversation.

And one of the most powerful ways of dealing with anger, especially when all else fails, is to share something with the person with whom you are angry—to give a gift. Gift giving can shift moods and relationships in many beneficial ways, some unexpected.

Learning to use the seven M.A.D.L.E.S.S. strategies helps us approach our anger with respect, as something that warrants our careful attention. These steps can become a path through anger to freedom. Not only does this path reduce the dangers we face; it also makes us safer to those around us.

—Gil Fronsdal

conference and its participants. Local sangha members help provide housing for visiting guests and contribute some of the event’s food. The collective support is mirrored immediately when our guests wash dishes and help clean the center afterward to return it for IMC’s use—and into the future when they return to their sanghas to share the ideas and skills gained at the conference. The InterSangha meeting is a great gift for all.

If you would like to contribute to this gift by offering housing to an out-of-town sangha leader, please contact Kim Allen: kimall@mindspring.com or 408/998-5491.

CREATIVE WORKS INVITED

Contributions are invited for the Fall 2012 issue of *Passing It On: Lay Practitioners Share Dharma Wisdom*, a collection of creative works reflecting the teachings found in our daily lives. The authors and artists, all connected with IMC, celebrate everyday activities in ways that honor the richness and complexity of our ordinary experiences. The personal essays, stories, poems, and art explore the challenges we face and the moments in which we rise to meet them. Deadline is September 30. If you are interested, please contact Judy Long at imc.passingiton@gmail.com.

Insight Meditation Center

108 Birch Street

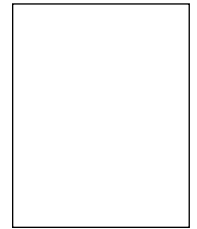
Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

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VISITING THE ELDERLY

A small group from IMC has been visiting elderly residents at nearby Hopkins Manor every week or two for a little over a year. It has been very rewarding for those who have gone, and quite a learning experience. We are thinking of expanding the program so that more residents might have the pleasure of our visits.

The residents really enjoy having someone to talk with, and they look forward to seeing our volunteers. Often, they will smile and wave a volunteer over to sit with them alone or in a group. Some are fairly quiet; others are very vocal and fun. The volunteers likewise look forward to visiting and sometimes sharing intimate talks with the residents.

If you have an interest in doing this, please contact Berget Jelane at bbjelane@gmail.com or 408/255-2783.

EDITOR'S NOTE

Many thanks go to Lysanna Anderson for her fine work as newsletter editor, a role that is now passing on to me. I am grateful for this opportunity to serve our sangha. Please feel free to contact me at imc.newsletter@gmail.com.

—Laurie Vaughan, IMC Newsletter Editor

• GENERAL INFORMATION:

insightmeditationcenter@gmail.com or 650/599-3456.

- NEWSLETTER QUESTIONS: Contact the editor at imc.newsletter@gmail.com.

HELP IRC WHILE BUYING OR SELLING A HOME

Carol Collins is an IMC sangha member and longtime local real estate broker, now retired. If you are selling your home, she can refer you to a realtor and negotiate a reduced brokerage fee. If you are buying, she can refer you to a realtor who will help you identify properties, areas, loans, etc. Buying or selling, the realtor will make a donation in your name to our Insight Retreat Center.

Carol will be available as your consultant at no charge through the whole process. She has performed this service for sangha members in San Mateo, Santa Clara, Santa Cruz, and other Bay Area counties. If you have any questions or would like to discuss buying or selling a home, contact Carol at 408/348-1385 or carolcollins888@gmail.com.

• MAILING LIST OPTIONS & CHANGE OF ADDRESS:

To be added or removed from the IMC mailing list or to update address, phone, or email, contact imc.mailinglist@gmail.com.

• UPCOMING EVENTS & ANNOUNCEMENTS EMAIL LIST:

To sign up for our email announcements, go to the IMC website and click the 'Connect' link, or go to www.insightmeditationcenter.org/email.

- IMC COMMUNITY SITE: To join discussion and interest groups, click the 'Connect' link on our website or go to insightmeditationcenter.ning.com.

SCHEDULE OF EVENTS

July – September 2012

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.

