

Insight



JANUARY, FEBRUARY, MARCH 2007

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The Many Ways to Sweep

A Story by Gil Fronsdal

When I was thirteen, my family would send me up to the mountains around the monastery to collect edible plants for our evening meal. These foraging trips were the only work I enjoyed doing. Otherwise, I tried every trick I could to avoid work on my family's farm. I was still in school, but it held no interest for me; my anger was a welcome barrier to learning anything the teacher was teaching.

Occasionally, during my foraging trips, I would pass by the monastery while the monks were out sweeping the leaves from the many pathways. The first time I saw the monks working, I was mesmerized by watching them go about their work. For many months after, I would often stop awhile to watch them sweep. They went about their work silently and with an efficiency that seemed effortless.

Then one day, a monk walked up to me and asked what I was doing in the mountains. I became defensive. I resented anyone who tried to get to know me. So, instead of answering the question, I countered by asking what *he* was doing. The monk smiled and answered that he had been told to sweep and that he was just killing time until he could return to his room for a nap.

As I walked home later that day, I thought about his answer and was glad that he did not seem any different from me. When I was required to do anything, my heart was never in it and my attitude was that I was passing time until I could be excused. Taking a nap was certainly preferable.

The next time I passed by the monastery on one of my foraging trips, another monk stopped his sweeping and also asked what I was doing. Again I resented the question; it felt like an intrusion. However, this time I did not feel as defensive. But again I deflected the question by asking what *he* was doing. He answered that he was doing extra work in hopes of being assigned to the kitchen, which was warm in the winter and always seemed to have one or two extra sweet rice cakes in the cupboard for the cooks to nibble on.

Without saying anything, I nodded and left to continue my foraging. The monk's answer resonated with me since I too liked to be warm, and eating sweet cakes was one of my favorite activities, second only to sleeping.

The next time I passed the monastery, a third monk asked me the same question. This time I was surprised I wasn't defensive or resentful at being asked. However, again I deflected the question back to him. He explained that he was sweeping as a spiritual discipline to help him overcome his anger.

Later, as I walked the mountain trail with my bag of plants, I felt a kinship with this monk. Like me, he had anger. But I was perplexed that he would want to overcome it because I felt my anger protected me.

A week later, I was again outside the monastery watching the monks sweep. Yet another monk came up to me. When he asked me what I was doing, I mumbled something about collecting plants. I doubt he could hear me, for my voice was so faint. But I did muster up enough strength to ask him what he was doing. He replied that he was beautifying the monastery so that others might be inspired in their work of spiritual transformation. I glanced down the well-swept paths and realized that one reason I was compelled to watch the monks sweep was that they seemed to be transforming the paths into something that made me feel calm and safe.

The next time I stood outside the monastery watching the monks, I was drawn to walk over to a fifth monk and, before he could ask me what I was doing, I asked him. He looked at me with kind eyes. After what seemed like a long but soft silence, he explained that he was sweeping to be of service to all who used the monastery. Practicing in this way, he hoped to find ultimate peace.

As I left the monastery that day, I thought his answer strange. I didn't understand what he meant by service and by

Continued inside

Sangha Programs & News

THE DHARMA OF IMC

AN EVENING WITH GIL FRONSDAL

Tuesday, January 23, 7:30 to 9 pm

Much about IMC is not apparent to both new people and to longtime participants who come here to sit and to listen to teachings. Some of this is by design, since we have wanted the teachings and practice opportunities to be available in simple and accessible ways. Part of what is not obvious is that particular understandings of Buddhist values and practice underpin how IMC is organized and how the teachings and practice opportunities are offered. Slowly, over the years, these understandings have helped shape our community.

Everyone is welcome to attend Gil's special evening talk on the unique approach that IMC has taken in forming itself as a Buddhist practice community. Gil will speak about the history of IMC, where it fits in the Buddhist tradition, the values that guide it, how IMC is organized and run, and the ways people can participate in the practice and community. IMC has grown to become an inspiring practice community. Gil looks forward to sharing his vision for IMC.

