

CELEBRATING GIL'S 25 YEARS OF DHARMA TEACHING

SATURDAY, AUGUST 29

Join us in honoring Gil's dedication to teaching the dharma! Gil has shepherded the IMC community from a small sitting group in Palo Alto in 1990 to our thriving center today. Let's celebrate!

We are having 2 events to celebrate:

- Afternoon Reception and Celebration: 1 to 3pm
- Evening Dinner Celebration: 5:30 to 9pm

For details and to **register** for one of the two events go to insightmeditationcenter.org July 1st.

For questions or to volunteer to help with the event, contact Hilary Borison at imc.volunteerdirector@gmail.com.

GIL AT IMC

In August 1990, at the same time that Gil started working on his PhD in Buddhist Studies at Stanford, he first began teaching the group that eventually became IMC. With the idea that the consistent participation of a teacher supports others in their practice, Gil became a steady presence at the weekly Monday night sitting group.

When the group grew too big for its location it moved to the Friends Meeting House in Palo Alto, and under Gil's leadership, it began expanding its programs. In addition to day-long retreats, Gil began to teach a second evening each week, and when the group wanted a Sunday morning meditation group, Gil started teaching this group as well.

Throughout these 25 years, including incorporating as a religious non-profit in 1997, the 2001 purchase of our Redwood City home, and then in 2011, the purchase of our retreat center (IRC), Gil has dedicated himself to teaching and supporting everyone who came to IMC, and to creating opportunities for people to practice the Dharma. Gil hopes he is halfway through 50 years of teaching at IMC. The August 29 celebration is our chance to thank Gil for his service, past, present, and future.

The Fifth Precept and the Power of Renunciation

Renunciation is one of the most beneficial, empowering, and freeing practices of Buddhism. As its purpose is to heighten the best qualities of our hearts and minds, renunciation is not meant to diminish our lives but rather to enhance them. Abstaining from intoxicating drinks and drugs—the fifth ethical precept—is an important Buddhist practice that can reveal the power of renunciation.

On the surface, the fifth precept differs from the first four in being more personal than interpersonal. Killing, stealing, sexual misconduct, and lying all directly involve other people. In contrast, consuming intoxicating drinks and drugs is a personal choice that does not inherently affect others.

The immense personal and interpersonal damage that comes from alcohol and drugs is often invisible in the personal, seemingly innocuous decisions to consume them. This harm can be masked when intoxication, even mild inebriation, temporarily alleviates pain and brings longed-for relief. Its negative effects can also be invisible when intoxication's temporary pleasure, relaxation, and lack of fear can seem preferable to less pleasant feelings. And yet, we're all aware of the tremendous personal and social costs of intoxication. Under the influence of these substances—and in their aftermath—people frequently make poor choices, often with long-term consequences. The cost of human lives lost or relationships destroyed due to intoxication are incalculable.

The issue of intoxication is not only a modern one. More than 2,500 years ago, the Buddha said that intoxication can lead to “the loss of wealth, increased quarreling, susceptibility to illness, disrepute, and weakening of wisdom.” What is modern is the incredibly wide range of addicting substances and unwholesome pleasures that are readily available.

With its emphasis on mindfulness and wise intention, Buddhism helps us see how intoxication clouds the mind and diminishes our ability to make wise choices. A traditional Buddhist reason for abstaining from alcohol and drugs is that intoxication increases the chances a person will violate the first four precepts. For example, we are more likely to speak what is not true or to flirt inappropriately, if we are even a little bit intoxicated. And, as wisdom is often lacking when intoxicated, these can easily lead to greater and more damaging problems. Children can grow up in fear when drunk parents are prone to anger, violence, and neglect. Our prisons are filled with people who com-

Continued inside



SANGHA PROGRAMS & NEWS

GUIDE TO IMC PROGRAMS

The core, ongoing programs at IMC are the weekly meditations followed by a Dharma Talk offered daily Sundays through Thursdays. Everyone is welcome to attend these.

