

SPRING 2023

Skilled in Beauty Gil Fronsald

Buddhist meditation is not usually associated with beauty. More commonly, people associate it with clarity, calmness, or concentration. And yet, the Buddha described a person proficient in *samadhi*—a word that can mean both meditation and concentration—as someone skilled in the beauty of *samadhi*. Attuning oneself to this beauty is one of the wonderful discoveries of meditation. It is a "spiritual beauty", that can be a companion, foundation, and guide that teaches us freedom from maliciousness, possessiveness, and conceit, qualities that are not beautiful and do not lift the heart. To live with beauty delights the heart.

That beauty has a central place in Buddhism is illustrated by the Buddha's much-repeated statement that the Dhamma is "beautiful in the beginning, beautiful in the middle, and beautiful in the end." While the Dhamma can refer to the Buddha's teachings, which certainly have an exquisite profundity, the Dhamma is also the personal experience of truth, goodness, natural order, and freedom revealed through Buddhist practice. Associating these qualities with beauty associates them with states of mind that we don't create, and which are hard to appropriate as "mine" or as "me." These are states we learn to recognize, value, and nurture.

Spiritual beauty is an experience that does not lend itself to attachments because when we experience our inner life as beautiful, it becomes clear that this beauty dims when we cling to anything, including beauty itself. When we know the Dhamma is beautiful in the beginning, middle, and end, we become increasingly disinclined to grasp, diminish or overlook this beauty. To live a Dhamma life is to live in beauty.

The Pali word translated here as beautiful is *kalyana*. The first definition of *kalyana* given in the Pali Text Society Pali-English Dictionary is "beautiful." In this and other Pali-English dictionaries, additional meanings are 'good and goodness,' 'virtue and virtuous,' and 'excellent and excellence.' Of these words, 'beautiful' is perhaps the richest in emotional and aesthetic resonance. 'Beautiful' doesn't require the evaluations, explanations, justifications, and discussions which might be needed when using such words as 'good', 'virtuous', or 'excellent.'

Beauty is an experience of perception, emotion, and feeling, not intellect only. Because *kalyana* is closely associated, almost as a synonym, with virtue and goodness, it is not physical beauty but a quality of the inner life, mind, or heart. A beautiful heart is a virtuous heart; inner goodness is inner beauty.

Some people are described as "beautiful friends, beautiful companions, beautiful acquaintances." Traditionally, these are people of "virtuous conduct and of beautiful action" who exemplify maturity in the Dhamma and encourage others to live a Dhamma life. The Buddha said that for people with such friends, "it is to be expected that they will develop and cultivate the Noble Eightfold Path." "Beautiful friend" is one translation of *kalyana-mitta*, a Pali word often translated into English as "good spiritual friend." When used as a Buddhist term, "spiritual" refers both to the deepest and fullest aspect of the human heart where ethics, the deepest dimensions of emotions, and freedom from suffering come together in the same experience. The two translation choices for *kalyana-mitta*—i.e., "good spiritual friend" and "beautiful friend"—suggest this friendship has a beautiful spiritual dimension.

The Buddha also used the word *kalyana* when speaking about what in English is often called "good karma." For the Buddha, good karma is "beautiful karma," and beautiful karma leads to beautiful results. He stated this in the following verse where the Pali word *papa* is translated as "ill" rather than "bad" or "evil", as commonly done:

Whatever kind of seed is sown,
That is the kind of fruit one reaps.
The doer of beauty reaps beauty;
The doer of ill reaps ill.

(SN 11.10)

Continuing the ideas of this poem we could add, "Beautiful actions inspire more beauty; Ill actions are demoralizing and self-defeating."

The teachings that our actions have karmic consequences include the idea that these consequences follow us closely, perhaps as habit formations, conditioning, dispositions, or memories. The lingering effect of beautiful and ill behavior is sometimes revealed when we sit quietly enough that our surface preoccupations quiet down, for example, during meditation. The Buddha illustrated this enduring effect of our beautiful actions with the following evocative simile:

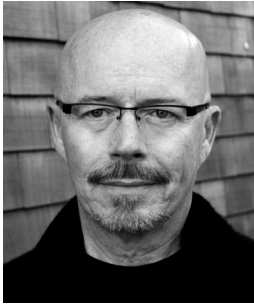
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SANGHA PROGRAMS & NEWS

IMC GIVES KARUNA AWARD TO ROBERT CUSICK

On March 17, IMC awarded its Karuna Award to longtime sangha member Robert Cusick in a celebratory in-person event. IMC offers the Karuna Award to people who have made significant contributions through compassionate action to reduce suffering and increase well-being in the world.



