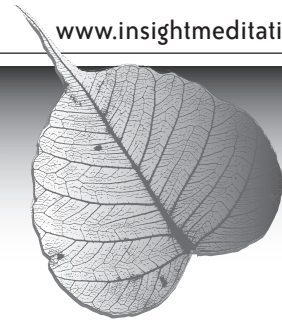


Insight



JULY, AUGUST, SEPTEMBER 2007

VOLUME 10, NUMBER 3

Nibbana

Nibbana is the ultimate good news of Theravada Buddhism: it means complete liberation. Naturally, people want to know about the nature of *nibbana*, but from the Theravada standpoint, knowing how a person is transformed in attaining *nibbana* is more important than understanding what it is.

When a person is thirsty, what is important about water is not its chemical properties, but that it quenches thirst. Similarly, for someone who is suffering, what is important about *nibbana* is not so much its nature, but that its attainment extinguishes suffering.

Nirvana (Sanskrit) and *Nibbana* (Pali, the language of the earliest Buddhist texts) literally mean “to go out”—like a fire—and “to cool.” Applied to the mind, this refers to extinguishing the fevers of greed, hate, and delusion, the three roots of suffering. The Buddha’s choice of this term was intimately tied to the imagery of his famous Fire Sermon. Here he said: “Everything is on fire; the eyes are on fire; sights are on fire; visual perception is on fire...; the ears are on fire...; the nose is on fire...; the tongue is on fire...; the body is on fire...; the mind is on fire... . They are on fire with greed, hate, and delusion”.

In the language of the Buddha, the word for fuel and for clinging is the same: *upadana*. The Buddha understood that suffering arises from and is fueled by clinging. When the fuel is removed, suffering is extinguished. By understanding how deep-rooted and subtle clinging is in our own unliberated minds, we come to appreciate the mind of *nibbana* as refreshingly cool and peaceful.

Nibbana is the end of *samsara*. Contrary to a popular misunderstanding, neither *nibbana* nor *samsara* is a place. In attaining *nibbana* we don’t escape from one location to another. For the Buddha, *samsara* is the process by which clinging gives rise to suffering which, in turn, gives rise to further clinging. He understood that this self-perpetuating process continues over lifetimes as the “fuel” for rebirth, just as the fire from one burning house is carried to a neighboring house by the wind. *Nibbana* is what is realized when the clinging of greed, hate, and delusion is brought to an end.

Some later Buddhist traditions equate *nirvana* and *samsara*. However, they likely attribute very different meanings to these words than those understood by the earliest Buddhist tradition. In Theravada teachings, *samsara* cannot be *nibbana* any more than a clenched fist can be an open hand, any more than burning ember

in your fist can be the same as letting it go. For the Buddha, *nibbana* had quite positive associations—after all, it is a metaphor for ultimate freedom and awakening. At times he used other metaphors to describe this state: “the blissful, the secure, the pure, the island, the shelter, the harbor, the refuge, the ultimate.”

Other, more perplexing, synonyms include “the unconstructed, the ageless, the deathless, the featureless.” These refer to the idea that *nibbana* does not exist as something that can be made, shaped, or willed. It is not a “ground of being” from which anything subject to death can arise. Although there is a consciousness, “featureless, infinite, and luminous all around,” that is associated with *nibbana*, it is not dependent on the conditioned world. Nor does it produce the conditioned world. Rather, it is a dimension of consciousness totally independent of circumstances in the world or in one’s personal life. Because *nibbana* is independent, people who fully realize it are said to be “unestablished”—in other words, free from any clinging that would confine their consciousness to any point in space or time.

Experiencing *nibbana* is like taking a dip in a refreshing pond. With a quick dip, we are slightly refreshed. With a long soak, we are thoroughly refreshed. Even the first, brief dip into *nibbana* is a powerful lesson in the possibility of great happiness, freedom, and peace not dependent on the conditions of the world. As long as someone believes happiness can only be found through the right conditions, it makes sense to cling to those conditions—even when knowing full well that all conditioned phenomena are subject to change. But when there is a direct, visceral experience of an alternative, the enchantment that fuels this clinging lessens dramatically.