In addition, we have a wide range of programs for beginners, intermediate students and more experienced students. While most of these programs are open for anyone to attend, it is helpful if practitioners gain a foundation with the basic programs before attending those for intermediate or experienced practitioners.

Basic Programs

- Five-week Introduction to Mindfulness Meditation course offered a number of times a year in English, Spanish and online
- Four-week Beginners' Practice Group often offered as a follow up to the Introduction to Mindfulness course
- Weekly Basic Instructions: an introduction to mindfulness practice – usually every Thursday
- Introduction to Loving Kindness Course; offered once a year
- Introduction to Mindfulness Daylong; offered on a Saturday once or twice a year

Intermediate

- Monthly Saturday daylong meditation retreats
- Saturday daylong thematic retreats
- Eightfold Path Program: monthly two-hour class and monthly individual meetings with a mentor; usually from October to June
- Dharma Practice Days exploring a Buddhist theme for an entire year, meeting once a month on Fridays 9:30 am to 3:30 pm; usually from September to June
- Sati Center classes for studying Buddhist teachings; often offered as Saturday daylong classes a few times a year
- Two- and three-day residential retreats at the Insight Retreat Center in Santa Cruz
- Refuge class and refuge ceremony once every two or three years

Experienced

- Daylong intensive retreat in June every year; 6am to 9pm.
- Week-long retreats at the Insight Retreat Center in Santa Cruz offered monthly
- Sati Center's 16-week online course on the Middle Length Discourses of the Buddha; usually from January to May

Dharma Service Programs:

- Volunteering at IMC or IRC
- Sati Center's Buddhist Chaplaincy program
- IMC/Sati Center's Dharma Mentoring Training Program

In addition, we have ongoing yoga classes, programs for children and youths, a young adult program, support groups and social gatherings. See Schedule for dates.

SUPPORTING IMC/IRC WITH A FINANCIAL LEGACY

Now that IMC and IRC are established and thriving we have turned our attention to the long-term financial well being of our centers. After years of encouragement from a number of people we have created a page on our website discussing how to set up IMC/IRC as a recipient of charitable bequests. We have also started a Legacy Circle for people who do so.

A charitable bequest is a simple and flexible way that you can leave a gift to support the future of IMC and IRC for generations to come. It's easy to make a bequest by including Insight Meditation Center of the Midpeninsula as a beneficiary:

- in your will or living trust
- in your retirement plan or bank account
- in your life insurance policy

The IMC Legacy Circle recognizes and honors these generous supporters who express their commitment to the secure future of IMC/IRC by including IMC/IRC in their estate and financial plans. Members of the Legacy Circle are invited to an annual luncheon with the IMC/IRC Teachers.

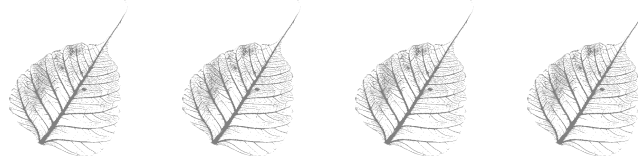
For more information and an online form, visit the **DONATE** page on either IMC or IRC's website. For additional questions, or to arrange a consultation with a volunteer attorney, please email legacy@insightmeditationcenter.org.

EIGHTFOLD PATH PROGRAM

The Buddha's most explicit path of practice is the Eightfold Path. This is a set of eight practical approaches to bring Buddhist practice into the width and depth of our lives. The Eightfold Path Program is an introduction to each of the Eightfold factors so that participants can discover how to apply each set of practices in ways that are personally meaningful. **Pre-requisite:** completion of IMC's 5-week Introduction to Meditation course or the equivalent. The program has the following elements:

- 2-1/2 hour monthly group meetings that include teachings, meditation, and discussions.
- Readings, reflections and practices for each month.
- A monthly one-hour personal meeting with an Eightfold Path mentor to discuss one's practice and reflections on the Eightfold Path factors.
- Ends with a one-day Eightfold Path retreat at the Insight Retreat Center in Scotts Valley (date tbd)

See the Schedule for dates and information about mentors.



