

Freedom Through the Third Precept

The avoidance of sexual misconduct is the third of the five cardinal Buddhist ethical practices. Sexual feelings and behavior are deeply rooted in our biology, psychology, and social life. After puberty, many people spend significant amounts of time thinking about and involved with their sexuality. Even celibate monastics can devote much energy addressing their sexual feelings.

As an ethical precept, the avoidance of sexual misconduct means striving to refrain from causing harm through our sexuality, even unintentionally. Rather than defining sexual misconduct in terms of any specific sexual behavior, the emphasis is on considering the impact the behavior can have on others and oneself. It means taking into account much more than the particular sexual activity one may be involved in.

Practicing with the third precept requires bringing mindfulness to some of the most intimate and personal areas of our lives. As such, great care and respect is warranted as we bring greater attention to our sexuality. In terms of sexual relationships, mindfulness includes considering the intentions, expectations, and commitments of everyone involved. Without clarity about these it is easy for people to feel disappointed, hurt, or betrayed. Mindfulness in sexual relationships also includes awareness and acknowledgment of any emotional vulnerabilities our partner may have. Past hurts may be re-triggered from what may, on first impressions, appear to be appropriate sexual relations. Mindfulness can also be extended to awareness of the wider social contexts for our behavior. Are commitments being broken with our sexual activity? Are there others—partners or relatives—who would be hurt?

Because the sexual drive can be strong enough to override a person's wisdom, compassion, and common sense, help is sometimes needed to avoid engaging in inappropriate sexual behavior. The commitment to the third precept can provide this help. It is a safeguard from unexamined, impulsive sexual behavior. It is also a protection from later regrets or worse.

Our sexuality can be a part of the Buddhist path to liberation. Rather than something that is outside the purview of Buddhist practice, sexuality can be a rich arena for practice when we bring mindfulness and investigation to it. One way to do this is to consider our sexuality through the perspective of the Eightfold Path, the Buddha's most common description of the path to liberation. These eight practices are comprehensive enough to address the complexity of our sexual lives. Together they contribute to "Right Sexuality".

Right View, the first practice of the Eightfold Path, is applying

the perspective of the Four Noble Truths to our sexual intentions and behavior. The first Noble Truth asks each of us to consider whether there is any actual or potential suffering—to oneself or to others—connected to our sexual behavior. The second Noble Truth asks us to notice any craving or compulsion that may be part of sexual desire. The third Noble Truth is learning to recognize—even if just as a potential—the possibility of the cessation of any and all suffering connected with our sexual desires. It means to realize a peace and deep abiding sense of fulfillment that dissolves sexual compulsion. The fourth Noble Truth is the Eightfold Path; it is a set of practices that can bring this fulfillment.

Through practicing Right View we use our awareness of suffering to help us become free of suffering. When suffering and craving are not recognized, suffering can remain the backdrop for one's life. Recognized, we can begin to dissolve the backdrop.

The second practice of the Eightfold Path is **Right Intention**. Discovering the deeper and often subconscious motivations that drive sexual behavior and feelings is one of the very important ways to have Buddhist practice become thoroughly integrated into one's life.

Right Intention means to avoid three forms of wrong motivations. These are intentions motivated by cruelty, ill will, and lust. Rape, coerced sex, and sexual aggression are examples of extreme sexual behavior that can be motivated by cruelty. Asserting oneself on one's partner or ignoring his or her well-being can be driven by anger or hostility. Objectifying and disrespecting one's partner can be a consequence of dominating lust.

Applying Right Intention in our sexual lives involves having our sexual behavior motivated by compassion, loving-kindness, and renunciation. Sexual behavior can be a valuable way of expressing appreciation, love, care, and respect for others. Having these as part of our sexual behavior ensures that sexual relationships are more than skin-deep affairs. They can be nourishing and nurturing of some of the best qualities of our hearts.

Renunciation is an important part of healthy sexuality. Renunciation is the capacity to let go of any desire which might cause suffering and hurt. Without being able to let go of sexual desire, there is no freedom. Spiritual freedom is not to be free to act on our desires; it is being free to choose wisely which desires to act on. It is to be free of compulsive desires.