Robert Cusick is a founder and director of the Applied Compassion Academy and its Applied Compassion Training (ACT) offered through the Center for Compassion and Altruism Research & Education (CCARE) at Stanford University. His trainings have touched thousands of people directly, and have rippled out to an uncountable number of people around the world.

Here at IMC, Robert co-leads the Senior Sangha. He is a longtime meditator and former monk with the Venerable Pa Auk Sayadaw. Fifty people came to celebrate and offer appreciation of his work, including IMC people, graduates of his ACT training, and his colleagues at CCARE.

IMC has offered the Karuna Award three times before, to Beth Goldring in 2009 for her AIDS work in Cambodia, to Jacques Verduin in 2016 for creating and developing GRIP, a mindfulness program for incarcerated people, and to Mick Bennett in 2017 for creating and developing the IMC support group for people with chronic and life-threatening illness. Gil noted at the ceremony that he is delighted to watch people blossom as they practice at IMC, growing in their ability to support others in the world.

DHARMA EN ESPAÑOL: IMC'S SPANISH-LANGUAGE PRACTICE COMMUNITY

Over the last twelve years, the Insight Meditation Center (IMC) has steadily increased its programs, materials, and activities in Spanish, to serve a growing Spanish-speaking practice community. We refer to these offerings as Dharma en Español (DEE).

The growth of Spanish-language offerings reflects the interest of both large Spanish-speaking communities near the Insight Meditation Center in the San Francisco Bay Area, and a growing number of individuals and groups elsewhere in the United States, in Latin America, and in Spain. As the DEE Sangha has grown, IMC has continued to train a growing number of Spanish-speaking Dharma teachers. IMC is now able to bring the Dharma to Spanish-language communities that have little or no access to the Dharma, and to established Spanish-speaking practice communities lacking local teachers or other support resources.

Spanish-language programs at IMC began in 2011 with a weekly Tuesday evening meditation group led by Andrea Castillo, a long-time practitioner and teacher at IMC. Andrea's teachings, avail-

able on AudioDharma, have become a valuable resource for understanding and teaching the Dharma in Spanish. As the interest in Spanish Dharma grew, Andrea and Bruni Dávila, another IMC teacher, started teaching groups in San Francisco, Modesto, San Diego, and Santa Cruz, in addition to groups at IMC, in Redwood City. Over the last ten years, Andrea and Bruni have received training in all the teacher-training programs at IMC, including Buddhist Chaplaincy, Dharma Mentoring, and Community Dharma Leadership. Importantly, their training also included the four-year Dharma Teacher training program, which led to them being authorized to teach DEE meditation retreats.

In 2014 IMC offered the first Spanish-language residential retreat at its retreat center, the Insight Retreat Center (IRC). An annual Spanish-language retreat at IRC has continued since 2014, with online retreats during the pandemic. This annual DEE retreat brings Spanish-speaking practitioners from several Latin American countries, Puerto Rico, Spain, and broadly from within North America—to practice with IMC teachers and with one another, a rich and much appreciated opportunity.

To extend the reach and scope of DEE meditation retreats in the IMC/IRC style, since 2018 Andrea Castillo has been leading residential retreats in Colombia, Argentina, and Uruguay. This year she will lead retreats in Mexico and Spain. Andrea has also translated works by Gil and several of IMC's core programs, to be able to teach them in Spanish. These translations now include IMC's Introduction to Meditation and Mindfulness, The Eightfold Path, and Dharma Mentoring training, which trains local Dharma leaders for the growing Latin American interest in our teachings and practices. In 2022, IMC received a grant from the Hemera Foundation to support DEE activities including retreats in Latin America, translations, and support for teachers.