The function of attaining *nibbana* is to reduce and finally end all clinging. In Theravada Buddhism, the desire to walk the path to *nibbana* has an honored place. Once that desire is fulfilled, it naturally subsides and the mind clings to nothing, not even to *nibbana* itself.

Walking the path toward the complete ending of clinging and suffering is the noblest thing a person can do. It opens the fist of the mind, and allows a person to walk in the world with gift-bestowing hands.

—Gil Fronsdal

SANGHA PROGRAMS & NEWS

NEIGHBORHOOD GROUPS FOSTER COMMUNITY

From February through June, small groups of Sangha members have been meeting monthly in the homes of neighborhood hosts around the peninsula to discuss their dharma practice. Each month the discussion is focused on a practice topic such as motivations, relationships, work or emotions. In the words of one participant, "It has been an illuminating experience to be able to go in depth with a few other members and share our reactions and feelings on many subjects. It has helped create the feeling of community." Some groups may elect to continue beyond June and may have room for new members. Because the groups are small and meet in private homes, they work best when members make a serious commitment to attend regularly. If you are interested in joining a group, email Chris Clifford, ctclifford@sbcglobal.net (preferred) or 650/793-5795.

A DAY FOR BEGINNERS' MINDS

The 5-week Introduction to Mindfulness series that is periodically offered at IMC is growing in popularity. We are now holding a daylong retreat for beginners at the conclusion of most 5-week sessions. One was held on May 26th, and the next will be on August 18th (see the Calendar). All are welcome, especially those with beginner's mind.

INQUIRING MIND

Inquiring Mind is a free semiannual Buddhist Journal, with insightful dharma-inspired articles by renowned Buddhist teachers. It has been of great value to many practitioners.

Just as we are at IMC, Inquiring Mind is donation-supported. Twice yearly, they send us bulk copies of the journal, which we make available at IMC. They have recently informed us that it is more costly to mail them in bulk than individually, and have asked that each of you who is interested subscribe individually (which is free), and if possible, to send a donation. Please visit www.inquiringmind.com for details on subscribing and for information on their upcoming online auction (7/14–7/29).

VISITING TEACHER: HEATHER MARTIN

From June 21st to July 12th, Heather Martin will serve as our guest teacher, leading all the regularly scheduled events as well as a daylong retreat on July 7. Heather has practiced different forms of meditation for over thirty years. Her early practice was under the guidance of S.N. Goenka, and she has since been influenced by both Burmese and Thai streams of Theravada. She was trained by Jack Kornfield and teaches at Spirit Rock, in the Pacific Northwest and in Canada. She worked for twenty years as a midwife, and lives on Salt Spring Island, British Columbia. Please welcome her to IMC and feel free to introduce yourself.

THE DHARMA OF SERVICE

To volunteer means "to enter into service without compensation," but that is only true in the material sense. Although there is no payment or material reward for volunteering at IMC, there are innumerable rewards in doing so—the opportunity to practice generosity for one, but also to practice patience, tolerance, compassion and understanding should the need arise (as it most assuredly will). Being a volunteer at IMC may not offer more opportunities for practice than any other activity or relationship in our daily lives, but it does offer a context that will serve to keep us more attentive to our actions and speech. If I can practice with a heightened awareness in my dealings at IMC, then why not in every aspect of my life?

For me, the greatest personal reward in volunteering has been to be a participant. To participate, according to the dictionary, means "to have or take part in an activity or enterprise with others". But I like to think that to participate means that I am a part of something, in this case a part of our sangha and the IMC community in particular. I am thankful for this opportunity to be involved, to be a participant at IMC, to volunteer and to serve. And above all, to practice.

The practice of generosity is the foundation of a new year-long series being offered at IMC called *The Dharma of Service*. It began in April and continues monthly over the next year. The first session was well-attended, and afforded IMC participants the opportunity to share their motivations and intentions in serving our community. Future meetings will explore other aspects of volunteering. Dates for these meetings can be found on the Calendar.

