

IMC has suspended its in-location programs until at least mid-April. Please check the IMC website and calendar for notification about any continued suspension of programs and our new online video and audio program offerings.

Tranquility

Gil Fronsdal

“My body was tranquil and undisturbed, my mind concentrated and unified”

—*The Buddha MN 4.22 (i 21)*

Tranquility is both a gift of meditation practice and a support for deepening the practice. As a gift, it can be healing and confidence-producing. As a support, it provides a sense of well-being that nourishes concentration and mental harmony. Meditative tranquility is a compelling state that can involve feelings of peace, calm, serenity, contentment, and deep rest. In the body, tranquility is like a deep, clear lake with a wide, still surface. In the mind, it's like the soft, quiet, fresh air over the lake at dawn.

Tranquility supports mindfulness, and in turn mindfulness is a support for tranquility. As agitation decreases with greater tranquility, mindfulness can become more stable and insightful. And as mindfulness recognizes agitation with a clear, non-conflictive awareness, tranquility grows.

While tranquility can be conducive to sleepiness, well-developed tranquility is an invigorated state similar to waking up refreshed from a good nap. Sometimes partial tranquility slides into complacency, but full tranquility comes with an alert presence. And while the idea of tranquility can seem boring to those unfamiliar with it, in reality it is quite engaging for those who experience it.

In the Buddha's teachings, tranquility is a supportive condition for happiness that can be characterized as “peaceful happiness.” In meditation, the state of tranquility provides contentment and peace that are the basis for a deep and sublime sense of well-being. This is a happiness that's not possible when the mind is restless or preoccupied. Tranquility removes the excitement from joy so joy can transform itself into a more satisfying state of happiness.

Tranquility is born when agitation calms down, when conflict is put to rest, and when desires are reduced. Relaxing the body is a primary practice for cultivating tranquility. We can soften the face, release the shoulders, and loosen any tension in the belly. We can also let go of thoughts and relax the “thinking muscle,” letting go of any physical tension, pressure, or agitation associated with thinking. As the body relaxes, anxiety abates. As thinking quiets down, agitation decreases.

The Buddha said that tranquility is the nourishment for tranquility. This can be translated into the idea that tranquility is fostered by paying attention to tranquility, that peace grows by noticing what is peaceful, and that relaxation expands by appreciating relaxation. Being aware of even the smallest amount of tranquility, peace, or relaxation can foster more of these same states. Observing them in others can evoke them in ourselves. Perceiving the tranquility and peace of particular places can suffuse the body with these qualities. Visiting locations with strong atmospheres of tranquility can be medicine for releasing tensions and preoccupations.

In addition to meditation, other supports for tranquility are spending time alone or in nature. Being around calm people also helps. Avoiding multitasking by doing just one thing at a time reduces agitation; doing one thing at a time in an unhurried and undistracted manner can be deeply calming. For some people, talking less or talking more slowly promotes relaxation.

An axiom about tranquility is, “If you need wisdom, try tranquility first.” The more we value being wise in our life, the more valuable it is to be tranquil. With the support of tranquility, what is wise will often be obvious and simple. This is especially true in meditation; everyone has the ability to be wise in meditation provided we are not too agitated to recognize it.

While tranquility is not the ultimate purpose of Buddhist meditation, it is an important part of the path to liberation, which is the ultimate purpose. Tranquility sets the stage for the final stages on the path to liberation. It is considered a factor of awakening that prepares the ground for deep concentration and equanimity. It also prepares the mind for liberation by doing some of the initial work of letting go of what keeps the mind agitated. Becoming tranquil by relaxing tension, quieting agitation, and letting go of discursive thinking is exercising the mind's capacity to release its attachments. When that capacity is mature, the mind can let go fully. This ultimate letting go comes with a profound sense of peace and happiness that is the greatest fruit of tranquility.