Two more Spanish-speaking people, Francisco Gable and David Lorey, began IMC's teacher training in 2020. Francisco and David assisted Andrea Castillo at the annual DEE IRC retreat the last two summers. IMC's DEE programs are also supported by other IMC leaders, including teachers Carrie Tamburo and Sandra Sanabria, a member of the IMC Board of Directors.

After ten years of developing Spanish-language Dharma offerings and teachers, IMC is supporting a fast-growing practice in the United States, Latin America, and Spain. Plans to further grow DEE resources include developing a DEE website, expanded retreats in Latin America, translation of written materials, training of Spanish-speaking facilitators and mentors, and a sutta course in Spanish to be led by Andrea Castillo and David Lorey in 2024. Lastly, IMC and DEE will increase outreach efforts to local communities to bring mindfulness approaches to social assistance programs.

Skilled in Beauty, cont'd. from front page

Just as the shadow of a great mountain peak in the evening covers, overspreads, and envelops the earth, so too, when wise people sit on their chairs or beds or rest on the ground, the beautiful actions they did in the past—beautiful bodily, verbal, and mental conduct—cover them, overspread them, and envelop them. ... This is a kind of pleasure and joy that a wise person feels in this life.

(MN 129.30)

In this way, the beauty of beautiful actions can accompany us through life, at least as valuable memories insubstantial as shadows. The Buddha uses the same metaphor of a shadow enveloping a mountain to describe how a person who has done ill, sitting quietly, is covered with the legacy of these ill actions. In this case, a person feels sorrow, suffering, and grief as a result.

The Buddha also teaches that the legacy of our actions will accompany us after death if we are reborn. He says that,

*when we die, we don't take with us possessions,
wealth, or relatives; we take with what we do by body
and speech. Therefore, do what is beautiful.*

(SN 3.20)

One of the primary purposes of the teachings on karma is to encourage greater spiritual beauty and to live with beautiful ethics and mental dispositions. For the Buddha, there is always time to do this.

Meditation is one means by which a person becomes "established in the beauty of the Dhamma" or "established in the goodness of the Dhamma," depending on how *kalyana* is translated. Perhaps the phrase can be rendered to capture a fuller meaning of the Pali word, "established in the beautiful goodness of the Dhamma." Regardless of how it is translated, it is essential to remember that the Dhamma is not realized apart from oneself; it is a beautiful goodness to be experienced for oneself and in which one can live. To do this, one must practice the entire Eightfold Path, which the Buddha said is the "beautiful practice" that leads "to peace, direct knowledge, awakening, and *Nibbana*." When we become skilled enough in the beauty of *samadhi*, the final step of the Eightfold Path, the beauty of all-encompassing peace can envelop us.

GIL'S SABBATICAL AND ZEN TEACHING

Gil will be on sabbatical for the month of June going on a self-retreat for the month. From July 10 to 29 he will be teaching at Tassajara Zen Monastery in the Big Sur Mountains.



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, please 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!

SATI CHAPLAINCY TRAINING IN-PERSON AND ONLINE

Gil Fronsdal, with Jennifer Block, and Paul Haller, have now taught the yearlong Introduction to Buddhist Chaplaincy Training for twenty years. This is a training in offering compassionate care in relationship to people's spiritual life, both Buddhist and of other religions. It is a solid spiritual foundation for receiving professional training to be a chaplain. It is also a valuable training for providing compassionate care in a Buddhist sangha, in volunteer roles, and in one's relationship to people in daily life.

In 2023-24 the Chaplaincy Training program will be offered in-person at IMC as before. In addition, a parallel version will be offered online by Vanessa Able, a graduate and adjunct faculty for the in-person program. The chaplaincy teachings of Jennifer, Paul, and Gil will be part of the online program. More information at Sati.org.

