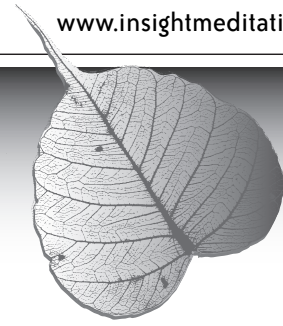


Insight



OCTOBER, NOVEMBER, DECEMBER 2013

VOLUME 16, NUMBER 4

Caring for the Earth as Buddhist Practice

The natural world has nurtured the spiritual life of Buddhists for countless generations. Since the time of the Buddha it has provided refuge, inspiration, and lessons for those on the path of liberation. The natural world can teach us profound truths about ourselves because we, as part of nature, share the same fundamental truths of existence. Witnessing the way everything in nature is dependent on other aspects of the natural world can reflect to us how we, as humans, are equally dependent on our natural world.

Buddhism teaches that personal practice and safeguarding our environment are closely connected. This is because both of these endeavors ask us to overcome the forces of greed, hate, and delusion. The intimate relationship between the world and ourselves means that when we properly care for ourselves we will care for the world, and when we do what's best for the world, we benefit ourselves.

After his awakening, which took place as he sat outdoors underneath a tree, the Buddha continued to live and meditate in forests throughout his life. He explained that he did this for his own benefit and out of compassion for future generations. Because nature is a tremendous support for the path of liberation, the Buddha instructed his followers to meditate in nature.

Practicing mindfulness outdoors in nature cultivates a greater appreciation of the natural world. Building on this appreciation, a healthy respect for nature can come from understanding how dependent our lives are on the natural environment and how easily human activity can damage this support system. When the Buddha was alive, human impact on the natural world was evident mainly on a small, local scale. Today, the evidence of this interconnectedness is global—for instance, the greenhouse gases released through human activity in some parts of the world affect climates across the planet.

There's an ancient Buddhist tale that tells of a mythic tree whose vast canopy provides shade and whose abundant fruit can be harvested freely by anyone. But when a greedy person stuffs himself with fruit and then breaks off one of the branches, the tree stops bearing fruit.

Another early Buddhist myth depicts an ideal world of abundance and ease that progressively falls into decay in response to the deteriorating ethics of the people who live there. The decline begins as people become greedy and continues with the gradual

appearance of arrogance, lust, laziness, theft, lying, and violence.

These ancient myths no longer feel fanciful—they quite accurately represent our modern world. Rainforests have been clear-cut and the land can no longer support people living there. In some parts of the world the soil and water have become polluted with pesticides, herbicides, and other chemicals, sickening nearby residents. The air in metropolitan areas is filled with smog, and children who breathe this pollution have higher rates of asthma and autism.

Continued inside

EARTH-CARE WEEK: OCTOBER 1–7

During the first week of October, IMC will be celebrating Earth-Care Week. This is a newly minted event arising out of the International Vipassana Teachers' meeting at Spirit Rock in June. It was one response from the teachers to a letter signed by over 2,000 people requesting that teachers provide "guidance and leadership in addressing the issue of climate change."

With seeds planted this year we hope EarthCare Week will become a significant annual event among the worldwide communities of Insight Meditation practitioners.

During this week:

1. Gil will focus his talks on the connection between Buddhist practice and caring for our natural world.
2. To reduce IRC's carbon footprint we will have a drive to raise money for a solar water heater at IRC.
3. We will encourage calculating one's carbon footprint as a mindfulness practice (see nature.org/greenliving)
4. We will encourage reducing gasoline consumption.
5. Our children's programs in October will focus on caring for the environment.

On Sunday October 13th, 11am to noon, everyone is invited to participate in small and large group discussion where we can learn and inspire each other in practical ways we can care for our planet and all life it houses.

Information about the wider Insight communities' efforts for Earth-Care Week is found at learthsangha.org.

SANGHA PROGRAMS & NEWS

BENEFITTING IMC

Carol Collins has been one of the great benefactors of IMC and IRC. In addition to heading the successful search for the property for the Insight Retreat Center, she has done a wonderful and generous job in raising money for IMC and IRC by recommending competent and ethical real estate agents to help IMC people when buying or selling a home. Normally, when a real estate agent refers a client to another real estate agent, the referring agent receives a referral fee, usually about ¼ % of the sale price. Rather than keeping this fee, Carol has always donated it to IMC and IRC. Over the last ten years this has averaged \$8,000–10,000 of donations to IMC/IRC per year.