SANGHA PROGRAMS & NEWS

POWERING IRC FOR THE 21ST CENTURY

LETTER FROM GIL ON IRC'S RENEWABLE ENERGY INITIATIVE

Dear Friends of IRC and IMC,

For 2020, we are committed to upgrading the electrical system at our Insight Retreat Center so that 100% of our power comes from solar panels, with battery backup. We also plan to install a new backup generator fueled by propane (which is less polluting than our current diesel generator) and to upgrade our electrical system so that retreats can continue to run smoothly when power outages occur.

We are enthusiastic about converting to renewable solar energy, knowing that the solar electric panel portion of the project will dramatically reduce our \$10,000 annual electric bill, hopefully to zero (sun permitting).

The estimated cost for this major upgrade of IRC's electrical system is \$180,000 and includes:

- **Solar Panels offering 100% coverage**
- **Battery Storage / Backup System**
- **Propane Generator** (to replace our 1947 diesel generator)
- **Upgrading IRC's electrical system**

We are very pleased to announce that \$73,000 has been raised already and want to express our gratitude to members of the community who have donated to support this initiative. We'll proceed with the project as funds allow, doing as much as we can afford at one time.

Donations will fund needed equipment purchases and construction. Donations help maintain the financial health of IRC. The cost savings from generating our own power will contribute to IRC's financial well-being for decades to come.

If you are inspired to contribute to the renewable energy initiative for IRC, your gift will impact many people's ability to practice there, and you will also be participating in the beautiful field of generosity that fuels IRC.

*Thank you,
Gil Fronsda*

Donate by Check: Make your check payable to IRC, write "Renewables" in the memo and mail to:

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

Donate Online on our Donations page. Please indicate your gift is for "Renewables"

Questions? Please email md@insightretreatcenter.org

SUMMER POTLUCK PICNIC

Please join us for a delightful summer picnic in the park following the Dharma talk on **Sunday, June 28, 11am to 1pm** at Stafford Park on Hopkins Avenue, Redwood City. All ages are welcome. We will be grateful if you can bring a dish for 4 to 6 people to share.

IMC PROGRAMS WHILE IMC IS CLOSED

While IMC is closed and our local communities are practicing "social distancing" we have and are in process of creating online programs, communication, and community "meeting places." We see this time as an opportunity to create greater opportunities for our community that may continue after the COVID-19 period. Information will be on IMC's Website and calendar, and in the Tuesday bulletin that is sent out to those on our email list.

EARTH DAY DHARMA AT HUDDART PARK

WITH LIZ POWELL ON SUNDAY, APRIL 26, 12:30 TO 2:30PM.

To celebrate the 50th anniversary of Earth Day, IMC is offering a Dharma program of meditation, Dharma teaching, walking meditation and discussion in the oak woodland of Huddart Park, 20 minutes from IMC. Bring your sitting gear and perhaps a blanket for the ground.

Location: the reserved "Oak Picnic Area" at Huddart Park, 1100 Kings Mountain Rd, Woodside, CA 94062. Follow directions from the entry gate to the Oak Picnic Area and drive to the end of the road for the reserved area. Rain or shine.

Carpool from IMC leaving at noon. \$6 admission fee per vehicle to enter the park

EARTH CARE GROUP

SECOND SUNDAYS, MAY 10, JUNE 14, 11:30AM TO 12:45PM

A monthly group, planning activities, exploring the eco implications of Buddhist teachings and supporting each other in facing environmental challenges. For more information, contact Anne Schmitt at anneschmitt2344@gmail.com

ECODHARMA: A BUDDHIST PERSPECTIVE ON THE ECOLOGICAL CRISIS

APRIL 13 • SPECIAL MONDAY EVENING TALK BY DAVID LOY

As part of our regular Monday evening sitting and talk, Dharma teacher and author David Loy will offer a Buddhist perspective on the environmental challenges of our times. David opened a Ecodharma Retreat Center in Colorado.

Discussion of the newest book, "Ecodharma: Buddhist Teachings for the Ecological Crisis" will be included in IMC Earth Care Group's meetings on May 10th and June 14th.

SUMMER FOOD DRIVE

During June, 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, email: imcqueersangha@gmail.com

IMC WELCOMES BACK IWA!