*Health is the greatest gift,
contentment is the greatest wealth,
a trusted friend is the best relative,
Nibbana is the greatest bliss.*

(Dhammapada Verse 204)

TWO NEW WAYS TO SUPPORT IMC

You can make a gift to support IMC operations through your donor-advised fund (DAF) administered by a community foundation, a DAF at a brokerage such as Fidelity or Schwab, or from your family foundation. If you would like to reduce tax liability on capital gains, you can also consider making a transfer of appreciated stock to IMC or IRC. Unlike DAFs, gifts of appreciated stock may be used to support individual teachers (as any portion of a gift designated to a specific teacher is not tax deductible, IMC will provide a receipt separating the tax-deductible portion from the non-tax deductible portion).

For more details and assistance on how to proceed, please go to insightmeditationcenter.org/donate, or send an email to fundraising@insightmeditationcenter.org, or call (650) 260-8674.

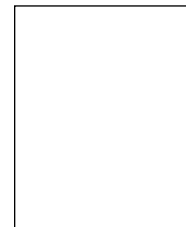
Insight Meditation Center

108 Birch Street

Redwood City, CA 94062

www.insightmeditationcenter.org

RETURN SERVICE REQUESTED



DANA SUPPORTS IMC

IMC continues a 2,600-year-old Buddhist tradition of providing the teachings freely to all who are interested. IMC has no paid staff and is run entirely by volunteers. All financial support comes from the generosity of people who value what we do. Tax-deductible donations support all expenses, including programs, publications, website, the Insight Retreat Center, and AudioDharma. Teachers receive no salary and are supported by teacher dana, which isn't tax-deductible.

We at IMC are very grateful for all the support we receive, and are inspired by how beautifully Dharma practice develops when it does so in a field of generosity and gratitude!

To donate, please go to www.insightmeditationcenter.org/donate/. If you have any questions or would like to donate in a different way, please email fundraising@insightmeditationcenter.org, or call (650) 260-8674.

IMC COVID PROTOCOL

After more than three years, we are still finding our way through the changing COVID landscape. Starting in April we no longer require any registration for attending events at IMC. We have more seats available in the outer Community room for those who wish to have more social distancing. We still require masks (N95 or KN95 level). We envision that at some point over the next few months masks will become optional at IMC. Until then, we appreciate all who remain masked. Thank you.

We request that anyone with cold or flu symptoms not come to IMC. Our main public programs are available on YouTube or AudioDharma or both. Updates about our COVID protocol will be posted in the 'What's New' section on the home page of IMC's website.

PARKING AT IMC

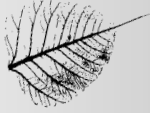
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• GENERAL INFORMATION:

contact@insightmeditationcenter.org 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

Spring 2023

WEEKLY MEDITATION AND TALKS

IN-PERSON AT IMC

MONDAY EVENING SITTING AND TALK

With Diana Clark or guest teachers, 7:30 to 9pm. A 45-minute sitting and a 45-minute Dharma talk.

WEDNESDAY MORNING HALF-DAY RETREAT

Sitting and walking meditation with Gil Fronsdal or guest teachers. 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

At 12:15 we have an informal lunch and discussion outdoors in the parking lot. Everyone welcome (bring bag lunch).

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

MEDITATION INSTRUCTION

IN-PERSON AT IMC

BASIC INSTRUCTIONS IN MINDFULNESS MEDITATION

- 5 Thursday Evenings, 6:30 to 8pm, June 1 – 29, with Tanya Wisner

The basic instructions in Insight meditation taught sequentially, starting with mindfulness of breathing, followed by mindfulness of the body, emotions, and thinking, then open awareness and application of mindfulness in daily life. No pre-registration necessary.

MINDFULNESS OF EMOTIONS & THINKING USING RAFT

- 3 Thursday Evenings, 6:30 to 8pm, May 11 – May 25, with Tanya Wisner

Mindfulness of emotions and thinking can be facilitated by "RAFT." This is an acronym for four ways of practicing mindfulness. They are R = Recognize, A = Allow, F = Feel, and T = Tease Apart complexity to see simplicity. In this three-week series, we will work each of the four steps as they apply to emotions and thinking. The metaphor of RAFT suggests that together they can help keep you out of the strong currents and undertows of strong emotions and thinking. Each week, Dharma talks, guided meditations, and small group discussions will be offered.

