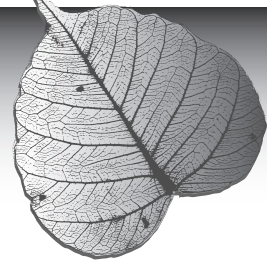


Insight



JANUARY, FEBRUARY, MARCH 2006

VOLUME 9, NUMBER 1

Peace and Its Sacrifice

Peace, and the quest for peace, are central to Buddhist practice. The Buddha pointed to the possibility of a transformative inner peace: we don't have to live with inner conflict, fear, and aggression. The fading away of this conflict gives way to a peace that he called the greatest form of happiness.

Some Buddhist teachers say that peace is inherent to who we are. Peacefulness lies at our core. Agitation, fear, craving, and anger are like surface waves that prevent us from seeing the vast peace of our depths.

If peace is to be something other than an abstract goal, we have to live in ways that nourish peace and help us to overcome the forces of agitation and conflict within us. In Buddhist practice this can be accomplished by having the goal reflected in the means: if you want to attain peace, live peacefully. One way of doing this is to practice non-harming in action and speech. This outer behavior provides the necessary condition for realizing inner peace. Another way is to relax; tension hinders peace.

To deal with the forces of agitation and conflict within us, it is important to become mindful of them. Mindfulness is the womb of peace: with awareness we can then find patience, equanimity, and understanding of these forces.

One way to cultivate peace is to investigate what takes you away from it. When you have some degree of calm, pay careful attention to what happens when, as inevitably happens, you lose that calm. What do you sacrifice your peace for? (An added benefit of this exercise is that, instead of decrying your lost peace, you can see its disappearance as an opportunity for practice.)

This investigation is particularly useful immediately after a period of meditation. Instead of jumping up and being immediately swept up in daily activities, get up from meditation calmly. Try to notice the first moment of mental or physical agitation or contraction. Pause, relax, and look honestly at the reason for the agitation. What are you treating as more important than your peace? Is it really

worth giving up your peace for this? What do you learn about your beliefs, motivations, and reactions when you stop to look? If a thought prompted the agitation, what is the nature of that thought? Is it necessary to pick up that thought in such a way that you lose your sense of inner well-being? Do the reasons for rushing or being anxious or irritated hold up under this questioning?

To make this investigation more powerful, try assuming that there's nothing that is worth sacrificing your peace for. This might help you to question the usual, maybe unexamined, assumptions that lead you to give up your peace. For some, it is a perceived need to defend the ego. For others, desires and aversions seem more compelling than peace. And for yet others, their sense of responsibility seems more important. Sometimes we think that worry is how we convey our care. If we were peaceful and relaxed, people might think we are uncaring about others or about problems in the world.

When we consider carefully, it is often clear that we are more effective at whatever we do if we can act from a state of peacefulness rather than one of contraction and agitation. So it's not an either/or choice: we can do what we feel we need to do and still maintain our peacefulness.

Peace—the absence of conflict—is refreshing. Some find in peace a deeply satisfying sense of “coming home.” Self-centeredness is exhausting, not least because it will always leave us in conflict. One of the greatest tasks for any human is to let go of selfishness. It is a great paradox that we gain the most when we give up self-preoccupation. There is no happiness greater than peace.

—Gil Fronsdal

One is not wise

Only because one speaks a lot.

One who is peaceful, without hate, and fearless

Is said to be wise.

—Dhammapada (258)

Sangha Programs & News

MINDFULNESS IN EDUCATION

Many of you have experienced the benefits of mindfulness in your lives. Most of you probably came to the practice as adults. Imagine if you had learned the practice as a child. As mindfulness continues to move into the culture, teachers, administrators, and parents are discovering the benefits of practicing mindfulness themselves and of offering the practices to school-aged children.

We are on the cusp of a new movement within education. The movement recognizes that training young minds only to pass tests and get into college is a disservice to the children and society, and sees training in attention as an essential component of a more complete education. Not only has mindfulness been found to be an antidote to many of the stresses students and teachers face, it is also recognized as an effective way to enhance the learning process, develop compassion, and prepare children to contribute to society.