—Elena Silverman, IMC Board President

THANKING INES

On July 1st, Ines Freedman ends her volunteer position as Managing Director of IMC in order to spend the remainder of the year on retreat. In the five years that IMC has been in our Hopkins Avenue home, Ines has been central in most aspects of setting up our center. As we have grown she has expertly guided, organized and administered the innumerable details needed for everything to go as smoothly as it has. Many of the programs and practice opportunities offered at IMC were made possible by her administrative support. Many of the participants at IMC have been directly supported in their practice by the personal assistance Ines has provided. Much of what IMC has become is the result of her hard work and good heart. We bow down in deep gratitude and appreciation for her offerings. We are very fortunate to have received the benefits of Ines' wisdom and care. We send her our best wishes for her retreat and look forward to January when we might share in the fruits of her retreat time.

The managing director position was made to describe Ines' role at IMC. Instead of finding a new managing director, we have re-organized our volunteer structure so her responsibilities will

be divided up among a number of people. This new structure is an experiment. It might well take a few months before we figure out how to take care of all the things that Ines has been managing. If things don't go as smoothly as we have gotten used to, then we ask for your patience during this transition.

LEADERSHIP CHANGES AT IMC

IMC's new organizational structure now includes five Directors responsible for different areas of our organization, under the guidance of the IMC Board which is headed by our Board President, Elena Silverman. We'd like to welcome and thank our new directors for stepping up to these volunteer positions and guiding IMC through this transition.

- Communications Director: Cheryl Hylton cjhylton@earthlink.net
- Facilities Director: Bess Touma etouma@comcast.net
- Programs Director: Gil Fronsdal
- Sangha Care Director: Betsy Meehan betsyjm@pacbell.net
- Volunteer Director: Cate Beauheim catbeau@yahoo.com

RENOVATION UPDATE

We would like to thank Steve Johnson, who has been volunteering as our Building Super, and has now offered to take on the role of Project Manager for the much awaited next phase of IMC's renovation. The next step is to have architectural drawings made and then apply for permits and get bids. As we did with our last phase of renovation, we will do our best in working with "green" materials. If you are interested in helping out, please e-mail Steve at sjohnsonsprint65@earthlink.net, 650/368-7999.

COHO INTEREST GROUP CONTINUING TO EXPLORE

A number of us have come together to form an IMC Cohousing (Coho) Interest Group, with the intent of exploring the creation of a contemplative-based cohousing community on the mid-peninsula. We continue to explore the possibilities of both semi-rural and Redwood City area sites and welcome you to come aboard and get involved.

Ways to get involved:

- Monthly Study Group & Brown Bag Lunch: Attend our upcoming meetings at IMC on the following Sundays right after the dharma talk at 11:15 am—July 22, August 19. and on September 16 at 12:15 pm.
- Coho Bus Tour: Learn more by attending the upcoming Coho bus tour on August 18 where you will tour six of the Bay Area's most exciting Coho sites. Meet and chat with Coho community leaders. \$80 includes experienced, knowledgeable tour leaders, a delicious lunch, and bus transport. To register, email Simon Turkalj at sturkalj@mac.com.
- GoogleGroup: Read the latest from IMC's Coho Interest Group on our GoogleGroup, along with the 75 enrolled members. To join, email administrator Cate Beauheim, catbeau@yahoo.com.
- Book: Read *The Cohousing Handbook*, our group's study source book filled with coho information from healthy group communications & dynamics to getting it built. Reduced price copies (\$20) available at our meetings or at Kepler's for \$28.

REFLECTING ON HILDA WEISBERG

Hilda Weisberg, IMC sangha member, honored as an elder of our community, died at home on March 12th.

Hilda was born on June 28, 1950 in Lompoc, California, and her life took her to Virginia and upper New York before returning to California. She worked in Information Technology at Hewlett-Packard for 27 years. There she met and married Len. Following her retirement in 2000, she became a certified Life Coach.

In 2002, Hilda found her spiritual home at IMC where she quickly became an active, giving sangha member. When she was diagnosed with ALS in December 2005, her natural open-heartedness allowed her to receive with ease and gentleness while continuing to care for others. She dealt with her losses in a way that inspired all of us who shared her days and the gradual transformation of her body and her increasingly vibrant spirit.

