



Ordinary Love Gil Fronsdal

What is the ultimate expression or manifestation of a mature life of love and attention?

The answer is remarkably simple. It is not found in extraordinary, ecstatic spiritual experiences or dramatic emotions. Rather, it is found in the most ordinary, everyday moments of our lives. It is an ordinary love—a humble, quiet quality of care that accompanies us in whatever we do.

Because it is so simple and ordinary, it can be easy to overlook. In our modern culture, we are often conditioned to seek what is exciting, evocative, or impressive. We measure our days by how much we accomplish, how quickly we move through our to-do lists, or how much value we can get out of our experiences. We hurry eating a meal so we can get to the next task, or we listen to podcasts while doing chores, so we don't get bored. But when we treat the present moment as something to get through in order to do something else, we lose touch with something profound in the present: our freedom, including our freedom to care well and heartfully all the time.

Attention to Detail

This relationship between mindfulness and ordinary care became clear to me in my years of monastic training. When I practiced in Japan within the Soto Zen tradition, one key guiding principle was "attention to detail." We were taught to be present and engaged with the activity of each moment—just this sweeping of the courtyard, this teacup, held with both hands, this step, this breath.

I remember a late evening in the monastery going into the kitchen. One of two English-speaking monks was chopping vegetables for the next day. I asked him a question. He carefully put down his knife, stood straight, and answered me with full presence. When he finished, he picked up his knife and returned to chopping. I asked a second question. Once again, he put down his knife, stood up, and engaged me entirely before returning to his task. When I asked a third question, he put down his knife, stood up, and gently said, "Gil, you have to realize that I need to finish this work before I go to bed, but I am only going to do one thing at a time, talk with you or chop the vegetables".

It was a poignant lesson in undivided presence—a commitment to meeting the details of life one thing at a time.

Later, when I practiced Vipassana in Burma, the emphasis was similar. This time "attention to detail" was applied to the exact moment of perception—being fully aware of what arises at the eyes, ears, nose, tongue, body, and mind. Over time, however, I

realized that these two streams of practice are not just about training raw attention. They are about how we pay attention. They lead us to discover that attention can be infused with tenderness, friendliness, and care—all forms of ordinary love.

The Power of Tending

In Pali, the language of early Buddhism, one word for this gentle quality of care is *anukampa*. While sometimes translated as compassion or empathy, in everyday terms it simply means "care" or "tender care"—a quality of vibrating (*kampa*) along with (*anu*)—being moved to respond caringly and peacefully to what and who we resonate with.

It is the care a mother offers her young child, or the care we extend to an elder, a neighbor, or stranger. If the care comes from a simple inner warmth, it might not be recognized as conventional "love." The simple love of *anukampa* doesn't need to be announced, recognized by others, or receive anything in return. It is not part of an exchange; the personal reward is in the quality of care we infuse into what we do.

Care can be present in tending to inanimate objects and simple daily routines. It is the generous attention with which we set a plate down on the dinner table—not throwing it down in a rush but placing it with simple love so that those joining us feel welcomed by a cared-for place setting. It is the loving attention present in picking up a book, opening a door, or carefully washing a dish in the kitchen sink. It is less that these objects are inherently loveable than that they happen to be the objects of our attention, an attention suffused with a loving care that is more satisfying than manipulating objects while hurried, distracted, and anxious. This kind of care is not an obligation. It is not a chore, duty, or attempt to be perfect. Care with obligation or ego carries tension. But genuine *anukampa* is an absence of tension. It has no clinging, no ambition, and no desire to manipulate reality. It is simply a gentle, loving meeting of the details of the present moment.

Interestingly, this act of care nourishes the one who offers it, often more than whoever or whatever is being cared for. Many years ago, I came across a study conducted in a residential care facility for people with Alzheimer's. Researchers gave one group of residents a single houseplant to tend in their rooms, while another group had no plants to care for. The study found that the residents caring for a plant lived longer and showed greater well-being. Tending to something—offering our nurturing care—is

(Continued inside)

ORDINARY LOVE, CONT'D

inherently healthy for the heart. It tenderizes us. It releases us from the contracted states of fear, agitation, and self-concern.