In 2006, IMC is co-sponsoring a series of evening talks by leaders of this burgeoning field. The first talk in the series will be "The Promise of Mindfulness-Enhanced Education" by Jon Kabat-Zinn. Jon is the world's foremost researcher, writer, and educator on the uses of mindfulness in the areas of medicine and education. The talk will be on Thursday evening, January 26 at the Laurel Heights Auditorium at UCSF in San Francisco (3333 California St).

More information is available at www.mindfuleducation.org, email: info@mindfuleducation.org or 510/524-1996.

—Amy Saltzman

CYBERSANGHA NEWS

As many of you know, recordings of Dharma talks by Gil Fronsdal and many of our guest speakers are available to listen to or download freely at www.audiodharma.org. Due to the relatively new Podcast technology, our talks are now also being made available freely through iTunes and from others who are generously re-broadcasting them. The webmistress of zencast.org told us that 3,000 to 5,000 of our talks are being downloaded per week!

We receive regular e-mails from members of our 'cybersangha' who are very grateful for these talks. We just heard from someone who listens to Gil's talks on his one-hour bicycle commute every day (now in the dark, and sometimes in the rain!)

The talks are available due to the generosity of quite a few volunteers: the teachers; those who record the talks, edit them, put them up on the website; the web-team who maintains the site; and the financial contributions to pay for it.

You can also borrow audio tapes from our tape library. To request that a tape be made of a particular talk, contact Mike Kupfer at m.kupfer@acm.org (preferred) or 650/591-1285.

WEBSITE CHANGES!

A calendar of events has been added to our website www.insightmeditationcenter.org. It lists IMC events chronologically, providing an at-a-glance view of all the various events held at our center. The "Speakers of the Month" page has been deleted. In lieu of that, the speakers' names listed on the calendar will be hyperlinked to their biographies and any previous talks. Also, the "Programs" section has been reorganized to give a better overview of the different types of events that IMC offers.

RECOMMENDED BOOKS ON WEBSITE

We've added a Recommended Books page to our website. It's a page in progress, to which we plan to gradually add more books. We encourage you to purchase books from your local independent bookstores, but if you decide to order online using any of the book-links on our site, a small percentage will go to help support the programs at IMC. Anything else you purchase through Amazon after you enter the site through the links will also contribute to IMC.

NEW! INSIGHT MEDITATION IN MOUNTAIN VIEW

We're happy to announce the formation of a new meditation group in Mountain View with Shaila Catherine—Insight Meditation South Bay. The group will meet every Tuesday from 7:30 to 9 pm at St. Timothy's Episcopal Church, 2094 Grant Road. Shaila has been teaching at IMC for several years, giving dharma talks, teaching courses, and leading day-long retreats. You are invited to an opening celebration on January 3, 7 to 9:30 pm. For information on her introductory course and daylong retreats, see the Schedule part of this newsletter, or www.bodhi-retreats.org.

SECOND HARVEST

Practice generosity by bringing your donations of canned goods and other non-perishable food items to IMC. Remove items from paper bags and place them into the Second Harvest food barrel. If full, place new items next to the barrel.

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

VOLUNTEERS NEEDED!

All the work that keeps our center running smoothly is done by volunteers. Volunteering is a significant and much appreciated way of supporting IMC. It is also a way of meeting other people involved in taking care of our center. Currently we are particularly interested in volunteers for:

1. **Facilities Director:** caretaking our practice environment by coordinating the efforts of the building supervisor, repair/maintenance people, cleaning manager, purchasing manager, kitchen crew, etc., and coordinating repairs needed for the maintenance of the building. We're looking for someone who is detail-oriented, with good follow-through, and solid communication and management skills, and who comes to IMC regularly. Technical expertise is not necessary. Ease with e-mails and attachments necessary. 6 to 8 hours per month. Contact: Ines Freedman inesfreed@gmail.com 408/732-7535.
2. **Audio Coordinator:** helping countless people to hear teachings given at IMC by training and coordinating the efforts of recorders and editors of talks; trouble-shooting sound system and recording process if needed; assisting with upgrade of system and procedures. We're looking for someone who comes to IMC regularly. Generally, a few hours a month are needed, but there are a couple of specific projects that require more time. Contact: Ines Freedman inesfreed@gmail.com 408/732-7535.