In 2010, Gil Fronsdal and members of the IMC community created a new non-profit called Insight World Aid (IWA) in order to provide medical and humanitarian aid to impoverished communities. After participating in a number of projects, IWA's last project was a volunteer medical aid mission in Cambodia in 2013. Some IMC participants in that mission, still visit yearly to continue the work they began then.

In 2019, IWA was revitalized when Devin Berry, Tara Mulay, Rachel Lewis, and Roxanne Dault joined Gil Fronsdal and Jeff Hardin to serve on the IWA board!

In January 2020, IWA funded two teachers' full-year salaries at Metta Yuwar School in Kyaikalo Paya, Burma. The Theravada nuns who operate Metta Yuwar School provide education and care to children with lives of extreme deprivation. Metta Yuwar school has more than 300 students and is in need of more support for teachers' salaries. IWA is exploring possibilities of providing future aid to this school and potentially other projects in Burma.

IWA's current fundraising project is focused on supporting The Peace School in Uganda started and run by the Ugandan Buddhism monk, Bhante Buddharakita at his Uganda Buddhist Centre (ugandabuddhistcenter.org). Providing meals and education to its 36 students, the Peace School has plans to expand by buying land and building a primary school to serve older students. Currently, the 12 youngest students at The Peace School are in need of immediate funding for food, uniforms, teacher salaries, and other basic needs. For this purpose, for the Winter and Spring of 2020 IWA has a four-month fundraising campaign for The Peace School.

IWA also has taken action to support G.R.I.P. (Guiding Rage Into Power insight-out.org), a mindfulness-based violence prevention and emotional intelligence life skills program that operates in multiple prisons in California. IWA is organizing and publicizing a benefit for G.R.I.P. at the San Francisco Dharma Collective to be held on July 18.

To support IWA and/or its Spring Drive please go to insight-worldaid.org and make a donation via PayPal or by check sent to Insight World Aid, 108 Birch Street, Redwood City, CA 94062.

THE DHARMA OF HAND WASHING

The ordinary activities of daily life provide easy opportunities for practicing mindfulness and compassion. Hand washing is one of these as it is an opportunity to be mindful through our whole being while also caring for others. When we are dedicated and intent on practicing while standing at the sink, our body, hands, and the flowing water then become our "meditation hall," "retreat center," or even "temple."

Taking time to wash our hands mindfully can be an occasion to notice if we are in a hurry, distracted, or dismissive of the value of being present for a mundane activity. It is an opportunity to experience the satisfaction of letting go into the simplicity of one activity. Certainly, during the twenty seconds devoted to washing, it is OK to let go of other concerns. These seconds are enough time to become grounded, centered, and calm in our daily life.

Just as one isn't finished with mindfulness of breathing after a few breaths, so the simple practice of hand washing is not something that loses its value after a few times. It is endlessly enriching if we practice it.

Hand washing is a way to care for others. Colds and flu are spread through our hands. Even if you are not sick, your hands can easily pick up germs you then pass on. Avoiding passing on illness is a simple way to support the extended communities we live in; it is a crucial protection for people with compromised immune systems.

Repeated and thorough hand washing can be a vehicle for developing both our mindfulness and compassion. This dual role is expressed in the following Buddhist verse that can be recited while washing one's hands. Doing so three times takes about 20 seconds!

*Cleaning my hands,
I clean my heart and mind.
Cleaning my heart and mind,
I clean the world for others.*



AWARENESS OF SCENT AND ITS IMPACT

Some practitioners at IMC are sensitive to scents and chemicals and may become physically ill from exposure to ingredients in common personal care products.

As part of keeping our community accessible to all, we request that those who attend IMC refrain from the use of perfume, cologne, after-shave, and minimize or avoid personal care and hair styling products containing scents or the ingredient fragrance. By this compassionate act of restraint, you can help to ensure the health of all who wish to practice here.

PARKING AT IMC

To be good neighbors, we ask that those attending IMC events do not park on the 100 block of Birch Street where IMC is located, unless you are not able to walk more than a short distance. Also, do not park in The Abigail parking lot across the street from IMC; your car may be towed.

