



The Buddha's Poem of Peace

Gil Fronsdal

Hatred never ends with hatred.

By love alone does it end

This is an ancient truth

— The Buddha, Dhammapada verse 5

In September 1951, as forty-eight nations gathered in San Francisco to decide the fate of defeated Japan, the wounds of World War II were still raw. The Japanese military had inflicted devastating losses across Asia and the Pacific. Many foreign ministers argued that Japan should remain occupied, subjugated—its will to fight broken forever.

Then the foreign minister from Ceylon—now Sri Lanka—rose to speak. Clearly saying his country had every right to seek reparations for Japanese wartime damage, he added,

“We do not intend to do so, for we believe in the words of the Great Teacher whose message has ennobled the lives of countless millions in Asia, that ‘hatred never ends with hatred. By love alone does it end.’”

In his speech, he extended friendship and trust to Japan so that the two countries could “march together to enjoy the full dignity of human life in peace and prosperity.”

The hall erupted in applause. The San Francisco Peace Treaty that followed restored Japan's sovereignty as a free and independent nation. Today, a monument in Tokyo commemorates that speech and the Buddha's Poem of Peace, which helped transform enemies into friends.

The Buddha first spoke this poem to his own quarreling disciples. His monastic community had fractured over a minor rule violation. The sangha, meant to embody peace and harmony, had become a verbal battleground.

The Buddha intervened personally, including offering his Poem of Peace, valuable enough to repeat here:

Hatred never ends with hatred

By love alone does it end

This is an ancient truth

To drive home the urgency, he added:

Many do not realize that

We here must die.

For those who realize this,

Quarrels end.

Even with the Buddha asking they reconcile, the monks remained caught in their conflict. They pushed him away, not wanting his

intervention. Only when the laity stopped providing food did the feuding monastics finally repent and make peace.

The story reveals something crucial: hatred blinds us. Those consumed by it cannot find a way to mutual respect and reconciliation. They see only obstacles, enemies, and evil. And hatred, once ignited, perpetuates itself with a momentum all its own.

According to Buddhist legend, these same words transformed Emperor Ashoka, one of ancient India's most powerful rulers. After a brutal military campaign that left tens of thousands dead, Ashoka walked across the battlefield surveying the carnage. Amid the bodies and blood, he saw a monk walking calmly, radiating peace.

The stark contrast seized the emperor's attention. When he asked about the monk's serenity, the monk recited the Buddha's Poem of Peace. Those words became the catalyst for Ashoka's renunciation of violence. He would spend the rest of his reign promoting the dharma and peace.

The poem's power endured into the twentieth century. Buddhist teacher Jack Kornfield witnessed the Cambodian monk Maha Ghosananda recite it during the Khmer Rouge genocide. Under threat of death, Maha Ghosananda built a large bamboo temple in the midst of a refugee camp. When completed, 20,000 refugees gathered to hear him.

The gentle monk repeatedly chanted the Buddha's poem of peace in Pali and Cambodian. As the refugees listened to this ancient truth about hatred and love, they wept. In the face of systematic murder and unspeakable loss, these words offered not just comfort but a path forward, a way to end the violence.

The wisdom of the Buddha's poem echoes across traditions. Martin Luther King Jr. expressed the same truth when he said, “Hate cannot drive out hate; only love can do that. Hate multiplies hate, violence multiplies violence, and toughness multiplies toughness in a descending spiral of destruction.”

Addressing racism and civil rights, King insisted: “We must meet the forces of hate with the power of love... Our aim must never be to defeat or humiliate the white man, but to win his friendship and understanding.”

This is not naive optimism. It's hard-won wisdom. Love, as the Buddha teaches it, is not sentimental or weak. Those who love wisely see clearly by knowing the full humanity of others, including both good and bad. Love heals division by viewing others as kin.

(Continued inside)

CELEBRATING IMC'S 40TH ANNIVERSARY

ANISA CHARUCKSIRI

This year marks 40 years since a small sitting group in Menlo Park began gathering in a spirit that many of us still recognize the moment we walk into the hall: simplicity, sincerity, and the quiet courage to practice together. That early group—started in 1986—grew over time into what we now know as Insight Meditation Center (IMC).

For this anniversary, we looked back at IMC's roots through notes, friendships, and living practice.

The beginning: a fledgling community, room to room

In our conversations about those first years, a picture emerged of a community that was small, dedicated, and resourceful. Howie Cohn, the first teacher of the group, remembers the fledgling group meeting in a space where the community would move from room to room depending on what was available—sometimes a white room, sometimes a pink room, always with the shared intention to sit, listen, and practice.

It wasn't the kind of beginning that announces itself as history while it's happening. It sounded more like what many of us know from the early days of any sangha: showing up, setting out cushions, making the best use of the space at hand, and returning again and again.