The power of ordinary love is that it nourishes us. It contributes to a healthy inner life. Though our ordinary love might be subtle enough that others don't notice, our heart notices; our inner life feels the goodness of it. Over time, we realize it is more meaningful to live from this ordinary love than not.

Moving from Attention to Attending

Mindfulness is often described as paying attention to the present moment. But as practice matures, "attention" softens into "attending."

While attention can sometimes feel cold, objective, or removed, attending is a warm, relational embrace. Attending brings awareness and love together into a single, unified movement. When we attend to the present moment, we are not passive observers; we are actively offering a subtle, gentle care to whatever is right here.

In meditation, instead of controlling experience or pushing away distractions, we can practice attending: Attending to how our hands are resting in our lap; attending to how the spine is aligned; attending to the body breathing. When a thought or emotion arises, rather than judging it or trying to fix it, we can meet it with a quiet recognition: Ah, I see you. Let me attend to you.

The attending I am referring to can be doing next to nothing. It is like placing a hand gently, lightly on the shoulder of a distressed friend, or a small pause, smile, and nod before sitting next to a stranger on the bus. It can be a clear movement to accompany our own difficult emotional state as we might silently accompany a friend who needs nothing else while crying over a loss. It is slightly more than just being aware; it is being aware as if what we are attending to is valuable or important. It is to be ready to love anything we encounter, not because everything deserves to be loved but because a simple, ordinary love is what a non-clinging heart does.

When we live this way, we step out of the mode of being consumers or victims of reality, and we step into being active caretakers of our lives. We stop measuring our days by how fast we move or how much we get done; instead, we measure our lives by the quality of presence and love we bring to each detail.

An Invitation

I invite you to consider how this ordinary care might take root in your daily life.

Perhaps today, you can do a little less than you planned. Simplify your to-do list; clear some space in your schedule. Leave a little extra time between appointments or tasks. When you cook a meal, wash dishes, speak with others, or take a walk, see if you can slow down enough to let that action be connected to love, care, or warmheartedness. If not now, then when?

Do not discount small acts and small things. Nothing in the present moment is too insignificant to deserve your care. When mindfulness and love come together in the "attention to detail,"

in the simplicity of ordinary care, practice ceases to be a special activity we do on a meditation cushion. It becomes the very way we touch the world, moment by moment—bringing benefit, warmth, and freedom to ourselves and to all beings. May this become ordinary.

A NEW BOOK BY ANDREA FELLA: "AWARENESS AND WISDOM"

I'm happy to share that my book, "Awareness and Wisdom: Instructions for Receptive Awareness Practice", is now available. It's structured as an eleven-day silent retreat—the kind of morning teachings, guided meditations, and evening reflections I might offer if we were actually sitting together, in the Receptive Awareness style I've learned from Sayadaw U Tejaniya. My hope is that it's read the way a retreat unfolds: slowly, one day at a time, with real practice in between the pages, rather than straight through like a regular book.

For those of you who come to IMC, the book is available, freely offered, from the IMC Sangha and me. It is also available on Amazon for those who can't get to IMC.

Below is a small taste of it — the evening reflection from Day One, "Allowing and Love."

Excerpt: Allowing and Love

The first day of a retreat can be exhausting. We often fall asleep or lose awareness, even as we make the effort to stay present. Most of us are familiar with our own first-day pattern. While we may feel like we just have to get through these first few days, they really are an integral part of our practice. They set the stage, and no moments of practice are wasted.

Practice has to begin somewhere, and for each of us it has a particular way of starting. There is no way to skip the beginning, so please appreciate yourself and your engagement today.

All of you have been cultivating so many beautiful qualities, although it may not quite feel that way. Every time you reconnect with experience, mindfulness and energy are being cultivated. Each time you simply remind yourself that this is what the beginning of retreat is like, patience is being cultivated.