For **other volunteering options**, please fill out a form on our literature table or contact Audrey Guerin, 650/574-4053 aeguerin@sbcbglobal.net.

TAX-DEDUCTIBLE DONATIONS

The Insight Meditation Center functions entirely through the generosity of our Sangha members. All the teachings are offered on a *dana* basis by Gil and our guest teachers. The operation and maintenance of our building and programs, including our web site, newsletter, books, and audiodharma, are all funded by donations. All basic services are freely offered by volunteers.

All monetary donations to IMC are fully tax-deductible. Toward the end of January 2006, sangha members whose total check or credit card donations in 2005 were larger than \$200 will receive a letter acknowledging the total of their tax-deductible gifts. This year, sangha members will receive only one letter that will include both the year-end fund drive and donations throughout the year.

On behalf of the community, the IMC board wishes to thank everyone who donated money or time to our center and teachers.

PLEASE ENROLL IN E-SCRIP!

E-scrip is an effortless way of raising funds for our center. If you register your grocery club card and credit/debit cards with E-scrip, the participating merchants will donate a small percentage of your purchases to IMC. You keep all your credit card rewards. Register at www.escrip.com, use forms on the literature table, or contact Ines 408/732-7535, info@insightmeditationcenter.org.

BUDDHIST SPIRITUAL CARE SYMPOSIUM

Saturday, March 11th, 9 am to 5 pm

Location To Be Announced (SF Bay Area Peninsula)

A daylong exploration into Chaplaincy: several breakout groups dealing with topics such as prison chaplaincy, hospital and hospice chaplaincy, as well as sessions on enhancing the skills of volunteer chaplains. There will be a keynote speaker at lunch. The event is co-sponsored by the Sati Center.

Please go to www.buddhistchaplainsnetwork.org for more information, a schedule and registration form, or contact Bill Hart at 415/567-9823.

IN MEMORY OF ALLICIN RAUZIN

May 18, 1948 – November 24, 2005

Sadly, our great friend Allicin passed away peacefully on Thanksgiving. Allicin was one of the very important founding members of IMC. For a number of crucial years she was the main organizational caretaker of our budding organization. Many of the current, ongoing events of IMC were first managed by Allicin. Her warmth and generosity helped countless people feel welcome in our community. She was dedicated to helping others find the benefits of Buddhist practice and teaching. Having numerous health challenges, Allicin never complained; her joy was a delight to experience. She left behind many of her great qualities: she transmitted them into our community where they remain very much alive today. We remember her with profound gratitude and love.



Insight Meditation Center

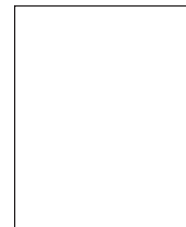
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Redwood City, CA 94062

Website: www.insightmeditationcenter.org

Email: info@insightmeditationcenter.org

650/599-3456



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SANGHA NEIGHBORS

Sangha Neighbors are volunteers who are available to support other members of our sangha when they need help. During times of transition or crisis, support is available for home visits, household chores, shopping, transportation, meals, feeding pets, etc. We encourage members to ask for support when needed. To request support or offer your services, contact Berget bbjelane@gmail.com 408/255-2783, or Rainbow 650/321-3649 rainbowspirit@worldshare.net.

WE HAVE 2 E-MAIL LISTS

Insight-Announce: For sangha-related **announcements**. Requests for ride-sharing and housing are welcome—no discussion, humor, personal services or businesses, for-pay seminars, or items for sale. To join, send a blank e-mail to: insight-announce-subscribe@yahoogroups.com When you receive an e-mail back from Yahoo, click Reply, then Send, without adding anything.

Insight Forum: For **discussion** of our Buddhist practice—may include personal insights, social/political activism, ecology, poetry, quotations, wise humor. Send a blank e-mail to: insightforum-subscribe@yahoogroups.com When you receive an e-mail back from Yahoo, click Reply, then Send, without adding anything.