Gil Fronsdal observed when honoring Hilda that she "entered into the heart of our community, grow[ing] in her wisdom, freedom, clarity, and compassion." Her father recalled, "Hilda has always been curious and friendly... [In childhood] she took me around the block and introduced me to every neighbor." Her stepfather Leonard added, "Hilda has been the light of my life..."

And Hilda offered her gratefulness to all of us, "Without you, my life would be like the sound of one hand clapping..."

We thank you Hilda.



Insight Meditation Center

1205 Hopkins Ave.

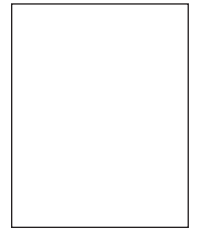
Redwood City, CA 94062

Website: www.insightmeditationcenter.org

Email: info@insightmeditationcenter.org

650/599-3456

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SECOND HARVEST FOOD BARREL

An opportunity to practice generosity— please bring your donations of canned goods and other non-perishable food items to IMC. Simply remove items from their paper bags and place them inside the Second Harvest food barrel, located in the community hall.

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.

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 tapes or CDs of some of our talks from our library. To request that a CD be made of a particular talk, please contact Victor Medina, ivgm@mac.com 650/365-9352.

SANGHA NEIGHBORS

Sangha Neighbors are available to support other sangha members 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 rainbowspirit@earthlink.net 650/321-3649.



To sign up for either or both of our Email Lists, go to www.insightmeditationcenter.org and click “Subscribe”.

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 Kim Allen, kimall@mindspring.com 408/998-5491.

SCHEDULE OF EVENTS

July thru September 2007

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 HALF-DAY RETREAT

9:30 am to 12:15 pm, led by Gil Fronsdal & occasional guest teachers. *See below under 'Retreats' for details.*

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 am • Walking Meditation - 9:10 am

2nd Sitting - 9:25 am • Talk - 10 to 10:45 am

Vegetarian Potluck Brunch — Last Sunday each month at 11 am

All welcome. Contact Di or Dave Tatro 650/595-4260.

MEDITATION INSTRUCTION

BASIC MEDITATION INSTRUCTION

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

INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

The basic instructions in Insight Meditation will be taught sequentially, starting with mindfulness of breathing, followed by mindfulness of the body, emotions, thought & the application of mindfulness in daily life. No pre-registration.

- 5 Wednesday Evenings — July 18 to August 15, 7:30 to 9 pm, with Andrea Fella
- 5 Tuesday Mornings — July 31 to August 23, 10 to 11:30 am, with Andrea Fella
- 6 Wednesday Evenings—October 3 to November 7, 7:30 to 9 pm, with Gil Fronsdal

NON- RESIDENTIAL RETREATS

WEEKLY WEDNESDAY HALF-DAY RETREATS

9:30 am to 12:15 pm. Sitting and walking meditation, led by Gil Fronsdal or guest teachers. Bring lunch, informal discussion afterwards. You may attend any part of the morning.

6/27, 7/4, 7/11 led by Heather Martin.

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

MONDAY HALF-DAY RETREATS WITH ANDREA FELLA

6/25, 7/16, 8/13, 9/10 and 10/8; 9:30 am to 12:15 pm. *See above, 'Wednesday Half-Day Retreats' for details.*

DHARMA PRACTICE DAYS WITH GIL FRONSDAL

Meditation, Teachings and Discussions. Bring lunch. The following Fridays, from 9:30 to 3:30 pm: September 7, October 12, and November 9.

ONE-DAY MEDITATION RETREATS

- Saturday, July 7, 9 am to 4:30 pm. **Daylong Retreat** with Heather Martin.
- Saturday, July 14, 9:30 am to 4:30 pm. **Buddhism & the 12 Steps** with Kevin Griffin. *See 'Special Events' for details.*
- Saturday, August 18, 9:30 am to 3:30 pm. **Introduction to Mindfulness Meditation** with Andrea Fella. *See 'Special Events' for details.*
- Sunday, September 23, 1:30 to 5 pm. **Householder Retreat** with Andrea Fella. *See 'Special Events' for details.*
- Saturday, September 29, 9 am to 4:30 pm. **Daylong Retreat** with Andrea Fella.
- Saturday, October 6, 9 am to 5 pm. **Insight Dialogue** with Gregory Kramer. *See 'Special Events' for details.*
- Saturday, October 13, 9 am to 4:30 pm. **Daylong Retreat: The Breath** with Gil Fronsdal.
- Saturday, November 17, 8:30 am to 5 pm. **Daylong Retreat** with Gil Fronsdal.