The third step of the Eightfold Path is **Right Speech**. For our sexual lives to be an integral part of the Buddhist path it is crucial that we tell the truth. Sexual misconduct often involves deceit and



SANGHA PROGRAMS & NEWS

REFLECTIONS ON CREATING IMC AND IRC

As IRC begins a new round of fundraising, this time to expand the premises by buying the property next door, I have been reflecting on what we have created at IMC and IRC.

In my twenties, when I first starting practicing Zen, I had the good fortune to live at all three of San Francisco Zen Center's practice centers. At the time, I viewed these as established institutions, even though they were less than ten years old. As I plunged into Zen practice I took for granted the facilities in which I practiced.

Only recently have I realized how ignorant I was about how much those facilities existed due to the devoted work of many people. As a result, I now feel much gratitude, and even a sense of awe, for the generous efforts and support of those who created Zen Center.

This new view of Zen Center comes from being involved with the creation of both IMC and IRC. The devoted, generous efforts and financial support of many, many people have made these two organizations possible. If these institutions now appear to be "established", I am very happy. We have managed to create vibrant centers where people can practice meditation, hear teachings, and have the support of community. Practice centers concentrate the goodness of many people and so become incubators for bringing forth even more goodness.

As a young Zen student I was dismissive of fundraising, organization development, and building projects because I did not see them as compatible with Buddhist practice. But having witnessed how much all my Buddhist teachers, both Zen and Vipassana, were involved in such activities, I now see them as significant practices in their own right, provided we approach them with mindfulness, compassion, generosity, and non-clinging.

Because "established" practice centers benefit many people for a long time, Buddhism has long taught that their creation is one of the great sources of happiness. This has been my experience also. I had not expected to feel as much joy as I do from knowing of the many people who have contributed funds and work to create our centers. I'm also very happy that so many people have benefited from all the programs that having two centers has allowed us to offer. And I am confident that innumerable people will continue to benefit through our practice centers, well into the future.

As we embark on the project to expand IRC with the neighboring property, I am enthused by how much this will enhance our retreat center, continuing in the long tradition of building "established" Buddhist centers. I hope the next generations of practitioners and teachers will begin their practice being able to take for granted what so many of us have created.

—Gil Fronsdal

EXPANDING IRC: FUNDRAISING DRIVE

You are invited to participate in our drive to purchase the property adjacent to IRC. It includes one forested acre with a 3-bedroom house. When this property went up for sale, an IRC supporter with a vision for the welfare of our center bought the property, with the sole purpose of holding it until we could raise the funds to buy it from him for the \$750,000 he paid.

Expanding IRC into the neighboring property is one of our most significant opportunities for establishing a firm foundation for our retreat center. Some of the benefits include:

- Incorporates more woodland, trails, and nature within IRC.
- Improved housing supports the teachers' participation at IRC.
- Allows for more resident volunteers, creating a more stable foundation for caring for the center and retreats.
- Provides space to build a community room for movement such as yoga and qi gong.
- Provides an additional well for water security.
- Protects the retreat environment from neighbor noise and activity.

Ways to Donate

By Check: Please write *Friends of IRC* in the memo and mail to:

Insight Retreat Center
108 Birch St.
Redwood City, CA 94062

Donate online: go to insightretreatcenter.org/donations and choose the green "Special Donation" section.

Questions or Gifts of Stock: please email friends@insightretreatcenter.org or call 831.440.8858

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.

IMC COMMUNITY MEETING

Everyone is welcome to participate in a community meeting with Gil and Andrea on Sunday, November 9, from 11am to 12pm for a discussion of developments at IMC.

The Third Precept, *cont'd. from front page*

secrecy, activities which undermine efforts to be mindful and transparent. To practice Right Speech in relationship to our sexuality means to be honest. Sexual relationships between people in committed relationships may not appear to have sexual misconduct, but, if there is no honesty, it cannot serve as part of the path of practice.