INTRODUCTION TO MEDITATION DAYLONG WITH BRUNI DÁVILA

Saturday June 3, 9am to 4:30pm, in-person at IMC (See details in Special Events)

ONE DAY RETREATS

ON SATURDAYS, IN-PERSON AT IMC:

- June 3, 9am to 4:30pm, Introduction to Meditation with Bruni Dávila

ON SATURDAYS, ONLINE THRU IRC:

- April 22, 9am to 4pm with Shelley Gault
- June 3, 9am to 4:30pm with Neesha Patel
- July 29, 9am to 4:30pm with Gil Fronsdal

SATURDAY HALF-DAY RETREATS

IN-PERSON AT IMC:

- May 6, 9am to 12:15pm, Embodying Mindfulness with Dawn Neal
- May 27, 9:30am to 12:15pm, Mindfulness Meditation and Practice with Tanya Wisner

ONLINE (See IMC website Calendar for Zoom link)

- April 29, 9:30am to 12:45pm with Liz Powell. Mindfulness Meditation—lightly guided meditations, movement practice, brief dharma talk, and optional group practice discussion.

WEEKLY ONLINE PROGRAMS

See website calendar for links for the following programs:

- **MONDAY THRU FRIDAY MORNING SITTING AND TALK** with Gil Fronsdal or guest teachers, 7 to 7:45am. On YouTube
- **MONDAY THRU FRIDAY EVENING HAPPY HOUR: LOVING KINDNESS PRACTICE** with Nikki Mirghafori & others, 6 to 7pm. Guided Meditation teaching, and discussion on loving-kindness. On YouTube and/or Zoom
- **TUESDAY MORNING SITTING, REFLECTION, & DISCUSSION** with Dawn Neal and others, 9:30 to 10:45am. 30-minute sitting, followed by a reflection and discussion. On Zoom
- **MARTES EN LA NOCHE DHARMA EN ESPAÑOL**, con Andrea Castillo, 7:30 a 9pm. Meditación y pláticas de Dharma en Español. On Zoom
- **THURSDAY EVENING SITTING AND Q&A**, with Ari Crellin-Quick, Lienchi Tran, and others, 7:30 to 8:30pm. A sitting followed by a short reflection and discussion. On Zoom



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/

RESIDENTIAL RETREATS

AT THE INSIGHT RETREAT CENTER (NEAR SANTA CRUZ)

For information go to www.insightretreatcenter.org.

- June 11 – 18, **1-week Insight Retreat** with Matthew Brensilver and Jesse Maceo Vega-Frey
- June 30 – July 5, **6-day Insight Retreat in Spanish (Español)** with Andrea Castillo and David Lorey
- July 9 – 16, **1-week Insight Retreat** with Diana Clark and Anushka Fernandopulle
- July 24 – 29, **6-day Earth, Water, Fire, Air, Space: A Practice-and-Study Retreat** with Kim Allen, Diana Clark, David Lorey, and Ying Chen
- August 9 – 13, **5-day Insight Retreat** with Andrea Castillo and Kim Allen
- August 31 – September 4, **5-day Metta Retreat** with Nikki Mirghafori and Sayadaw U Jagara

SERIES PROGRAMS

ENTERING THE STREAM WITH GIL FRONSDAL

EIGHT DAYLONG ZOOM CLASSES, OCT 2023 THRU MAY 2024, 9AM TO 4PM: MON OCT 2, FRIDAYS: OCT 27, DEC 8, JAN 19, FEB 9, MAR 29; SAT MAY 4, PLUS 3-DAY ZOOM RETREAT: WED-FRI, FEB 28-MAR 1.

This eight-month program provides experienced practitioners an opportunity to delve into some of the deeper teachings of our Buddhist tradition in a community of other committed practitioners. We will discuss core principles and insights important in the Buddha's teachings, including aspects of liberation and awakening. The program includes required monthly readings and short reflective essays.

Participation by selection. Application available on IMC website in July. Pre-requisites: at least five years of Insight Meditation practice, five seven-day (or longer) silent Vipassana retreats, and completion of IMC's Eightfold Path Program or its equivalent.