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

The Fifth Precept, cont'd. from front page

mitted crimes while intoxicated.

The literal English translation of the fifth precept is “I undertake the training precept to abstain from alcohol, liquor, or spirits that are a cause for heedlessness.” The mention of heedlessness points to the way in which intoxication involves a loss in care, caring, and carefulness. While Buddhism links intoxication with heedlessness and lack of mindfulness, modern psychology discusses this in terms of decreased cognitive abilities, increased attention deficits, and poor judgment.

Ideally, abstaining from intoxication is not only about avoiding harm and heedlessness. Abstinence can also be motivated by the personal and interpersonal benefits it brings, which can be deeply nourishing. Any time the desire for intoxicating substances is strong and we refrain from acting on that desire, we strengthen our capacity for renunciation and self-mastery. The stronger the desire, the greater we need to rely on commitment and wisdom to avoid giving in to it. Doing so strengthens us. It also can improve our relationships with family, friends, and others.

By refraining from drinking and drugs we maintain the mental clarity that is essential for mindfulness practice. Furthermore, mindfulness can be increased by staying alert to the ways in which desire for substances can get the upper hand. Restraining these desires strengthens our will power, a faculty that can free us from all kinds of compulsive desires, not just ones for alcohol or drugs.

Abstinence also develops and supports wisdom. Through it we can better understand how the mind works, how it can delude us and how it can heal us. We're better able to recognize the desire to get intoxicated as an indicator that something in our life is out of balance. Are we using alcohol as a way to deal with stress? Do we drink or take drugs due to social pressure from friends or colleagues who do so?

For those walking the Buddhist path, abstaining from intoxication is a strategy for our long-term happiness. It is a training in personal maturation and growth. Rather than relying on short-term pleasures and highs, the Buddhist path relies on an increas-

ing self-understanding that brings enduring wisdom, on developing compassion that provides ongoing forgiveness, and on cultivating personal strengths that keep us steady in the face of life's challenges.

One of the biggest supports for abstaining from intoxication is the faith that it's worthwhile to do so, and confidence that we can do it. Such faith and confidence grow best in community with people who inspire it in us. To be around others who restrain themselves from drinking or taking drugs can inspire us to do the same. To be accompanied in our efforts by friends and other practitioners means we don't have to rely solely on our own efforts. If we are less likely to consume alcohol or drugs when we have the support of others, making sure we have this support may help us to relax effort that may be too forceful, and thus counterproductive. To have the loving acceptance of community can help us to be more self-compassionate and less moralistically harsh toward ourselves. All too often the regular use of alcohol and drugs ruptures relationships, and with them our own self-worth; practicing the precepts in a community of other practitioners can be a way to heal this wounded part of ourselves.

Practicing with the fifth precept has a lot to do with being truthful with ourselves, which is a very significant form of mindfulness. One way we can know we're being truthful is by having a friend or a community with whom we can tell the truth. If you are using alcohol and drugs and aren't willing to tell this to your friend or community, you're probably not being truthful even to yourself. Done wisely with people who support you, truthfulness is one of the most powerful supports for the fifth precept.

While some people live by the fifth precept as a way to avoid the dangers that come with intoxication, it's also helpful to be motivated by the benefits it can bring. Having increased clarity, wisdom, personal freedom and improved social relations can provide motivation to use every act of renunciation as an opportunity for much more than abstention. Renunciation has the power to bring out the best in us. It is an opportunity for making the world a better place for ourselves and others.

—Gil Fronsdal



PARKING GENEROUSLY AT IMC

For those who can, when driving to IMC, please park at least half a block from the center. This will provide more parking spaces closer to IMC for people with difficulty walking, for new people to IMC, and for our neighbors. Also, if you arrive early enough, by parking further away, it will be easier for those who are running late to find a place near the center. Making it easier for others to park is an act of generosity, *Thank you.*

GIL'S BOOKS

Gil's dissertation was published this year under the title *Dawn of the Bodhisattva Path: The Early Perfection of Wisdom* and is available through the University of Hawaii Press. It is a detailed academic study of the beginning of the Bodhisattva ideal and the genesis of Mahayana Buddhism.

