Earth Care Group 2020

Consider: is engagement with the world’s problems a distraction from our personal spiritual practice, or does it illuminate it? How can we contribute locally, and personally and how might we relish a practice in nature?

“Engagement in the world is how our individual awakening blossoms and how contemplative practices such as meditation ground our activism, transforming it into a spiritual practice”
from ‘ECODHARMA: Buddhist Teachings for the Ecological Crisis’ 2018 David Loy

Meeting Dates:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tr>
<td>Sunday, February 16</td>
<td>11:00 AM - 12:30 PM</td>
<td>IMC meditation hall, 108 Birch Street, Redwood City 650-599-3456</td>
<td>● will include inspiring guided meditation on the earth recorded by Bikkhu Analayo, and time for project planning and brainstorming.</td>
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<td>Sunday, March 8</td>
<td>11:30 AM - 1:00 PM</td>
<td>IMC meditation hall, 108 Birch Street, Redwood City 650-599-3456</td>
<td>● practice, community building and project planning</td>
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| Sunday, April 26: Dharma in the woods | 12:30 PM - 2:30 PM | Huddart Park, reserved Oak Picnic area | ● Connecting with and honoring the earth/practicing in nature. Sitting and walking meditation, individual practice, and community time in the redwoods.  
● Liz Powell, will be the dharma teacher. She is an early leader of Earth care at IMC. (Carpool from IMC at noon. Rain or shine) |

Questions or comments: anneschmitt2344@gmail.com

No cost – Donations Welcome – No Registration Required
Insight Meditation Center – 108 Birch Street, Redwood City 650-599-3456
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