SANGHA YELLOW PAGES

PLEASE UPDATE YOUR INFORMATION FOR 2006

It's time to update our Sangha Yellow Pages! To assure that sangha members are always accessing current information, we ask that you move your provider's sheet from the 2005 Binder to the 2006 Binder by the end of March, 2006. After that, any sheets remaining in the 2005 Binder will be discarded. If you have a service you would like to promote to others in the sangha, fill out a provider sheet and put it in the relevant section of the Sangha Yellow Pages Binder.

Are you looking for a good acupuncturist or carpenter, an electrician or internist? Check out the Sangha Yellow Pages binder on the literature table: you'll find information about sangha members providing these services and more. Contact: Anne Foster, annefoster2@earthlink.net.

MAILING LIST OPTIONS AND CHANGE OF ADDRESS

To be added or removed from the Mailing List and/or Directory, or to update address, phone, or e-mail—contact Cindy Heyer cyn@coastside.net 650/712-0231.

NEWSLETTER questions—contact Ines Freedman, info@insightmeditationcenter.org or 408/732-7535.

SCHEDULE OF EVENTS

January thru March 2006

WEEKLY MEDITATION AND TALKS

IMC will be closed on Sunday 1/1/06 for New Year's Day

MONDAY EVENING SITTING AND TALK

7:30 to 9 pm. A 45-minute sitting is followed by a 45-minute dharma talk.

WEDNESDAY MORNING SITTING & TALK

11 am to 11:45 sitting, followed by a 15 minute talk. On days of half-day retreats, you can come for the full morning or just for this sitting. Be mindful that others may be doing walking meditation as you arrive, so please maintain silence.

THURSDAY EVENING SITTING AND TALK

7:30 to 9 pm. Especially suited for new meditators. A 30-minute sitting is followed by a talk and time for questions.

SUNDAY MORNING SITTINGS AND TALK

- 1st Sitting 8:30 to 9:10 am
- Walking Meditation 9:10 to 9:25 am
- 2nd Sitting 9:25 to 10 am
- Talk 10 to 10:45 am

Vegetarian Potluck Brunch on the last Sunday of the month at 11 am. Everyone welcome. Contact Di or Dave Tatro 650/595-4260.

IMC will be closed on Sunday 1/1/06 for New Year's Day

MEDITATION INSTRUCTION

BASIC MEDITATION INSTRUCTION

- 1st Monday evening of each month, 6:15 to 7:15 pm prior to the sitting and talk.
- Every Thursday evening 6:15 to 7:15 pm, prior to the sitting and talk.
- 1st Thursday morning of each month, 10:30 to 11:30 am.

INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

During this course, the basic instructions in insight meditation will be given sequentially, starting with a focus on mindfulness of breathing, followed by mindfulness of the body, of emotions, of thinking, and of the application of mindfulness in daily life. No pre-registration necessary.

- 5 Wednesday evenings – January 11 to February 8, 7:30 to 9 pm. Taught by Gil Fronsdal.
- 5 Tuesday mornings – May 16 to June 13, 10 to 11:30 am. Taught by Andrea Fella.
- 5 Tuesday evenings – July 11 to August 8. Taught by Andrea Fella

RETREATS

DHARMA PRACTICE DAYS WITH GIL FRONSDAL

Meditation, teachings and discussions. Bring lunch.

The following Fridays, from 9:30 to 3:30 pm:

- January 6 – *Mindfulness of the Body*
- February 3 – *Mindfulness of Feeling*
- March 3 – *The Five Hindrances* (with Shaila Catherine)
- April 28 – *Mindfulness of Mind*
- May 19 – *Five Aggregates and Six Sense Bases*

HALF-DAY RETREATS

On the following Wednesdays, from 9:30 am to 12:15 pm.

- January 11 with Bhante Sujiva
- January 25 and February 8 with Gil Fronsdal
- February 22, March 8 and 22, with Richard Shankman
- April 26 with Gil Fronsdal

Silent sitting and walking meditation ending with a short talk. Short interviews available with Gil. You are welcome to attend any part of the morning. Bring lunch for informal discussion afterwards.