Gil's other recent book is *Unhindered: A Mindful Path Through the Five Hindrances*. His earlier books include *The Issue at Hand*, *The Dhammapada* (a translation of the Buddhist classic with annotations), and *A Monastery Within*. All are available through Amazon.

Insight Meditation Center

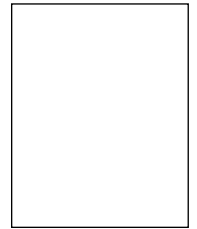
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WAYS TO DONATE

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.

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.

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.

- **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.



SCHEDULE OF EVENTS

July ~ September 2015

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, July 1–29, 7:30 to 9pm with Diana Clark and Andrea Castillo
- 5 Wednesday evenings, October 7 – November 4, 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 pre-registration necessary.



DAYLONG RETREATS

On Saturdays, unless otherwise noted:

- July 18, 9:30 to 4:30, **Right View** (Sati Center event) with Tony Bernhard
- Saturday & Sunday, July 25 & 26, 9:30am to 4:30pm, **Mindfulness & Wisdom** with Andrea Fella.
- August 1, 9:30am to 3:30pm, **Overview of Buddhist Meditation** (Sati Center event) with Diana Clark.
- August 15, 9am to 4:30pm, **Mindfulness Daylong Retreat for the Deaf Community** with Nikki Mirghafori.
- September 5, 9:30am to 4pm, **Trusting the Process** with Robert Cusick & Kim Allen.
- Friday, September 11, 9:30am to 3:30pm, **Dharma Practice Day—Mindfulness of Breathing** with Gil Fronsdal.
- September 12, 9am to 4:30pm, **Mindfulness Daylong** with Gil Fronsdal.
- September 26, 9am to 3pm, **Mindfulness of the Body** with Max Erdstein and Lolly Font
- October 3, 8:30am to 5pm, Daylong Meditation Retreat with Gil Fronsdal
- Friday, October 9, 9:30am to 3:30pm, **Dharma Practice Day—Mindfulness of Breathing** with Gil Fronsdal.

RESIDENTIAL RETREATS

AT THE INSIGHT RETREAT CENTER (NEAR SANTA CRUZ)

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

- October 17–24, **Insight Retreat** with Gil Fronsdal and Ruth King.
- November 5–8, **Insight Retreat** with Ines Freedman and Lori Wong. Registration opens 8/5.
- November 15–22, **Insight Retreat** with Gil Fronsdal, Nikki Mirghafori and Alex Haley. Registration opens 7/15
- December 6–13 **Insight Retreat** with Gil Fronsdal and Andrea Fella

SPECIAL EVENTS

MINDFULNESS AND WISDOM WITH ANDREA FELLA

A NON-RESIDENTIAL WEEK-LONG RETREAT

SATURDAY & SUNDAY, JULY 25 & 26 • MONDAY – FRIDAY, JULY 27 – 31

We will cultivate 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.

We begin with a weekend (July 25–26) at IMC, and continues Monday through Friday during the week with each participant attending one of two daily meetings: morning (7 to 9am) or evening (7 to 9pm) at the IMC Annex on Brewster. These small group meetings will include instructions and Dharma discussion.

MINDFULNESS DAYLONG RETREAT FOR THE DEAF

COMMUNITY WITH NIKKI MIRGHAFORI

SATURDAY, AUGUST 15, 9AM TO 4:30PM, Daylong mindfulness retreats are an effective way of learning and practicing mindfulness. The day will include alternating periods of sitting and walking meditation, and mini-lectures about the mindfulness practice with opportunity for Q & A. It is recommended for both beginners and experienced practitioners. Wear comfortable clothes. Bring lunch.