The practice of simple noticing is a wisdom-oriented approach, and it can feel dry. Yet we also cultivate allowing and acceptance with each moment. Wisdom grows through an allowing attention, and allowing itself has the flavor of metta — of love, of kindness.

As we practice, the qualities of wisdom and love grow together. If we appreciate this aspect of our practice, our heart grows in understanding and stretches with love and compassion to meet everything in our experience.

As we open to allowing experience to be as it is, we can become aware of the quality of kindness that comes with the allowing itself — the open-heartedness of receiving what is offered and resting with it.

THE HISTORY OF IMC

Part 1: The Beginnings

GIL FRONSDAL

In early August of 1990, I was invited to become the Dharma teacher for a small Monday night Insight meditation group in Palo Alto. The group was entirely new to me, and I had never met its facilitators, Howard and Ingrid Nudleman. Howard was the president of the Spirit Rock Board, and the sitting group was understood to be an extension of Spirit Rock. Due to health reasons, Howard could no longer lead the gathering, and Jack Kornfield suggested he ask me to teach.

At the time, I was in my first year of teacher training with Jack, living in San Francisco, and preparing to begin my graduate studies at Stanford that September. I attended an August Monday evening sit with the group, and the following week I began teaching. Truthfully, I had no experience teaching Vipassana and had only given two Dharma talks during the entire period of my Zen training. Furthermore, because the majority of my Vipassana practice had been in Thailand and Burma, I knew very little about how mindfulness was taught in the United States. Even so, Jack assured me that guiding this group was part of my “homework.”

On my first evening as teacher, I was 36 years old and showed up in a T-shirt, blue jeans, and Birkenstocks. About a dozen of us gathered in a small courtyard room at the Presbyterian Church on Cowper Street. I don’t remember what I taught that night, but I distinctly recall how warmly Joanne Short—the key-holder and rent collector for the group—greeted me. I felt immediately welcomed.

From then on, I taught almost every Monday. I spent my afternoons researching and reflecting on what to teach after the evening’s meditation. Usually, I had a quiet dinner in Palo Alto before the sit, and drove back home to San Francisco afterward.

Week by week, the group grew—slowly, almost imperceptibly. Howard and I had never discussed dana (generosity), and the thought of receiving financial support for teaching never crossed my mind. But after nine months, Joanne announced that the group had a \$100 surplus after paying rent, and someone suggested giving it to me. Nine months later, I received a second \$100 donation.

About a year in, the group seemed ready to deepen its practice, and we decided to host a Saturday half-day retreat. Thanks to a participant who worked at Stanford, we secured a small fourth-floor conference room with an outdoor deck in the Aerodynamics Department, and our first half-day retreat was held there.

As time went on, I felt called to offer basic mindfulness instruction. Having never taken a formal mindfulness class myself—as Buddhist mindfulness was still quite new in the U.S.—I modeled my teaching on how Jack Kornfield and his colleagues introduced the practice on retreats. I began offering my first five-week introductory course in the 45 minutes preceding our regular sitting group.

One highlight from that time was when the British monk Ajahn

Amaro began visiting the Bay Area. He was also a relatively new teacher—and slightly younger than I was—who would occasionally come to teach our group. Today, he is the abbot of Amaravati, the largest Theravada monastery in England.

Before our eventual move to the Friends Meeting House in Palo Alto, two pivotal steps shaped our community. First, my Zen training had taught me how profoundly transformative it is to care for one’s practice space: volunteering to support a group is a significant way to mature in the Dharma. Wanting others to experience the joy of service, I asked for a volunteer to take over a simple job I could easily have continued to do myself: holding the key to the church room and looking after our Spirit Rock flyers. Meryl Landy was the first to step forward. Soon after, I playfully deputized her as the “president” of the group, hoping to cultivate an even deeper sense of inspiration and joy in her service.