Abundant street parking is found close to IMC: on El Camino, Brewster, Broadway, and Hopkins & Fulton. Parking further from IMC will not only help our neighbors, it will provide more parking for people for whom walking is a challenge. ~Thank you!

Insight Meditation Center

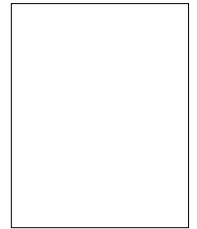
108 Birch Street

Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

650/599-3456



RETURN SERVICE REQUESTED



ON-LINE GIVING TO IMC

Most gifts to IMC are now made online! Using the “Donate” button on the IMC website, you can make donations of any amount using a credit card, debit card, or PayPal account. These online modes of giving are quick, easy, and secure. When giving dana online, you can specify gifts to IMC Teachers, IMC operations (including Audio Dharma), and/or the Insight Retreat Center.

If you have a PayPal account, a recurring monthly donation can be set up. Monthly giving provides sustained support for IMC programs, and you can choose an amount that fits your budget.

Shortly after you give dana online, you will receive an email receipt that confirms that IMC has received your gift. And, by the end of January of the following year, IMC will email you an acknowledgement for the sum of your gifts in the previous year that can be used for tax purposes.

IMC thanks you for your online support!



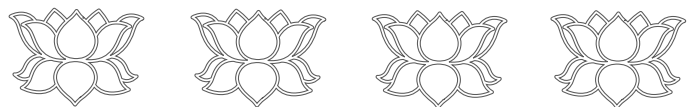
DANA

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.

For ways to donate go to: www.insightmeditationcenter.org/donate/

GIFTS OF APPRECIATED STOCK TO BENEFIT IMC OR IRC

Gifts of stock to IMC are a great way to support IMC and IRC while at the same time meeting your personal financial-planning objectives. In particular, if you would like to reduce tax liability on capital gains, consider making a transfer of appreciated stock to IMC or IRC. Consult with your financial advisor about whether this mode of giving might be useful to you as part of your overall financial planning. To make a transfer, you can use the form available on the IMC website to provide the necessary information to your broker (please let your broker know whether you would like your gift to benefit IMC or IRC). Feel free to contact fundraising@insightmeditationcenter.org with any questions.



• GENERAL INFORMATION:

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

- **CONNECT:** To sign up for our **UPCOMING EVENTS AND ANNOUNCEMENTS** emails, go to the IMC website and click on the **EMAIL SIGN-UP** link. To receive this newsletter by mail: sign up by clicking on **NEWSLETTER**.



SCHEDULE OF EVENTS

April ~ June 2020

IMC HAS SUSPENDED ITS IN-LOCATION PROGRAMS UNTIL AT LEAST MID-APRIL. PLEASE CHECK THE IMC WEBSITE AND CALENDAR FOR NOTIFICATION ABOUT ANY CONTINUED SUSPENSION OF PROGRAMS AND OUR NEW ONLINE VIDEO AND AUDIO PROGRAM OFFERINGS.

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.

MARTES EN LA TARDE 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

WEDNESDAY EVENING HAPPY HOUR: LOVING-KINDNESS PRACTICE

With Diana Clark and Nikki Mirghafori, 6 to 7pm. Guided meditation, teaching and discussion on loving-kindness.

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 Afternoons, 1 to 2:30pm, May 27 to June 24 with Ying Chen

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.

ONE DAY RETREATS

On Saturdays, unless otherwise noted:

- April 4, 9:30am to 4:30pm, **Loving Heart, Resilient Heart** with Diana Clark & Nikki Mirghafori
- April 11, 9am to 4:30 pm, **Mindfulness Daylong** with Matthew Brensilver
- April 25, 9:30am to 4pm, **The Eightfold Path: Mindfulness Daylong** with Chris Clifford, bruni dávila, Liz Powell & Tanya Wisner
- May 2, 9am to 4:30pm, **Daylong** with Gil Fronsdal
- June 6, 6am to 9pm, **Intensive Daylong** with Gil Fronsdal
- June 20, 9am to 4pm, **Samadhi and Vipassana Daylong** with Ying Chen
- June 27, 9:30am to 4pm, **Clear Presence During Speech** with Kim Allen