CELEBRATING GIL'S 25 YEARS OF DHARMA TEACHING

SATURDAY, AUGUST 29. Gil first began teaching the group that eventually became IMC in August 1990. To celebrate his 25 years of teaching and dedication to the sangha we will have two special celebratory events at IMC, one in the early afternoon and one in the evening. Details and registration information will be posted on the IMC website July 1st. For questions or to volunteer to help, contact Hilary Borison at imc.volunteerdirector@gmail.com.

TRUSTING THE PROCESS WITH ROBERT CUSICK & KIM ALLEN.

SATURDAY, SEPTEMBER 5, 9:30AM TO 4PM, Dharma practice changes our mind, body, and perhaps our entire life. Part of practice is to be open to these changes, learning to trust the process and to refine our wisdom through experience. We'll explore the balance of not-knowing and knowing that supports the unfolding of Dharma practice. Bring lunch.

DHARMA PRACTICE PROGRAM: MINDFULNESS OF BREATHING WITH GIL FRONSDAL

A 9-month program focusing on the development of *Anapanasati*, Mindfulness of Breathing. Meditation on breathing is one of the most common forms of meditation in Buddhism. The program will be based on the *Anapanasati Sutta* which details the Buddha's instructions for using the breath as a means to develop the entire path of meditation practice. It is a practice that develops insight, the 4 Foundations of Mindfulness, the 7 Factors of Awakening and ultimately Liberation. A combination of meditation, teachings, and discussions. You may attend any part of the series.

On the following Fridays, 9:30 am to 3:30 pm—**2015**: 9/11, 10/9, 11/6; **2016**: 1/22; 2/19; 3/18; 4/15; 5/13, 1/25, 2/29, 3/21, 4/25, 5/30.

MINDFULNESS DAYLONG RETREAT WITH GIL FRONSDAL

SATURDAY, SEPTEMBER 12, 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. It is recommended for both beginners and experienced practitioners. Bring lunch.

MINDFULNESS OF THE BODY: POSTURE & YOGA FOR

MEDITATORS WITH MAX ERDSTEIN AND LOLLY FONT

SATURDAY SEPTEMBER 26, 9AM TO 3PM. Honoring the body as our vehicle for practice and awakening, this workshop will focus on helping meditators discover physical balance, alignment and

ease. Guided meditation, yoga, posture exercises and adjustments will be offered. Please bring a sticky mat if you have one and a beach towel.

EIGHTFOLD PATH PROGRAM

The Buddha's most explicit path of practice is the Eightfold Path; a set of eight practical approaches to bring Buddhist practice into the width and depth of our lives. This program is an introduction to each of the Eightfold factors so that participants can discover how to apply each set of practices in ways that are personally meaningful. **Pre-requisite**: completion of IMC's 5-week Introduction to Meditation course or equivalent. The program has the following elements:

- 2-1/2 hour monthly group meetings that include teachings, meditation, and discussions.
- Readings, reflections and practices for each month.
- A monthly one-hour personal meeting with an Eightfold Path mentor to discuss one's practice and reflections on the Eightfold Path factors.
- Ends with a one-day Eightfold Path retreat at the Insight Retreat Center in Scotts Valley (date tbd).

On the following Sundays, 1 to 3:30pm—**2015**: 10/4, 10/25, 11/22, Dec 13; **2016**: 1/10, 2/14, 3/13, 4/10, 5/22

To apply for a personal mentor: fill out an online application found via a link under the Eightfold Path Mentoring notice on the Special Events page of IMC's website. Please apply before September 15 (spaces for personal mentoring may be limited). Mentors will be assigned during October. Anyone (with or without a mentor) is welcome to attend the Sunday meetings above.

BUDDHIST SPIRITUAL CARE SYMPOSIUM

OCTOBER 17, 9AM TO 5PM. Welcoming Buddhist chaplains and anyone interested in deepening their practice of offering spiritual care for a day of learning and community-building. More info and pre-registration at www.metta4.us or call Bill Hart: 415/567-9823.

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, hmichael.bennett1@gmail.com 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. 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.