THE DHARMA OF SERVICE: A YEAR-LONG VOLUNTEER PROGRAM AT IMC

For anyone who either volunteers at IMC or is interested in volunteering, Gil Fronsdal will be leading a year-long series of teachings, explorations, and discussions on the dharma practice of volunteering. Topics to be explored are the nature of a Buddhist community, the path and joy of service, spiritual friendships, generosity, mindfulness in activity, conflict resolution, and finding balance in volunteer work. The program will include sitting, teachings, and group discussions. Starting April 24, meetings will take place one Tuesday evening a month, 7:30 to 9 pm.

BENEFIT FOR BRAHMAVIHARA

On Sunday, October 8, IMC hosted a benefit for Beth Goldring's organization, **Brahmavihara**, her Buddhist chaplaincy project in Cambodia. Many of us were deeply moved and inspired by her slide show and heartfelt commentary. For the last four years, Beth has come yearly to both practice and teach at IMC. Through her involvement with IMC, we have learned about her efforts in Cambodia to extend compassionate care to some of the poorest Cambodians struggling with AIDS. With a staff of nine, **Brahmavihara** brings Buddhist and social service care to about 200 families who otherwise would not have any support.

Given our close connection to Beth, it seemed natural to host

this benefit where she very movingly told of her work. Happily, the benefit raised \$2,500, a considerable sum, since the project's annual budget is \$35,000. As IMC now has a strong connection with **Brahmavihara**, we will be considering how our community might continue to offer support in the future. We plan on setting up another benefit in 2007. It is encouraging to realize that our efforts and practice at IMC occur in relationship to people living far away. More information about Beth's project can be found at www.brahmavihara.cambodiaaidsproject.org.

GIL'S SABBATICAL

Gil Fronsdal will be taking three months of sabbatical in 2007, beginning with February and March and a third month in either June or July. He plans to spend the first month writing and the second month in silent retreat. This is his first sabbatical in 16 years of teaching. We wish him a time of fruitfulness and renewal.

NEIGHBORHOOD DHARMA DISCUSSION GROUPS

We will be organizing some small (6 to 10 people) neighborhood-based dharma discussion groups in January, to meet monthly from February through June. Volunteers will host groups in their homes in various locations wherever there is sufficient interest.

This is a chance to get together with your neighbors in the sangha to discuss the practice and share thoughts and experiences on dharma topics. The suggested format is to have a short sit (10 to 15 minutes), a go-around check-in with each member, and an informal peer-led discussion of the topic of the week. We will provide the groups with some ideas for potential topics to discuss.

Locations and times will be announced in January. If you wish to participate, you may either sign up at the IMC flyers table or contact Chris Clifford, ctclifford@sbcglobal.net or 650/967-8741. If you choose to join a group, please commit to attend the five monthly meetings.

AUDIODHARMA UPDATE

As many of you know, audio recordings of most of the talks at IMC are available to listen to or download online on our website at www.audiodharma.org. They are also available through podcasting, including freely through iTunes. The widespread popularity of our site has surpassed any of our expectations. In the last year, there were more than 475,000 talks downloaded through podcasting, and another 180,000 through our website. These talks have been listened to in more than 80 countries!

MINDFULNESS IN EDUCATION CONFERENCE—SF

Gil and sangha member Amy Saltzman have helped organize a daylong conference on the application of mindfulness in education on February 24, 2007 in San Francisco. See website for details: www.mindfulnesseducation.org.

NOTICE: ONLINE DONATIONS TO IMC

Online donations can be made on our website (www.insightmeditationcenter.org) by clicking the “Donations” button on the left.

- Online donations can be made using Paypal or Network for Good. Paypal charges us less for processing, so we prefer it.
- Recurring monthly donations (or quarterly or yearly) can be made automatically ONLY using Network for Good. Just go through the donation process and you’ll be given a choice.
- Checks are welcome as there is no processing fee. Send to IMC at 1205 Hopkins Ave., Redwood City, CA 94062.

PARKING AT IMC UPDATE

There is ample street parking within a couple of blocks of IMC. Please note the following:

NO PARKING:

- Planned Parenthood, Monday thru Saturday—your car may be towed!
- Dental offices next door on Birch
- Evenings (Monday thru Friday)—out of courtesy for our neighbors, please avoid parking on Birch, south of our driveway.