SATURDAY HALF-DAY RETREATS

April 18 with David Cohn, **May 16** with Chris Clifford

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)

RESIDENTIAL RETREATS

AT THE INSIGHT RETREAT CENTER (NEAR SANTA CRUZ)

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

- May 14 to 17, 4-Day **Insight Retreat for People in their 20s and 30s** at Jikoji Zen Center with Max Erdstein
- May 22 to 25, 4-Day **Insight Retreat** with Ines Freedman and Nikki Mirghafori
- June 4 to 7, 4-Day **Insight Retreat** with Ines Freedman and Max Erdstein
- June 17 to 21, 5-Day **LGBTQI Insight Retreat** with bruni dávila and John Martin
- June 27 to July 3, 1-Week **Insight Retreat in Spanish (Español)** with Andrea Castillo and bruni dávila
- July 18 to August 1, 2-Week **Mindfulness of Mind Retreat For Experienced Students** with Andrea Fella
- August 12 to 16, 5-Day **Insight Retreat** with Andrea Fella and Pamela Weiss
- August 27 to 30, 4-Day **Insight Retreat** with Gil Fronsdal assisted by Diana Clark and Shelley Gault

OTHER INSIGHT MEDITATION GROUPS

For a list, go to IMCs website under the **COMMUNITY** pull-down menu.

SERIES PROGRAMS

HOW THE HEART MEETS THE WORLD WITH DIANA CLARK
WEDNESDAY EVENINGS 7:30 TO 9PM, APRIL 8, 15, 22, 29. The heart's capacity to care for others is important in the teachings taught by the Buddha. This four-week class explores the Buddha's teachings on care and how this is expressed in loving-kindness, compassion, appreciative joy, and equanimity. The evening will include talks, guided meditation, and small group discussions. All are warmly welcome.

THE EIGHTFOLD PATH PROGRAM

WITH CHRIS CLIFFORD, BRUNI DÁVILA, LIZ POWELL & TANYA WISER. Right Mindfulness Daylong—Apr 25, (9:30am to 4pm); Right Concentration—May 17; Concluding Daylong Retreat at Insight Retreat Center, Santa Cruz—Sat, June 13 (9:30am to 4pm)

INSIGHT TEACHINGS FOR EXPERIENCED PRACTITIONERS

WITH DIANA CLARK **TUESDAY AFTERNOONS 1:30 TO 3PM, MAY 19, 26, JUNE 2, 9, 16.** This five-week course is intended to support practitioners who have been on a number of meditation retreats and who wish to further examine some of the Buddha's liberation teachings. We will discuss the role of insight in insight meditation. The classes will include instructions, guided meditations and small group discussions.

10 SUPREME SUPPORTS FOR MEDITATION

WITH CHRIS CLIFFORD, DAVID COHN AND JENNIFER LEMAS
FRIDAYS, 9AM TO NOON: APR 17, MAY 15, & JUN 19. The ten perfections (*paramis*) are ten supreme qualities of character which, when developed, support both Buddhist practice and compassionate involvement in the world. The final three sessions of the 10-month series are open to all. Participants are welcome to bring a brown bag lunch and stay **afterwards**.

IMC SENIOR SANGHA GROUP: ENJOYING OUR AGING

WITH DAVID COHN, FIONA BARNER AND ROBERT CUSICK
THURSDAYS, 11AM TO 1PM: APR 23, MAY 28, JUN 25. Suzuki Roshi was asked, "Why do you practice?" He laughed and said, "To enjoy my old age." Please join us as we create a dharma based community of IMC seniors of all ages. Everyone is welcome. We will cultivate enjoying our journey through the vicissitudes and blessings of aging with kindness and wisdom practices. There will be guided meditations, talks, and discussion on topics that support aging with ease and contentment. Participants may bring a bag lunch.