In addition, Carol has provided free real estate advice to people in our community. During the 2008–2011 recession Carol advised many people on how to keep their homes when they were in danger of foreclosing and advised others how to navigate their real estate challenges.

We extend our deep gratitude for all the ways Carol has supported our IMC/IRC community, including her wonderful example of generosity, integrity, and love.

(more info on Carol's offer on back page)

CHILDREN'S BOOK DRIVE

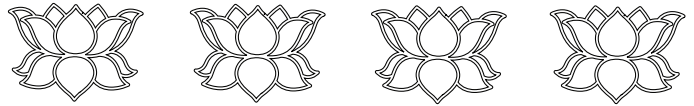
In November we begin our annual children's book drive to benefit the Fair Oaks Community Center in Redwood City. As part of their holiday food distribution on December 13, IMC will donate new or nearly-new books for several hundred children. It's a delightful way for our sangha to offer dana to our under-resourced neighbors. Not only does it promote a love of reading, it brings smiles to many young faces as they select a special book for themselves and their siblings.

Books from pre-school through high school ages are needed. If "nearly new", please be sure there is no writing in them or missing parts. Look for the collection box in the community hall in November. We will also need volunteers to sort the books on Thursday, December 12. To help or if you have questions, please contact Hilary Borison at IMC.VolunteerDirector@gmail.com.

"UNHINDERED"

A NEW BOOK BY GIL FRONSDAL

Tranquil Books has just published Gil's new book: *Unhindered: A Mindful Path Through the Five Hindrances*. It is said that people who practice mindfulness should become experts on the hindrances because they are considered the primary challenges to being mindful. Based on Gil's teachings at IMC, the book provides a detailed discussion of each hindrance as well as reflections and exercises. *Unhindered* is available from Amazon.com (use the link on the Donate and Recommended Books pages on our website).



REMEMBERING VICTOR MEDINA

Victor Medina died on July 4th at the age of 56. He was a man who lived in integrity with his deepest understanding, a good friend and beloved Dhamma brother. Victor was kind and generous, almost to a fault, and a true lover of the Dhamma. His life and meditation practice were rooted first and foremost in ethical behavior. This aspiration to live with integrity was the expression and underpinning of his friendship with me and with so many others in our community. It engendered trust and was a foundation upon which he built relationships and connected with people. It was his gift to all who knew him and one of the ways that he touched and enriched all of our lives, just as we must have touched and enriched his life.

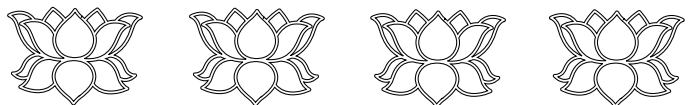
I don't know what Victor's early days were like nor can I comment on the nature of his priorities or aspirations before we met. I like to think that the deep stirring in his heart led him to IMC and to a flowering of the Dhamma in his life. He showed up at our front door with an open, curious mind along with a sense of quiet excitement. Before long he became a familiar presence at Gil's Monday night talks where he found a welcoming, wholesome, safe environment where the teachings could take root and make a difference in his day-to-day life. He started to participate in Andrea Fella's Daily Life Practice program, and eventually to longer residential retreat practice. He delighted in it all and didn't hold back.

Victor's service to IMC and the Dhamma grew over the years, the results of which continues on as part of his legacy. One notable example is all the work Victor did, with others, to develop and streamline the way IMC records and makes Dharma talks available through Audiodharma. His good work has benefited people all over the world who listen to the talks. For many it's their lifeline to the Dhamma.

Victor's selfless service, born of generosity, arose out of his good intentions and wholesome aspirations. He never stopped growing and stretching beyond the boundaries of what felt safe or comfortable, familiar and known. Right up to his very last breath he modeled the willingness and determination to keep opening to the truth of his own direct experience and, in this way, he became a teacher to himself and to those around him.

