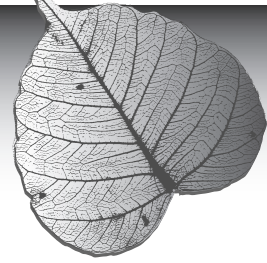


Insight



JULY, AUGUST, SEPTEMBER 2006

VOLUME 9, NUMBER 3

The Perfection of Truth

Without a commitment to truth there is no Buddhist path. Dharma is a synonym for truth and Dharma practice is synonymous with living a life of truth. In Buddhist mythology, it is said that, in his many lifetimes of training, the Buddha-to-be never lied. While there are stories in which he transgressed other ethical precepts, his dedication to truthfulness was unwavering.

One of the primary characteristics of psychologically or spiritually mature people is that they never lie to themselves. Being honest with oneself is a prerequisite to personal growth and a genuine liberation of the heart. This is so important that we can safely say, as an absolute truth in Buddhist practice, that deceiving oneself is never acceptable. Serious practitioners strive to be impeccably honest with themselves.

Truth brings inner peace by overcoming the conflicts and turmoil we carry within our own minds. Truth can bring an inner security that frees us from neurotically defending, apologizing for, hating, or hiding ourselves from ourselves. Truth can also help overcome conflict between people, as we have seen with the profound work done by South Africa's Truth and Reconciliation Commission.

Truth is not the same as facts. Facts alone carry no power whereas truth does. Mahatma Gandhi expressed this in coining the term *satyagraha* or "the power of truth." (Inspired by Gandhi, Martin Luther King translated truth as "soul," and *satyagraha* became "Soul Power" in the American civil rights movement of the 1950's and 60's.)

A variety of forces come together to give truth its power. One is the force of inner purity and calm that can only be found in truth and honesty. Another is the confidence that comes with knowing what is true. Yet another is the strength of the good intentions that stand behind speaking the truth. Still another is the way that truth makes reconciliation and forgiveness possible. And finally there is the impact of the many beautiful qualities of heart released when truth helps liberate us from fear, hatred, or greed.

One place we see the power of truth is in AA and other twelve-step groups. AA may have saved more lives than any other spiritual tradition in our modern times. It insists that alcoholics tell the truth. By admitting their powerlessness over the addiction and making a careful moral inventory, alcoholics learn how to use the truth to release themselves from their compulsions.

Buddhism also uses truth as a way to find release from clinging and the suffering that ensues. The Four Noble Truths are not meant to be truths in the sense of a creed that a Buddhist must believe. They are pragmatic truths much like how it is true that if you cut yourself deeply with a knife, you will hurt and if you keep the wound clean, you promote its healing. The Four Noble Truths is the Buddha's way of saying that, if you cling or grasp to anything, you will suffer; if you let go of that clinging, that suffering will end. The Four Noble Truths have no value in the abstract. They are verified through direct experience, by discovering how to be directly honest about our suffering and its causes.

The need for personal honesty is the reason that Buddhist practice depends on mindfulness. Mindfulness is sometimes defined as the practice of being honest about what is happening in the present moment. The awesome freedom and profound peace toward which the Buddhist path moves has nothing to do with how much we know, whom we know, how rich, smart, or beautiful we are, or who admires or even loves us. Rather, this path has everything to do with telling ourselves the truth and, in doing so, becoming a true person.

Through mindfulness we discover a truth that is deeper than beliefs. These truths will transform our character, our deepest sense of being. What we say and do comes to be in harmony with who we are. If we don't become someone who is true, we have no peace nor freedom. When our life is firmly based on truth, peace is not something we have—it is who we are.

—Gil Fronsdal

Sangha Programs & News

SEARCH FOR RESIDENTIAL RETREAT CENTER

From the inception of IMC it has been our aspiration to purchase property which could serve as a small residential retreat center. Almost dormant for many years, this dream has now been reawakened and placed within reach by a very generous, two million dollar donation for this purpose.

To add to our delight, many people at IMC have stepped forward to help with the many aspects of this project. Much of the necessary planning is already underway. A search committee is in place and we have started working with a realtor to locate potential sites.