SPECIAL EVENTS

LOVING HEART, RESILIENT HEART WITH DIANA CLARK & NIKKI MIRGHAFORI, SATURDAY, APRIL 4, 9:30AM TO 4PM. The more we're able to soften and open the heart to gentleness, care, and love for ourselves and others, the more we're able to untangle the emotional entanglements of our lives. We will explore prac-

tices for opening the heart and increasing our resiliency. Includes brief teachings, guided meditations, and opportunities for questions, as well as individual practice discussions with the teachers. Please bring a bag lunch.

DAYLONG WITH MATTHEW BRENSILVER

SATURDAY, APRIL 11, 9AM TO 4:30PM. Mindfulness of breathing lies at the foundation of Buddhist meditation practice. To support building a strong foundation, the day will include a variety of teachings and guidance on practices related to breathing, including detailed instruction on how to practice mindfulness of breathing, supporting the breath with the posture, and how emotions relate to the breath. No interviews. Bring lunch.

THE EIGHTFOLD PATH: MINDFULNESS DAYLONG WITH

CHRIS CLIFFORD, BRUNI DÁVILA, LIZ POWELL & TANYA WISER.
SATURDAY, APRIL 25, 9:30AM TO 4PM. This daylong will provide an opportunity for in-depth practice with one of the factors of the Eightfold Path — Right Mindfulness. Mindfulness is woven through all aspects of our practice. Those taking the Eightfold Path program are encouraged to attend and all others are welcome. It will be a mostly silent day of sitting, walking and instructions. Please bring a bag lunch.

EARTH DAY DHARMA AT AT HUDDART PARK

WITH LIZ POWELL, **SATURDAY, APRIL 26, 12:30 TO 2:30PM.** To celebrate the 50th anniversary of Earth Day, IMC is offering a Dharma program of meditation, Dharma teaching, walking meditation and discussion in the oak woodland of Huddart Park, 20 minutes from IMC. Bring your sitting gear and perhaps a blanket for the ground.

At the reserved "Oak Picnic Area" at Huddart Park, 1100 Kings Mountain Rd, Woodside, CA 94062. Follow directions from the entry gate to the Oak picnic area and drive to the end of the road for the reserved area. Rain or shine. Car pool from IMC leaving at noon. \$6 admission fee per vehicle to enter the park.

DAYLONG WITH GIL FRONSDAL

SATURDAY, MAY 2, 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'S SPRING CLEANING

SATURDAY, MAY 9, 9:30AM TO 2:30PM. Everyone is welcome to participate in a special practice opportunity—Spring Cleaning at IMC. We will meditate, work together in community taking care of our practice center, and share lunch together. Done as a mindfulness practice, cleaning both "cleans" us on the inside while cleaning the Center on the outside. It is also a way of sharing our IMC community life together.

SCHEDULE PG. 3

INTENSIVE DAYLONG WITH GIL FRONSDAL

SATURDAY, JUNE 6, 6AM TO 9PM. This is a great opportunity for a full day of immersion in silent Dharma Practice. Fifteen minute interviews with Gil will be available on a sign up basis. You are welcome to come for the entire day or drop in for any part of the retreat. If you come for only part of the day, please enter the meditation hall only at the beginning of a scheduled sitting. If you come while a sitting is in progress, please sit in the outer hall. Bring lunch. Breakfast and light supper provided.

SAMADHI AND VIPASSANA DAYLONG WITH YING CHEN

SATURDAY, JUNE 20 9AM TO 4PM. Samadhi and Vipassana are two complementary dimensions of the meditation practice. When they are cultivated, they support a deep sense of wellbeing through steadiness, composure and profound clarity in the midst of everything. This day will include teachings related to these two dimensions. With periods of guided meditation sessions to engage in these practices, and Q&A. Bring lunch.

CLEAR PRESENCE DURING SPEECH WITH KIM ALLEN

A DAYLONG ON MINDFUL SPEAKING. SATURDAY, JUNE 27, 9:30AM TO 4PM. Many Dharma practitioners value “wise speech,” but how is this kind of speaking actually done? Mindful speech includes a number of dimensions related to both the body and the mind. This daylong explores embodied speech combined with the mental qualities that the Buddha called clear comprehension. There will be teachings, experiential exercises, and silent sitting. It is recommended to attend the entire day. Bring lunch.