The second major step was introducing a second basket—alongside the rent basket—for teacher dana. Soon, I began receiving small but steady financial support, mostly in the form of crumpled one-dollar bills that I would carefully bring home to iron flat. My wife was more than a little surprised by the influx of one-dollar bills into our household!

After about four years, around the time I completed my teacher training, I reached a crossroads. I had been supporting myself as a teaching assistant at Stanford, but it was becoming clear that I couldn’t fulfill the growing requests to teach Dharma while also working as a TA. In a significant leap of faith, I didn’t continue with assistant teaching and, instead, fully entrusted my life and livelihood to the Dharma.

In the next installment, I will share our move to the Friends Meeting House and the dynamic growth we experienced there from 1994 to 2002—the era when the foundation of what is now IMC took shape.

NEWS FROM SATI CENTER

The Sati Center for Buddhist Studies is an independent nonprofit that supports the study and application of Buddhist teachings. It began in 1997 at the same time that IMC became a nonprofit. For almost thirty years, the two organizations have been like independent siblings.

In recent years, the Sati Center has grown in many exciting ways, offering a rich array of programs. One of its most significant areas of growth has been its pioneering work in Buddhist spiritual care. The Sati Center now offers five different spiritual care and chaplaincy trainings. The newest, Buddhist Chaplaincy for the Incarcerated, will begin in January.

The Sati Center is also developing a growing curriculum for the study of the Buddha’s teachings and the early development of the Buddhist tradition in ancient India. It now offers certificate programs in both Buddhist Spiritual Care and Theravada Buddhist Studies.

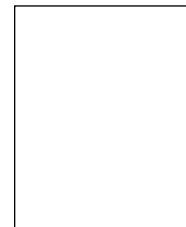
Insight Meditation Center

108 Birch Street

Redwood City, CA 94062

www.insightmeditationcenter.org

RETURN SERVICE REQUESTED



IMC IS SUPPORTED BY A CULTURE OF GENEROSITY

IMC and IRC continue a 2,600-year-old Buddhist tradition of providing the Buddha's teachings freely to all who are interested. As generosity is a core value and practice, when people are moved, providing financial support for IMC and IRC is an inspiring aspect of the culture of generosity underlying our community.

At its heart, giving, or dana, is not transactional: it reflects the field of goodness that supports all Buddhist practice.

As part of our commitment to this ancient tradition, 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. Your donations support all expenses, including programs, publications, the websites, meditation retreats, and AudioDharma. Our IMC and IRC teachers receive no salary and are entirely supported by teacher dana. Donations to IMC and IRC are tax-deductible. Donations to teachers are not tax-deductible.

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

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.

PARKING AT IMC

For the sake of our neighbors, please do not park on the one-way block of Birch St where IMC is located. Those who need to park closer can do so in front of IMC. Others, please consider coming a few minutes early so you can park further away and leave parking for people who can't walk far. Thank you!



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

October ~ December 2026

WEEKLY MEDITATION & TALKS

IN-PERSON AT IMC UNLESS OTHERWISE NOTED:

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 SITTING 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. A sitting, Dharma talk, and 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:

BASIC MEDITATION INSTRUCTION

- Wednesday mornings 8:15 to 9am

DAYLONG RETREATS

ON SATURDAYS, IN-PERSON AT IMC:

- Oct 24, 9:30am to 4:30pm, **A DAY OF PRESENCE, POETRY, AND PRACTICE** with Diana Clark and Walt Opie
- Oct 31, 9:30am to 4:30pm, **MINDFULNESS OF BODY & HEART-MIND WHILE SPEAKING** with Tanya Wiser
- Nov 7, 8:30am to 5pm, **SILENT MINDFULNESS** with Gil Fronsdal
- Nov 21, 9:30am to 4:30pm, **MINDFULNESS PRACTICE WITH KNOWING, ALLOWING, SENSING, AND CALMING** with Tanya Wiser and Shelley Gault
- Dec 12, 9am to 4pm, **EMBODIED PRESENCE** with Kim Allen

SATURDAY ONLINE THRU IRC:

For information go to insightretreatcenter.org.