2023 – 2024 EIGHTFOLD PATH PROGRAM

TAUGHT BY CHRIS CLIFFORD, TANYA WISER AND OTHERS
OFFERED BOTH IN-PERSON AND ONLINE. SUNDAYS 1PM TO 3:30PM (PACIFIC), 2023: SEPT 3, OCT 1, NOV 5, DEC 3; 2024: JAN 14, FEB 11, MAR 10, APR 14, MAY 12. CONCLUDING DAYLONG: JUNE 22

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. The Eightfold Path Program is an introduction to each of the Eightfold factors so participants will discover how to apply each set of practices in ways that are personally meaningful.

Pre-requisite: completion of IMC's Introduction to Meditation course or the equivalent. **Please register.** The in-person and online versions of the program will occur in parallel at the same time. Participants can attend either version throughout the program, though we encourage you to pick one as primary to build community. After registering, you

will receive Zoom links and course materials by email. A longer application is required to be assigned a mentor in addition to the group meetings. Mentoring slots may fill. Registration will be available soon under the Program menu > Special and Yearlong Programs.

Questions: eightfoldpath@insightmeditationcenter.org



SPECIAL EVENTS

ONLINE IMC COMMUNITY MEETING WITH GIL SUNDAY, APRIL 16, 11AM TO 12PM, ON ZOOM

Everyone is welcome to participate in an online community meeting with Gil on Sunday, April 16 for a discussion of the current state of IMC and a vision for IMC's continued development as shaped by post-Pandemic changes. Zoom link will be available on IMC's website under 'What's New' and the Calendar on the day before the meeting.

EARTH DAY MORNING MEDITATION RETREAT AT HUDDART PARK

SATURDAY, APRIL 22, 9:30AM TO 12:30PM WITH DAWN NEAL AND HILARY BORISON at Huddart Park Redwood Picnic Area, 1100 Kings Mountain Rd, Woodside, CA 94062

To celebrate Earth Day, please join us for a morning meditation retreat to commune with the natural world. We'll experience ourselves as nature, and nature as Dharma, in community. There will be short talks, lightly guided and silent sitting, walking meditation, and time for reflections. Recommended for beginning and experienced practitioners.

Bring \$6 cash (exact change) per car for parking, warm layers, something comfortable to sit on, and a natural memento for a temporary altar. Please bring lunch and water if you wish to stay for a picnic lunch.

No registration is necessary. If you have any questions, please contact Hilary at hborison@sbcglobal.net.

EMBODYING KIND AWARENESS HALF-DAY WITH DAWN NEAL. SATURDAY MAY 6, 9AM TO 12:15PM, IN-PERSON AT IMC

To support the maturation of kind, mindful, awareness through instruction and continuity, you are invited to join this half day of practice. Periods of lightly guided and silent sitting meditation will be offered, alternating with walking meditation. A limited number of brief one-on-one meetings with the teacher to discuss your meditation practice will be available. Recommended for people who have some meditation experience and have attended an introductory mindfulness meditation course, lovingkindness course (or similar), as well as for experienced practitioners. Weather permitting, there will be an optional time to connect with each other over packed lunch or tea from 12:15 to 1:15pm outside. Bring lunch if you'd like to join us.

INTRODUCTION TO MEDITATION DAYLONG WITH BRUNI DÁVILA. SATURDAY JUNE 3, 9AM TO 4:30PM, IN-PERSON AT IMC.

This daylong retreat will include guided meditations, dharma talks, and alternating periods of sitting and walking. Instructions and guidance on mindfulness of breathing, body, emotions, thoughts, and open attention will be provided. This retreat is an opportunity to strengthen mindfulness, develop concentration, practice with the IMC community, and ask a teacher questions. It is appropriate for beginners and those with more experience. Bring lunch.

YOUTH & FAMILY PROGRAMS

IMC has a variety of programs for youths and family from preschool through middle school. For more information contact Hilary at IMC.familyprogram@gmail.com. Youth and Family Programs take place in-person at IMC except for the Mindful Teens Group which meets on Zoom.

NEW SERIES: MINDFUL PARENTS. Led by Lauren Silver and Melody Baumgartner.