RESIDENTIAL RETREATS

IMC-SPONSORED RETREATS:

There is no cost for IMC retreats. Donations welcome.

- August 8/24–26. Andrea Fella & Pam Weiss at **Jikoji** in Los Gatos. Lynne Sopchak lsopchak@earthlink.com 650/917-1721.
- September 16–30. Gil Fronsdal at **Hidden Villa** in Los Altos. Laura Crabb lauracrabb2@earthlink.net 408/380-3002, X80—Waiting list only.
- October 5–12. Mary Orr & Bob Stahl at **Hidden Villa** in Los Altos. Contact Martin Carver mcarver@coastplans.com 831/426-4557.
- Nov. 25–Dec.2. Steve Armstrong & Kamala Masters at **Hidden Villa** in Los Altos. Pat White pewwhite@stanford.edu 650/462-1834. Registration open 7/25/07.
- April 27–May 4, 2008. *Metta* Retreat with Bhante Sujiva at **Hidden Villa** in Los Altos. Registration open December 27.



SCHEDULE pg. 2

SPIRIT ROCK-SPONSORED RETREATS WITH GIL FRONSDAL

See www.spiritrock.org for info:

- August 3–12 at **Vajrapani** w/ Gil Fronsdal, John Travis & Mary Orr.
- December 12–16 at **Spirit Rock** with Gil Fronsdal, Mary Orr & Howard Cohn. Registration open 8/14/07.
- December 26–January 4 at **Spirit Rock** with Gil Fronsdal, John Travis, Eugene Cash, Sharda Rogell, Janice Clarfield (yoga). Registration open 8/28/07.

YOGA

Suitable for all levels. 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.

HALF-DAY RETREAT: MEDITATION AND YOGA

Saturday, September 15, 9:30 am to 1 pm with Terry Lesser. This is an opportunity to develop a continuity of awareness in movement and stillness, and to explore how the practices of yoga and meditation inform and deepen each other.

YOUTH AND CHILDREN (FAMILY PROGRAM)

Dharma Rocks Youth Program (3rd – 8th Grade)

July 1, September 9, Sundays, 5:15 to 7:15 pm. Includes great music, pizza, and a half-hour of practice and dharma. Teresa Rose, teresa_rose6@yahoo.com 650/619-5825.

Children's Program (2nd grade and younger)

Last Sunday of the month, 11:30 to noon (after the potluck.) Includes short practice & story. Amy Saltzman 650-326-0701, thesaltzmans@comcast.net.

SPECIAL EVENTS

PRACTICING AWARENESS WITH LIFE & DEATH

Workshop with Jennifer Block of Zen Hospice Project

Saturday, July 21, 9:30 am to 4 pm. Through Dharma talk, group discussion and guided exercises on contemplating death, participants will learn core Zen Hospice approaches and practical tools for incorporating aging, care-giving, and dying into personal and community practice of the dharma.

Jennifer Block is Public Education Director of Zen Hospice Project (www.zenhospice.org) & serves as adjunct faculty for the Sati Center Chaplaincy Training Program in Redwood City & for the Chaplaincy Institute for Arts & Interfaith Ministries in San Rafael.

IMC BOARD MEETINGS

IMC board meetings are open to the sangha, all are welcome. Tuesdays, July 24 and September 4, 7 to 9 pm at IMC.

DHARMA OF SERVICE AND VOLUNTEERING WITH GIL FRONSDAL

On the following Tuesdays from 7:30 to 9 pm: 7/17, 9/11, 10/16, 11/13, 12/4, **2008**: 1/8, 2/5. A series of teachings, explorations and discussions on the Dharma practice of volunteering, for those who volunteer at IMC or are interested in volunteering. You may come to any part of the program.

FULL MOON GATHERING FOR WOMEN

- Friday, June 29, 7 to 9 pm. Heather Martin & Cheryll Gasner.
- Friday, July 27, 7 to 9 pm. Andrea Fella & Cheryll Gasner.
- Friday, Sept. 21, 7 to 9 pm. Misha Merrill & Cheryll Gasner.