Next is **Right Action**. This is usually explained by the first three precepts, not to kill, not to take what is not given, and not to engage in sexual misconduct. To not take what is not given is very important in sexual relationships. It means not expecting or requiring one's partner to agree to one's sexual advances. It means avoiding any assertiveness in which one forces oneself on an unwilling partner.

Right Action is followed by the practice of **Right Livelihood**. This means we participate in the economic life of our society in ways that avoid causing harm. When Right Livelihood is applied to our sexual behavior it includes not paying for sex or pornography. It also means not participating in a line of work that perpetuates harmful sexual behavior and attitudes. For example, someone pursuing a path of liberation would not create sexualized advertisements. Also, they would not facilitate the sexual exploitation and dehumanization of others.

The next step in the Eightfold Path is **Right Effort**. One way of practicing this is to make an effort at cultivating skillful, positive states of mind such as happiness, contentment, calmness, compassion, and equanimity. These and other positive states are the primary source for having an abiding sense of inner fulfillment and well-being. In terms of our sexuality, developing these positive states of mind is an antidote to using sex to fill an inner void, anxiety, or depression. When we have the pleasure of positive

mind states, the physical pleasure of sex may be less alluring or even necessary. Instead of a pursuit of pleasure, sexual activity can then be an expression of love and appreciation.

The seventh Eightfold Path practice is **Mindfulness**. Sexual behavior and sexual relationships are among the most complicated, multifaceted aspects of our inner psychological life and outer inter-personal life. Sex and sexuality involves hormones, social conditioning, beliefs, motivations, emotions, and the mysterious activity of "chemistry" between people. Sex is seldom about simple pleasure. To be mindful of our sexuality is to begin to unpack all the complexity it comes with. As the different aspects of this complex stew are seen clearly, we can learn where our freedom is found in relationship to it.

Right Concentration is the eighth and final element of the Eightfold Path. Here concentration is synonymous with a profound sense of calm and well-being. The mind that is settled and concentrated is said to be unified. This means there is a strong sense of integration or wholeness when we are concentrated. These benefits of concentration practice have a direct effect on our sexual lives. On one hand, we are much less likely to have our sexual desires motivated by the desire for recognition, belonging, security, approval, pleasure; or to avoid anxiety or unhappiness. On the other hand, it can support sexual intimacy as a vehicle for deep communication, respect, and love for our partner.

In Buddhism, monastics practice celibacy, a path which can be a meaningful and healthy path to freedom. The task for sexually active lay practitioners is to discover how their sexuality can be a meaningful and healthy part of their path to freedom. One way to do this is to apply the Eightfold Path towards a thorough investigation of our sexual lives.

—Gil Fronsdal

WAYS TO DONATE

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

CHECK: via mail, or in person at the donation box at IMC.

ONLINE: Visit the **DONATE** page on IMC's website.

NEW! AMAZON SMILE: A simple and automatic way to support IMC/IRC every time you shop through Amazon, at no cost to you. Go to insightretreatcenter.org/smile.

You can also enter Amazon through IMC's **RECOMMENDED BOOKS** page to get this benefit when you make a purchase.

DONATE YOUR CAR: You can make a tax-deductible donation of a vehicle you no longer want, working or not. The *Center for Car Donations* will handle pick-up and all paperwork needed; IMC/IRC will receive 75% of the sale price. Tell them you want to donate to Insight Retreat Center. Call 877/411-3662 and a helpful representative will guide you through the process.

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/IRC. You keep all your credit card rewards. Register at www.escrip.com; Group ID is 238528.

IMC VOLUNTEERS' RETREAT

In gratitude to all the volunteers who have so generously offered time and talents to serve IMC now and in the past, we invite you to gather for a Volunteer Retreat and lunch with Gil on Friday, November 14, from 9:30am to 3:30pm. The day will include meditation, teaching, discussion, and a joyful celebration of the community we are creating together. You are welcome to come for all or part of the day. Please RSVP for lunch to Hilary at imc.volunteerdirector@gmail.com.

• GENERAL INFORMATION:

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

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

• CONNECT: To be added or removed from the IMC mailing list or to update your address, phone, or email **-OR-** to sign up for our UPCOMING EVENTS AND ANNOUNCEMENTS emails, go to the IMC website and click on the CONNECT link.