Sundays: April 16, May 21, 11am to 12:15pm

Parents are invited to practice together in a warm and caring community, supporting each other as we raise thriving children of all ages. Our meetings start 15 minutes before Dharma Rocks. Children in 3rd through 5th grades who want to attend Dharma Rocks can join their teachers 15 minutes early, while their parents attend our program. You may attend all or any part of the series. No registration is necessary. For more information, contact melodybaumgartner@gmail.com.

DHARMA SPROUTS (K-2ND GRADERS & THEIR PARENTS)

Led by Hilary Borison and Carla Rayacich. **First Sunday of each month, 11:15am to 12:15pm.** Meditation and mindfulness practice through stories, songs, art, movement, and games. Parents/caregivers participate with their children. Contact Hilary Borison at IMC.familyprogram@gmail.com or 650-575-2052 for more information or to RSVP. Please provide first names of each adult and child who will attend.

DHARMA ROCKS (3RD-5TH GRADERS) Led by Camille Whitney and Tim Sandoe. **Third Sunday of each month, 11:15am to 12:15pm.** Meditation and mindfulness practice through games, stories, and art. Light snack provided.

Parents/guardians can either drop off and pick up their kids or wait at IMC. For more information or to RSVP, contact Camille Whitney at CRWmindfulness@gmail.com.

MINDFUL TEENS (HIGH SCHOOL STUDENTS) Led by Laura Hansen and Max Erdstein. **On Zoom First Sunday of each month, 5:30pm to 6:30pm.** Open to all teens interested in mindfulness and discussions of applying mindfulness to all aspects of our lives. Contact: imcmindfulteens@gmail.com.

20s AND 30s PROGRAM

AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20'S AND 30'S WITH MAX ERDSTEIN AND GUEST TEACHERS. Sundays, 7:30 to 9pm (except the 2nd Sunday of the month). Our meetings alternate between Zoom and in person at IMC; please check IMC's website Calendar for details. 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.

SUPPORT GROUPS

SUPPORT GROUP FOR PEOPLE WITH HEALTH CHALLENGES

ON ZOOM: 1ST & 3RD THURSDAYS OF THE MONTH, 12:30 TO 2PM. The primary purpose of this 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 consideration of pertinent Dharma topics. At least four days before attending the group for the first time, please contact Ying Chen at imcsg22@gmail.com.

BUDDHISM AND 12-STEP SUPPORT GROUP

ON ZOOM, 2ND SUNDAY OF EACH MONTH 7 TO 8:15PM. Group discussion and study exploring Recovery principles and the teachings of the Buddha. The format includes a 15-minute period of sitting meditation, a reading on Dharma and recovery and open discussion. Everyone is welcome. Facilitated by Jennifer Lemas. For more information contact: jennlemas@comcast.net.



OTHER GROUPS

DHARMA CIRCLE FOR PEOPLE OF ASIAN BACKGROUND

WITH LILU CHEN AND YING CHEN. ON ZOOM: 2ND AND 4TH SUNDAYS OF EACH MONTH, 1 TO 2:30PM. Includes meditation, short Dharma talk, and 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. Contact: asianimc2020@gmail.com. See IMC website calendar for Zoom link.

WOMEN'S CIRCLE OF MINDFULNESS WITH HILARY BORISON. THURSDAYS, 11AM TO 12PM. In-person on 2nd Thursdays of the month; on Zoom other weeks.

A gathering for self-identified women who wish to deepen practice in a loving community, as we learn to weave mindfulness throughout our daily lives. For more information and to receive the Zoom link, please contact Hilary at hborison@sbcglobal.net.

DHARMA-INSPIRED BOOK GROUP

ON ZOOM: FRIDAYS, 5 TO 6:30PM

We stroll through books on Buddhism and meditation at a pace that allows lots of discussion. You are free to drop in even if you don't have the book. The Dharma-Inspired book group is self-led. For our current book, Anne Foster is acting as facilitator, please contact Anne at: afoster@rawbw.com. For more info, Zoom link, and to sign up to receive email updates go to: insightmeditationcenter.org/dharma-friends/

EARTH CARE GROUP

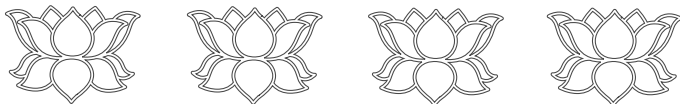
ON ZOOM: LAST SATURDAY OF THE MONTH, 8:30 TO 10AM. Earth Care meetings focus on a set of diverse topics relating to the right actions we can take to mitigate climate change. Meetings will usually have a speaker who will be educating and contributing to topics on climate change and meaningful actions we can take. Sessions include a brief meditation, a presentation and group discussion. See IMC website calendar for Zoom link. If you have any questions, please contact the Earth Care group at EarthCare.Dharma@gmail.com.