PARKING OK:

- Sunday mornings only—Planned Parenthood lot
- Evenings and Weekends only—the parking lot kitty corner from IMC (Manzo Dental on Hopkins)
- Sundays only—the lot behind 160 Birch (next to the VA center at 2946 Broadway)
- Do not park in any other lots.

THE DHAMMAPADA: IN PAPERBACK AND CD

Gil Fronsdal’s contemporary translation of the most widely read Buddhist classic, the Dhammapada, is now available in paperback. It was first published in hardcover by Shambhala in 2005. You can order it through local independent bookstores or online.

Also, a set of CDs of an audio version are now available with Pali chanting of each verse followed by Gil’s reading of his translation of the verse. This can be ordered online only at www.lankaheritage.com/dp/.

The Many Ways to Sweep, cont’d. from front page

peace. And I certainly couldn’t see how these had any value for me.

The next time I visited the monastery was the last time. I had an unfamiliar feeling as I walked up into the mountains. Just before I reached the monastery, I realized that I was looking forward to seeing the monks again. I felt a warm glow of gladness in anticipation of what I would find. When I arrived at the monastery, I walked right up to an old monk who seemed absorbed in his sweeping and inquired what he was doing.

His words washed over me like cleansing water: “Me? I am not doing anything. My self-consciousness was swept away long ago. There is no ‘I’ that does anything. Now the awakened life moves through my body, my heart, my mind, and my mouth. No one sweeps, there are no paths to sweep, and there is no dirt to brush away.” I was stunned by his answer and, before I could respond, he handed me the broom and walked away. I have been here at the monastery ever since.

SECOND HARVEST FOOD BARREL

An opportunity to practice generosity— please bring your donations of canned goods and other non-perishable food items to IMC. Simply remove items from their paper bags and place them inside the Second Harvest food barrel, located in the community hall.

TEMPLE CLEANING AND SANGHA GARDENING

As part of integrating practice in daily life, we encourage you to participate in our semi-monthly “temple cleaning.” Spend 15 minutes mindfully keeping our center clean inside and out; after the Sunday dharma talk on the first and third Sundays of the month, 11 to 11:15 a.m.

IMC does not have a janitorial service or any other paid staff. All cleaning and groundskeeping is done by our dedicated volunteers. Please treat IMC as your own home. If you see something that needs care and you are able to take care of it, please do. If not, let us know what’s needed. info@insightmeditationcenter.org.

DHARMA ROCKS! FAMILY PROGRAM UPDATE

The Family Program will now be known as the **Youth & Children Program**. It has been reorganized into two groups that meet monthly on different Sundays. **Dharma Rocks** for those 3rd through 8th grade, and a **Children’s Program** for those 2nd grade and younger. Please see the Schedule for details.

Insight Meditation Center

1205 Hopkins Ave.

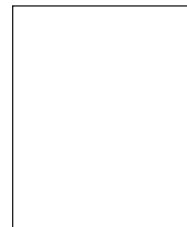
Redwood City, CA 94062

Website: www.insightmeditationcenter.org

Email: info@insightmeditationcenter.org

650/599-3456

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SANGHA NEIGHBORS

Sangha Neighbors are volunteers who are available to support other members of our sangha when they need help. During times of transition or crisis, support is available for home visits, household chores, shopping, transportation, meals, feeding pets, etc. We encourage members to ask for support when needed. To request support or offer your services, contact Berget bbjelane@gmail.com 408/255-2783, or Rainbow 650/321-3649 rainbowspirit@earthlink.net.

PLEASE ENROLL IN E-SCRIP!

E-scrip is an effortless way of raising funds for our center. If you register your grocery club card and credit/debit cards with E-scrip, the participating merchants will donate a small percentage of your purchases to IMC. You keep all your credit card rewards. Register at www.escrip.com, use forms on the literature table, or contact Ines 408/732-7535, info@insightmeditationcenter.org.

NAME BADGES

To help us get to know each other, name badges are on a bulletin board in the community hall. If you don't have one, Gabriele will make you one. Please wear them at pot lucks and other social events. Contact Gabriele, 650/701-1075.