In order to fulfill our dream, we will need additional help from many more people. As we search for sites, it would be particularly helpful if people inform our search committee about any potential sites they might know about. Our site and permit needs for a retreat center are quite specific and require finding a fairly unique property. Additional financial support will also be very helpful, especially due to the high real estate prices on the Peninsula.

It is quite exciting to imagine a retreat center of our own. It will provide a wonderful complement to our offerings at IMC. The opportunity to dedicate a period of time to intensive practice is one of the most precious aspects of our tradition. It is heartwarming to imagine how having our own retreat center will make this opportunity an integral and regular part of what we offer.

- We are hoping to find either land we can build on or a building we can adapt that is within a 15 to 20-minute radius of IMC. Ideally, the property would be at least half an acre in a quiet neighborhood and have space for 25 retreatants (an 8,000 sq. ft. building).
- We have created an additional website: www.insightretreatcenter.org where details and updates on our progress will be posted.
- Anyone with leads on potential properties, please contact Susan Ezequelle, who is spearheading the search. Susan was integral in the search for IMC's current home. Please contact her at susanjanus@comcast.net or 650/592-0324.
- Anyone who has expertise to share, or has any questions, please contact IMC's Managing Director, Ines Freedman, inesfreed@gmail.com or 408/732-7535.
- Please send any donations to IMC, 1205 Hopkins Ave, Redwood City, CA 94062. Please mark "Insight Retreat Center" on your check memo.

DHARMA FRIENDS

When I first started coming to sittings at IMC, I found it hard to motivate myself to face rush-hour traffic or lousy weather to sit in a room filled with anonymous faces, my eyes shut in meditation. Why, I could do that at home! What was missing was a sense of community. So, I got together with others who felt the same way and we began to organize social activities under the name of Dharma Friends. Now, when I enter the meditation hall, I see people I recognize. I am inspired knowing that they, like me, are here working with the joys and sorrows of their lives. I look forward to meditating with these people who are now my spiritual community, my network of spiritual friends.

Dharma Friends organizes regular events, such as book groups, film outings, hikes, and singles' brunches, as well as occasional events, including our winter solstice celebration and last year's sangha art exhibit.

What are Dharma Friends' events like? I have experienced everything from inspired dharma discussions that transformed the ordinary activity into something extraordinary to feeling exasperated because my companions were not behaving as I would like! This, I believe, is the other aspect of spiritual friendships. Dharma Friends events can provide an opportunity for us to take the wisdom and self-understanding gleaned from our solitary meditation and bring that to our interactions with other people.

In his article "Spiritual Friendship", Ajahn Amaro, co-abbot of Abhayagiri Forest Monastery writes, "Through getting to know those who delight in the Buddha's teachings we create a connection with them; we establish a support system. This is *kalyana mitta*, the network of spiritual friendship. It is our ability to strengthen and affirm our qualities of inner beauty, of kindness and generosity, and to encourage those in others—that's what enables human beings to live in a wholesome and profitable way."

So, I invite you to check out Dharma Friends events listed in this newsletter, where you will find many opportunities to expand your own network of spiritual friendships. You're also welcome to join our quarterly steering committee meetings and help us put together future Dharma Friends events.

—Anne Foster

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

DHARMA BOOK GROUP

Do you like reading and talking about the dharma among friends with diverse perspectives? That's what the Dharma-inspired book group is all about.

When the group first considered reading the *Dhammapada*, some of us were excited. One member said, "I'm always interested in ancient texts, in going back to the source—the core—to find what's as authentic as possible without interpretations." Others of us felt a little trepidation, thinking it might be too difficult to tackle without a teacher. But we were surprised. "I discovered that the canon is far easier to understand than I expected," said another member, "It isn't archaic like I thought it would be." In fact, many of us found it to be delightfully fresh and current.

Some people like the structure that the book group provides. One person said simply, "Being in this group gets me to read the *suttas*." Another said, "I could read at home, but I like to come to the group to hear what others see [in the reading]. There's so much here that's a springboard for discussion—a guide for daily living, relationships, concepts of self, personal growth."