Victor became my dear friend, as he did for many who knew him. I miss him everyday.

—Robert Cusick



Caring for the Earth, *cont'd. from front page*

If we look closely, we can see that greed, hate, or delusion underlies all large-scale human destruction of the environment. Greed drives exploitation of our natural resources, hate destroys vast lands through the ravages of war, and delusion perpetuates environmental harm when we don't understand the impact our actions have on the natural world.

Of these forces, delusion (and its partner, indifference) is perhaps the most widespread and thus the most destructive. Even those of us with the best intentions can be blind to the effects our actions have, especially when the repercussions are out of sight, removed in space or time. For instance, large dams built in order to improve people's lives have destroyed the watershed that sustained the very communities they were meant to serve. Cutting trees in the Himalayas in order to care for one's family can have disastrous consequences when hundreds of thousands of people do the same thing. When farmers in Sumatra set fires to clear land, they neither know nor care much about the record air pollution that falls on Singapore as a result. One person thinks that his or her driving contributes a negligible amount of pollution, without considering what happens when that contribution is combined with the millions of cars driving in the same region. In the California Bay Area, for example, the smog from its 5 million cars kills trees in the Sierra Mountains, far out of sight of Bay Area residents.

Buddhism emphasizes the impact our individual actions have on our lives and the world around us, and it follows from this perspective that caring for the natural world begins with each of us. As practitioners on this path, it doesn't make sense to ignore what we can personally do by relying on others to take responsibility for our environment. Instead we view our own actions as significant. Because of the staggering number of people now living on the earth—7 billion—the combined actions of many can either preserve vast ecosystems, or destroy them. If we fall into passive acquiescence in the face of environmental destruction, we give up our individual “response-ability”—our ability to respond.

Many of us can make the choice to consume fewer natural resources and to act out of compassion for the earth. Doing so doesn't have to diminish the quality of our lives; it can increase it. We can choose to see reducing our carbon footprint not as an act of deprivation, but as an opportunity to gain the spiritual benefits of a simpler lifestyle. If the natural world is to be our teacher, as Buddhism suggests, maybe we can learn more by walking in a forest or a local park than by speeding by on the highway; perhaps we're closer to the heart's freedom when we sit undistracted in nature than when we're plugged into our various electronic devices.

In each of our lives we're presented with myriad opportunities to make small and large changes to reduce the negative impact we have on the natural world. When we make these changes as part of a spiritual practice, they support our spiritual growth. Contributing to the well-being of all of life can give joy and provide deeper meaning to our actions.

Still, as individuals we can't make sweeping changes all by ourselves. Political action is needed to ensure that we all work together for sustainable usage of our natural resources. It takes public policies and laws to ensure that we all share in creating mass transit systems, reducing pollution, and protecting open spaces. History has shown that governmental action is needed as a safeguard against the nearsighted systems within which commercial and industrial interests often operate. Only governments have the ability to negotiate environmental agreements across many states and between nations.

So where does that leave us as Buddhist practitioners? When Buddhist practice is applied to our political efforts, generosity can be our motivation, goodwill and compassion our guide, and learning can replace our quick judgments. Guided by these wholesome qualities, political action can be passionate, energetic, and effective. Some people mistakenly believe that Buddhism, with its emphasis on equanimity, is incompatible with political action. But Buddhism doesn't discourage political engagement. What it does discourage is divisive, hostile, and exclusively self-serving efforts at making political change.

There's no doubt that human activity now challenges the health of our natural world more than at any other time in history. Unfortunately the damage to our environment has been increasing every year. If we are to reverse this trend, all but the poorest of us need to make changes in our lifestyle and patterns of consumption. Buddhism provides a way to embrace these changes as part of a path to freedom, peace, and compassion. Our ability to respond to these challenges is also our ability for spiritual growth. We can improve the quality of our environment while we deepen the capacity of our hearts.

—Gil Fronsdal

SUPPORT THE GREENING OF IRC FUNDRAISING DRIVE

The next significant step for lowering the environmental impact of our new retreat center is to install a solar water heater. This will reduce our use of propane (and lower our costs). In the recent renovation of our new retreat center we gave much attention to lowering the environmental impact of our facility, by insulating, installing LED lighting, using green building materials as much as possible, and focusing on energy and water conservation. If you would like to help us continue in our efforts to be green, please consider supporting our Solar Water Heater Drive. We are aiming to raise \$15,000.