WE HAVE 2 E-MAIL LISTS

Insight-Announce: For sangha-related **announcements**. Requests for ride-sharing and housing are welcome—no discussion, humor, personal services or businesses, for-pay seminars, or items for sale. To join, send a blank e-mail to: insight-announce-subscribe@yahoogroups.com
When you receive an e-mail back from Yahoo, click Reply, then Send, without adding anything.

Insight Forum: For **discussion** of our Buddhist practice—may include personal insights, social/political activism, ecology, poetry, quotations, wise humor. Send a blank e-mail to: insightforum-subscribe@yahoogroups.com
When you receive an e-mail back from Yahoo, click Reply, then Send, without adding anything.

MAILING LIST OPTIONS AND CHANGE OF ADDRESS

To be added or removed from the Mailing List and/or Directory, or to update address, phone, or e-mail—contact Cindy Heyer cyn@coastside.net 650/712-0231.

NEWSLETTER questions—contact Ines Freedman, info@insightmeditationcenter.org or 408/732-7535.

SCHEDULE OF EVENTS

January thru March 2007

WEEKLY MEDITATION AND TALKS

HOLIDAY SCHEDULE:

- 12/25 Monday: Closed for Xmas
- 12/31 Sunday: No Children's or Family Program
- 12/31 Sunday: New Year's Eve Sitting/Celebration 7:30 pm
- 1/1/07 Monday: Open, regular schedule.

MONDAY EVENING SITTING AND TALK*

7:30 to 9 pm. A 45-minute sitting is followed by a 45-minute dharma talk. **New Year's Day: Open regular schedule.*

WEDNESDAY MORNING HALF-DAY RETREAT

9:30 am to 12:15 pm, led by Gil Fronsdal and occasional guest teachers (see "Retreats" for details)

THURSDAY EVENING SITTING AND TALK

7:30 to 9 pm. Especially suited for new meditators. A 30-minute sitting is followed by a talk and time for questions.

SUNDAY MORNING SITTINGS AND TALK

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

Vegetarian Potluck Brunch — Last Sunday each month at 11am. All welcome. Contact Di or Dave Tatro 650/595-4260.

MEDITATION INSTRUCTION

BASIC MEDITATION INSTRUCTION

- 1st Monday evening each month, 6:15 to 7:15 pm prior to the 7:30 pm sitting and talk. *No class 1/1/07.*
- Every Thursday evening 6:15 to 7:15 pm, prior to the 7:30 pm sitting and talk.
- 1st Thursday morning each month, 10:30 to 11:30 am.

INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

During this course, the basic instructions in insight meditation will be given sequentially, starting with a focus on mindfulness of breathing, followed by mindfulness of the body, emotions, thinking, and the application of mindfulness in daily life. No pre-registration necessary.

- 5 Wednesday evenings — January 10 to February 7, 7:30 to 9 pm, with Gil Fronsdal.
- 5 Wednesday evenings— April 18 to May 16, 7:30 to 9pm, with Gil Fronsdal.

NON-RESIDENTIAL RETREATS

DHARMA PRACTICE DAYS WITH GIL FRONSDAL

Meditation, Teachings and Discussions. Bring lunch.

The following Fridays, from 9:30 to 3:30 pm

- January 19 — **Right Livelihood**
- April 20 — **Right Effort**

WEEKLY WEDNESDAY HALF-DAY RETREATS

9:30 am to 12:15 pm. Alternating sitting and walking meditation, led by Gil Fronsdal or occasional guest teachers.

Bring lunch for informal discussion afterwards.

- **You may attend any part of the morning.**
- Gil Fronsdal teaches January (*interviews available*)
- Richard Shankman teaches February (*interviews available*)
- March will be taught by various guest teachers
 - 9:30 am - Sitting • 10:15 am - Walking
 - 11 am - Sitting • 11:45 am - *Dharmette* (Brief Talk)
 - Noon to 12:15 pm - Temple Cleaning

MONDAY HALF-DAY RETREATS WITH ANDREA FELLA

March 5 and April 2, 9:30 am to 12:15 pm. Alternating sitting and walking meditation. Bring lunch for discussion afterwards. Interviews available. (See above for schedule)

ONE-DAY MEDITATION RETREATS

Silent retreat. Sitting & walking meditation, dharma talk. Bring lunch.