Meditation & dharma teachings with local teachers; book discussion, movement, chanting & creativity. RSVP Cheryll Gasner, cheryll.gasner@sbcglobal.net or 650/969-5793.

INTRODUCTION TO MINDFULNESS MEDITATION DAYLONG

Saturday, August 18, 9:30 am to 3:30 pm with Andrea Fella. Introducing the basic practice of mindfulness, with direction in mindfulness of the breath, body, emotions, thoughts, walking and eating. There will sitting and walking meditation and discussion. Suitable for both beginners and those wanting to review the basics of practice. Bring lunch.

BEGINNERS PRACTICE GROUP

5 Wednesdays, August 22 to September 19, 7:30 to 9 pm. For those who have taken a beginning meditation class and would like further support in building their practice. There will be a short sitting, teachings & discussion. For those practicing less than 6 months. With Susan Ezequelle and Bill Hart.

BUDDHISM AND THE 12 STEPS WITH KEVIN GRIFFIN

A 5 week series ending with a one-day retreat combining meditation practices, interactive exercises, lecture and discussion, exploring the ways that Buddhism and the 12 Steps complement each other. You need not be in a 12 Step program nor have a background in meditation. Beginners welcome.

- 5 Wednesdays: June 6, 13, 20, 27 & July 11, 7 to 9 pm (no class July 4th)
- Saturday, July 14: 9:30 to 4:30 pm. Bring lunch.

Kevin has practiced Buddhist meditation since 1980 & worked with the 12 Steps since 1985. He has taught meditation since 1996 and is author of "One Breath at a Time: Buddhism & the 12 Steps."

VISITING TEACHER — HEATHER MARTIN, JUNE 21-JULY 12

Heather Martin will be our guest teacher leading all the regular scheduled events over this period including a daylong retreat on July 7. (See 'Sangha Program and News' for her biography.)

SCHEDULE pg. 3

DHARMA STUDY PROGRAM: ANAPANASATI

A 9 month program centered around the Friday Dharma Practice Days focused on the development of *Anapanasati*, Mindfulness of Breathing. The *Anapanasati Sutta* details the Buddha's instructions for using the breath as a focus for developing insight & understanding into the 4 Foundations of Mindfulness, the 7 Factors of Awakening and ultimately Liberation. A combination of meditation, teachings, and discussions. You may attend any part of the series.

On the following Fridays, 9:30 am to 3:30 pm: **2007:** 9/7, 10/12, 11/9; **2008:** 1/25, 2/22, 3/28, 4/25, 5/30.

Recommended Reading:

- *Mindfulness With Breathing: A Manual for Serious Beginners* by Ajahn Buddhadasa

A BENEFIT FOR BRAHMAVIHARA/CAMBODIA AIDS PROJECT:

Sunday, September 16, 11 am to 12 noon with Beth Goldring and Gil Fronsdal. Brahmavihara is a small Buddhist organization founded by Beth Goldring, providing chaplaincy and social work services to Cambodian AIDS patients too poor to access traditional resources. There will be an update on the project and a discussion of service as an expression of Buddhist practice in response to the suffering around us.

www.brahmavihara.cambodiaaidsproject.org

HOUSEHOLDER RETREAT: AN INTEGRATED PRACTICE RETREAT

September 23 to 29, Sunday to Saturday, with Andrea Fella. Integrating practice into our daily lives can be difficult. Many of us need support for this challenging but rewarding aspect of practice. We will integrate formal practice and dharma discussion with our daily life by surrounding our usual workweek and workdays with practice & discussion. We will begin with a half-day retreat with instructions and discussion on Sunday, and end with a daylong retreat on the following Saturday. During the week 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. Schedule as follows:

- Sunday 9/23: 1:30 to 5 pm
- Monday-Friday mornings 9/24–9/28: 8 to 9 am
- Monday-Friday evenings 9/24–9/28: 7:30-9 pm (Monday & Thursday we will integrate with the usual sitting program)
- Saturday 9/29: 9 am to 4:30 pm, Daylong Retreat

INSIGHT DIALOGUE WITH GREGORY KRAMER

Exploring Interpersonal Craving & Interpersonal Freedom

Saturday, October 6, 9 am to 5 pm. Insight Dialogue is an interpersonal meditation practice rooted in the Buddha's teachings. The Dhamma manifests in relationship just as it does in solitary meditation: with craving, clinging and the potential for freedom. Insight Dialogue cultivates mindfulness and tranquility in interpersonal contact. We can close the gap between personal, silent meditation and life as we actually live it with others.