- Oct 3, 9am to 4:30pm, Daylong with Diana Clark
- Nov 7, 9am to 4:30 pm, Daylong with Ying Chen
- Dec 12, 9am to 4:30 pm, Daylong with bruni dávila

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. With meditation, teachings, and discussions on practicing mindfulness in meditation and daily life. 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.
- **DOMINGOS: RAÍCES COMPARTIDAS EN EL DHAMMA** 7 a 8 am en zoom

RESIDENTIAL RETREATS AT IRC

For information go to insightretreatcenter.org.

- Oct 30–Nov 2, **4-DAY INSIGHT RETREAT FOR PEOPLE IN THEIR 20s AND 30s** with Max Erdstein and Matthew Brensilver (Retreat Full; Wait List Open)
- Dec 13–20, **1-WEEK METTA RETREAT** with Nikki Mirghafori and Liz Powell
- Jan 13–18, **6-DAY LGBTQIA+ INSIGHT RETREAT** with bruni dávila and Marjolein Janssen
- Jan 24–31, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Liên Shutt
- Feb 14–21, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Kim Allen—Reg opens 10/14/26
- Feb 28–Mar 7, **1-WEEK METTA RETREAT** with Nikki Mirghafori and Liz Powell—Reg opens 10/28/26
- Mar 14–21, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Kaira Jewel Lingo—Reg opens 11/14/26
- Mar 28–Apr 6, **10-DAY AWARENESS AND WISDOM RETREAT** with Andrea Fella and Dawn Neal—Reg opens 11/28/26
- Apr 13–18, **6-DAY INSIGHT RETREAT** with Ines Freedman and Shelley Gault—Reg opens 12/13/26
- Apr 25–May 9, **2-WEEK INSIGHT RETREAT FOR EXPERIENCED PRACTITIONERS** with Gil Fronsdal, assisted by Diana Clark—Reg opens 11/25/26

IRC ONLINE (HYBRID) RETREATS

Retreats are Hybrid unless otherwise noted. For information go to insightretreatcenter.org.

- Oct 18–25, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal, Mei Elliot, and Kodo Conlin; Online Practice Discussions with Ying Chen



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- Nov 15–22, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Matthew Brensilver Online Practice Discussions with Kristen Rudestam (Auditor spaces available)
- Nov 29–Dec 6, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Andrea Fella Online Practice Discussions with Shelley Gault & Tanya Wiser
- Feb 14–21, 2027, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Kim Allen, Online Practice Discussions with Shelley Gault—Reg opens 11/14/26
- Mar 14–21, 2027, **1-WEEK INSIGHT RETREAT** with Gil Fronsdal and Kaira Jewel Lingo, Online Practice Discussions with Ying Chen—Reg opens 12/14/26
- Apr 15–18, 2027, **4-DAY ONLINE INSIGHT RETREAT** with Ying Chen and Francisco Morillo Gable—**Online only**—Reg opens 12/15/26
- Apr 25–May 9, 2027, **2-WEEK INSIGHT RETREAT** with Gil Fronsdal, Online Practice Discussions with Diana Clark—Reg opens 12/25/26

IRC OFFSITE RETREATS

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

- Oct 25–29, **5-DAY INSIGHT MEDITATION RETREAT** with Diana Clark, Kim Allen, David Lorey, & Ying Chen at Hidden Villa Retreat Center, Los Altos Hills, CA. For info: insightretreatcenter.org/hidden-villa

NON-IMC RETREATS WITH IMC TEACHERS

- Oct 19–24, **5-NIGHT THE BODY AS A DHARMA GATEWAY** with Dawn Neal and Kim Allen, Quaker Center, Ben Lomond, CA. For info: insightsantacruz.org/residential-retreats/

SERIES PROGRAMS

2026-2027 EIGHTFOLD PATH PROGRAM WITH LYDIA RIDGWAY AND YANLI WANG (IN-PERSON), AND THINA OLLIER AND JANEL CROOKS (ZOOM) & GUEST TEACHERS

In-person and Zoom: Sundays 1pm to 3:30pm, 2026: Oct 4, Oct 11, Nov 8, Dec 6; 2027: Jan 10, Feb 14, Mar 14, Apr 11, May 9, June 13

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. 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.