- Saturday, January 20, 8:30 am to 5 pm, **Daylong Retreat** with Gil Fronsdal. No instruction, previous experience recommended. Interviews with Gil available.
- Saturday, February 3, 9 am to 4:30 pm, **Satipatthana Practices** with Leigh Brasington.
- Saturday, February 10, 9:30 to 3:30 pm, **Introduction to Mindfulness Meditation** with Ines Freedman and Carla Brennan.
- Saturday, March 3, 9 am to 4:30 pm **Cultivating Wise Speech and Non-Violent Communication (NVC)**, with Mark Neenan and Christine King.
- Saturday, March 24, 9 am to 4:30 pm **Foundational Daylong Retreat** with Donald Rothberg.
- Saturday, April 14, 9 am to 4:30 pm **Daylong Retreat** with Gil Fronsdal.

RESIDENTIAL RETREATS

IMC-SPONSORED RETREATS

There is no cost for IMC retreats. Donations welcome.

- April 20-22 **Teen Retreat** with Tempel Smith at **Hidden Villa**, Los Altos. tempels@gmail.com 415/573-5161.
- May 13-20 with Gil Fronsdal and Andrea Fella at **Hidden Villa** in Los Altos. Lori Wong, (h)209/549-2726 dharmadancer@gmail.com.
- May 25-28 (Memorial Wknd) with Gil Fronsdal at **Jikoji Retreat Center**, Los Gatos. Bess Touma, 650/712-0773 etouma@comcast.net (Registration 1/25/07)

- August 24-26 with Andrea Fella and Pam Weiss at **Hidden Villa** in Los Altos. (Registration 4/23/07)
- September 16-30 with Gil Fronsdal at **Hidden Villa** in Los Altos. Contact Laura Crabb (w) 408/380-3002 X80 lauracrabb2@earthlink.net (Registration 4/01/07).
- October 5-12 with Mary Orr and Bob Stahl at **Hidden Villa** in Los Altos. (Registration 6/5/07)
- November 25-December 2 with Steve Armstrong and Kamala Masters at **Hidden Villa** in Los Altos. (Registration 7/01/07)

SPIRIT ROCK-SPONSORED RETREATS WITH GIL FRONSDAL

- August 3 to 12 at **Vajrapani** with Gil Fronsdal, John Travis, & Mary Orr. Registration 4/3/07, spiritrock.org.

YOUTH AND CHILDREN (Family Program)

DHARMA ROCKS—YOUTH PROGRAM (3RD - 8TH GRADE)

- Sunday, February 11th, 5 to 7 pm. A new monthly youth program including cool activities, great music, pizza, and a half-hour of practice and dharma.
- First Sunday Evening each month, 5 to 7 pm, starting March 4th. Teresa Rose, 650/619-5825 teresa_rose6@yahoo.com.

CHILDREN'S PROGRAM (2ND GRADE AND YOUNGER) *

- Last Sunday of the month, 11:30 to noon (after the potluck.) A more intimate program which will include a short practice and a story. Amy Saltzman 650/326-0701, thesaltzmans@comcast.net.
- January 28, the program will be led by Gil Fronsdal

*No Children's Program 12/31/06

YOGA

Suitable for all levels. Please bring a large towel and sticky mat, if you have one. Taught by Terry Lesser.

MONDAY EVENING YOGA*

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

*There will be a class on Monday evening 1/1/07

THURSDAY MORNING YOGA AND SITTING MEDITATION

8 to 10:15 am.

HALF-DAY RETREAT: MEDITATION AND YOGA

Saturday, January 6, 9:30 am to 1 pm

This is an opportunity to develop a continuity of awareness in movement and stillness, and to explore how the practices of yoga and meditation inform and deepen each other.

SPECIAL EVENTS

NEW YEAR'S EVE MEDITATION AND CELEBRATION

Sunday December 31, 7:30 pm to 12:15 am. A quiet evening of meditation, walking, chanting, readings, & refreshments. Bring a reading if you like. We will do a ritual to see in the New Year. Berget 408/255-2783 bbjelane@gmail.com.