SENIOR SANGHA GROUP: ENJOYING OUR AGING WITH DAVID COHN, FIONA BARNER & ROBERT CUSICK

ON ZOOM: ONE THURSDAY A MONTH: APRIL 20, MAY 11, JUNE 8, 11AM TO 1 PM. (See the calendar entry and fill out the short form to be added to the email list for class materials, announcements and Zoom link). 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 discussions on topics that support aging with ease and contentment.

SONA'S DHARMA STRUMMERS

Join us as we make music for the elderly. No prior musical experience is necessary. Once a month, we visit a residential care facility for the elderly in Redwood City and sing old favorites with the residents accompanied by our ukulele playing. If you don't play the ukulele, you can come and sing along. We practice once a month in a nearby home. Basic ukulele instruction provided. Masks required when playing indoors. For more information on practice and events contact Martha at marthachickerting@gmail.com.



Please refrain from wearing scented products to our center, as there are those who have allergies, asthma, or chemical sensitivities.

IMC LGBTQIA+ SANGHA

ON ZOOM: 1ST AND 3RD SUNDAY OF THE MONTH, 5 TO 6PM

This gathering is suitable for both beginners and experienced practitioners within our LGBTQIA+ community. Open to people who self-identify as trans, nonbinary, queer, genderqueer, questioning, bisexual, asexual, intersex or two-spirit, gay, lesbian. Please contact imcqueersangha@gmail.com if you wish to join us online and be added to our e-mail list. A separate message will be sent to you with the Zoom link. Our sangha is peer facilitated with guiding teacher Bruni Dávila.

SATI CENTER

Register for these events at Sati.org for more information and the Zoom links.

ONLINE PROGRAMS:

INTRODUCTION TO BUDDHIST CHAPLAINCY HALF-DAY APRIL 22, 10AM TO 2PM (PST) ON ZOOM

Led by Jennifer Block and Vanessa Able
Chaplains provide spiritual care and support to people in places such as hospitals, hospices, prisons and a wide variety of other settings.

MAHAPARINIBBANA SUTTA WITH AJAHN SUJATO TUESDAYS, MAY 2, 9, 16, & 23, 7 TO 8:30PM, ON ZOOM

The *Mahaparinibbana Sutta*, *Digha Nikaya 16*, is the longest and one of the most significant suttas of the Pali Canon. It recounts the last days of the Buddha's life, his final teachings and instructions to his followers, his death, as well as the disputes that arose among his followers after his death. In this four part course, Ajahn Sujato discuss this important text using his translation.

SAMMA-DITTHI: RIGHT VIEW IN EARLY BUDDHISM WITH BHIKKHUNI DHAMMADINNA

SATURDAYS, MAY 6, 13, AND 20, 9:30 TO 11AM, ON ZOOM

This class explores Right View (Pali *samma-ditthi*, Sanskrit *samyak-drsti*) in early Buddhist thought—from a doctrinal and practical perspective. Bhikkhuni Dhammadinna will begin by briefly situating Right View within the Noble Eightfold Path. She will then take up wrong view(s) (*miccha-ditthi*, *mitya-drsti*), and proceed to different definitions of and perspectives on Right View found in the early Buddhist discourses.

IN-PERSON PROGRAM:

SEPTEMBER 2023 – JULY 2024. BUDDHIST CHAPLAINCY TRAINING with Jennifer Block, Gil Fronsdal, and Paul Haller. An 11-month training program introducing, from a Buddhist perspective, spiritual care skills needed for being a chaplain, Buddhist teacher, or offering spiritual support to people in times of major life transitions and challenges.