SUMMER POTLUCK PICNIC

SUNDAY, JUNE 28, 11AM TO 1PM at Stafford Park on Hopkins Avenue, Redwood City. Please join us for a delightful summer picnic in the park following the Dharma talk. All ages are welcome. We will be grateful if you can bring a dish for 4 to 6 people to share.

YOGA

WITH TERRY LESSER. Suitable for all. Bring a large towel and sticky mat, if you have one. Mats are also available.

MONDAY EVENING YOGA

- **6:15 to 7pm.** Join us for yoga before evening meditation.

THURSDAY MORNING YOGA AND SITTING MEDITATION

- **8:30 to 10:30am**

YOUNG ADULT PROGRAM

AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20'S AND 30'S WITH MAX ERDSTEIN
Sundays, 7:30 to 9pm (except the 2nd Sunday of the month).

This weekly group addresses themes relevant to people in their 20s and 30s and includes guided meditations, short dharma talks, and group discussions. We have a friendly and vibrant ongoing community, and all are welcome to drop in at any time.

SATI CENTER

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

INTRODUCTION TO CHAPLAINCY WITH DIANE WILDE, ALISTAIR SHANKS, GESSHIN GREENWOOD AND JENNIFER LEMAS
SATURDAY, MAY 30, 9:30AM TO 12:30PM. A half-day overview of a chaplain's work of providing spiritual care and support for people in hospitals, hospices, prisons, and a wide variety of other settings. In recent years, Buddhist practitioners have been experiencing chaplaincy as a powerful opportunity to practice engaged Buddhism, and for some, as a profession. Information about the Sati Center's Buddhist Chaplaincy Training and the Institute for Buddhist Studies Chaplaincy Degree Program will be provided.

THE BUDDHA'S CORE TEACHING ON MINDFULNESS: THE SATIPATTHANA SUTTA WITH GIL FRONSDAL

SATURDAY, JUNE 13, 9:30AM TO 4PM. For over thirty years Gil has been practicing, studying, translating, and teaching the Buddha's “Discourse on Establishing Mindfulness” (*Satipatthana Sutta*, MN 10). This text is the primary Buddhist source for the practice of mindfulness. In this daylong, Gil will discuss the deeper dimensions of mindfulness practice as presented in this text, including how the practice develops along the path to liberation. Also discussed will be the fascinating and important topic of what the Buddha meant by “mindfulness.” The day will include talks, guided meditations and small group discussions. Please bring a bag lunch.

FINDING FREEDOM INSIDE AND OUTSIDE OF PRISON WITH REV. DIANE WILDE, WALT OPIE AND OTHERS. SATURDAY, JULY 25, 10AM TO 4:30PM. Buddhist Pathways Prison Project (BP3) is dedicated to bringing Buddhist practice and teachings to California state prisons. BP3 volunteers work as Buddhist chaplains, and meditation teachers to serve hundreds of incarcerated men and women interested in mindfulness, healing, ethics and the BP3 emphasis on non-harming.

BP3 chaplains, teachers, and formerly incarcerated BP3 program participants will lead this day of practice focused on what it's like to share and practice Buddhism in a chaotic and often challenging prison environment. Everyone is welcome, including anyone interested in volunteering in prisons, impacted by systemic violence or incarceration, as well as anyone interested in Buddhist ethics, building inclusive sanghas, and supporting prison reform.

This event is a fundraiser for Buddhist Pathways Prison Project. For more information, contact info@buddhistpathways.org.

FABRICATIONS (SANKHARA)

WITH AJAAN THANISSARO (GEOFF). SATURDAY, SEPTEMBER 26, 9AM TO 4:30PM

SCHEDULE PG. 4

YOUTH & FAMILY PROGRAMS

DHARMA SPROUTS (K–2ND GRADE) Led by Hilary Borison 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. For more information or to RSVP, contact Hilary at IMC.familyprogram@gmail.com or 650/575-2052. Please provide first names of each adult and child who will attend.