Howard and Ingrid Nudelman: devotion to practice, love of the teachings

The sitting group was, as we understand it, Howard Nudelman's project—begun with the support of his wife, Ingrid Nudelman, and rooted in a deep love of Vipassana practice. She shared that they both loved Vipassana and attended 10-day silent retreats regularly. The teachings had truly changed their lives.

Ingrid also offered a portrait of the path as it continues in her own life today: at 86, she lives with a strong commitment to meditation and to silence, expressing gratitude for the teachings she received from Jack and Joseph. Howard passed away in 1991, but the dharma they loved is still alive—in her practice and in the community that grew from those early gatherings.

Howie as an early teacher: foundations that still carry us

Alongside Howard and Ingrid's support of the early group, Howie's role stands out in the oral history that remains: he still has notes from those years on core themes like the Four Noble Truths and the Seven Factors of Awakening—teachings he continues to offer today. He has led a weekly sitting group continuously since 1986; the format has evolved (including meeting online), but the heart of the practice has stayed steady.

When Howie spoke about teaching at IMC, he didn't emphasize prestige or formality. He emphasized sangha: feeling welcomed, inspired by community, and trusting what grows when people practice together over time.

He recalled a connection with Howard and Ingrid and expressed much gratitude for them. One especially vivid memory was of sharing an attic space with Howard during a retreat in Lucerne, Switzerland—an ordinary detail that conveys closeness, good

will, and the easy friendships that form when practice becomes a shared life.

A milestone: the first daylong at our current Redwood City location
As IMC continued to develop and eventually came to its current home in Redwood City, Howie was there for an important threshold moment: he remembers serving as the first teacher for IMC's first daylong at our current location.

That detail matters—not only as history, but as a reminder of continuity. The IMC many of us know today didn't appear overnight. It took the steady generosity of founders and teachers, and it took a community willing to show up again and again—whether the group was meeting in a borrowed room or in a dedicated center.

The spirit that carried it forward: "Sangha is everything"

When asked what he has learned through decades of teaching and practicing, Howie came back repeatedly to a simple truth: "Sangha is everything." And with that, a companion truth: nobody does it very well alone.

In Howie's view, community practice is not merely supportive; it's transformative. He described watching something shift over time as groups mature—when practice stops being only about personal improvement and becomes more about "going home" to community: the good will of practicing together, the mutual encouragement, and the way a sangha can hold us through both insight and difficulty.

He also named the spirit of giving as central: learning to go against the habitual stream of individuality and self-focus, and practicing the question, What can I give? not only What can I receive? In a community like IMC, that spirit shows up in countless small ways—offering a ride, setting up chairs, welcoming a newcomer, contributing to dana, sharing practice honestly, listening carefully, and holding the long view when things feel imperfect.

Gil joins the circle

In August 1990, Gil began attending the group after being invited to become the teacher, at the recommendation of Jack Kornfield. Gil came to observe one of the Monday evening sittings—then attended again the following week to teach. At the time, the group included about 12–15 people. Gil continued teaching from there, and many of us have been touched by that steady continuity ever since.

With gratitude, and an invitation

As we celebrate 40 years, we do so with gratitude for the people who helped midwife IMC into being—Howard and Ingrid Nudelman, early teachers like Howie Cohn, and the many practitioners whose steady presence made growth possible.

Anniversaries are a kind of practice too: a chance to remember, to appreciate, and to renew our intention. If you were part of IMC in its earlier years—or if IMC has played a meaningful role in your life more recently—we invite you to carry this spirit forward in the way you practice, the way you participate, and the way you help create conditions for others to practice as well.

May the next decades be guided by the same quiet courage that began in a small room: the courage to sit down, to pay attention, and to do it together.

THE BUDDHA'S POEM OF PEACE, CONT'D

Many conflicts dissolve in the presence of such love. Those that don't are transformed from battles to be won into problems to be resolved. Without love, friendship, and understanding, divisions persist as seedbeds for future conflict. But with love, not only can hate end—the very ground from which it springs disappears.

These three—love, friendship, and understanding—don't arise easily, especially in conflict. They require intention, persistence, and effort. They call for our wisdom, discernment, and thoughtfulness. The greater the conflict, the greater the need to carefully consider how to act and what to say.

The single most important practice we can cultivate is mindfulness. Mindfulness allows us to see deeply into ourselves and into others. It becomes the vehicle through which understanding and empathy show us, clearly and undeniably, how much better off we are with love than with hatred.

Today, as conflicts rage in Ukraine, the Middle East, Sudan, Ethiopia, and the United States, the Buddha's Poem of Peace is still relevant. It has worked twice in history—catalyzing Ashoka's transformation and helping reconcile Japan with its former enemies. It sustained refugees through genocide and inspired the civil rights movement.

Can it work again? In our time? The answer depends on whether we can see, as clearly as that Sri Lankan minister did in 1951, that our choice is not between justice and love, but between cycles of hatred that never end and the difficult, necessary work of love that alone can heal our world.