For some of us, reading together has helped develop friendships within the sangha and deepened the sense of a practicing community. One member said, "The group is so friendly. I like hearing the questions, personal experiences, and examples of other people." Another said, "Hearing other people's perspectives enlarges my view, broadens it out, gives it depth and breadth, and I think even helps me to see more clearly." And one person summed it up perfectly: "The more I read, the more I want to read."

For more information, contact Cindy Heyer, cyn@coastside.net, 650/766-6395.

BUDDHIST SPIRITUAL CARE SYMPOSIUM AT IMC

Saturday, October 7, 2006, 8am to 4:30pm. Vegetarian lunch included.

We welcome Buddhist chaplains, both volunteer and professional, for a day of learning and community building. Morning sessions will be geared to the following areas of chaplaincy: hospital and hospice; prison and criminal justice; community and sangha.

We also have two special events: a morning dharma talk on "The Conceit of the Chaplain," by Chap. Mikel Ryuho Monnett (BCC, M.A.), a member of the Zen Peacemaker Order and the Karma Kagyu lineage of Tibetan Buddhism and currently the Heart Services Anchor Chaplain at Barnes-Jewish Hospital at Washington University Medical Center in St. Louis, Missouri.

Our afternoon workshop is "Spiritual Care with Angry Persons"—a Tibetan Buddhist chaplain and a Protestant Christian chaplain will reflect with participants about their respective traditions' teachings on anger and explore strategies, rooted in their faiths, to help patients and their loved ones in facing their anger to benefit their healing and wholeness. This is led by Peter Yichi Clark, PhD, BCC, American Baptist GTU, Berkeley, and Carlyle J. Coash, MA, BCC, Hospice, Kaiser Permanente-Walnut Creek. Carlyle was also recently elected to chair the chaplains group of the National Association of Hospice and Palliative Care Organizations. Please go to www.buddhistchaplainsnetwork.org for more information, a schedule, and registration form, or contact Bill Hart at 415/567-9823 or Lori Hefner at 925/262-4250.

SECOND HARVEST FOOD BARREL

Practice generosity by bringing your donations of canned goods and other non-perishable food items to IMC. Remove items from their paper bags and put them inside the Second Harvest food barrel. When it's full, place items next to it.

VOLUNTEERS

All the work that keeps IMC running smoothly is done by volunteers. Volunteering is an opportunity to participate at IMC and to meet other sangha members. If you would like to support our center by donating your time and skills, please fill out a form on the literature table. Contact Audrey Guerin 650/574-4053, aeguerin@sbcglobal.net.

DHARMA TALKS

Recordings of dharma talks by Gil Fronsdal and many of our guest speakers are available to listen to or download at www.audiodharma.org. You can also borrow audio tapes from our tape library, located in the Library. Please return tapes within 2 weeks. To request that a tape be made of a particular talk, contact Mike Kupfer at m.kupfer@acm.org (preferred) or 650/591-1285.

TEMPLE CLEANING AND SANGHA GARDENING

As part of integrating practice in daily life, we encourage you to participate in our semi-monthly "temple cleaning." Spend 15 minutes mindfully keeping our center clean inside and out; after the Sunday dharma talk on the first and third Sundays of the month, 11 to 11:15 a.m.

IMC does not have a janitorial service or any other paid staff. All cleaning and groundskeeping is done by our dedicated volunteers. Please treat IMC as your own home. If you see something that needs care and you are able to take care of it, please do. If not, let us know what's needed. info@insightmeditationcenter.org.

Insight Meditation Center

1205 Hopkins Ave.

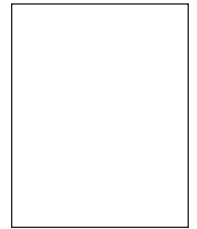
Redwood City, CA 94062

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@earthlink.net.

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.



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.

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

July thru September 2006

WEEKLY MEDITATION AND TALKS

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.

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.

MEDITATION INSTRUCTION

BASIC MEDITATION INSTRUCTION

- 1st Monday evening of each month, 6:15 to 7:15 pm prior to the 7:30 pm sitting and talk.
- Every Thursday evening 6:15 to 7:15 pm, prior to the 7:30 pm 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 Tuesday evenings - July 11 to August 8, 7:30 to 9 pm, with Andrea Fella.
- 5 Wednesday evenings - September 27 to October 25, 7:30 to 9 pm, with Gil Fronsdal.