THE EIGHTFOLD PATH — DISCUSSION GROUP

With Tony Bernhard and Ines Freedman.

On the following Friday mornings 10 am to 12 noon:

- 1/5 **Wise Livelihood**
- 2/23 **The Eightfold Path in Relationships**
- 3/23 **Wise Effort**
- 4/25 **Skillful Mindfulness**

For info contact Ines, inesfreed@gmail.com 408/732-7535.

THE FIVE PRECEPTS

5 Thursdays, January 4 to February 1, 7:30 to 9 pm.

We will explore the 5 Precepts — guidelines for virtue and ethical behavior formulated by the Buddha, not based on ideas of good and bad, but on the observation that some actions lead to suffering and some to happiness and freedom. They can be understood as a discipline that promotes the development of meditation, wisdom, and compassion.

- 1/4 – **Refrain from Killing & Act with Reverence to All Forms of Life**, with Ines Freedman
- 1/11 – **Refrain from Stealing & Cultivate Generosity**, with Jim Bronson
- 1/18 – **Refrain from Sexual Misconduct & Be Considerate in Intimate Relationships**, with Art Jolly
- 1/25 – **Refrain from Lying & Speak and Listen Skillfully**, with Daniel Bowling
- 2/1 – **Refrain from Intoxicants Which Confuse the Mind**, with Rebecca Dixon

FULL MOON GATHERING FOR WOMEN

Friday, January 5 and March 2, 7 to 9 pm

A time for women to come together for meditation and dharma teachings with local woman teachers. We will explore mindful movement practices, chanting, moon gazing and creative endeavors. RSVP Cheryll Gasner, 650/969-5793 or cheryll.gasner@sbcglobal.net.

- 1/5 w/Misha Merrill, Bonnie Zimmerman & Cheryll Gasner
- 3/2 with Shaila Catherine and Cheryll Gasner

INTRODUCTION TO CONCENTRATION

4 Tuesday mornings, January 9 thru 30, 10 to 11:30 am, with Richard Shankman. Concentration is an essential element for mindfulness practice as well as an important support in remaining focused and relaxed in daily life. This series will

introduce the basic teachings and practices of concentration. We will also discuss ways to deepen concentration in daily practice, given the challenges of regular meditation in the midst of busy lives. Participants will be encouraged to meditate daily during the course of the series.

PRESENTATION & BOOK SIGNING WITH DONALD

ROTHBERG: *The Engaged Spiritual Life: Connecting Inner and Outer Transformation in a Time of Crisis*

Tuesday, January 9, 7:30 to 9 pm. Donald has committed his life to two vocations: social change and awakening to our deeper spiritual nature. In his work, he has aimed to bring these two paths together, to show how deeply they require one another, and to point to how this integration might help us respond to the great challenges of our times. In his new book, *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*, he brings together basic spiritual teachings, real-life examples, history, social context and practices, to provide a comprehensive guide for connecting personal and social transformation.

THE DHARMA OF IMC WITH GIL FRONSDAL

Tuesday, January 23, 7:30 to 9 pm.

Gil will speak about the history and values of IMC, how it's run, and how people can participate in both the practice and community. (See article in Sangha Programs & News).

MINDFULNESS STRATEGIES FOR WORKING WITH

DEPRESSION WITH RONNA KABATZNICK

5 Tuesdays, January 30 to February 27, 7:30 to 9 pm. The focus will be on bringing awareness to the sensations, thoughts and feelings that trigger and sustain depression and to learn to manage and relate to distressing life experiences in new ways rather than engaging in habitual patterns. Mindfulness and cognitive strategies will be cultivated and developed so that one can choose the most skillful responses to situations that arise in daily life.

Ronna Kabatznick is a psychologist who has practiced meditation since 1985. She has worked with those suffering from depression and anxiety, particularly related to compulsive eating. She has a private practice in Berkeley.

DAYLONG RETREAT WITH LEIGH BRASINGTON:

SATIPATTHANA PRACTICES

Saturday, February 3, 9 am to 4:30 pm. During this daylong retreat, we will examine the 21 practices given in the *Greater Discourse on the Four Foundations of Mindfulness* (DN 22). The day will feature explanations and discussions of these practices and periods of guided meditation as well as periods of silent sitting and walking meditation.