*Hatred never ends with hatred.
By love alone does it end
This is an ancient truth.*

IMC OFFSITE RETREATS AT BIG SPRINGS

IMC and IRC now have a wonderful partnership with Big Springs Retreat Center in Sierra County. This is a new, sparkling retreat center founded by an Insight meditation practitioner who is an integral part of our wider sangha. In a beautiful, forested location in view of the Sierra Buttes and close to the Yuba River, we have been increasing the number of residential retreats we can offer. Being able to offer these retreats is a much-welcome addition to the retreats we offer at IRC, as those often have long waiting lists. And it is invaluable to engage in retreat practice amid nature. This year we offer 4 retreats; if we have the resources to offer these dana retreats, we hope to offer more in 2027.

In 2026, we are offering the following dana retreats:

- May 13 – May 20: **1-WEEK INSIGHT MEDITATION RETREAT** with Kim Allen, Ying Chen, Diana Clark, and David Lorey
- May 23 – 28: **6-DAY INSIGHT MEDITATION RETREAT** with Matthew Brensilver and Dana DePalma
- June 23 – 28: **6-DAY BIPOC NATURE DHARMA AND INSIGHT RETREAT** with Liên Shutt and Ram Appalaraju; For people who identify as Black, Indigenous, or People of Color.

QUARTERLY BUDDHIST NATURE WALKS

What a time we are living in. Full of change and disruption that is unsettling. But you know this, you feel this. How do we take care of ourselves within this turmoil?

Seasonally at IMC there is an offering to remember the Earth, to remember ourselves in connection with the earth. To embrace the change that is constant as the Earth revolves on its axis around the Sun. We have a chance to gather, as people since the beginning of time have done, to stop our busyness and celebrate the Winter Solstice, Spring Equinox, Summer Solstice and Fall Equinox. Paying attention to our senses, gate doors into the moment, we will walk in silence for a while, listening, smelling, seeing, and feeling the ground beneath our feet.

Looking to the plants, animals, geology and indigenous peoples we will find relationship with the nonhuman world, as we also find relationship with each other, may our barriers recede to find this is all sangha. There is a ritual of letting go and inviting in, whatever arises. There will be tea and seasonal fruit to share along with poetry.

This Dharma Friends offering is led by Kristen Benson, Buddhist eco-chaplain, backpacker of 50 yrs., studying Aikido 40+ years, an art of peace.

Sunday, June 21st is the Summer Solstice! That day we will meet at Edgewood Park on Edgewood Rd. in San Carlos, near the Education Center, at 11:15am. If coming from the IMC Sunday sit, please consider carpooling.

This will be a 3+ mile moderate hike, (there is some uphill), that lasts approximately 3 hours. Please bring water, a hat, and a snack. You do not need to RSVP but if you have questions contact Kristen at kristenbensonart@gmail.com or 650-483-6838.

SUMMER PICNIC!

JUNE 21, 11AM TO 2PM

Join your fellow sangha members—adults, teens, children, and babies, and Gil—in sharing friendship and favorite summer foods at IMC's summer vegetarian potluck picnic.

This is a great chance to connect with friends you know and those you haven't met yet! Everyone is welcome. If you are able, please bring a vegetarian dish for 4 to 6 people to share. If not, no worries, bring yourself—or your not-self!

The picnic will be held at Red Morton Community Park, on Valota Rd off of Jefferson Ave, Redwood City. If you are able, come a little earlier to help with setup, and/or stay a little later to help with cleanup.

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- August 1 – 8: **1-WEEK DHARMA IN NATURE, NATURE IN THE DHARMA** with Gil Fronsdal

More information, photos, and registration on the Offsite Retreat page at insightretreatcenter.org

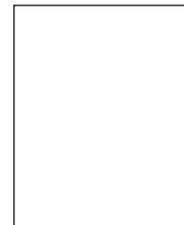
Insight Meditation Center

108 Birch Street

Redwood City, CA 94062

www.insightmeditationcenter.org

RETURN SERVICE REQUESTED



DANA IS THE BUDDHIST WORD FOR GIVING

IMC and IRC continue a 2,600-year-old Buddhist tradition of providing the teachings freely to all who are interested. IMC and IRC have no paid staff and are 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. We at IMC and IRC 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!

Donations to IMC and IRC are tax-deductible. Donations to teachers are not tax-deductible. To learn how to donate, please go to insightmeditationcenter.org/donate. If you have any questions, please email gratitude@insightmeditationcenter.org or call (650) 260-8674. Insight Meditation Center of the Mid-Peninsula, parent organization of both IMC and IRC, is a 501(c)(3) organization with federal tax ID 77-0450217.



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

NEW! BERKELEY IMC SITTING GROUP

Mondays 7 to 8:30 pm, starting April 20.