RETREATS

DHARMA PRACTICE DAYS WITH GIL FRONSDAL

Meditation, Teachings and Discussions. Bring lunch.

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

- July 14 - Four Noble Truths
- September 8 - Right View (begins Eightfold Path series)
- October 6 - Right Intention

HALF-DAY RETREATS

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

- July 12 with Gil Fronsdal
- July 26 with Richard Shankman
- September 6 with Richard Shankman
- September 27 with Gil Fronsdal

Silent sitting & walking meditation ending with a short talk.

Interviews available. You may 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)

ONE-DAY MEDITATION RETREATS

Silent retreat. Sitting & walking meditation, dharma talk.

Bring lunch.

- Saturday, July 1, 9 am to 4:30 pm, **Daylong Retreat** with Andrea Fella
- Saturday, August 12, 9 am to 4:30 pm, **Metta Daylong Retreat** with Andrea Fella
- Saturday, September 30, 8:30 am to 5 pm, **Daylong Retreat** with Gil Fronsdal. No instruction—previous experience recommended; interviews with Gil available.
- Saturday, October 21, 9 am to 4:30 pm, **Daylong Retreat** with Gil Fronsdal.

RESIDENTIAL RETREATS

IMC-SPONSORED RETREATS

There is no cost for IMC retreats. Donations welcome.

- August 25 - 27 with Donald Rothberg at **Jikoji Retreat Center** in Los Gatos. Contact Curt Smith, registrar06jikoji@mac.com, 408/842-0988.
- September 10 - 24 with Gil Fronsdal at **Hidden Villa**. Contact Laura Crabb, lauracrabb2@earthlink.net, 408/380-3002, X80. Pre-requisite: one 10-day retreat.
- October 20 - 22 with Andrea Fella and Richard Shankman at **Hidden Villa** in Los Altos Hills. Contact Bess Touma etouma@comcast.net, 650/712-0773.

SPIRIT ROCK-SPONSORED RETREATS WITH GIL FRONSDAL

- August 4 - 13 at **Vajrapani** with Gil Fronsdal, Mary Orr, and Richard Shankman, 415/488-0164, X371.
- December 13 - 17 at **Spirit Rock** with Gil Fronsdal, Mary Orr, Howard Cohn, 415/488-0164, X375.
- December 27 - January 6 at **Spirit Rock** with Gil Fronsdal, John Travis, Sharda Rogell, Janice Clarfield, Adrienne Ross. 415/488-0164, X377.

YOGA

Suitable for all levels. Please bring a large towel and sticky mat, if you have one. Taught by Terry Lesser.

MONDAY EVENING YOGA

6:30 to 7:15 pm. Join us for yoga before evening meditation.

THURSDAY MORNING YOGA AND SITTING MEDITATION

8 to 10:15 am. Suitable for all levels.

MORNING OF YOGA AND SITTING MEDITATION

Saturday, September 16, 9 am to 12:30 pm.

FAMILY PROGRAM

MONTHLY FAMILY PROGRAM

Last Sunday of every month, 11:30 am to 1:30 pm. Join sangha members ages 4 to 13 for meditation, songs, and activities. The group will be divided into three age-appropriate groups: 4 to 7, 8 to 10, and 11 to 13. Parents are welcome to join the activities or take the time for meditation. Contact Amy Saltzman 650/326-0701 thesaltzmans@comcast.net.

- 6/25 Four Boundless States, Introduction
- 7/26 Spirit Rock Family Program field trip
- 7/30 (No Family Program)
- 8/27 Four Boundless States: Lovingkindness & Compassion
- 9/24 Four Boundless States: Sympathetic Joy & Equanimity

SPECIAL EVENTS

HOUSEHOLDER RETREAT: *An Integrated Practice Retreat*

June 25 to July 1, Sunday to Saturday. With Andrea Fella. Integrating practice into our daily lives can be difficult and many of us need support for this challenging but rewarding aspect. We will integrate formal practice and Dharma discussion with our daily life by surrounding our usual workweek and workdays with practice and discussion. The retreat will begin with a half-day retreat with instructions and discussion on Sunday, and end with a daylong retreat on the following Saturday. We will meet each morning and evening to inspire, encourage and support our daily life practice. You may participate in any part of the program.