YOUTH PROGRAMS

DHARMA SPROUTS (K–2ND GRADE) Led by Liz Powell and Carla Rayacich. First Sunday of each month, 11:15am to noon, *starting September 6*. 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) Led by Liz Powell. Fun, interactive mindfulness games, crafts, and meditations. RSVP to Liz at eapowell@aol.com if you plan to attend.

- **September 6, 9:20 to 10:50am**, IMC Annex, 1040 Brewster, Ste D

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 Nirali Shah. First Sunday of each month, 5 to 6:30pm. 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. RSVP for purposes of food headcount to: Imc.MindfulTeens@gmail.com.

MINDFUL PARENTS SERIES

SECOND FRIDAY OF THE MONTH, 7 TO 8:30PM. September 11—parent discussion groups.

AFFINITY GROUPS

LGBTQUEER SANGHA

2ND THURSDAY OF EACH MONTH, 7:30PM TO 9PM, IMC ANNEX. A peer-led sitting group open to all lesbian, gay, bisexual, transgender, gender diverse, intersex and queer individuals. Co-facilitated by Sue Bachman and Joe Hayes, imcqueersangha@gmail.com.

PEOPLE OF COLOR SITTING GROUP

TUESDAY JULY 21, AUG 4, & AUG 18, 7:30PM TO 9PM, IMC ANNEX. Connect with other POC dharma practitioners in a nourishing, fun, and safe environment, where any experience is welcome. All practitioners of color are invited to build sangha with periods of reflection and silence, group discussion, and talks on relevant themes. In practicing together, we create community, inclusivity and unity within our differences, claiming all of who we are and our cultural legacies. Facilitated by Bruni Dávila and other teachers. Contact Vickie Chang (vickieychang@gmail.com) or Bruni (bunidp@gmail.com) with questions.

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, 7:30 to 9pm. 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.

SATI CENTER

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

RIGHT VIEW WITH TONY BERNHARD

SATURDAY JULY 18, 9:30 TO 4:30. Right View is the first element of the Buddha's Eightfold Noble Path. Understanding Right View supports our practice of the Buddha's path, benefits our day-to-day behavior and ethical conduct, and leads to diminishing dissatisfaction and suffering in our lives.

OVERVIEW OF BUDDHIST MEDIATION

WITH DIANA CLARK. SATURDAY AUGUST 1, 9:30AM TO 3:30PM Meditation is one of the key practices taught at IMC. As a type of "technology of transformation" meditation has been taught for millennia as a method for training and developing the mind for the highest spiritual aim of awakening. We will explore the different types of meditation practices presented in the earliest Buddhist texts and how they may be relevant for our own lives. Join us as we practice and discuss *vipassana* (insight), *samatha* (calming), *metta* (loving-kindness) and *anussati* (recollection) meditations.

BUDDHIST CHAPLAINCY TRAINING PROGRAM

Taught by Jennifer Block, Paul Haller, and Gil Fronsdal. September 18 ~ July 2016. An 11-month training program introducing a Buddhist perspective on spiritual care skills needed for being a chaplain or Buddhist teacher, or providing spiritual support for people in times of major life transitions and challenges. Registration required. More info at Sati.org.

THE FOREST MASTERS OF THAI BUDDHISM

SATURDAY, SEPTEMBER 19, 9AM TO 4:30PM. Taught by Thanissaro Bhikkhu. This daylong will focus on Thai Buddhist forest tradition's direct down-to-earth teachings on controversial issues regarding virtue, concentration, discernment and release.

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.

CHARITABLE EVENTS

SUMMER FOOD DRIVE

From May through September, IMC's LGBTQ Sangha is sponsoring a summer food drive that benefits Second Harvest Food Bank. Express your generosity and compassion by donating non-perishable foods (or monetary donations at shfb.org). The collection canister is located in the back of the community hall. For more info: imcqueersangha@gmail.com.