Our IMC community is growing in the East Bay! We are starting a weekly sitting group in Berkeley with a five-week Introduction to Meditation class taught by Yanli Wang and Lily Huang. Starting Monday May 25th (after the intro class), evenings will include a lightly guided sit, a short Dharma talk, and ample time for small- and large-group discussions. All are warmly welcome. Location: Berkeley Finnish Hall Meeting Room (1970 Chestnut St, Berkeley)

PARKING AT IMC

For the sake of our neighbors, please do not park on the Birch Street on IMC's block (the one-way section of Birch Street. For people who need park closer can park in front of IMC on Birch Street. Others, please consider coming a few minutes early so you can park at least half a block away so to leave parking for people who can't walk far. Thank you!

GENERAL INFORMATION:

contact@insightmeditationcenter.org or 650-599-3456.

NEWSLETTER: If you have any suggestions for articles please email your thoughts to: newsletter@insightmeditationcenter.org.

ON THE IMC WEBSITE:

- To sign up to receive emails: click on the **EMAIL SIGN-UP** button.
- To receive this newsletter by postal mail: Resources>Newsletter, click on "PAPER newsletter: [sign up for our postal mail list](#)"



SCHEDULE OF EVENTS

April ~ June 2026

WEEKLY MEDITATION & TALKS

IN-PERSON AT IMC:

MONDAY EVENING SITTING AND TALK

With Diana Clark or guest teachers, 7:15 to 8:30pm. A 30-min sitting, a 30-min Dharma talk, and 15 min Q&A.

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
- 12:15 – Informal lunch and discussion outdoors in the parking lot (weather permitting). 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

MONDAY EVENING SITTING AND TALK IN BERKELEY

With Yanli Wang and Lily Huang or guest teachers, 7 to 8:30pm, starting April 20. A 30-minute sitting, a 30-min Dharma talk, and 30 min for small- and large-group discussions. At Berkeley Finnish Hall Meeting Room (1970 Chestnut St, Berkeley, CA)

MEDITATION INSTRUCTION

IN-PERSON AT IMC UNLESS OTHERWISE NOTED:

5-WEEK INTRODUCTION TO MINDFULNESS MEDITATION

Basic instructions in mindfulness meditation taught sequentially, starting with mindfulness of breathing, followed by mindfulness of the body, emotions, thinking, and the application of mindfulness in daily life.

- Wednesdays, Apr 15–May 13, 7 to 8:30pm, with Lydia Ridgway and Lauren Silver
- Mondays, April 20–May 18, 7 to 8:30pm, with Yanli Wang and Lily Huang. Berkeley Finnish Hall Meeting Room (see above)

BASIC MEDITATION INSTRUCTION

- Monday evenings 6:15 to 7pm
- Wednesday mornings 8:15 to 9am

DAYLONG RETREATS

ON SATURDAYS, IN-PERSON AT IMC:

- May 2, 9:30am to 4pm, **Mindfulness of Thinking** with Kodo Conlin
- May 23, 6am to 9pm, **Intensive** with bruni dávila
- May 30, 9:30am to 3:30pm, **Burmese Roots of Insight Meditation** with Kristina Isberg and Peter Fenczik
- Jun 13, 9:30am to 3:30pm, **Day of Quiet Practice** with Diana Clark
- Sat, Jun 20, 9:30am to 4:30pm, **Un día de meditación y atención consciente** (en español) con Corina Urdaneta, Mónica Sánchez y Sandra Sanabria
- Jun 27, 9am to 4:30pm, **Refuge in Times Like These** with Thina Ollier and Lauren Silver

SATURDAY ONLINE THRU IRC:

For information go to insightretreatcenter.org.

- Apr 4, 9am to 4:30pm, **Unhindered** with Kodo Conlin
- Jun 27, 9am to 4pm, Retreat with Ines Freedman
- Jul 18, 9am to 4:30pm, **Receptive Awareness** with Andrea Fella (Reg opens 4/18)

SATURDAY HALF-DAY RETREATS

- Sat, Apr 11, 9:30am to 1:30pm, **LGBTQIA2S+ Mindfulness Retreat** with the IMC Queer Community and Tanya Wiser

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, Liz Powell, Anne Roise and others, 6 to 7pm. Guided meditation small-group practice, and discussion on loving-kindness. On YouTube and/or Zoom.
- **TUESDAY MORNING SITTING, REFLECTION, & DISCUSSION** with Dawn Neal, Marjolein Janssen and others, 9:30 to 10:45am. 35-minute sitting, followed by a reflection and discussion. On Zoom
- **TUESDAY EVENING SITTING AND TALK** with various Dharma leaders, 7 to 8:15pm. 30-minute sitting, 30-minute Dharma talk, and 15 minutes for Q&A and discussion. On Zoom.
- **MARTES DHARMA EN ESPAÑOL** con Andrea Castillo, Sandra Sanabria y otros, 6 a 7:15pm. Meditación y pláticas de Dharma en Español. En Zoom.
- **WEDNESDAY SITTING AND DHARMETTE** with Matthew Brensilver, 7:30 to 8:15pm. On YouTube and Zoom.
- **THURSDAY EVENING SITTING AND Q&A**, with Liz Powell, and others, 7:30 to 8:30pm. A sitting followed by a short reflection and discussion. On Zoom.
- **DOMINGOS: RAÍCES COMPARTIDAS EN EL DHAMMA** 7 a 8 am en zoom