WEEKLY SPANISH DHARMA GROUP

Meditation and Dharma talk with Andrea Castillo. Tuesdays 7:30 to 9pm. *Grupo de Dharma en Español Semanal: Meditación y plática de dharma con Andrea Castillo. Martes 7:30 to 9pm.*

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.

- 9:30am – Sitting • 10:15am – Walking
- 11am – 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 of each month at 11am. All are welcome. Contact Di or Dave Tatro, 650/595-4260.

MEDITATION INSTRUCTION

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.

INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

The basic instructions in Insight meditation taught sequentially, starting with mindfulness of breathing, followed by mindfulness of the body, emotions, and thinking, then application of mindfulness in daily life. No pre-registration.

- 5 Wednesday evenings, 7:30pm to 9pm, September 26 and October 3, 10, 17, 24 with Gil Fronsdal.

MONASTIC EVENINGS WITH THE SARANALOKA NUNS

3rd Friday of the month, July 20, August 17, September 21, 7 to 9pm. One or more Theravadan nuns will be offering traditional Buddhist chanting, silent or guided meditation, and sharing Dharma from the heart. www.saranaloka.org.

YOUNG ADULTS SITTING GROUP

1st Sunday of the month, 7:30 to 9pm, and 3rd Sunday of the month, 6 to 7:45pm. Led by Anthony Rodgers.

NON-RESIDENTIAL RETREATS

SATURDAY ONE-DAY MEDITATION RETREATS

- June 30, 9am to 3pm, **Daylong in Spanish: Dharma en Español: El amor bondadoso y la alegría** with Joan Amaral and Andrea Castillo.
- July 7, 9:30am to 5pm, **Buddhism and 12 Steps** with Kevin Griffin and Jennifer Lemas.
- July 14, 9:30am to 3:30pm, **Daylong for Beginners** with Ines Freedman.
- August 4, 8:30am to 4:30pm, **Daylong** with Andrea Fella.
- September 22, 9:30am to 4:30pm, **Mindfulness of Mind Daylong** with Andrea Fella.
- October 13, 8:30am to 5pm, **Daylong** with Gil Fronsdal.

RESIDENTIAL RETREATS

IMC-SPONSORED RETREATS

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

AT HIDDEN VILLA (LOS ALTOS HILLS)

- September 16–30 with Gil Fronsdal (retreat is currently full).
- October 14–21 with Gil Fronsdal and Heather Martin. Registration begins July 14.

INSIGHT RETREAT CENTER RETREATS

We are planning on offering retreats at our new retreat center starting in November. In July or August we will announce dates and registration details in the Insight Retreat Center's newsletter and at insightretreatcenter.org.

OTHER RETREATS WITH GIL FRONSDAL OR ANDREA FELLA AT SPIRIT ROCK, www.spiritrock.org

- August 13–22, Concentration Retreat with Phillip Moffit, Sally Armstrong, Andrea Fella, and Tempel Smith.
- November 28 to December 5, Emptiness: A Meditation and Study Retreat with Guy Armstrong, Sally Armstrong, and Gil Fronsdal.
- December 26 to January 5 with Gil Fronsdal, Sharda Rogell, Adrienne Ross, John Travis, and Janice Clarfield (yoga).

OTHER RETREATS WITH ANDREA FELLA

- Jikoji Retreat Center (Los Gatos), June 24–July 8, Mindfulness of Mind Retreat with Andrea Fella. Permission required. Contact Dan Acland at dan@danacland.com.
- Cloud Mountain (WA), July 20–27, with Andrea Fella and Greg Sharf. Information: www.cloudmountain.org.

SPECIAL EVENTS

BUDDHISM AND 12 STEPS

WITH KEVIN GRIFFIN AND JENNIFER LEMAS. **Saturday, July 7, 9:30am to 5pm.** Through a combination of traditional and contemporary Buddhist meditation practices, interactive exercises, lecture, and discussion, we will explore the ways Buddhism and the 12 Steps complement each other. Please bring lunch.