- 9:30 to 10:15 am – Sitting
- 10:15 to 11 am – Walking
- 11:00 to 11:45 am – Sitting
- 11:45 to 12 noon – Dharmette (Brief Talk)
- 12 to 12:15 pm – Temple Cleaning

ONE-DAY MEDITATION RETREATS

Silent retreat. Sitting & walking meditation, dharma talk. Bring lunch.

- Saturday, January 7, 8:30 am to 5 pm with Gil Fronsdal. No instruction, previous experience recommended; short interviews with Gil available.
- Wednesday, January 11, 9:30 am to 4 pm with Bhante Sujiva.
- Saturday, January 21, 9 am to 4:30 pm. **LGBTQ Retreat** with Caitriona Reed.
- Saturday, February 11, 9 am to 4:30 pm with Gil Fronsdal. **Mindfulness of Emotions.**
- Saturday, March 11, 9 am to 4:30 pm with Donald Rothberg. **Metta.**
- Saturday, April 8, 8:30 am to 5 pm with Gil Fronsdal. No instruction; previous experience recommended. Short interviews with Gil available.
- Saturday, May 20, 9 am to 4:30 pm. **LGBTQ Retreat** with Larry Yang and Anushka Fernandopulle.

RESIDENTIAL RETREATS (IMC SPONSORED)

There is no cost for IMC retreats. Donations welcome.

- May 7-14 with Gil Fronsda and Andrea Fella at **Hidden Villa**. Contact Judy Turkalj sturkalj@mac.com, 415/384-0386.
- May 26 - 29 with Gil Fronsda— Memorial Day weekend at **Jikoji Retreat Center** in Los Gatos. Contact Judy Turkalj sturkalj@mac.com, 415/384-0386
- August 25-27 with Donald Rothberg at **Jikoji Retreat Center** in Los Gatos. Contact Ann Wheelock 650/858-2131 annwheelock@gmail.com (Registration begins after 4/25/06).
- September 10 - 24 with Gil Fronsda at **Hidden Villa**. Contact Laura Crabb, lauracrabb2@earthlink.net, 408/380-3002 X80. Pre-requisite: one 10-day retreat. (Registration begins 1/23).

SPIRIT ROCK SPONSORED RETREATS WITH GIL FRONSDAL

- March 4-31 **Month-long Spirit Rock Retreat** with Gil Fronsda*, Julie Wester, Trudy Goodman, Marie Mannschatz, Adrienne Ross 415/488-0164 X359.
**Gil will not be teaching the month-long retreat in 2007*
- August 4 to 13 at **Vajrapani** with Gil Fronsda, Mary Orr, and Richard Shankman. 415/488-0164 X371.

YOGA

MONDAY EVENING YOGA

6:30 to 7:15 pm. Join us for yoga before our evening meditation. Suitable for all levels. Please bring a large towel and sticky mat, if you have one. Taught by Terry Lesser.

THURSDAY MORNING YOGA AND SITTING MEDITATION

8 to 10:15 am. Suitable for all levels. Bring a large towel and sticky mat, if you have one. Taught by Terry Lesser.

MORNING OF YOGA AND SITTING MEDITATION

Saturday, January 28, 9:30 to 1 pm. Suitable for all levels. Please bring a large towel and sticky mat, if you have one. Taught by Terry Lesser.

MONTHLY FAMILY PROGRAM

Last Sunday of every month, 11:30 am to 1:30 pm. Join sangha members ages 4 to 12 for songs, stories, games and activities. The group will be divided into 2 age-appropriate groups: 4 to 7 and 8 to 12. Contact Amy Saltzman 650/326-0701, thesaltzmans@comcast.net.

SPECIAL EVENTS

NEW YEAR'S EVE MEDITATION AND CELEBRATION

Saturday, December 31, 7:30 pm to 12:15 am. A quiet evening of meditation, walking, chanting, readings, and refreshments. Please bring a reading if you would like. We will do a ritual to see in the New Year. Berget Jelane 408/255-2783 bbjelane@gmail.com.