Insight Meditation Center

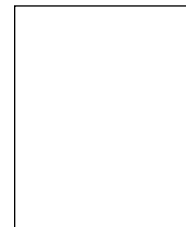
108 Birch Street

Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

650/599-3456



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RETREAT PRACTICE AT IRC

I love retreat practice. My first experience of Buddhist meditation wasn't at a sitting group or class, but on a ten day silent retreat ten years ago. At times the practice was difficult for me. But the company of other sincere practitioners, the sense of safety, the respect for our effort I felt from the staff and teachers gave me courage and the confidence that I could do it. Living in buildings dedicated to practice, being fed and cared for by kind people who offered their time and energy just so others could meditate—I'd never experienced anything like it in my life.

Now, there's no place I'd rather sit a retreat than IRC. Early last year, at the end of my first retreat there, one of the yogis compared the center to a big family house, and the retreat to a warm family reunion. Many people nodded in agreement. The days we spent together meditating in the intimate setting of IMC, eating together in the dining room, and working together to run the retreat all contributed to the strong community feeling.

The hour or so of work everyone does each day provides a clear feeling we are all supporting each other. That the retreat is entirely run by the retreatants themselves adds to the sense that we are all in it together. Work is called "work meditation" and consists of kitchen or housekeeping jobs that help the retreat run. Work meditation also serves as a time to practice mindful awareness in activity, often with others. In addition, for 20 minutes each morning all retreatants clean together, each of us focusing on one small part of the center. There is a buzz of activity—silent except for the sound of vacuum cleaners—and then a settling back into

orderly calm as we put the tools away and line up for breakfast.

In these retreats, intimacy grows daily as we silently meditate and work together. This intimacy strengthens the retreat container and deepens our trust that it's safe to explore whatever is arising in us, whether it's difficult and painful or simple and beautiful—deepening the family feeling.

That sense of being cared for and held in a safe and sacred environment that so moved me at my first Insight retreat is amplified at IRC, because of the co-operative way it operates. Everything is offered freely. The cooks, managers, teachers, and resident caretakers are volunteers, sharing their skills out of love—love for those who come to sit, love for the dharma. That love saturates the walls of the building; fills the space. It's palpable, and it's contagious. As the days of retreat roll by, it's possible to see it spread through the group, infecting us all. That love supports us in going deeply into ourselves, to the darkest places, and to the places where the brightest light is born.

—Shelley Gault

Shelley periodically volunteers as a manager for IRC retreats and is the editor of the IRC newsletter.

DEATH CAFÉ DISCUSSION GROUP

Join us for tea, dessert and a discussion about death and living well in the face of death on Friday, October 3, from 7 to 9pm; facilitated by Catherine Byers and Jennifer Lemas.

Questions? contact Catherine, cabyers50@gmail.com or 650/306-9264. For information about the Death Café movement see www.deathcafe.com.



SCHEDULE OF EVENTS

October ~ December 2014

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.

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 Meditation
- 11am – Sitting • 11:45am – Dharmette (brief talk)
- 12pm – Temple cleaning

THURSDAY EVENING SITTING AND TALK

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

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.

INTRODUCTION TO MINDFULNESS MEDITATION

- 5 Wednesday evenings, October 1–29, 7:30 to 9pm, with Gil Fronsdal.
- 5 Tuesday afternoons, January 13 – February 10, 1 to 2:30pm with Diana Clark
- 5 Wednesday evenings, January 14 – February 11, 7:30 to 9pm with Gil Fronsdal

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 necessary.