RESIDENTIAL RETREATS AT IRC

For information go to insightretreatcenter.org.

- Jun 21–July 5, **2-WEEK MINDFULNESS OF MIND RETREAT FOR EXPERIENCED STUDENTS** with Andrea Fella—Retreat FULL; Wait List OPEN
- Jul 12–19, **1-WEEK INSIGHT RETREAT IN SPANISH** (Español) with Andrea Castillo and David Lorey
- Jul 26–31, **6-DAY INSIGHT RETREAT** with Ines Freedman and Matthew Brensilver
- Aug 9–16, **1-WEEK INSIGHT SANTA CRUZ INSIGHT RETREAT** with Dawn Neal, Mary Grace Orr, and Kodo Conlin—Reg opens 4/9/26
- Aug 30–Sep 26, **28-DAY INSIGHT RETREAT FOR EXPERIENCED PRACTITIONERS** with Gil Fronsdal, assisted by Ines Freedman
- Oct 7–11, **5-DAY INSIGHT RETREAT** with Max Erdstein and Ines Freedman—Reg opens 6/7/26
- October 18–25, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal, Mei Elliot, and Kodo Conlin—Reg opens 6/18/26

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IRC ONLINE RETREATS

For information go to insightretreatcenter.org.

- May 24–31, **1-WEEK AWARENESS & WISDOM RETREAT** with Andrea Fella & Alexis Santos, Online Practice Discussions with Liz Powell
- Aug 30–Sep 26, **28-DAY INSIGHT RETREAT** with Gil Fronsda; Online Practice Discussions with Ines Freedman—Reg opens 5/30/26

IRC OFFSITE RETREATS

Except where noted—for info: insightretreatcenter.org/offsite-retreats/

- May 13–20, **1-WEEK INSIGHT MEDITATION RETREAT** with Diana Clark, Kim Allen, David Lorey and Ying Chen at Big Springs Retreat Center outside of Sierra City, CA
- May 23–28, **6-DAY INSIGHT MEDITATION RETREAT** with Matthew Brensilver and Dana DePalma at Big Springs Retreat Center outside of Sierra City, CA—Retreat FULL, Wait List OPEN
- Jun 15–21, **1-WEEK WHEN AWARENESS BECOMES NATURAL** with LC Tran and Neesha Patel, at Big Bear Retreat Center, Big Bear CA
- Jun 23–28, **6-DAY BIPOC NATURE DHARMA AND INSIGHT RETREAT** with Liên Shutt and Ram Appalaraju at Big Springs Retreat Center outside of Sierra City, CA
- Jul 12–19, **1-WEEK LISTEN, HEART, PEACE** with Kim Allen and Diana Clark, at Big Bear Retreat Center, Big Bear CA
- Aug 1–8, **1-WEEK DHARMA IN NATURE, NATURE IN DHARMA** with Gil Fronsda at Big Springs Retreat Center outside of Sierra City, CA

NON-IMC RETREATS WITH IMC TEACHERS

- Apr 9–12, **4-DAY INSIGHT RETREAT** with Dawn Neal at Quaker Center, Ben Lomond, CA. Info: insightsantacruz.org/residential-retreats/

NON-IMC ONLINE RETREATS WITH IMC TEACHERS

- Oct 11–17, **1-WEEK DAILY LIFE PRACTICE RETREAT** (in Sayadaw U Tejaniya's style) with Lienchi Tran on Zoom. Info: lienchitrans.org/retreats

SERIES PROGRAMS

AWAKE TOGETHER: THE MIDDLE WAY FOR THE MIDDLE OF LIFE: 5-MONTH SERIES FOR PEOPLE IN THEIR 30S AND 40S WITH MEI ELLIOTT AND KODO CONLIN 5 Sundays, Apr 5, May 24, Jun 21, Jul 19, & Aug 23. 1:30pm to 3:30pm. In-Person. Includes meditation, Dharma talks, discussion and activities that support connection. Practices, readings and/or brief written reflections to be completed in between meetings. Designed for those who wish to strengthen their practice, deepen their understanding, and form connections with others on the path. Please attend all sessions—the first class is required. Registration will be closed once it begins.

SPECIAL EVENTS

IN-PERSON AT IMC UNLESS OTHERWISE NOTED.