DEEPENING MEDITATION PRACTICE (CONT'D FROM 2005)

The Four Foundations of Mindfulness with Gil Fronsda. The monthly Dharma Practice Days focus on helping meditators develop their meditation practice through the Four Foundations of Mindfulness (Body, Feelings, Mind, and Dharmas). Each day in the series explores particular areas that are important for meditation practice. **You may attend any part of the series.**

Dharma Practice Days: Fridays, 9:30am-3:30 pm. 1/6, 2/3, 3/3, 4/28, 5/19, 6/16, 7/14.

Discussion Group with Gil: Wednesdays, 9 to 11 am, 1/18, 2/15, 4/5, 5/3, 5/31, 7/19.

Supplementary Study Group with Ines Freedman and Tony Bernhard, based on reading *Satipatthana: The Direct Path to Realization* by Analayo. Fridays, 10am to 12pm: 1/20, 2/24, 3/17, 4/21, 5/12, 6/23, 7/28. Contact Ines for reading assignment: inesfreed@gmail.com 408/732-7535.

BHANTE SUJIVA – GUEST TEACHER

Bhante Sujiva will be giving the regular Dharma talks at IMC during the week of January 9 to 12.

- Monday, Jan 9, 7:30 to 9 pm, Sitting and dharma talk.
- Thursday, Jan 12, 7:30 to 9 pm, Sitting and dharma talk.

He will also lead a daylong retreat on Wednesday, January 11th. The retreat will begin with the regular Wednesday half-day retreat schedule, with an additional afternoon schedule.

- Morning 9:30 to 12:15
- Afternoon 1:15 to 4 pm
- Tea and Informal Discussion 4 to 5 pm

Bhante Sujiva has dedicated his life to Buddhist teachings. He studied with many teachers in Malaysia, Thailand and Burma, including Sayadaw U Pandita. He has been teaching meditation in Malaysia since 1984 and has been teaching internationally since 1995.

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.

THE PRACTICE OF EQUANIMITY

6-Week Tuesday morning series: January 10 – February 14, 10 am to 12 noon with Shaila Catherine. Equanimity (*upekkha*) is a stable quality of attention that leads to peace, inner strength and wisdom. This series will cultivate equanimity as an extension of lovingkindness practice, incorporating reflections on karma, conditionality and cause and effect. We will explore the impact of praise & blame, pleasure & pain, success & failure on our hearts. *Upekkha* reveals a quality of stillness that is deeply content, beyond the range of pleasure and pain.

FULL MOON GATHERINGS FOR WOMEN

Fridays, January 13 and March 24, 7 to 9 pm . A time for women in our sangha to come together for meditation, movement, moon-gazing, creativity and discussion. We are in the process of creating a quilt together. All skill-levels eagerly welcomed. RSVP to Cheryll Gasner, 650/969-5793 or cheryll.gasner@sbcglobal.net.

LGBTQ RETREAT WITH CAITRIONA REED

Saturday, January 21, 9 am to 4:30 pm.

Caitriona Reed is a Dharma Teacher, Group Facilitator, Poet, and Activist in the Transgender community. She has led retreats and workshops in Buddhism, Deep Ecology, and Social Responsibility since 1981. She trained in the Theravada and Thien traditions since 1971, and was a teacher in the Thich Nhat Hanh tradition. She is co-founder of Ordinary Dharma in Los Angeles and Manzanita Village Retreat Centre in Warner Springs, where she is conducting a two-year training program for social activists.

THE NOBLE EIGHTFOLD PATH

4 Thursdays, January 26 to February 16, 7:30 to 9 pm
The Buddha said, “I teach one thing and one thing only, suffering and the end of suffering.” He taught the Noble Eightfold Path as a pragmatic approach, in 8 steps, that leads to freedom from suffering.

- 1/26 **Right View & Right Intention**—with Ines Freedman
- 2/2 **Right Speech & Right Action**—with Daniel Bowling
- 2/9 **Right Livelihood & Right Effort**—with Jim Bronson
- 2/16 **Right Mindfulness and Right Concentration**—with Rebecca Dixon

OPENING THE HEART OF CREATIVITY DAYLONG RETREAT

Saturday, February 4, 9 am to 4:30 pm with Carolyn Dille. Our heart, the source of our caring and compassion, is also a wellspring of our creative lives. We'll practice both loving-kindness and creativity to deepen our awareness of how these practices resonate. We can discover ways to express what is vital, rich, and true for us. Suitable for beginning and

experienced meditators and creators. Bring lunch, and simple writing and/or drawing materials.