DAYLONG MEDITATION RETREATS

On Saturdays, unless otherwise noted:

- October 4, 8:30am to 5pm, Daylong with Gil Fronsdal.
- October 11, 9am to 4:30pm, **Buddhist Spiritual Care Symposium** (Sati Center event).
- October 18, 9am to 4:30pm, **The Burmese and Thai Roots of Western Insight Meditation** with Donald Rothberg (Sati Center event).
- October 25, 9am to 12:30pm, **Yoga and Meditation Half-Day Retreat** with Terry Lesser.
- November 1, 1 to 4pm, **Teen Retreat** with Gil Fronsdal.
- November 8, 9am to 4:30pm, **Mindfulness Daylong** with Gil Fronsdal.
- December 6, 8:30am to 5pm, Daylong with Gil Fronsdal.
- January 3, 2015, 9am to 12:30pm, **Yoga and Meditation Half-Day Retreat** with Terry Lesser.
- January 31, 2015, 9am to 4pm, **Renunciation in Lay Life** with Kim Allen and others (Sati Center event).
- February 7, 9am to 4:30pm, **Metta Daylong** with Nikki Mirghafori
- February 14, 9:30am to 3:30pm, **Mindfulness Daylong** with Ines Freedman.

RESIDENTIAL RETREATS

AT THE INSIGHT RETREAT CENTER (NEAR SANTA CRUZ)

For more information go to www.insightretreatcenter.org/retreats.

- December 27, 2014 – January 4, 2015, **New Year's Meditation Retreat** with Aloka Vihara nuns. To register: saranaloka.org/events/retreats-and-daylongs.
- January 14–19, 2015, **Zen Sesshin** with Paul Haller.
- January 25–February 1, 2015, **Insight Retreat** with Gil Fronsdal, JoAnna Harper, and Vinny Ferraro.
- February 17–21, 2015, **Insight Retreat** with Gil Fronsdal, John Travis. Registration opens October 17.
- March 17–29, 2015, **Experienced Practitioner Insight Retreat** with Gil Fronsdal and Andrea Fella. Registration opens November 17.
- April 5–12, 2015, **Insight Dialogue Retreat** with Gregory Kramer. Registration opens December 5.
- May 14–17, 2015, **Insight Retreat** with Ines Freedman and Max Erdstein. Registration opens February 14.



Most teachings given at IMC are recorded and posted online at Audioldharma.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.

SPECIAL EVENTS

DEATH CAFÉ DISCUSSION GROUP

FRIDAY, OCTOBER 3, 7 TO 9PM. Death Cafés are part of a global movement “to increase awareness of death with a view to helping people make the most of our finite lives.” Join us for tea, dessert and a discussion about death. Facilitated by Catherine Byers and Jennifer Lemas.

DHARMA PRACTICE DAY: BRAHMAVIHARAS: PRACTICING WITH LOVE WITH GIL FRONSDAL

FRIDAYS, OCTOBER 3, 31, DECEMBER 5, JANUARY 16, FEBRUARY 27, MARCH 27, AND MAY 1, 9:30AM TO 3:30PM.

The *Brahmaviharas*—Lovingkindness, compassion, appreciative joy, and equanimity—are four aspects of love at the heart of Buddhist practice. Each day will be devoted to teachings, guided meditation, and discussions on one of the *Brahmaviharas*.

DAYLONG WITH GIL FRONSDAL

SATURDAY, OCTOBER 4, 8:30AM TO 5PM. Practicing mindfulness on retreat is one of the foundations for maturing insight meditation. The simplicity, silence and support of retreats contribute to letting go of many of the distractions that get in the way of clear seeing. For those who understand the basic practice of mindfulness; no instruction will be given. With alternating periods of sitting and walking meditation and a Dharma talk. Brief interviews available with Gil. Bring Lunch.

ESTABLISHING A PRACTICE GROUP WITH CHRIS CLIFFORD

MONDAYS, OCTOBER 6, 13, 20, AND 27, 7:30 TO 9PM. A four-week support group focused on establishing a regular meditation practice. Participants will have a chance to have a personal meeting with Chris to discuss their meditation practice. The group is limited to 10 people who can commit to attending all four sessions.

Location: IMC Annex, 1040 Brewster Ave. Suite D.

Prerequisite: having completed IMC’s Intro to Meditation Series Register (required): through Special Events page on IMC website.

NINE-MONTH EIGHTFOLD PATH PROGRAM

The Eightfold Path is a set of eight practical approaches to bring Buddhist practice into the width and depth of our lives. This program introduces each of the Eightfold factors so participants can explore how to apply each set of practices. Pre-requisite: completion of IMC’s Introduction to Meditation course or the equivalent. Taught by Chris Clifford and senior IMC students.