LGBTQIA2S+ HALF-DAY RETREAT WITH TANYA WISER

Sat, Apr 11, 9:30am to 1:30pm. A welcoming space for those who identify as LGBTQIA2S+. An opportunity for our community to come together in mindfulness, presence, and practice. Includes guided meditations, a silent sit, a short dharma talk, mindful activity, group practice discussion, and time to enjoy lunch together.

MINDFUL SELF-COMPASSION WITH HILARY BORISON

6 Thursdays, Apr 16–May 21, 6:30pm to 8pm. We will explore how to be kindly present for ourselves when facing life's challenges. By learning to free ourselves from self-criticism while soothing difficult emotions, we develop the confidence to meet what arises with compassion and equanimity.

FOUNDATION IN FREEDOM SERIES: MINDFULNESS OF THINKING WITH KODO CONLIN

Sat, May 2, 9:30am to 4pm. Last in a series to promote clarity and mindfulness guided by IMC's progressive meditation instructions. Includes guided, silent and walking meditations, short Dharma talks, and discussion. Join us even if you have not attended previous sessions. For beginning and experienced practitioners. Bring lunch.

INTENSIVE DAYLONG WITH BRUNI DÁVILA

Sat, May 23, 6am to 9pm. Provides a full day of immersion in silent Dharma practice. Includes alternating periods of sitting and walking meditation with a Dharma talk at the end of the day. Brief practice interviews will be available with Bruni. Bring breakfast and lunch. Light supper provided.

BURMESE ROOTS OF INSIGHT MEDITATION DAYLONG WITH KRISTINA ISBERG AND PETER FENCZIK

Sat, May 30, 9:30am to 3:30pm. Explores the teachings of Burmese Vipassana teacher Mahasi Sayadaw through his foundational instructions on mental noting, walking meditation, and mindfulness of the four elements. Includes guided meditation, Dharma talks, and alternating periods of sitting and walking. For beginning and experienced practitioners. Bring lunch.

A DAY OF QUIET PRACTICE WITH DIANA CLARK

Sat, Jun 13, 9:30am to 3:30pm. Stepping into shared silence for the greater part of a day can be a powerful support for practice, helping the mind settle, the heart soften, and concentration deepen. Includes alternating periods of sitting and walking meditation and a short Dharma talk. For those with prior experience in mindfulness meditation; no instructions will be given. Practice discussions with Diana will be available. Bring lunch.

UN DÍA DE MEDITACIÓN Y ATENCIÓN CONSCIENTE (EN ESPAÑOL) CON CORINA UR DANETA, MÓNICA SÁNCHEZ Y SANDRA SANABRIA

Sat, Jun 20, 9:30am to 4:30pm. Incluye meditaciones guiadas, charlas de dharma y meditación sentada y caminando. Se ofrecerán instrucciones sobre la atención plena. Una oportunidad para fortalecer la atención plena, desarrollar la concentración, practicar con la comunidad del IMC y hacer preguntas a los maestros. Adecuado para principiantes y personas con más experiencia. No se requiere inscripción. Trae almuerzo.

REFUGE IN TIMES LIKE THESE WITH THINA OLLIER AND LAUREN SILVER

Sat, Jun 27, 9am to 4:30pm Offered as a supportive refuge in the midst of our complicated personal and societal lives. Intended for people who already understand the basic practice of mindfulness. Includes teachings on 'going for refuge',

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periods of guided meditations, silent and walking meditation, dharma talks, and time for Q&A. Practice discussions with the teachers will be available. Bring lunch.

20's AND 30's PROGRAM

AT HOME IN THE WORLD 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 the IMC website Calendar for details. Our group addresses themes relevant to people in their 20's and 30's 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.

IMC LGBTQIA2S+ SANGHA

ON ZOOM: 3RD SUNDAY OF THE MONTH, 5 TO 6:30PM

Suitable for both beginners and experienced practitioners within our LGBTQIA2S+ community. Open to people who self-identify as LGBTQIA2S+ (lesbian, gay, bisexual, trans, queer, intersex, asexual, and two-spirit) and genderqueer and inquiring. To join us online and be added to our e-mail list, please contact imc-queersangha@gmail.com. The Zoom link will be sent separately. Guiding teacher Tanya Wisner.

YOUTH & FAMILY PROGRAMS

IN-PERSON AT IMC UNLESS OTHERWISE NOTED. CHECK IMC WEBSITE CALENDAR

MINDFUL PARENTS Led by Lauren Silver and Melody Baumgartner.

THIRD SUNDAY OF EACH MONTH IN-PERSON AT IMC, 11:30AM TO 1PM. This year's theme is compassionate care. Parents are invited to practice in a warm and caring community, supporting each other as we raise thriving children of all ages—infancy through adulthood. Includes meditation, mindful speech and listening, with time for sharing. No registration necessary. Contact Melody: melodybaumgartner@gmail.com.