Carolyn is a poet and writer who facilitates writing and creativity groups, retreats, and workshops. She has been practicing meditation for over 30 years.

BEGINNERS PRACTICE GROUP

5 Tuesdays, February 14 to March 14, 7:30 to 9 pm

This series is for those beginners who have taken a basic mindfulness meditation instruction class and would like to take the next step in building and supporting their practice. There will be a 20 minute sitting, a review of the basic teachings, and lots of discussion. This class is geared to those who have been practicing from one day to 6 months. The group will be facilitated by Jim Bronson and Susan Ezequelle.

FOUR NOBLE TRUTHS

4 Thursdays, March 2 to 23, 7:30 to 9 pm with Andrea Fella. The Four Noble Truths offer the heart of Buddhist teaching in a simple yet profound way that has touched and transformed people throughout history. They are central to all traditions of Buddhism.

DAYLONG METTA RETREAT

Saturday, March 11, 9 am to 4:30 pm with Donald Rothberg. A daylong retreat of *metta* or lovingkindness meditation. Donald has practiced insight meditation since 1976 and has written and taught widely on socially engaged Buddhism and transpersonal studies. He is on the faculty of the Saybrook Graduate School. He has been an organizer, educator, and board member for the Buddhist Peace Fellowship.

MEDITATION RETREAT DISCUSSION

Sunday, April 16, from 11:15 to 12:30 pm with Andrea Fella, Ines Freedman and Bill Hart. Three sangha members with extensive retreat experience will share their thoughts and perspectives about retreat. For those who have never sat a retreat, or for those who have sat retreats but are curious about extended retreat practice or practice abroad. There will be plenty of time for questions.

THE POTENTIALS OF THE BREATH

Saturday, May 6, 9 am to 5 pm, with Thanissaro Bhikkhu (Than Geoff) This class is presented by the Sati Center. For details and to pre-register (preferred), www.sati.org or 415/646-0530.

MINDFULNESS, INSIGHT, AND LIBERATION IN THE BUDDHA'S TEACHING

June 11 - 16. With Gil Fronsdal at Tassajara Zen Monastery in the Big Sur Mountains. Mindfulness is one of the central practices taught by the Buddha. Like salt that brings out the flavor of a soup, mindfulness helps bring presence and depth

to all our experiences. It is also the vehicle for liberating insight. Through instruction, meditation, dharma talks, and discussion, this retreat will present the practice of mindfulness within the context of the Buddha's teachings on the path to liberation. Instruction and practice will also include mindfulness of our bodies, emotions and mental life. Ample free time is scheduled for enjoying Tassajara and each other. Call Tassajara Reservations, 415/865-1899 or www.sfzc.org. (*Early reservations recommended*).

DHARMA FRIENDS

Dharma Friends encourages spiritually-based friendships and a sense of community in our sangha. If you are interested in joining the Dharma Friends Steering Committee, contact Anne Foster, annefoster2@earthlink.net, 650/591-1285.