INTRODUCTION TO MINDFULNESS MEDITATION RETREAT
Saturday, February 10, 9:30 am to 3:30 pm, with Ines Freedman and Carla Brennan. A daylong retreat introducing the basic practice of mindfulness. There will be direction in mindfulness of the breath, body, emotions, thoughts, walking and eating. There will be time for sitting meditation, walking meditation and discussion. Suitable for both beginners and those wanting to review the basics of practice. Bring lunch.

BEGINNERS PRACTICE GROUP

5 Wednesdays, February 14 to March 14, 7:30 to 9 pm. For those who have taken a basic mindfulness meditation class and would like to take the next step in building and supporting their practice. There will be a short sitting, basic teachings, and discussion. For those who have practiced less than 6 months. With Jim Bronson and Susan Ezequelle.

MUSIC CONCERT: DHARMA FOLK POP!

Friday, February 16, 7:30 to 9:30 pm. Join us for a festive evening of dharma music. Eve Decker, along with musicians Ben Decker and Kent Welsh, will perform original songs from her CD, *Commentary on Perfections of the Heart*, as well as songs by popular artists. The audience will be invited to sing along on the familiar songs, and learn and participate in a dharmic round or two!

Eve co-founded the feminist folk trio, Rebecca Riots, which enjoyed national acclaim and was dubbed the "Best Bay Area Band with a Conscience" by the SF Bay Guardian. Many of her songs reflect her spiritual concerns and deepening involvement with Buddhism. On a long retreat, Eve conceived the idea of a song cycle about the "ten perfections of the heart" (or *paramis*), and in 2006 released a solo CD, with a song dedicated to each one. (www.evedecker.com).

WHO IS IT THAT CREATES? WITH CAROLYN DILLE

A Dharma Day for Writing and Drawing

Saturday, February 17, 9 am to 4:30 pm

During this retreat we'll practice meditation, writing, and drawing to playfully explore the space where self and not-self find creative forms. The retreat is suitable for everyone. Please bring a lunch and both simple writing and drawing materials.

CULTIVATING WISE SPEECH AND NON-VIOLENT COMMUNICATION (NVC) RETREAT

Saturday, March 3, 9 am to 4:30 pm with Mark Neenan and Christine King. A day integrating periods of sitting and walking meditation with sessions of communication practice. Connecting our meditation practice with our speech and communication is one of the main ways to bring spiritu-

al values into our everyday lives and our action in the world. We will link mindfulness and lovingkindness practice, the Buddha's teachings on wise speech, and the contemporary discipline of Nonviolent Communication, a powerful approach to cultivating awareness and empathy, and transforming conflicts through skillful communication.

DHARMA OF SERVICE WITH GIL FRONSDAL

Tuesday, April 24, 7:30 to 9 pm. First of a monthly year-long series of teachings, explorations and discussions on the dharma practice of volunteering, for those who volunteer at IMC or are interested in volunteering.

SATI CENTER CLASS WITH THANISSARO BHIKKHU

Saturday, May 5, 9 am to 5 pm, www.sati.org.

RELATED SITTING GROUPS

COASTSIDE VIPASSANA MEDITATION GROUP

Meets Wednesdays in Montara, 7:30 to 9 pm. For information and location, www.coastsidevipassana.org.

INSIGHT MEDITATION SOUTH BAY with Shaila Catherine

2094 Grant Rd., Mountain View.

www.imsb.org, email: doug.forehand@sun.com.

- Tuesdays, 7:30 to 9 pm, Weekly Sitting & Talk
- 7 Tuesdays, 1/16-2/27, 7:15 to 9 pm, 7 Factors of Enlightenment
- Saturday Retreats—1/27, 2/10, 3/3, 9:30 am to 4 pm.
- Sunday Daylongs in Campbell, 3803 S. Bascom, Ste 200. 1/21, 2/25, 3/18, 9:30 am to 4 pm.