Dates at IMC:

- Right View – Sunday, October 19, 1 to 3:30pm
- Right Intention – Sunday, November 16, 1 to 3:30pm
- Right Speech – Sunday, December 7, 1 to 3:30pm
- Right Action – Saturday, January 10, 10am to 12:30pm
- Right Livelihood – Sunday, February 8, 1 to 3:30pm
- Right Effort – Sunday, March 8, 1 to 3:30pm
- Right Mindfulness – Sunday, April 5, 1 to 3:30pm
- Right Concentration – Sunday, May 10, 1 to 3:30pm

TEEN RETREAT WITH GIL FRONSDAL

SATURDAY, NOVEMBER 1, 1 TO 4PM. Within Buddhism, meditation is one element of an integrated approach to living a wise and stress-free life. The day will include meditation instruction and practice, and an introduction to the Four Noble Truths, the heart of Buddhist teachings. There will be time for peer discussion and exploration of the topic of the day. All teens are welcome.

BEGINNERS PRACTICE GROUP

WEDNESDAYS, NOVEMBER 5, 12, 19, 26, 7:30 TO 9PM.

For beginners who have taken an introductory mindfulness meditation class and would like to take the next step in building and supporting their practice. This is a 4-week series on developing mindfulness practice with a 20-minute meditation, review of basic instruction and introduction to further teachings that support mindfulness practice. Led by Chris Clifford and others.

A CEREMONY OF LOVE & REMEMBRANCE

WITH MARIA STRAATMANN FRIDAY, NOVEMBER 7, 7:30PM TO 9PM.

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, mariaspirit@gmail.com, the name of the person you would like included in our remembrance.

MINDFULNESS DAYLONG WITH GIL FRONSDAL

SATURDAY, NOVEMBER 8, 9AM TO 4:30PM. Practicing mindfulness meditation on retreat is one of the foundations for maturing insight meditation. With alternating periods of sitting and walking meditation, instruction in mindfulness practice, and a Dharma talk. Recommended for both beginners and experienced practitioners. Bring lunch.

IMC COMMUNITY MEETING WITH GIL & ANDREA

SUNDAY, NOVEMBER 9, 11AM TO 12PM. Everyone is welcome to participate in a community meeting with Gil Fronsald and Andrea Fella where they will discuss developments at IMC, and answer questions.

IMC VOLUNTEER APPRECIATION RETREAT

FRIDAY, NOVEMBER 14, 9:30AM TO 3PM.

In gratitude to all the volunteers who have so generously offered time and talents to serve IMC now and in the past, we invite you to gather for a Volunteer Retreat and lunch with Gil. The retreat will include meditation, teaching, discussion, and a joyful celebration of the community we are creating together. You are welcome to come for all or part of the day. RSVP for lunch to Hilary at imc.volunteerdirector@gmail.com.

DAYLONG WITH GIL FRONSDAL

SATURDAY, DECEMBER 6, 8:30AM TO 5PM.

(See October 4 for description).

SCHEDULE PG. 3

NEW YEAR'S EVE CELEBRATION

WEDNESDAY, DECEMBER 31, 7:30PM TO 12:15AM.

Join us on New Year's Eve for an IMC tradition—celebrate the ending of 2014 and the beginning of 2015. We will enjoy sitting and walking meditation; some time for reflection and sharing; refreshments (bring any holiday leftovers you wish to share); and end with chanting and ringing the bell 108 times. Please come whenever you can and stay as long as you like. The only thing we ask is not to leave and return. A schedule will be posted at the door. See you then!

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 mindfulness 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, giving first names of each participant.

DHARMA ROCKS (3RD–5TH GRADE) *New time and place!* Led by Liz Powell. First Sunday of each month 9:20 to 10:50am at IMC Annex, 1040 Brewster Ave., Suite D. Meditation and mindfulness practice with fun, interactive, community-building games and crafts, and pizza. Contact Liz at eapowell@aol.com with first name of your child who plans to attend.