PREREQUISITE: Completion of IMC's Introduction to Meditation course or equivalent. The in-person and online versions of the program will occur in parallel at the same time. Please register for only one on the IMC website: Programs > Special and Yearlong Programs. Questions: eightfoldpath@insightmeditationcenter.org

2026-2027 DEEPENING MEDITATION PROGRAM WITH GIL FRONSDAL On Zoom: Usually Fridays, 9am to 3:30pm, 2026: Oct 2 (9am to 1:30 pm), Nov 6, Dec 14 (Mon); 2027: Feb 12, Mar 12, Apr 8 (Thu), May 21. Optional Retreat Jan 14 & 15 (Thu & Fri)

An eight-month program giving experienced practitioners the opportunity to delve into meditation practice and the Buddhist teachings and instructions for meditation. We will utilize *Anapanasati* (mindfulness of breathing) as the reference for delving into practices and states of meditation related to the deepening of mindfulness, concentration, and insight.

PREREQUISITES: Three years of regular insight meditation practice, two seven-day (or longer) silent insight meditation retreats, and completion of the IMC Eightfold Path Program or equivalent. Apply on the IMC website: Programs > Special and Yearlong Programs.

TUESDAY EVENING SITTING & DHARMA TALK SERIES

7 to 8:15pm. On Zoom.

- Sep 29–Nov 3 — The Five Daily Remembrances
- Nov 10–Dec 29 — The Seven Factors of Awakening

SPECIAL EVENTS

IN-PERSON AT IMC UNLESS OTHERWISE NOTED.

A DAY OF PRESENCE, POETRY, AND PRACTICE WITH DIANA CLARK AND WALT OPIE Sat Oct 24, 9:30am to 4:30pm.

At the heart of Dharma practice is the invitation to be present for our lives, not only for what is pleasant or easily understood, but also for what is uncertain, painful, beautiful, or beyond words. Poetry can help us enter this territory gently. A poem may offer no solution, yet still bring recognition, companionship, and a subtle shift in how we see. We will meditate together and reflect on poems that have opened something in us. Bring lunch.

MINDFULNESS OF BODY AND HEART-MIND WHILE

SPEAKING WITH TANYA WISER Sat, Oct 31, 9:30am to 4:30pm.

Mindfulness while speaking can be supported by grounding in the body, and stabilized by an open, receptive heart. Includes guided meditations, dharma talks, silent sitting, and walking meditation. Includes structured small-group practice sessions designed to deepen the direct experience of speaking from embodied awareness and connection to the clarity and tone of citta (heart-mind). For both beginners and experienced practitioners. Bring lunch.

SILENT MINDFULNESS DAYLONG WITH GIL FRONSDAL

Sat, Nov 7, 8:30am to 5pm. Intended for those who already understand the basic practice of mindfulness; no instruction will be given. 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 Gil. Bring lunch.

MINDFULNESS PRACTICE WITH KNOWING, ALLOWING, SENSING, AND CALMING DAYLONG WITH TANYA WISER

AND SHELLEY GAULT Sat, Nov 21, 9:30am to 4:30pm.

Explores how mindful awareness can be cultivated through attending to the physical body with the support of a caring heart. We will develop our capacity to know and sense physical experience directly and to calm the body and mind. Includes guided meditation instructions, silent sitting and walking periods, dharma talks, and small group practice discussions with the teachers. For new and experienced practitioners. Bring lunch.