- Sunday 6/25, 1:30 to 5 pm, **Afternoon Retreat**
- Monday - Friday mornings 6/26 - 6/30, 8 to 9 am
- Monday - Friday evenings 6/26 - 6/30, 7:30 to 9 pm (Monday & Thursday we will integrate with the usual sitting program)
- Saturday 7/1, 9 am to 4:30 pm, **Daylong Retreat**

THE FIVE HINDRANCES WITH RICHARD SHANKMAN

4 Tuesday Mornings, July 11 to August 1, 10 to 11:30 am. The Five Hindrances are the major obstacles to meditation and liberating insight. They are sensual desire or greed, aversion or ill-will, sloth and torpor, restlessness, and doubt.

THE FOUR FOUNDATIONS OF MINDFULNESS

The series began in 2005, but you may attend any part.

- **Dharma Practice Days** with Gil Fronsdal—Friday, July 14, 9:30 am-3:30 pm, *The Four Noble Truths*.
- **Discussion Group** with Gil Fronsdal—Wednesday, July 19, 9-11 am, *The Four Noble Truths*.
- **Study Group** with Ines Freedman & Tony Bernhard, based on *Satipatthana: The Direct Path to Realization*, by Analayo. Fridays, 6/23 & 7/28, 10 am-12 pm. For current reading, contact Ines inesfreed@gmail.com 408/732-7535.

MINDFUL EATING: *Working with Cravings, Compulsions & the Inner Critic* with Ronna Kabatznick

- 3 Wednesday evenings, July 12 to 26, 7:30 to 9 pm
- Saturday, July 29, 9:30 am to 4 pm—Bring a **vegetarian** dish or beverages to share for a potluck **Mindful Buffet**.

Mindful Eating is paying attention, with nonjudgmental awareness, to what and how we are eating; it helps ensure that we receive accurate signals from our mind and body about hunger and satiety. Cravings, compulsions and the inner critic typically sever this connection. We will practice meditation to stabilize our hearts and minds and focus on developing, practicing, and maintaining mindful eating skills at home, in the homes of friends and in restaurants.

Ronna Kabatznick is a psychologist who has practiced meditation since 1985; she works with people suffering from depression-related issues, anxiety and compulsive eating, and the author of *The Zen of Eating: Ancient Answers to Modern Weight Problems*. Ronna recently returned from a two year meditation retreat in Thailand.

BROADENING THE FIELD OF MINDFULNESS

3 Thursdays, July 20 to August 3, 7:30 to 9 pm, with Shaila Catherine. This series will expand the practice of mindfulness beyond traditional breath techniques taught in beginning meditation courses. The Buddhist tradition includes a range of practices that can augment or replace mindfulness of breathing as a primary approach to mindfulness. Techniques emphasizing body awareness, touch points, hearing and seeing, and a dynamic engagement with meditative energies will be introduced.

OPENING THE HEART WITH CHANTING

Saturday, July 29, 7:30 to 9 pm, with Sita Jamieson. An evening of chanting in the Buddhist and Hindu traditions. Simple chants will be taught so that all can participate.

Sita has been chanting in different venues for the past 17 years. She started in the Hindu tradition of kirtan and then expanded out to all traditions. She is a disciple of Neem Karoli Baba and has performed with Krishna Das, Ram Dass, and Baghavan Das. A native of Ireland, she feels that her voice comes out of her Celtic roots; it's powerful resonance harkens to an ancient, earthy form of song.

THE FIVE HINDRANCES - THURSDAY SERIES

5 Thursday Evenings, August 17 - September 14, 7:30 to 9 pm. The 5 Hindrances are the major obstacles to meditation and liberating insight. They are sensual desire or greed, aversion or ill-will, sloth and torpor, restlessness, and doubt.