DHARMA SPROUTS (K-2ND GRADERS & THEIR PARENTS) Led by Hilary Borison and Carla Rayacich. **FIRST SUNDAY OF EACH MONTH**

11:30AM TO 12:30PM. Meditation and mindfulness practice through stories, songs, art, movement, and games. Parents/caregivers participate with their children. Contact Hilary at IMC.familyprogram@gmail.com 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 Lily Pan and Hilary Borison. **THIRD SUNDAY OF EACH MONTH, 4:30 TO 6PM.** Meditation and mindfulness practice through games, stories, and art. Vegetarian pizza will be provided. Parents/guardians can either drop off and pick up their kids or wait at IMC. We ask participants to sign up at least two days before the event. Info: IMC.familyprogram@gmail.com.

DHARMA BODHIS (MIDDLE SCHOOL) & MINDFUL TEENS

(HIGH SCHOOL) Led by Hilary Borison and Conrad Sherby. **SECOND SUNDAY OF EACH MONTH, 5:30 TO 7PM ON ZOOM.** We'll explore how the Dharma can support challenges and opportunities through group discussion, mindfulness and self-compassion practices. Contact Hilary at IMC.familyprogram@gmail.com for the Zoom link.

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 similar situations. 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 RECOVERY SUPPORT GROUP

ON ZOOM, WEEKLY ON SUNDAY 7 TO 8:15PM. Group discussion and study exploring Recovery principles and the Buddha's teachings. Includes 15-20 minutes of sitting meditation, a short talk on Dharma and Recovery followed by open discussion. Everyone is welcome. Peer-led group. See IMC website calendar for Zoom link.



OTHER GROUPS

CHECK THE IMC WEBSITE CALENDAR FOR ZOOM LINKS UNLESS NOTED.

ONLINE SUNDAY SANGHA WITH JAN MESSER AND BARRY ROTHMAN, IMC SANGHA MEMBERS. ON ZOOM: SUNDAY FOLLOWING THE DHARMA TALK, AT APPROXIMATELY 10:45 TO 11:30AM. Connect with sangha (community), foster Dharma friendships and support each other's Buddhist practices and discuss Dharma teachings online with IMC members from all over the world.

BIPOC SITTING GROUP WITH LILY HUANG In-person at IMC: 1st Sundays of each month, 5 to 6:30pm. Open to those who identify as Black, Indigenous, or Person of Color. Includes a guided meditation, a brief Dharma talk, community check-ins, and group discussion. A supportive and nourishing environment for BIPOC folks to practice and grow on the path together.

DHARMA CIRCLE FOR PEOPLE OF ASIAN BACKGROUND WITH YING CHEN. ON ZOOM: 2ND AND 4TH SUNDAYS OF EACH MONTH, 1 TO 2:30PM. Includes sitting meditation, a short Dharma talk, discussion and community activities. Provides a safe, friendly, and nourishing environment. Open to all self-identified people of Asian or South Asian, Southeast Asian, East Asian and Pacific Islander background. No registration required. For info contact asianimc2020@gmail.com.

WOMEN'S CIRCLE OF MINDFULNESS WITH HILARY

BORISON. THURSDAYS, 11AM TO 12PM. USUALLY ON ZOOM; IN-PERSON AT IMC ONCE A MONTH; PLEASE CHECK THE IMC WEBSITE CALENDAR FOR DETAILS. 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 info and to receive the Zoom link, contact Hilary at hborison@sbcglobal.net.

SCHEDULE PG. 4

DHARMA-INSPIRED BOOK GROUP

ON ZOOM: FRIDAYS, 5 TO 6:30PM. We read books on Buddhism and meditation at a pace that allows for discussion. You may drop in even if you don't have the book. Anne Foster is acting as facilitator for our current book. Contact: afoster@rawbw.com. For info and Zoom link: go to the IMC website Calendar > Dharma Friends Events Calendar.

EARTH CARE GROUP

ON ZOOM: LAST SATURDAY OF THE MONTH, 8:30 TO 10AM. We focus on a set of diverse topics relating to the right actions we can take to mitigate climate change. Meetings usually have an invited speaker and include a brief meditation, presentation, and group discussion. For info email EarthCare.Dharma@gmail.com.

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

ON ZOOM: USUALLY ON THE THIRD THURSDAY OF THE MONTH, CHECK THE IMC WEBSITE CALENDAR TO CONFIRM, 11AM TO 1 PM. (See calendar entry and fill out the short form to be added to the email list for class materials, and Zoom link). Join our Dharma-based community of IMC seniors of all ages. Includes 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 necessary. Once a month, we visit two residential care facilities in Redwood City and sing old favorites accompanied by our ukulele playing. We practice once a month; basic ukulele instruction provided. Contact Martha at marthachickerting@gmail.com.