If you would like to donate, please make checks payable to “Insight Retreat Center”. Either make the donation at IMC, send a check to Insight Retreat Center, 108 Birch St., Redwood City, CA 94062, or online at insightretreatcenter.org/donations. Many thanks!



Insight Meditation Center

108 Birch Street

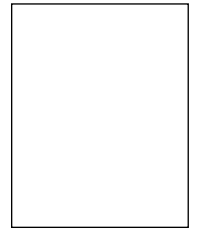
Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

650/599-3456

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INSIGHT WORLD AID IS ON THE MOVE!



After a successful overseas volunteer mission in Cambodia, IWA is developing new projects locally and internationally. IWA members are participating in monthly meal distributions to the home-

less in San Francisco with the Saranaloka nuns. For our Sock Drive, 377 pairs were donated to help with foot care of homeless diabetics in danger of gangrene. In the near future we will be participating in local health and community service fairs. For our overseas work IWA's International Team is in the process of developing new missions. We expect to announce 1 or 2 volunteer trips for 2014. We are currently looking for volunteers to help us build our organization. We can especially use volunteers who are artistic, tech-savvy and/or interested in social media to serve on our Communication Design team developing our website and other media items. Please see our website to get involved now or to make a donation, insightworldaid.org.

• 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 who specializes in your area. 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.

Most teachings given at IMC are recorded and posted online at Audiodharma.org

• 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 insightmeditationcenter.org/email.

SCHEDULE OF EVENTS

October ~ December 2013

WEEKLY MEDITATION AND TALKS

MONDAY EVENING SITTING AND TALK

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

TUESDAY MORNING SITTING AND TALK

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

TUESDAY EVENING DHARMA EN ESPAÑOL

Con Andrea Castillo, 7:30 a 9pm. Meditación y pláticas de Dharma en Español. (*Canceled on New Year's Eve*).

WEDNESDAY MORNING HALF-DAY RETREAT

Sitting and walking meditation with Gil Fronsdal or guest teachers, 9:30am to 12:15pm. 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

With Andrea Fella or guest teachers, 7:30 to 9pm. A sitting, a talk and time for questions. (*Canceled on Thanksgiving*).

SUNDAY MORNING SITTINGS AND TALK

With Gil Fronsdal or guest teachers, 8:30 to 10:45am.

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

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

Vegetarian Potluck Brunch—Last Sunday of month at 11am.

MEDITATION INSTRUCTION

BASIC MEDITATION INSTRUCTION

- First Monday evening of month, 6:15 to 7:15pm.
- First Thursday morning of month, 10:45 to 11:45am.
- Every Thursday evening, 6:15 to 7:15pm. (*Canceled on Thanksgiving*).

INTRODUCTION TO MINDFULNESS MEDITATION

• 5 Wednesday evenings, October 2–30, 7:30 to 9pm,
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 preregistration. Taught by Gil Fronsdal.

INTRODUCTION TO MEDITATION IN SPANISH

Curso de Introducción a la Meditación Introspectiva en Español
Cinco sesiones: los martes de las 7:30pm a las 9pm. Fechas 8, 15, 22, 29, de Oct. y 12 de Nov. Favor tomar nota que no hay sesión el 5 de Nov. Instructora: Andrea Castillo.

ONLINE COURSE: INTRO TO MINDFULNESS MEDITATION

October 20–November 30 (Registration 9/30–10/5)
Based on Gil Fronsdal's six-week meditation class. Includes weekly mentorship by email, phone, Skype, or Google+
More info at www.audiodharma.org/onlinecourses.html

NON-RESIDENTIAL ONE-DAY RETREATS

With Gil Fronsdal, Andrea Fella or guest teachers.