- January 8, February 5, March 5—**First Sunday Singles' Brunch**. Meet by the kitchen at IMC at 11:15 am, or at Joy Meadow Restaurant at 11:30, 701 El Camino Real, RWC. Questions? Ask Cindy Heyer cyn@coastside.net, 650/766-6395, or Peter Isberg peteisberg@aol.com 408/246-0737.
- January 8, February 5, March 5, (1st Sundays) 5:30-7:30 pm—**Dharma-Inspired Book Group**. IMC. Bring potluck to share and your thoughts and opinions about this month's dharma book to discuss. Contact Cindy Heyer for questions cyn@coastside.net 650/766-6395.
- January 15, February 19, March 19 (3rd Sundays), 5:30-7:30 pm—**Fiction/NonFiction Book Group**. We share our unique views of the world in lively discussions of our current book choice. We rotate our meetings at members' homes. If we have enough attendance, we will have a North and South Bay meeting place. Contact Karen Brown karenb@sbcglobal.net 408/984-4930 for information.
- January 20, February 17, March 17—**Friday Night Outings to the Movies**. Bill Roberts, Billyblacksmith@yahoo.com.
- February 3, Friday, 7 to 9pm **Practice of Pool: Karma on Cue**—an evening of pool at a local poolhall. Audrey Guerin aeguerin@sbcglobal.net, 650/574-4053, Bill Roberts Billyblacksmith@yahoo.com.
- February 4, Saturday, 6:30 pm to 9 pm: **Nonattached Beings Mixer for Singles**, IMC. To join the team creating this event contact Pete Isberg 408/246-0737 peteisberg@aol.com.
- February 12, Sunday, 11:15 am-12:30pm—**Dharma Friends Steering Committee** planning meeting for April-June, 2006. IMC conference room. Anne Foster, 650/591-1285 annefoster2@earthlink.net.
- February 25, Saturday, 6-10 pm—**Princess Mononoke Film and Potluck**. Join us to view and discuss this thought-provok-

ing Japanese animation film. RSVP for location: Marianna Tubman taraihto@yahoo.com, 650/367-7325.

- March 4, Saturday, 9:30am-12:30, **Feldenkrais Awareness thru Movement Workshop**, IMC. Judy Windt, 650/328-4173 judywindt@cs.com, Phyllis Klein, pkgold@earthlink.net.
- March 31-April 2, Friday-Sunday, **Backpack Retreat** to Sam MacDonald Hiker's Hut. Jim Bronson, jbrons@aol.com, 650/856-1791.

RELATED SITTING GROUPS

COASTSIDE VIPASSANA MEDITATION GROUP

Meets Wednesdays in Montara, 7:30 to 9 pm. For information and location www.CoastsideVipassana.org.

NEW! INSIGHT MEDITATION IN MOUNTAIN VIEW

Tuesdays, 7:30 to 9 pm, with Shaila Catherine St. Timothy's Episcopal Church, 2094 Grant Rd, Mtn. View. www.bodhi-retreats.org, or keithandfiona@sbcglobal.net.

- **Opening Celebration** - Jan 3, 7 to 9:30 pm
- **Intro to Mindfulness** - 5 Thursdays, Feb 9 - Mar 16, 7- 9 pm
- **Saturday Retreat** - Jan 21, 9:30 - 3 pm - **Dynamics of Emotion**
- **Saturday Retreat** - Feb 18, 9:30 to 3pm - **Loving-Kindness**
- **Saturday Retreat** - Mar 11, 9:30 to 3pm - **Compassion**

OAKLAND DROP-IN MEDITATION GROUP

Mondays: instruction 5:15 pm; meditation/discussion 5:30 to 6:30 pm. First Monday each month: presentation at 6 pm, then discussion. Unitarian Church, 14th and Castro, downtown Oakland. Contact Rebecca Dixon 510/482-2032.

PALO ALTO DROP-IN MINDFULNESS GROUP

Wednesdays 2 to 3 pm with Julie Forbes 650/323-2601 At Avenidas, 450 Bryant St., Palo Alto. Meets in the Garden Room. For information at Avenidas call 650/326-5362.

SAN JOSE SANGHA

1041 Morse Street, San Jose. Contact Berget, 408/255-2783 bbjelane@gmail.com. Website: www.geocities.com/sjsangha

- **Wednesday Evening Sitting & Discussion**, 7:30 to 9 pm
- **Beginning Meditation Instruction**: 1st Wednesday of month 6:15 to 7:15 pm.
- **Introductory Course in Vipassana Meditation and Basic Principles of Buddhist Practice**, 6 Monday evenings, March 6-April 10, 7:30 to 9 pm.
- **Saturday Practice Day**, April 8, 9:30am - 2:30pm. with Berget.

LOCAL BUDDHIST PEACE FELLOWSHIP CHAPTER

This group is composed of participants from different Buddhist groups. For information contact: Catherine Byers cbyers47@yahoo.com 650/306-9264.