DHARMA BODHIS (MIDDLE SCHOOL 6TH–8TH GRADE) (Sixth-graders have the option of attending Dharma Rocks and/or Dharma Bodhis). Led by Hilary Borison. Fourth Sunday of each month, 5:15 to 7:15pm. A time to explore how the Dharma can support challenges and opportunities pertinent to middle schoolers through group discussions, mindfulness practice, creative activities, interactive games, pizza dinner, and more. RSVP for dinner plans. Contact Hilary, hborison@sbcglobal.net, or 650/575-2052.

MINDFUL TEENS (HIGH SCHOOL) Led by 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 can discuss important issues in their lives, among themselves and adult facilitators. Please RSVP for purposes of food headcount to Aaron at Imc.MindfulTeens@gmail.com.

MINDFUL PARENTS SERIES

SECOND FRIDAY OF THE MONTH, 7 TO 8:30PM. Monthly meditations and parent discussion groups, alternating with sessions led by local dharma leaders who are also parents. Facilitated by Patty McLucas and Liz Powell.

SATI CENTER

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

COMPASSION CULTIVATION TRAINING

1. Tuesdays, October 7 – December 2, 2 to 4pm. Taught by Jennifer Block.

2. Thursdays, October 9 – December 11, 6:30 to 8:30pm at IMC Annex. (*No class on Thanksgiving*). Taught by Judy Long.

These two 8-week courses develop the qualities of compassion, empathy, and kindness for oneself and others. CCT combines traditional contemplative practices with contemporary psychology and scientific research to help you lead a more compassionate life. Through instruction, daily meditation, mindfulness, and in-class interaction, you can strengthen the qualities of compassion, empathy, and kindness. These courses, developed by a team of contemplative scholars, clinical psychologists, and researchers at Stanford University, combine traditional contemplative practices with contemporary psychology and scientific research on compassion. For information and to register in one of these two courses, go to www.Sati.org.

THE BURMESE & THAI ROOTS OF WESTERN INSIGHT

MEDITATION WITH DONALD ROTHBERG. OCTOBER 18, 9AM TO 4:30PM. We will explore the fascinating and sometimes surprising evolution of Insight Meditation—from the Buddha to 19th and 20th century Burma and Thailand—and then to its widespread practice in the West, both in Buddhist and secular forms.

LIFE AND TEACHINGS OF THE BUDDHA WITH GIL FRONSDAL AND DIANA CLARK. MONDAYS, 9:40AM TO 12:30PM, FEBRUARY 2–MAY 11. At Institute of Buddhist Studies in Berkeley. Info at shin-ibs.edu.

ONLINE MIDDLE LENGTH DISCOURSE STUDY COURSE

WITH GIL FRONSDAL ASSISTED BY DAVID LOREY AND SUE TAYLOR. 14-Week Online Class, January 18 – May 4. A reading course in the Buddha's teachings from one of the most important collections of his discourses. This online course will entail reading and online discussion of selected suttas supported by study guides written by Gil.

RENUNCIATION IN LAY LIFE: WHAT, WHY, AND HOW

WITH KIM ALLEN AND OTHERS. SATURDAY, JANUARY 31, 2015, 9:30AM TO 4:30PM. While renunciation is commonly associated with Buddhist monastics, a growing number of Western lay practitioners are interested in how to live a nourishing life of lay renunciation. This daylong will explore the possibilities, benefits, and challenges of renunciation in lay life.

EARTH CARE WEEK • OCTOBER 5 ~ 11

During this week, many Buddhist communities will collectively focus on the environment and climate change. Please join sixteen prominent Buddhist teachers in the online conference ***Mindfulness and Climate Action*** starting October 5. Hosted by One Earth Sangha ~ For more information and to register, go to oneearthsangha.org.

SUPPORT GROUPS

FOR THOSE EXPERIENCING LIFE-THREATENING ILLNESSES

THURSDAYS 1:30 TO 3PM.

FOR THOSE EXPERIENCING CHRONIC HEALTH

CHALLENGES

THURSDAYS 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 the teachings of the Buddha. At each meeting we will focus on a particular discourse from the early Buddhist scriptures which contain teachings and stories connected to each of the 12 steps. Includes a 30-minute meditation, short talk and open discussion on the Buddha's teachings selected for the evening. Everyone welcome. Facilitated by Jennifer Lemas, jennlemas@comcast.net.