YOGA

THURSDAY MORNING YOGA AND SITTING MEDITATION WITH TERRY LESSER 9 TO 10:50AM IN-PERSON AT IMC

We use a variety of asanas (poses) to focus and calm the mind, enhance breath and overall awareness, and develop flexibility, balance, and strength. Beginners welcome. The class is a mixed level—all are encouraged to work in accordance with their needs and abilities. Bring a large towel and sticky mat if you have one.

SATI CENTER

ON ZOOM UNLESS OTHERWISE NOTED. MORE INFO, REGISTRATION AND ZOOM LINKS AT SATI.ORG

THE BUDDHIST ENNEAGRAM: MAPPING KARMA IN SERVICE OF AWAKENING WITH REV. TRENT J. THORNLEY
5 MONDAYS, MAR 30–APR 27, 8AM TO 10:30AM Introduces the Enneagram through a Buddhist lens, presenting it as a map of karmic conditioning.

NEURO-BHAVANA: BRAIN-BASED TOOLS FOR CULTIVATING FACTORS OF AWAKENING WITH RICK HANSON SAT, APR 4, 9AM TO 12PM Buddhism values the development (*bhavana*) of mindfulness, insight, compassion, and inner peace. This experiential workshop will explore evidence-based methods for promoting “good change that lasts.”

LEARNING TO HEAL: MINDFUL HEALING COURSE FOR HEALTHCARE PROVIDERS AND CAREGIVERS

WITH ASH SANGORAM, M.D. PH.D. 6 THURSDAYS, APR 16–MAY 28 (EXCEPT APR 30), 3PM TO 5PM, IN PERSON AT IMC Invites healthcare providers and caregivers to discover healing themselves and to cultivate the foundational states that help them care for others. Includes guided gentle movement, and short writing exercises.

FINDING OUR WAY BACK HOME WITH DR. MUNA SHAHEEN AND DR. STEPHEN FULDER SAT, APR 18, 9AM TO 12PM

In these days of conflict and insecurity, it is easy to feel disconnected. We will explore—by teachings, dialogue and practice—how the dharma can reveal a deep refuge within ourselves.

STEEPING SATI: THE TEA CEREMONY AS A CREATIVE SPIRITUAL INTERVENTION WITH DR TILDA ZHENG

SUN, APR 26, 9AM TO 10AM Drawing from her work in hospital trauma units, cancer support circles, and unhoused shower programs, Dr Tilda Zheng reveals how a simple ritual can serve as a “pattern interrupt” to foster resilience.

THIS WAS SAID: A PRACTICE-FOCUSED ENCOUNTER WITH THE ITIVUTTAKA WITH KODO CONLIN

SAT, JUN 27, 9AM TO 12PM The *Itivuttaka* articulates a robust path of liberation in a distilled form. We will explore a selection of these short teachings, approaching them as practical guides toward discernment and release.

CERTIFICATE PROGRAMS

Sati Center now offers two certificate programs in Buddhist Studies. More info can be found at sati.org/certificate-programs/

- THERAVADA BUDDHIST STUDIES
- BUDDHIST SPIRITUAL CARE

STUDY PROGRAM

EXPLORING THE BUDDHA'S MIDDLE LENGTH DISCOURSES: WITH GIL FRONSDAL AND DIANA CLARK

- Part A covers the themes Relating to the Teachings, Faith & The Path
- Part B covers the themes The Buddha, Karma & Rebirth

A systematic study of the *Majjhima Nikaya*. Self-paced online courses, that include audio, video and written components.

BUDDHIST CHAPLAINCY & SPIRITUAL CARE

- **INTRODUCTION TO BUDDHIST CHAPLAINCY OVERVIEW** with Vanessa Able and Jennifer Block, **SUN, APR 19, 9AM TO 12PM**
- **INTRODUCTION TO BUDDHIST CHAPLAINCY** with Paul Haller, Jennifer Block, and Gil Fronsdal **SEP 2026–JUL 2027**
- **ONLINE INTRODUCTION TO BUDDHIST CHAPLAINCY** with Vanessa Able, Trent Thornley, and Dawn Neal **SEP 2026–JUL 2027**
- **BUDDHIST PEACE AND CONFLICT CHAPLAINCY TRAINING** with Kerstin Deibert, Kim Moore, And Gil Fronsdal **JUN 2026–DEC 2027**
- **BUDDHIST ECO-CHAPLAINCY TRAINING PROGRAM** with Gil Fronsdal, Kaira Jewel Lingo, Kirsten Rudestam, Ram Appalaraju, and Susie Harrington **AUG 2026–DEC 2027**
- **ANUKAMPA PROGRAM: THE SPIRITUALITY OF CARE AND FREEDOM** with Vanessa Able and Gil Fronsdal **OCT 2026–JUN 2027**