- 8/17 **Desire** with Bill Hart
- 8/24 **Aversion** with Bruce Freedman
- 8/31 **Sloth & Torpor** with Ines Freedman
- 9/7 **Restlessness** with Jim Bronson
- 9/14 **Doubt** with Maria Straatman

RELATIONSHIPS AND THE EIGHTFOLD PATH

Saturday, August 19, 9:30 am to 4:30 pm. A day of meditation, teachings, and discussion with Daniel Bowling, Jim Bronson, Rebecca Dixon, and Ines Freedman.

Our primary relationships can be both a source of great joy and also a place where our attachments and the unhappiness they cause become most obvious. This day will explore how we can apply the **Noble Eightfold Path** in our closest relationships. It's not necessary that you are currently in a relationship or that both you and your partner are practicing meditators, rather that you share a commitment to greater happiness and freedom.

DHARMA STUDY PROGRAM

The Noble Eightfold Path with Gil Fronsdal

A year-long program centered around the Friday Dharma Practice Days, beginning September 8, and focused on the development of the **Noble Eightfold Path** in the fullness of our lives. The Dharma Practice Days for this program will be on the following Fridays, from 9:30 am to 3:30 pm—**2006:** 9/8, 10/6, 11/3, 12/1, **2007:** 1/19, 4/20, 5/18, 6/8.

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.

FULL MOON GATHERINGS FOR WOMEN

Friday, September 8, 7 to 9 pm

Women in our sangha come together for meditation, movement, moon-gazing, creativity and discussion. We are making art together, in the form of creating a quilt and other projects. All aptitudes/interests eagerly welcomed. RSVP to Cheryll Gasner, 650/969-5793, cheryll.gasner@sbcglobal.net.

WORKING WITH PAIN IN MEDITATION & DAILY LIFE

2 Wednesdays, September 13 & 20, 7:30 to 9 pm with Ines Freedman. We will explore different methods of working with the physical, emotional, and cognitive aspects of physical pain both in meditation practice and in daily life. For questions, contact Ines inesfreed@gmail.com.

BUDDHIST CHAPLAINCY TRAINING PROGRAM

One Friday a month, September 2006 - July 2007. Taught by Jennifer Block, Gil Fronsdal, Paul Haller, and guest teachers. The Sati Center for Buddhist Studies is offering a year-long training in Buddhist chaplaincy and spiritual care-giving. The training is oriented to Buddhist practitioners with at least four years of committed practice. Its aim is to provide a strong foundation in Buddhist chaplaincy for volunteer chaplains, those who are working toward being professional chaplains, and for people serving the pastoral needs of their local sanghas. www.sati.org, email karuna@sati.org 415/646-0530.

TEACHINGS FROM THE FOREST: THE LIFE AND TEACHINGS OF BUDDHADASA BHIKKHU

Saturday, October 14, 9 am to 4:30 pm. Taught by Santikaro. Ajahn Buddhadasa was one of the most influential Buddhist teachers in Thai history. As a forest monk he taught Buddhism as a practice of close alignment with the natural world. In this commemoration of his 100th birthday, we will review his most significant contributions, the controversies that surrounded him, and how his teachings and social activism are relevant today.

BUDDHIST PASTORAL COUNSELING

Saturday, November 11, 9am to 5pm. Taught by Steve Stuckey. Presented by the Sati Center. To pre-register (preferred), www.sati.org or 415/646-0530.

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.

- July 2, August 6. **First Sunday Singles' Brunch**. Meet by

SCHEDULE pg. 4

kitchen at IMC at 11:15am, or Joy Meadow at 11:30, 701 El Camino Real, RWC. *Note: September 3 we will join the Vegetarian Cooking event instead of brunch (see below).* Carol Ann Wegenast CarolAnn123@sbcglobal.net 650/365-8804.