- Friday, October 4, 9:30am to 3:30pm, **Mindful Steps to an Ethical Life** with Gil.
- Saturday, October 5, 9am to 4:30pm, **Mindfulness of the Body Daylong** with Gil.
- Saturday, October 12, 9:30am to 5pm, **The *Brahmaviharas*** with Thanissaro Bhikkhu.
- Friday, November 1, 9:30am to 3:30pm, **Mindful Steps to an Ethical Life** with Gil.
- Saturday, November 2, 1 to 4pm, **Teen Retreat** with Gil.
- Saturday, November 9, 9:30am to 4:30pm, **Mindfulness of Mind Daylong** with Andrea.
- Saturday, November 16, 8:30am to 5pm, **Daylong** with Gil.
- Friday, December 6, 9:30am to 3:30pm, **Mindful Steps to an Ethical Life** with Gil.
- Saturday, December 7, 9am to 4:30pm, **Mindfulness of Thinking Daylong** with Gil.
- Saturday, January 11, 2014, 8:30am to 5pm, **Daylong** with Gil.
- Friday, January 17, 9:30am to 3:30pm, **Mindful Steps to an Ethical Life** with Gil.

RESIDENTIAL RETREATS

AT THE INSIGHT RETREAT CENTER (NEAR SANTA CRUZ)

For more information go to www.insightretreatcenter.org/retreats or contact Debra.Chromczak@gmail.com, 831/421-0876.

- December 8–15, 2013, **Insight Retreat** with Gil Fronsdal and Andrea Fella.
- January 26–February 2, 2014, **Insight Retreat** with Gil Fronsdal and Leigh Brasington.
- February 18–February 22, 2014, **Insight Retreat** with Gil Fronsdal and John Travis. Registration opens October 18.
- March 13–20, 2014, **Insight Retreat** with Andrea Fella and Kamala Masters. Registration opens November 13.
- April 5–11, 2014, **Study Retreat** with Gil Fronsdal and Andrea Fella. Registration opens December 5.

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

- November 22–December 1, **Thanksgiving Insight Meditation Retreat** with Andrea Fella, Wes Nisker, Anushka Fernandopulle, Patrick Coffey, Teja Bell (qigong).
- December 27–January 4, 2014, **New Year's Insight Meditation Retreat** (lottery) with Gil Fronsdal, John Travis, Sharda Rogell, Eugene Cash, Janice Clarfield (yoga)
- February 1–March 1, 2014, **1-Month Insight Meditation Retreat** with Guy Armstrong, Carol Wilson, James Baraz, Andrea Fella, Greg Scharf, Martha Link (yoga)

SPECIAL EVENTS

DHARMA PRACTICE DAYS: MINDFUL STEPS TO AN ETHICAL LIFE WITH GIL FRONSDAL.

From October to June, monthly Dharma Practice Days will focus on training in mindfulness and ethical integrity as supports to the path of liberation. We will explore how mindfulness cultivates greater ethical wisdom and how ethical behavior cultivates greater mindfulness. This series will be structured around the ten skillful actions that are the primary ethical guidelines taught by the Buddha. In the course of the series we will consider what perspective mindfulness practice gives to some of the important ethical issues of our times. The program will combine guided meditation, teachings, exercises, and discussion. You may attend any part of the series, held on the following Fridays from 9:30am to 3:30pm: October 4, November 1, December 6, January 17, February 14, April 4, May 2, and June 6.

MINDFULNESS OF THE BODY DAYLONG

WITH GIL FRONSDAL. SATURDAY, OCTOBER 5, 9AM TO 4:30PM.

Mindfulness of the body lies at the foundation of Buddhist meditation practice. To support building a strong foundation, the day will include a variety of teachings and guidance on practices related to the body: instruction on how to practice mindfulness of the body, detailed instruction on meditation posture as well as a period of yoga supportive of meditation practice led by Terry Lesser. No interviews. Bring lunch.

A GRACEFUL FAREWELL: GETTING OUR AFFAIRS IN ORDER WITH BERGET JELANE, JUDY LONG, AND EILEEN MESSINA

SATURDAY, OCTOBER 19, 9:30AM TO 12:30PM. Join us to learn about simple, practical steps we can do now to prepare for times when, in sickness, old age, and death, we are no longer able to take care of ourselves. These steps are also a way to ease the work of our friends and loved ones when they help us through these transitions. We will cover topics such as advance health care directives, organization of helpful personal information, and special wishes we may have about our care.