INTRODUCTION TO MINDFULNESS-BASED STRESS REDUCTION IN MANDARIN WITH HUI QI TONG AND PEGGY CHANG

Wednesday, July 11, 7:30 to 9pm

正念减压中文课程介绍 童慧琦、蔡淑英
星期三 7月11日 7:30 to 9pm

This is a drop-in orientation class for anyone interested in the upcoming class in mindfulness-based stress reduction that will be taught at IMC in Mandarin Chinese.

欢迎对正念减压中文课程感兴趣者参加，不需要事先登记

EIGHT-WEEK COURSE IN MINDFULNESS-BASED STRESS REDUCTION IN MANDARIN WITH HUI QI TONG & PEGGY CHANG

Wednesdays, July 18 – September 5, 7:30pm to 9pm and

Saturday, August 25, 9:30am to 5pm

八周正念减 中文 程,由童慧琦、蔡淑英执教
星期三,7月18日-9月5日 7:30pm to 9pm

一日正念静修 8月25日9:30am to 5pm

For info: Hui Qi Tong or Peggy Chang, chinesembsr@yahoo.com.

DAYLONG FOR BEGINNERS WITH INES FREEDMAN

Saturday, July 14, 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. For beginners and those wanting to review the basics of practice. Bring lunch.

DAYLONG WITH ANDREA FELLA

Saturday, August 4, 8:30am to 4:30pm. This particular daylong retreat is meant for people who already understand the basic practice of mindfulness; no instruction will be given. The schedule consists of alternating periods of sitting and walking meditation, with a Dharma talk at the end of the day. Brief interviews with Andrea will be available. Previous experience is recommended. Bring lunch.

INSIGHT WORLD AID REPORT

Sunday, September 9, 12 to 2pm. IWA is preparing for its first medical mission to Cambodia in February, 2013. Please come to learn about the project and about IWA's work. (See pg 4 of this schedule for more information or Insightworldaid.org.)

HALF-DAY RETREAT FOR IMC VOLUNTEERS

Saturday, September 15, 9:30am to 1pm. With Gil Fronsdal. Everyone who has volunteered or is volunteering at IMC in any capacity is invited to a morning of sitting, teaching, and community. From noon to 1pm we will share a potluck meal together.

DAILY LIFE PRACTICE WITH ANDREA FELLA

Sunday, September 16, 1:30 to 5pm. Monday, September 17 thru Friday, September 21, 7:30am to 9am and 7:30pm to 9pm. Saturday, September 22, 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 program 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, September 22, 9:30am to 4:30pm. We will explore a relaxed, open awareness with an emphasis on exploring qualities of mind and the attitude towards one's experience. Such an open awareness practice supports not only the formal meditation of sitting and walking, but also our awareness of normal daily activities. The schedule for the retreat will alternate silent periods of sitting and walking with instructions and discussion. It is recommended for both beginners and experienced practitioners. Bring lunch.

DHARMA PRACTICE DAY: THE NOBLE EIGHTFOLD PATH WITH GIL FRONSDAL

Friday, October 5, 9:30am to 3:30pm. With meditation, teaching, and discussion this day begins an eight-month program on the Eightfold Path. See *Sangha Program and News* for more information.

BUDDHIST SPIRITUAL CARE SYMPOSIUM

Saturday, October 6, 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 or Bill Hart, 415/567-9823.

DAYLONG WITH GIL FRONSDAL

Saturday, October 13, 8:30am to 5pm. This particular daylong retreat is meant for people who already understand the basic practice of mindfulness; no instruction will be given. The schedule consists of alternating periods of sitting and walking meditation, with a Dharma talk at the end of the day. Brief interviews with Gil will be available. Previous experience is recommended. Bring lunch.

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.

SCHEDULE pg. 3

IMC YOUTH PROGRAMS

DHARMA SPROUTS (K-2ND GRADE) Led by Liz Powell and Carla Rayacich. July 8, 11:15am to noon at Stafford Park. *No session in August.* Resumes in September on the first Sunday of each month. Meditations and Dharma practice through stories, songs, art, movement, and games. Parents/caregivers participate with their children. Contact Liz at eapowell@aol.com if you plan to attend.

DHARMA ROCKS (3RD-5TH GRADE) Led by Liz Powell. *No sessions in July or August.* Resumes in September on the second Sunday of each month, 5:15 to 7:15pm. Includes fun, interactive, community-building games and crafts, pizza, and a half-hour of practice and Dharma. Contact Liz at eapowell@aol.com.