OAKLAND DROP-IN MEDITATION GROUP

Mondays: instruction 5:15 pm; meditation/discussion 5:30 to 6:30pm. First Monday each month: presentation and discussion at 6pm. Unitarian Church, 14th and Castro, downtown. Contact Rebecca Dixon 510/482-2032.

SAN JOSE SANGHA

1041 Morse Street, San Jose. Contact Berget, 408/255-2783 bbjelane@gmail.com, website: www.geocities.com/sjsangha.

- **Wednesday Evening Sitting & Teaching**, 7:30 to 9pm
- **Beginning Meditation Instruction**: 1st Wednesday of month 6:15 to 7:15pm.
- **Intro to Meditation & Basic Buddhist Practice**. 6 Mondays, March 5 to April 9. 7:30 to 9pm. With Berget.
- **Saturday Retreat: The 5 Hindrances**, February 24, 9:30 to 4:30pm. With Berget Jelane & Ines Freedman.
- **Saturday Practice Day**, April 7, 9am-2:30pm. Part of Intro to Meditation but open to all.

DHARMA FRIENDS

Dharma Friends encourages spiritually-based friendships and a sense of community in our sangha. If you are interested in joining the Dharma Friends Steering Committee, please contact Anne Foster, annefoster2@earthlink.net, 650/591-1285.

- Jan 7, Sunday—**Sweeney Ridge Hike** to Gaspar de Portola's "Discovery Site" with spectacular panoramic view. 3.6 mi. RT, steep in places but mostly paved. Leave IMC 11am. Park at Sneath Lane (San Bruno). Marianna, taraihto@yahoo.com.
- Jan 12, Friday—**Dance the Dharma**. Join new and experienced dancers for a night of ballroom dancing at the Starlite Dance Club, 1160 N. Fair Oaks Ave, Sunnyvale. Beginning lessons from 7:15-9pm, followed by dancing till midnight. John Spitzer johnd0420@comcast.net.
- Jan 19, Feb 9, Mar 16 (Fridays), 6-8 pm—**Discussion of Donald Rothberg's new book**, *The Engaged Spiritual Life: a Buddhist Approach to Transforming Ourselves and the World*. Meet at a member's home. RSVP Marianne Tubman, taraihto@yahoo.com.
- Feb 4, Sunday, 11:15-12:30—**Dharma Friends Steering Committee Planning Meeting** for April-June. IMC conference room. Come join us! Anne Foster, annefoster2@earthlink.net, 650/591-1285.
- Feb 11, Sunday, 11 am-12:15—**Informational Meeting on Cohousing**, followed by brown-bag lunch. IMC. Simon Turkalj sturkalj@mac.com, 415/272-0384 (cell), 415/384-0386.
- Feb 24, Saturday, 6:30 to 9 pm—**Nonattached Beings Mixer for Singles**. IMC. To join the team creating this event contact Pete Isberg, peteisberg@aol.com 408/246-0737.
- March 11 & April 1, Sunday, 12-2:30 pm —**Vegetarian Cooking with Surja Tjahaja**. IMC. RSVP: Dianne Tatro, 650/595-4260 DiTatro@aol.com.
- March 17, Saturday, 7:30 to 9:30pm—**Improv the Buddha Would Love**, an evening of practice-related improvisation games. IMC. Jim Bronson, JBrons@aol.com 650/856-1793.

RECURRING DHARMA FRIENDS EVENTS:

- Jan 21, Feb 18, March 18 (3rd Sundays), 11:30am-1pm—(NEW WEEK & TIME) **Dharma-Inspired Book Group** at IMC. Share potluck and your thoughts about this month's dharma book. Which book? Ask Cindy, cyn@coastside.net 650/766-6395.
- Jan 21, Feb 18, Mar 18 (3rd Sundays), 6-8 pm—**North Bay Fiction/NonFiction Book Group**. We meet at the home of a member, usually in Menlo Park. All book lovers welcome. RSVP to Eileen Messina, messina.eileen@gmail.com.
- Once a month, Sundays, 5:30-7:30pm—**South Bay Fiction-NonFiction Book Group**. Meets at member's home or local restaurant. Lively book discussions integrating our reading and our unique Buddhist views of the world. E-mail Karen Brown for date & location karenb@sbcglobal.net ("Book Group" in subject.)