"HOW TO WAKE UP" ~ A BOOK READING WITH TONI

BERNHARD. SUNDAY, OCTOBER 20, 11:30AM TO 12:30PM.

Discussion and reading from Toni Bernhard's new book, *How to Wake Up: A Buddhist-Inspired Guide to Navigating Joy and Sorrow* on the Buddha's path of peace and well-being in the midst of life's ups and downs; joys and sorrows. Toni Bernhard is the author of the award-winning *How to Be Sick: A Buddhist-Inspired Guide for the Chronically Ill and their Caregivers*.

CEREMONY OF LOVE & REMEMBRANCE

WITH MARIA STRAATMANN. SATURDAY, NOVEMBER 2, 10 TO

11:30AM. Anyone who has lost a family member, friend or other dear person over the last year is welcome to join us for a chance to remember and honor those who have died but who enriched our lives and community. With the practices of mindfulness and compassion, we will have a period of silent sitting and rituals of

remembrance, bereavement, and farewell. Bring pictures or mementos for our altar of persons you wish to honor/remember. If you cannot attend, you are welcome to send Maria the name of the person you would like included in our remembrance. Contact mstraatmann@gmail.com.

TEEN RETREAT WITH GIL FRONSDAL

SATURDAY, NOVEMBER 2, 1 TO 4PM. This retreat will include instruction and practice of meditation with an introduction to Buddhism. There will be time for peer discussion and exploration of the topic of the day. All teens are welcome.

DAILY LIFE PRACTICE RETREAT WITH ANDREA FELLA

Sunday, November 3, 1 to 4:30pm; Monday–Friday, March 4–8, mornings 7:30 to 9am, and evenings 7:30 to 9pm; Saturday, November 9, 9:30am to 4:30pm, Daylong Retreat.

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, NOVEMBER 9, 9:30AM TO 4:30PM. Taught in the style of U Tejaniya. 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 both the formal meditation of sitting and walking, as well as awareness of our normal daily activities. The schedule for the retreat will alternate periods of sitting and walking with instructions and discussion. Aside from the instruction and discussion periods, the day will be primarily in silence. Recommended for both beginners and experienced practitioners.

BEGINNERS PRACTICE GROUP

FOUR WEDNESDAY EVENINGS, 7:30 TO 9PM, NOVEMBER 13, 20, 27, AND DECEMBER 4. For beginners who have taken a basic mindfulness meditation instruction class and would like to take the next step in building and supporting their practice. A 4-week series on developing mindfulness practice with a 20-minute sitting, review of the basic teachings and discussion.

DAYLONG WITH GIL FRONSDAL

SATURDAY, NOVEMBER 16, 8:30AM TO 5PM. This 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. At the end of the day Gil gives a Dharma talk. Brief interviews to talk about the practice will be available with Gil. Previous experience recommended. Bring lunch.

SCHEDULE pg. 3

MINDFULNESS OF THINKING DAYLONG WITH GIL

FRONSDAL. SATURDAY, DECEMBER 7, 9AM TO 4:30PM. A daylong retreat with 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.

NEW YEAR'S EVE MEDITATION AND CELEBRATION WITH BERGET JELANE. TUESDAY, DECEMBER 31, 7:30PM TO 12:15AM

Join us on New Year's Eve for an IMC tradition including sitting and walking meditation; time for reflection and sharing; refreshments (bring any holiday leftovers you wish to share), chanting and ringing the bell 108 times. Please come whenever you can and stay as long as you like. A schedule will be posted at the door.

DAYLONG WITH GIL FRONSDAL

SATURDAY, JANUARY 11, 2014, 8:30AM TO 5PM.
(See Daylong description on November 16)

SATI CENTER

These events are presented by Sati Center and held at IMC. Contact sati.org for more information.