DHARMA TWEENS (MIDDLE SCHOOL 6TH-8TH GRADES) (Sixth-graders have the option of attending Dharma Rocks and/or Dharma Tweens.) Fourth Sunday of each month from 5:15 to 7:15pm. A time to explore how the Dharma can support challenges and opportunities pertinent to middle schoolers through small- and large-group discussions, mindfulness practice, creative activities, interactive games, pizza dinner, and opportunities for community service. No registration required; RSVPs are encouraged for dinner plans. Contact Hilary, 650/575-2052 or hborison@sbcglobal.net, for more info or to RSVP.

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

SUPPORT GROUPS

FOR THOSE EXPERIENCING LIFE-THREATENING ILLNESSES
Wednesdays, 1:30 to 3pm at IMC

FOR 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 or 650/368-2518.

BUDDHISM AND 12 STEP SUPPORT GROUP

One Sunday a month: July 15, August 5, September TBD, 7 to 8:30pm. Held at Unitarian Universalist Church, 2124 Brewster St, Redwood City. Group discussion and study exploring the 12 Step program and Buddhist practice through Kevin Griffin's book, *A Burning Desire: Dharma, God and the Path of Recovery*. Includes 30-minute meditation, reading, and open discussion. Everyone welcome. Facilitated by Jennifer Lemas, jennlemas@comcast.net.

SATI CENTER

These events are presented by Sati Center and held at IMC. sati.org or 650/223-0311 for more information. Pre-registration preferred.

INTRO TO PALI WITH SEAN KERR

Saturday, July 28, 9:30am to 4pm. A one-day introduction to the richness of Pali language and its potential for complementing and enriching one's meditative practice and deepening one's relationship to the Buddha's teachings. The workshop will incorporate both scholarly and experiential approaches as we learn, recite, and imbibe the Buddha's teachings in their original wording and attempt together to invoke their living meaning.

THE LIFE AND TEACHINGS OF THE BUDDHA

WITH JEFF HARDIN. Saturday, September 8, 9am to 5pm.

During this daylong we will be looking at short passages from the earliest Buddhist scriptures that tell the story of the Buddha and describe his essential teachings of the Dharma. A practical and experiential approach to sutta study will be given. The study guide for the daylong will be available in PDF on the Sati website and in print at the daylong.

BUDDHIST CHAPLAINCY TRAINING PROGRAM

TAUGHT BY JENNIFER BLOCK, PAUL HALLER, AND GIL FRONSDAL.

An 11-month training program introducing a Buddhist perspective on the spiritual care skills needed for being a chaplain or Buddhist teacher, or providing spiritual support for people in times of major life transitions and challenges. More info at sati.org.

SATI INSTITUTE

Formed last year out of the Sati Center, the Sati Institute offers graduate-level courses in Buddhist Studies in partnership with the Institute of Buddhist Studies in Berkeley. Through IBS, the Sati Institute also offers a Masters in Buddhism with a focus on early Buddhism and Theravada Buddhism. More info at sati.org on its Sati Institute page. Fall courses start in early September, are taught either at the IBS campus in Berkeley or online, and include:

BUDDHIST ETHICS: LOVING-KINDNESS IN BUDDHISM

Taught by Gil Fronsdal and Nona Olivia. Monday, 9:40am to 12:30pm (IBS campus).

READING BUDDHIST TEXTS: AN IN-DEPTH STUDY OF THE MIDDLE-LENGTH DISCOURSES

Taught by Gil Fronsdal and Nona Olivia (online).

PALI I

Taught by Sean Kerr. Mondays, 2:10 to 5pm. An introduction to the language of the early Buddhist discourses (IBS campus).

Cooking Committee

The IMC community occasionally offers meals for events at IMC. Anyone interested in cooking for these events, please contact Hilary Borison at hborison@sbcglobal.net.



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

DHARMA FRIENDS

Dharma Friends encourages spiritually based friendships and a sense of community in our sangha. To receive email updates on upcoming Dharma Friends events: from the IMC website, click on 'Community', 'Dharma Friends', and 'Subscribe'.