Gregory Kramer has been teaching Vipassana & Metta meditation since 1980. He directs the Metta Foundation in Portland, OR, is on the Barre Center for Buddhist Studies faculty & teaches *Insight Dialogue* internationally. His latest book is "*Insight Dialogue: the Interpersonal Path to Freedom*".

BUDDHIST SPIRITUAL CARE SYMPOSIUM

Saturday, October 20, 9:30 am to 4:30 pm with Tom Kilts and Dhammaratna Rina Sircar, PhD. Welcoming Buddhist chaplains and those interested in deepening their spiritual care practice for a day of learning and community-building. Topics will include issues of Buddhist Pastoral Authority, Pali chanting, Forgiveness Practice, Buddhist Caregiving & Rituals. Presented by Buddhist Chaplains Group. Vegetarian lunch included. Pre-register at www.buddhistchaplainsnetwork.org or call Bill Hart, 415/567-9823

DHARMA TALKS AND WORKSHOP WITH MARTINE BATCHELOR

Sunday, October 28. Dharma talks, meditation and discussion.

- 9:25 to 10:45 am Sitting & Dharma Talk: *Breaking Free of Habits*.
- 1 to 4 pm Workshop: *Creative Awareness*

SATI CENTER

These events are presented by Sati Center. www.sati.org or 650/223-0311 for more information. Pre-registration preferred.

A WEEKEND OF DHARMA STUDY WITH STEVE ARMSTRONG

- Saturday, September 8, 9 to 4:30 pm: *Refined Knowledge, Subtle Wisdom*
- Sunday, September 9:
 - 9:25 am Sitting, 10 to 10:45 am Dharma Talk
 - 12:30 to 4 pm Class: Awareness of Mind

BUDDHIST CHAPLAINCY TRAINING PROGRAM

One Friday a month from September 21, 2007 to July 2008 at IMC. Taught by Jennifer Block, Gil Fronsdal, Paul Haller & a variety of guest teachers. The Sati Center for Buddhist Studies is offering a year-long training in Buddhist chaplaincy and spiritual care giving, 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 working toward being professional chaplains, and those serving the pastoral needs of their local sanghas. Information: www.sati.org, or karuna@sati.org 650/223-0311.

SUTTA STUDY PROGRAM WITH GIL FRONSDAL

One Friday a month from October 5 to July 11, 2008. A ten month course studying the Majjhima Nikaya, or Middle Length Discourses, one of the oldest records of the Buddha's original teachings. Taking the entire course is recommended. On the following Fridays, 9:30 am to 3:30 pm: **2007:** 10/5, 11/2, 12/7 **2008:** 1/11, 2/1, 3/7, 4/4, 5/2, 6/6, 7/11

SUPPORT GROUPS

FOR (A) THOSE EXPERIENCING LIFE-THREATENING ILLNESSES AND (B) CAREGIVERS

Wednesdays, 1:30 to 3 pm. Brief sittings with a focus in sharing personal challenges, triumphs, hopes and fears with those facing a similar circumstance. Before attending the first time, contact Mick Bennett, 650/368-2518 hmbennett@sbcglobal.net.

RELATED SITTING GROUPS

COASTSIDE VIPASSANA MEDITATION GROUP

Meets Wednesdays in Montara, 7:00 to 8:30 pm. For information and location, www.coastsidevipassana.org.

INSIGHT MEDITATION SOUTH BAY WITH SHAILA CATHERINE

2094 Grant Rd., Mtn View. Weekly Sitting & Talk—Tuesdays, 7:30 to 9 pm. www.imsb.org, e-mail: doug.forehand@sun.com.

LGBT SITTING AND DISCUSSION GROUP — PALO ALTO

Once a month, Saturdays, 10:30 am-1 pm. Meets at members' home. For date & location: Drew Oman drewoman@gmail.com.