AIDS WALK SAN FRANCISCO

On Sunday, July 19, a team of members from IMC will walk the walk. Our intention is to help relieve suffering in our community by raising funds through donations. The funds will benefit dozens of organizations working to stop new HIV infections and support people living with HIV/AIDS. Here's how you can help:

- Donate directly to AIDS Walk SF through our team here: sf.aidswalk.net/Team/View/10871/Insight-Meditation-Center-Compassion-Team-1065
- Register and join our team, Insight Meditation Center Compassion Team, and help us raise funds. Walk with us in person or as a virtual walker.
- Register here for our team #1065: sf.aidswalk.net/Account/Register

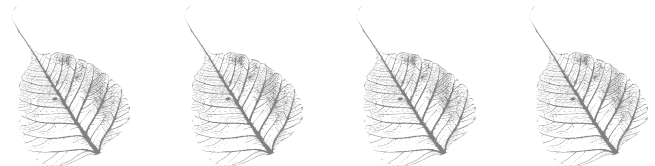
Tell your friends & family about our Compassion Team and share us on social media imcqueersangha@gmail.com.

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.

- **Sona's Dharma Strummers Practice Sessions**—Sundays, July 12, Aug 23, Sept 13, 1 to 2:30pm. Please 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. Once a month we also make music with the residents of Hopkins Manor, a residential care facility for the elderly next to IMC. No prior musical experience necessary; basic ukulele instruction provided. For info/RSVP contact Paul, sonasstrummers@gmail.com.
- **Dharma-Inspired Book Group**—Fridays, July 17, Aug 21, Sept 18, 7 to 8:30pm. IMC Meditation Hall. We are reading *Dancing with Life: Buddhist Insights for Finding Meaning and Joy in the Face of Suffering* by Phillip Moffitt. Anne Foster afoster@rawbw.com, 650/591-1285.
- **Interfaith Creek Cleanups**—Sat, Jul 25, 10am to 12pm or Sunday, Aug 30, 12:45 to 2:45pm. Stop the refuse in Redwood Creek from flowing out to the bay and ocean. Meet folks from other faith-based communities. Carpool from IMC: Jul 25 @ 9:45am or Aug 30 @ 12:30pm (after Potluck). Destination: Docktown Marina, 1548 Maple St., RWC. Info: Mary interfaithpeacecoalition@gmail.com or John Beviacqua, 650/872-3910.

- **NEW! IMC Singles Sitting Group**—First Friday of the month, Aug 7, Sep 4, Oct 2, 7 to 9pm. We will meet once a month for meditation and discussion led by a guest teacher, exploring various dharma topics related to being single. Contact wendyalger@gmail.com.
- **Dharma Friends Event Planning Meeting**—Sun, Aug 2, 11am to 12pm. Plan events for October, November and December. IMC conference room, following the Sunday morning Dharma talk.
- **Dharma Friends Brunch**—Sun, Aug 23, 11am. Gather by the kitchen following the morning sitting. We will choose a local restaurant for brunch. Wendy Alger wendyalger@gmail.com.
- **NEW! EcoSattva Training**—Each Sunday, Sep 13 to Nov 15. Join us for the EcoSattva 8-session online course where we will explore "How can we act on climate disruption with wisdom, courage and compassion?" For info and to sign up: oneearthsangha.org. We will participate in the course on our own, with two group sessions in October and November to discuss what we're learning and the actions we'll take. Contact IMC Earth Care committee members Anne Schmitt schmitta@pacbell.net or Shelly Gordon at sgordon@g2comm.com.
- **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 McLucas, 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 or Shelly Gordon at sgordon@g2comm.com



WORKDAYS AT IRC

JULY 25, AUGUST 15, SEPTEMBER 12, 9AM TO 4PM

Join us at IMC's retreat center in Santa Cruz for a day of mindfully work in community. We'll be meditating, cleaning, doing repairs, and working in the garden and grounds. Lunch will be provided. Bring your own garden tools if possible. Please RSVP: go to the Insight Retreat Center's website, insightretreatcenter.org, and click on **WORKDAYS**.

For **OTHER LOCAL SITTING GROUPS**, go to our website and click on "Links" on the left navigation bar, and scroll down the page.