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.

YOGA AND MEDITATION HALF-DAY RETREAT

SATURDAY, OCTOBER 25, 9AM TO 12:30PM.

Appropriate for beginners and experienced yogis and meditators—you don't need to be flexible to do yoga; you only need to be as you are. Bring a large towel and a yoga mat if you have one, otherwise mats are available for your use.

THANKSGIVING MORNING YOGA AND MEDITATION

Thursday, November 27, 8:30 to 10:30am. Everyone is welcome. No experience necessary.

YOGA AND MEDITATION HALF-DAY RETREAT

SATURDAY, JANUARY 3, 2015, 9AM TO 12:30PM. This mini-retreat offers a quiet and grounding place where we can slow down, deepen our meditation, connect with our bodies, and perhaps help clarify what is important for the coming year.

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, click on **DHARMA FRIENDS** and follow instructions to subscribe.

- **Dharma Friends Brunch**—Sun, Oct 5, 11am. Gather by the kitchen fol-

lowing the morning sitting. We will choose a local restaurant for brunch. Wendy Alger, wendyalger@gmail.com.

- **Sona's Dharma Strummers Practice Sessions**—Sunday, Oct 12, Nov 16, Dec 7, 1 to 2:30pm. Join us as we strum our way to samadhi...with ukuleles! We are a group of sangha members who are getting together to sing and play ukulele. No prior musical experience necessary. Basic ukulele instruction provided. RSVP: Paul sonasstrummers@gmail.com.
- **Sona's Dharma Strummers at Hopkins Manor**—Sun, Oct 26, Nov 23, Dec 14, 1:30 to 2:30pm. 1235 Hopkins Ave, next door to IMC. Come sing and play the ukulele for the elderly residents of Hopkins Manor. Info/RSVP: Paul sonasstrummers@gmail.com.
- **Dharma-Inspired Book Group**—Fridays, Oct 17, Nov 21, Dec 19, 7pm to 8:30pm. We are reading *Awakening to Joy: 10 Steps That Will Put You on the Road to Real Happiness*, by James Baraz and Shoshana Alexander. Grounded in Buddhist principles, with daily life exercises! IMC Meditation Hall. Anne Foster, afoster@rawbw.com, 650/591-1285.
- **Hike at Windy Hill Open Space Preserve**—Sat, Oct 18, 9am. Somewhat strenuous, 10-mile hike with 1000 ft elevation gain and loss. Covers southern loop of the park, unlike prior group hikes at Windy Hill. In sun and shade; includes walking meditation period. Dress in layers, wear sunscreen. Heavy rain cancels. Carpool from IMC. Peter Nau beherenau@gmail.com.
- **Dharma Friends Steering Committee Planning Meeting**—Sun, Nov 2, 11am to 12:15pm. Plan events for Jan, Feb, and Mar 2015. IMC conference room. Come join us! Shelly Gordon, sgordon@g2comm.com, 650/856-1607.
- **Fall Gratitude Gathering & Vegetarian Potluck**—Sat, Nov 22, 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. Contact Shelly Gordon sgordon@g2comm.com or Jim Podolske, James.R.Podolske@nasa.gov to help create this festive evening.
- **Women's Circle of Mindfulness**—2nd Thursday of each month, 10:45am to 12:15pm. A gathering for women who wish to deepen practice by exploring together how to bring principles of mindfulness into our daily lives. You're welcome to bring lunch or have tea until 1pm. Facilitated by Alicia McClucas, mclucasalicia@gmail.com, and Hilary Borison, hborison@sbcglobal.net.
- **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.

YOUNG ADULT PROGRAM

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

First & Third Sunday of the month, 7 to 8:30pm. An open, monthly group addressing Dharma themes relevant for twenty- and thirty-somethings. Through meditation, Dharma talks, and discussion we will explore how Dharma practice can be a refuge and inspiration as we make our way through the many worlds we inhabit.