OAKLAND DROP-IN MEDITATION GROUP

Mondays. Instruction 5:15 pm; meditation/discussion 5:30-6:30 pm. Unitarian Church, 14th/Castro. Rebecca Dixon 510/482-2032.

SAN JOSE SANGHA

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

- Wednesday Evening Sitting & Teaching, 7:30 to 9 pm
- Saturday, July 21, 9:30 am to 4:30 pm. **Daylong Retreat: The Four Brahmaviharas.**
- 6 Mondays, Sept. 10 to Oct. 15, 7:30 to 9 pm. **Introduction to Meditation & Basic Buddhist Principles**
- Saturday, October 13, 9 am to 2:30 pm **Daylong Retreat** (Part of Intro class)
- 6 Wednesdays, 9/12 to 10/17, 6 to 7:15 pm. **Meditation & Psychotherapy** experiential group. Suggested reading: *Emotional Alchemy* by Tara Bennett-Goleman

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.

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, afoster@rawbw.com, 650/591-1285.

- June 30, Saturday. **Angel Island Hike.** 8:45am carpool departure from IMC. Bring lunch and money for ferry ride. Jim Podolske James.R.Podolske@nasa.gov, 650/968-6168.
- July 15, Saturday. Docent-led **Viewing of Condors** near Big Sur Accessible (no hiking); \$50/ea pre-registration required, contact Cathy Keeran, VWS, 831/455-9514. Carpool from IMC. Dick Scheibel, 650/328-0685 (checked occasionally: dick_scheible@hotmail.com).
- August 5, Sunday, 11:15 am–12:30 pm. **Dharma Friends Planning Meeting** for October-December. IMC conference room. Come join us! Anne Foster, afoster@rawbw.com 650/591-1285.
- Sept. 22, Saturday, 9:30 am–12 noon. **Creating Art As a Process of Inquiry.** Playfully let collages emerge & discover something new about your experience. No art experience needed. IMC. RSVP Ryl Brock Wilson ryl@ArtAsAccess.com 510/384-4795.
- Sept. 23, & Oct. 14, Sunday. **Vegetarian Cooking with Surja Tjahaja.** 12 to 2:30 pm. IMC. RSVP Dianne Tatro 650/595-4260 DiTatro@aol.com.

Recurring Dharma Friends Events:

- Occasional weekend evenings. **Cinema Sanity.** Know of a movie with a dharma message you'd like to see with some dharma friends? Contact Jim Podolske, 650/968-6168 James.R.Podolske@nasa.gov.
- July 1, Aug 5, Sept 2 (1st Sundays). **Singles' Brunch.** Meet by IMC kitchen at 11:15 am or at Joy Meadow at 11:30 am, 701 El Camino, RWC. Sausan Fahmy, 510/541-4300 sausanf@hotmail.com.
- July 15, Aug 19, Sept TBD (contact Cindy) (3rd Sundays), 11:15 am to 1 pm. **Dharma-Inspired Book Group.** IMC. Cindy Heyer, cyn@coastside.net, 650/766-6395.
- Once/Month, Sunday, 6:30 to 8:30 pm. **North Bay Fiction Book Group.** Meet at member's home, usually Menlo Park. Contact Rainbow rainbowspirit@earthlink.net.
- July 10, Aug 18, Sept 18. 7 to 9 pm. **Discussion Group: The Engaged Spiritual Life.** For location contact Marianna Tubman, taraihito@yahoo.com, 650/367-7325
- Once/Month, Sundays, 5:30 to 7:30 pm. **South Bay Book Group.** Join a lively discussion of our latest books. Contact Karen Brown karenb@sbcglobal.net for details.
- Once/Month, Sundays 7/22, 8/19, 11:15am to 12:15pm; 9/16 12:15-1:15pm (note time change); at IMC. **Cohousing Study Group.** Brown bag lunch follows. Explore Cohousing, a lifestyle integrating sangha, householder practice and affordable housing. Cheryl Hylton cjhylton@earthlink.net.