- July 2, August 6, September 3 (1st Sundays), 5:30 - 7:30 pm. **Dharma-Inspired Book Group.** Meet at IMC. Share potluck & your thoughts & opinions about this month's dharma book. Which book? Ask Cindy at cyn@coastside.net, 650/766-6395.
- July 15, Saturday, 3 - 6pm. **Creating Wearable Gifts of Compassion.** Get together with others interested in starting a group to create handmade shawls, blankets, hats etc. for donation. Discuss the spiritual aspects of knitting & other crafts. Bring a current project or idea or just an interest in learning. Men and women encouraged to participate. IMC. Marianna Tubman, 650/367-7325 taraihito@yahoo.com.
- July 16, August 20, September 17 (3rd Sundays), 5:30 - 7:30 pm—**North Bay Fiction/NonFiction Book Group.** We meet at the home of a member, usually in Menlo Park. All book lovers welcome. RSVP to Ursula Berg at bergu@earthlink.net.
- July 16, August 20, September 17 (3rd Sundays), 5:30 - 7:30 pm. **South Bay Fiction/NonFiction Book Group.** We meet at the home of a member. Lively book discussions integrating our read of the book and our own unique Buddhist views of the world. Email to confirm date and location. For info: Karen Brown, karenb@sbcglobal.net.
- July 21, August 18, September 22. **Friday Night Outings to the Movies.** Bill Roberts, Billyblacksmith@yahoo.com.
- July 23, Sunday 11am - 1 pm. **Blood Drive**—an opportunity to practice generosity! IMC parking lot. To reserve a time slot, contact Bill Roberts, Billyblacksmith@yahoo.com.
- August 13, Sunday, 11:15 am - 12:30 pm. **Dharma Friends Steering Committee** planning meeting for October-December, 2006. IMC conference room. Come join us! Anne Foster, annefoster2@earthlink.net, 650/591-1285.
- September 3 and 17, Sundays, 12 - 2:30 pm. **Vegetarian Cooking** with Surja Tjahaja. IMC. RSVP Dianne Tatro, DiTatro@aol.com 650/595-4260.
- September 9, Saturday, 8 am—**Hike/Wade at Henry W Coe State Park.** 6-8 miles moderately level. Start from the Coyote Creek entrance near Gilroy Hot Springs. Enjoy a special treat by walking IN the creek for a portion of the route. Carpool leaves from IMC at 8 am. Marianna Tubman, taraihito@yahoo.com, 650/367-7325.
- September 23, Saturday, 9:30am-12:30pm. **Creating Art As a Process of Inquiry.** Come and playfully let drawings and collages emerge. No previous art-making experience is necessary. IMC. RSVP Ryl Brock Wilson 650-241-4158, ryl@ArtAsAccess.com.

RELATED SITTING GROUPS

COASTSIDE VIPASSANA MEDITATION GROUP

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

INSIGHT MEDITATION SOUTH BAY with Shaila Catherine

Mountain View: 2094 Grant Rd. www.imsb.org, keithandfiona@sbcglobal.net. Guest teachers as indicated.

- Tuesdays, 7:30 to 9 pm, weekly **Sitting and Talk**
- 6 Tuesdays July 11 - August 15, 7:30 to 9 pm, **Concentration & the 5 Jhanic Factors**
- July 15, 9:30 - 4 pm, **Cultivating Concentration Retreat**
- August 19, 9:30 - 4pm, **Insight Meditation**, co-taught with Christopher Titmuss
- September 9, 9:30 - 4pm, **Dynamics of Emotions**

Campbell: 3803 S. Bascom, Suite 200

- July 23, 9:30 - 4 pm, **Meditation & Alexander Technique**
- August 6, 9:30 - 4 pm, **Mindfulness of Speech**
- Sept. 17, 9:30 - 4 pm, **Meditation & Tai Chi**

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 & Teaching**, 7:30 to 9 pm
- **Beginning Meditation Instruction:** 1st Wednesday of month 6:15 to 7:15 pm
- **Intro to Meditation & Basic Buddhist Practice**, 6 weeks from Sept 11 to Oct 16, 7:30 to 9 pm. With Berget.
- **Daylong Retreat**, Saturday, September 23, 9 am - 4:30 pm. Appropriate for beginners or experienced meditators. Unitarian Church in San Jose. With Berget.
- **Psychotherapy & Meditation**, 4 Wednesdays, October 4 - 25, 6:15 to 7:15 pm. An experiential class working with life issues through the perspective and practice of the dharma. Meditation and discussion. With Berget.
- **Saturday Practice Day**, October 14, 9am - 2:30pm. Part of **Intro to Meditation** series above. At 1041 Morse.