EMBODIED PRESENCE DAYLONG WITH KIM ALLEN

Sat, Dec 12, 9am to 4pm. Explores practices based in Buddhist teachings that help us connect with the body, experience it fresh-

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ly, and invite liberating wisdom and compassion to emerge. Includes guided and silent meditations, Dharma teachings, and walking meditation. Offers an opportunity to sign up for practice discussions with Kim. For beginners and those with more experience. Bring lunch.

YOUTH & FAMILY PROGRAMS

IN-PERSON AT IMC UNLESS OTHERWISE NOTED. CHECK IMC WEBSITE CALENDAR—MOST PROGRAMS PAUSE DURING THE SUMMER

MINDFUL PARENTS Led by Lauren Silver and Melody Baumgartner. **THIRD SUNDAY OF EACH MONTH IN-PERSON AT IMC, 11:30AM TO 1PM** This year, we'll be working with *Taking Our Places: The Buddhist Path to Truly Growing Up*, by Norman Fischer, exploring a chapter each month. 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. Please 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, 5PM 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.

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). **IN-PERSON AT IMC.** 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 those in their 20s/30s are welcome to join us.

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 Wiser.

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 AND FIONA BARNER

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](http://sati.org)

THE BUDDHA'S EXPERIENTIAL ALTERNATIVE TO THE BRAHMANICAL "SELF" WITH GIL FRONSDAL

Thu, Oct 1, 3:30 to 4:30pm

THERAVADA BUDDHISM WITH DR. ALEIX RUIZ-FALQUÉS

4 Fridays, Oct 2 to 23, 8 to 9:30am.

ECO-CHAPLAINS MULTI-FAITH CONFERENCE: CARE, COMMUNITY, AND SPIRITUAL RESPONSE IN A TIME OF ECOLOGICAL CRISIS

Sat, Oct 3, 9am to 5pm, In-person at IMC

BUDDHIST CHAPLAINCY SPEAKER SERIES: SEEN AND UNSEEN: RACE, BELONGING, AND THE BLACK BUDDHIST CHAPLAIN WITH KAREN NELSON VILLANUEVA

Sun, Oct 4, 9 to 10am

THE FOUNDATIONS OF BUDDHIST CHAPLAINCY: PRIMARY CONCEPTS AND PRACTICES IN SPIRITUAL CARE WITH VANESSA ABLE

6 Mondays, Sep 7 – Oct 12, 9am to 11:30am

INFORMATION SESSION — BUDDHIST CHAPLAINCY FOR THE INCARCERATED PROGRAM

Sun, Oct 11, 9 to 10:30am

THERIGATHA: THE POETRY OF THE ENLIGHTENED NUNS

WITH GIL FRONSDAL 4 Thursdays, Oct 15, 29, Nov 5, 12, 3:30 to 4:30pm

VISIONS OF FREEDOM: RECOLLECTING THE BUDDHA'S DISCIPLES AND THEIR TEACHINGS WITH KIM ALLEN

Sat, Oct 17, 9am to 12pm

BALANCING ACTIVE AND RECEPTIVE MINDFULNESS

WITH REBECCA BRADSHAW Sat, Oct 24, 9:30 to 11:30am

CASTE, CLASS, AND LIBERATION: WHO GETS TO PRACTICE THE DHAMMA? WITH SEAN OAKES

5 Tuesdays, Oct 27 – Nov 24, 4 to 5:30pm

THE STORY OF ANGULIMALA: THE TRANSFORMATION OF A MURDERER WITH ANDREA FELLA

2 Saturdays, Nov 14, 21, 10am to 12pm

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.

TRAINING PROGRAMS

Jan – Dec 2027 BUDDHIST CHAPLAINCY FOR THE INCARCERATED

For more info: sati.org/chaplaincy/bchip/

A 12-month program in Buddhist spiritual care in jail, prison and rehabilitation centers. Information Session on Zoom: Sun, Oct 11, 9 to 10:30am. For event info: sati.org/events/