THE BRAMAVIHARAS WITH THANISSARO BHIKKHU

SATURDAY, OCTOBER 12, 9:30AM TO 5PM. We will use readings, talks, discussions, and periods of meditation to explore the uses and limitations of the *Brahmaviharas* in the context of the total path to the end of suffering. The *Brahmaviharas* are attitudes of unlimited good will, compassion, empathetic joy, and equanimity. *There will be a meal offering for Ajahn Thanissaro and other monastics in attendance. If you would like, please bring food to offer at that time, otherwise, please bring your own lunch.*

THE WOMEN AROUND THE BUDDHA: NEW PERSPECTIVES ON EARLY BUDDHIST HISTORY AND MODERN PRACTICE

WITH RITA M. GROSS. SATURDAY, JANUARY 18, 2014, 9AM TO 5PM. Early Buddhist history and the legends of the Buddha are important for Buddhists to understand. However, in many accounts, the stories of the women central to the Buddha, especially his foster-mother and wife, are obscured or forgotten. On this day we will resurrect these long forgotten stories of the lives of these women. We will also explore how historical memories are created, the importance of creative story-telling to a living religious tradition, and changing ideas about gender in early Buddhism.

YOGA WITH TERRY LESSER

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

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.

THANKSGIVING MORNING YOGA AND MEDITATION

- Thursday, November 28, 8:30 to 10:30am. Everyone welcome. No experience necessary.

IMC YOUTH PROGRAMS

DHARMA SPROUTS (K-2ND GRADE) Led by Liz Powell and Carla Rayacich. First Sunday of each month, 11:15am to noon.

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. Second Sunday of each month, 5 to 7pm. Includes fun, interactive, community-building games and crafts, pizza, and a half-hour of practice and Dharma. Contact Liz at eapowell@aol.com.

DHARMA BODHIS (MIDDLE SCHOOL 6TH-8TH GRADE) (Sixth-graders have the option of attending Dharma Rocks and/or Dharma Tweens.) Led by Hilary Borison. 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, hborison@sbcglobal.net, or 650/575-2052 for info or to RSVP.

MINDFUL TEENS (HIGH SCHOOL) Led by Alicia McLucas, Aaron Chavira, Nirali Shah and Trent Walker. 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.

MINDFUL PARENTING SERIES

Second Friday of the month, 7 to 8:30pm. (*For November, group will meet on FIRST Friday*). The program each month alternates between being led by local Dharma teachers who are also parents, and offering discussion groups for parents. Guest speaker for October will be Jennifer Kammeyer.

YOUNG ADULT PROGRAM

AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20'S AND 30'S. WITH MAX ERDSTEIN.

Third Sunday of the month, 7 to 8:30pm. An open, monthly group addressing Dharma themes relevant for twenty- and thirty-somethings. With meditation, Dharma talks, and discussion.

SUPPORT GROUPS

FOR THOSE EXPERIENCING LIFE-THREATENING ILLNESSES
Wednesdays 1:30 to 3pm.

FOR THOSE EXPERIENCING CHRONIC HEALTH CHALLENGES
Wednesdays 3:30 to 5:30pm.

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

SECOND SUNDAY OF EACH MONTH, 7:30 TO 9PM. Group discussion and study exploring the 12-Step program and Buddhist practice through Kevin Griffin's book, *One Breath At A Time*. Includes 30-minute meditation, reading, and open discussion. Everyone welcome. Facilitated by Jennifer Lemas, jennlemas@comcast.net.

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, go to the IMC website and click on **COMMUNITY, DHARMA FRIENDS, and SUBSCRIBE**.