DHARMA ROCKS (3RD–5TH GRADE) Led by Hilary Borison and Elisabeth Waymire. **Third Sunday of each month, 11:15am to 12:30pm.** Interactive mindfulness meditations, games, art/crafts, and movement. RSVP to IMC.familyprogram@gmail.com if you plan to attend, including the first name and age of each participant.

DHARMA BODHIS (MIDDLE SCHOOL 6TH–8TH GRADE) (6th-graders can attend Dharma Rocks and/or Dharma Bodhis). Led by Hilary Borison and Darrin Force. **Second Sunday of each month, 5 to 7pm.** 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, IMC.familyprogram@gmail.com, or 650/575-2052.

MINDFUL TEENS (AGES 13 TO 19) Led by Laura Hansen and Max Erdstein. **First and third Sunday of each month, 5pm to 7pm.** We aspire to create a safe and joyful space where teens learn mindfulness to nurture inner-discovery, clarity and a deeper connection with others. After a guided meditation, we discuss issues (typically around relationships with friends/family, stress, etc). Info: www.mindfulteens.net. RSVP: Imc.MindfulTeens@gmail.com.

LGBTQUEER SANGHA

4th Sunday of each month, 5pm to 6:30pm. We are led by Guiding Teachers John Martin and bruni dávila, and open to all who identify under the LGBTQ+ umbrella. Contact co-facilitators sue bachman and Joe Hayes at imcqueersangha@gmail.com with questions or to be added to our mailing list.

SUPPORT GROUPS

SUPPORT GROUP FOR PEOPLE WITH HEALTH CHALLENGES

First and Third Thursdays of the month, 12:30 to 2:30 pm. The primary purpose of the group is to provide each participant an opportunity to share personal challenges, triumphs, hopes, and fears with individuals facing a similar situation. Meetings include brief sittings and dharma discussion. Before attending the group for the first time, please contact the group facilitator, Ying Chen at 408/802-6430 or yingchenb@yahoo.com.

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.

OTHER GROUPS

DHARMA CIRCLE FOR PEOPLE OF ASIAN BACKGROUND WITH LILU CHEN AND YING CHEN. FOURTH SUNDAYS OF EACH MONTH, 1 TO 2:30PM. Includes sitting meditation, a short dharma talk, dharma discussion, and community activities. Open to all self-identified people of Asian or South Asian background. No registration required. The circle is open for drop in at any time. Questions? Contact: asianimc2020@gmail.com

WOMEN'S CIRCLE OF MINDFULNESS

2ND THURSDAY OF EACH MONTH, 10:45AM TO 12:30PM.

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 Hilary Borison (hborison@sbcglobal.net).

DHARMA-INSPIRED BOOK GROUP

THIRD FRIDAYS, APRIL 17, MAY 15, JUNE 19, 7 TO 8:30PM

IMC Meditation Hall. In July we start *What's Beyond Mindfulness* by Stephen Fulder. Contact Anne Foster, afoster@rawbw.com, 650/591-1285 for information.

SONA'S DHARMA STRUMMERS PRACTICE SESSIONS

SUNDAYS, APRIL 19, MAY 3, JUNE 14, 1PM 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. For location and info contact Martha Chickering marthachickerting@gmail.com.

SONA'S DHARMA STRUMMERS PLAY AT HOPKINS MANOR

SUNDAYS, APRIL 26, MAY 24, JUNE 28, 1:30 TO 2:30PM. We are making music with the residents of Hopkins Manor once a month. Hopkins Manor is a residential care facility for the elderly next to IMC. No prior musical experience is necessary. If you don't play the ukulele, you can come and sing along. For more information contact Martha at marthachickerting@gmail.com.

EARTH CARE GROUP

SECOND SUNDAYS, MAY 10, JUNE 14, 11:30AM TO 12:45PM.

A monthly group, planning activities, exploring the eco implications of Buddhist teachings and supporting each other in facing environmental challenges. For more information, contact Anne Schmitt at anneschmitt2344@gmail.com