- **Music Night at IMC**—Saturday, July 14, 7 to 9pm. IMC. Sangha musicians and singers creating unamplified music for each other's enjoyment. All are welcome to sing, play, or just listen. For info contact Peter Brown, pbrown2@gmail.com.
- **Dharma Friends Steering Committee Planning Meeting**—Sunday, August 5, 11am to 12:15pm. Plan events for October–December. IMC conference room. Anne Foster, afoster@rawbw.com, 650/591-1285.
- **Summer Family Vegetarian BBQ & Potluck**—Saturday, August 11, 2 to 6pm. Enjoy a summer evening outdoors with family and sangha friends at a park in San Carlos. Contact Michele Aden, maden@ymail.com, to RSVP or to offer to help.
- **Redwood Creek Cleanup**—Sunday, August 19, 11:30am to 1:30pm. Carpool leaves IMC at 11:15am for the Peninsula Yacht Club, 1536 Maple St, Redwood City. Help protect our ocean by cleaning up Redwood Creek from boats and the land. Refreshments afterwards. Nicole Marquesa, nmarq2008@gmail.com, 650/319-5783.
- **Pulgas Ridge Hike**—Saturday, September 22, 11:15am carpool from IMC. Moderate 3-mile hike. Ryan Delaney, ryandelaney@yahoo.com. Bring lunch.
- **Dharma-Inspired Book Group**—Friday, July 6, August 3, September 7, 5:30 to 7pm. IMC meditation hall. We are currently reading *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity* by Shaila Catherine. Anne Foster, afoster@rawbw.com, 650/591-1285.
- **Socially Engaged Buddhism**—Sunday, July 29, August 26, September 30, 12:30 to 2pm, Redwood City Main Library (5 minutes from IMC), 1044 Middlefield Rd at Jefferson. Gather with other sangha members interested in integrating Buddhist precepts with social action, social service, or environmental work. Mary Bernier, 650/222-6361, interfaithpeacecoalition@gmail.com.
- **Ballroom Dancing**—Saturday or Sunday monthly. Dance lesson precedes dance party. Check listing by clicking on 'Dharma Friends' on insightmeditationcenter.org for when to meet Nicole Cherok, dncherok@gmail.com, at reception desk of Boogie Woogie Ballroom, 551 Foster City Blvd, Suite G, Foster City.
- **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, James.R.Podolske@nasa.gov, 650/968-6168.

RELATED SITTING GROUPS

On IMC website, click on 'Links', 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.mettadharma.org.

COASTSIDE VIPASSANA MEDITATION GROUP

Wednesdays in Montara, 7 to 8:30pm. Info at

www.coastsidevipassana.org.

INSIGHT MEDITATION SOUTH BAY

Tuesdays 7:30 to 9pm. 2094 Grant Rd, Mtn View, www.imsb.org.

LOS GATOS SITTING GROUP WITH KIM ALLEN

Sundays 10:15 to 11:15am at Yoga Source, 16185 Los Gatos Blvd.

MODESTO DROP-IN MEDITATION GROUP

WITH LORI WONG Tuesdays 6:30 to 8:30pm. Unity Church at 2467 Veneman Ave, 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 St, San Jose. Contact Berget Jelane, 408/255-2783, bbjelane@gmail.com, website sanjoseinsight.org.

- Wednesday Evening Sitting, 7:30 to 9pm.
- July 28 Half-Day, 9:30am to 12:15pm.
- September 10, 17, 24 and October 1, 8, 15: Intro to Mindfulness Meditation and Basic Buddhist Principles, 7pm to 9pm.
- September 15, Metta Daylong, 9:30am to 3:30pm.
- Wednesdays, September 26–October 31: Meditation and Psychotherapy, 6 to 7:15pm.

INSIGHT WORLD AID IN CAMBODIA

IWA members are planning a two week volunteer trip to Cambodia from February 20 to March 7, 2013. We envision a team of about 15 volunteers, half with medical expertise and half non-medical. Our likely projects will include basic health clinics, education, and working with orphans. The trip will include a visit to Angkor Wat and meditation instructions and practice in a Buddhist Monastery. If you are interested in going, please visit our homepage for details and to apply: insightworldaid.org.