- **Hike at Wunderlich Park**—Sat, Oct 12, 9am. 7 miles, walking in sun and shade; includes walking meditation period. Bring snack, sunscreen. Carpool from IMC. Rain cancels. Ryan Delaney 650/325-7795.
- **Ballroom Dancing**—Sunday monthly. One-hour dance lesson, either 5 or 6pm; 2 hour dance party afterwards. Check listing on Dharma Friends page on IMC website for more info. Imperial Ballroom, 822 Cassia Street, RWC. Nicole Cherok, drncherok@gmail.com, 650/572-9002.
- **Dharma-Inspired Book Group (#1)**— Fri, Oct 18, Nov 15, Dec 20, 7 to 8:30pm. (Please note: now meeting the third Friday, at a later time). We are currently reading *Who Ordered this Truckload of Dung?: Inspiring Stories for Overcoming Life's Difficulties* by Ajahn Brahm. IMC Meditation Hall. Anne Foster, afoster@rawbw.com, 650/591-1285.
- **Dharma Friends Brunch**—Sun, Oct 20. Gather by the kitchen following the morning sitting. We will choose a local restaurant for brunch. Wendy Alger, wendyalger@gmail.com.
- **Dharma-Inspired Book Group (#2)**—Fri, Oct 25 only, 7 to 8:15pm. We will be reading *Unlimiting Mind* by Andrew Olendski. Bill Kostura, sad-dhadhamma@gmail.com, 650/815-1174.
- **Music Night at IMC**—Sat, Nov 9, 7 to 9pm. Sangha musicians and singers create unamplified music for each other's enjoyment. All are welcome to sing, play, or just listen. For more info, Peter Brown, pbrown2@gmail.com.
- **Fundraiser for Insight-Out** —Sat, Nov 23, 12 to 4pm. Insight-Out is a program that teaches inmates at San Quentin to comprehend the origins of their violence, and through meditation and education, take responsibility for their crimes. Unitarian Universalist Church, 505 E. Charleston Road, Palo Alto. Deborah Probst, 650/856-4940 deborah.probst@mindspring.com, Mary Bernier, 650/222-6361 interfaithpeacecoalition@gmail.com.
- **Fall Gratitude Gathering and Vegetarian Potluck**—Sat, Nov 23, 6:30 to 9:30pm. Remember and share with fellow sangha members the benefits and good fortune you have experienced over the past year. Bring vegetarian dish to share. IMC Main Hall. Contact Shelly Gordon, sgordon@g2comm.com, or Jim Podolske, James.R.Podolske@nasa.gov, to help create this festive evening.
- **Dharma Friends Steering Committee Planning Meeting**— Sun, Nov 24, 11am to 12:15pm. Plan events for January, February, March 2014. IMC conference room. Shelly Gordon, sgordon@g2comm.com, 650/856-1607.

- **Celebrate Mid-Winter with Puzzles & Games**—Wed, Dec 25, 1:30 to 4:30pm. At IMC. 30-minute sitting, 2 jigsaw puzzles of Tibetan thankas, or bring a game or cards. Cate Beauheim, catbeau@yahoo.com.
- **Cinema Sanity**—at least 1 film during the quarter. 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.mettadharm.org.

COASTSIDE VIPASSANA MEDITATION GROUP
Wednesdays in Montara, 7 to 8:30pm. Info at www.coastsidevipassana.org.

LOS GATOS SITTING GROUP WITH KIM ALLEN
Sundays 9 to 10:15am at Yoga Source, 16185 Los Gatos Blvd.

INSIGHT MEDITATION CENTRAL VALLEY WITH LORI WONG. Sunday 12:30 to 2:30pm in Modesto, Monday 6:30 to 8:30pm in Stockton, and Tuesday 6:30 to 8:30pm in Modesto. For locations and info, go to imcv.org.

OAKLAND MONDAY DROP-IN MEDITATION GROUP WITH REBECCA DIXON. Instruction 5:15pm; meditation / discussion 5:30 to 6:30pm. Unitarian Church, 14th/Castro. 510/482-2032.

PALO ALTO DROP-IN MINDFULNESS GROUP
Wednesdays 2 to 3pm at Avenidas (Garden Room), 450 Bryant St. Contact Julie Forbes, 650/323-2601.

SAN JOSE SANGHA

1041 Morse St. Contact Berget Jelane, 408/255-2783, bbjelane@gmail.com, website sanjoseinsight.org.

- Wednesday Evening Sitting, 7:30 to 9pm.
- Introductory class daylong, Sat, Oct 5, 9:30am to 3:30pm.
- Half-day retreat, Sat, Nov 9 & Dec 14, 9:15am to 12:15pm.
- Meditation and Psychotherapy, Wed, Oct 2 – Nov 6, 6 to 7:15pm. Preregistration required.

WALKS TO FEED THE HUNGRY

Buddhist Global Relief will hold two local "Walks to Feed the Hungry" — one in San Jose on Sunday, October 6, the other in San Francisco on Saturday, October 19. The walks will raise awareness of the many chronically hungry people in the US and around the world. Includes stops at different Buddhist centers of the Bay Area. For details, www.buddhistglobalrelief.org. The related fund-raising drive is at www.firstgiving.com/BuddhistGlobalRelief.