A Life of Mutual Benefit

“A wise person is motivated to benefit oneself, others, and both self and others.”

—the Buddha

Some people live focused on benefiting themselves and those to whom they feel close. Some people are devoted to benefiting others, sometimes at the expense of themselves. To the Buddha, a wise person is someone who wishes for the good of all. Our lives are so interconnected that it is not possible to benefit oneself while neglecting others. And one can’t be of much benefit to others if one neglects oneself. The path of liberation the Buddha taught neglects neither oneself nor others; it is a path that lies at the intersection of oneself and the world.

One significant place to see how Buddhist practice balances caring for oneself and others is the Eightfold Path. Four of the path factors are practices aimed primarily at benefiting others. Part of the second factor, Right Intention, is to live motivated by goodwill and compassion for others. The next three factors, Right Speech, Right Action, and Right Livelihood, are all concerned with being in the world so that our speech, action, and livelihood benefit others.

In the practice of speech the Buddha encouraged people to speak in ways that are truthful, reliable, and trustworthy and in a manner that “reunites those who are divided, promotes friendship, and speaks words that promote concord.” He also encouraged speaking about what is good and beneficial.

Right Action is defined as not killing, not taking what is not given, not engaging in sexual misconduct, and not lying. While just following these guidelines provides others with the gift of safety, the Buddha went further by saying that in living a life that doesn’t harm practitioners, one should “abide compassionate to all living beings.”

For many people, one’s livelihood is how one has the most impact on the wider social world. The practice of Right Livelihood aims at being thoroughly ethical in how one works and supports others. Exploiting or harming others through our work is antithetical to Right Livelihood.

While Right Speech, Right Action, and Right Livelihood are practices that benefit others, we also benefit when we practice them. One of the great sources of well-being and peace is a clean conscience. Our own ethical integrity can become a meaningful refuge.

The last three factors of the Eightfold Path—Right Effort, Right Mindfulness, and Right Concentration—are usually understood to emphasize caring for oneself. All three factors focus on improving the quality of our minds and hearts. Right Effort involves learning to do those things that increase our wholesome states of mind. Right Mindfulness gives us the presence of mind to differentiate between the wholesome and unwholesome. Right Concentration brings calm, ease, and peace.

The wholesomeness and well-being that Right Effort, Right Mindfulness, and Right Concentration bring is a wellspring for both self-care and care for others. It shows us how meaningful and beautiful the developed heart can become. It is knowledge that strengthens empathy and appreciation of others. This is probably why the Buddha often presented concentration practice as an approach for cultivating goodwill and compassion for others.

Caring for others and for oneself are not distinct from each other. When we benefit others we are benefited in return, not least because it strengthens wholesome qualities in ourselves. When we benefit ourselves through developing our integrity, hearts, and wisdom, we will inevitably benefit others. Conversely, if we harm others we will sooner or later see how this also harms us. Even if others don’t retaliate, we cannot escape our own conscience forever.

The Buddhist approach to living a wise life can be called “a life of mutual benefit.” By benefiting others we are benefited ourselves; by benefiting ourselves we are benefiting others.

However, some people may feel that any emphasis on benefiting oneself is selfish. The Buddhist response is that selfishness harms the person who is selfish. If we understand what brings and supports personal well-being, we will avoid being selfish. We will not pursue our own well-being at the expense of others.

In Buddhism, benefiting oneself is not the same as acquiring pleasure, status, or wealth. It is developing beautiful and wholesome qualities of heart. It is cultivating the kind of inner well-being, love, and peace that helps make how we are in the world as helpful for others as what we do.

For similar reasons, we would not want to benefit others if it harmed our self in any significant ways. How can we really touch the hearts of others if our own heart is being harmed?

Continued inside
TRANSFORMATION INTO A RETREAT CENTER

The property we bought in May of 2011 has gone through quite a major renovation since we purchased it. With our inaugural retreat in late October, we once again transformed the facility, this time from a renovated building into a retreat center. As more than 40 yogis meditated in the hall of our Insight Retreat Center, the sincerity and depth of practice were palpable. It became clear what a place of refuge and stillness IRC has become.

In November we had our first regular seven-day retreat. Once again, the flow of the retreat felt smooth and easyful. Both retreats fostered a strong sense of community, as it was the retreatants together who did the work of the retreat. There is no “they” taking care of things; it’s the retreatants taking care of each other.

In November we also had a wonderful open house. In addition to the IMC and Insight Santa Cruz communities, people came from all over the Bay Area. Some of our neighbors also visited, welcoming us warmly. The property’s original owner, Dede Beam, was very happy to see what we have done with her creation. The open house was saturated with goodwill.

IRC’s first year is beginning gradually with just a bit more than one retreat per month. We are slowly developing our systems, ironing out the unfinished parts of the renovation, and beginning to integrate our volunteers. Lots of trial and error, with the errors held with humor and equanimity (well…much of the time) and the successes inspiring our practice.

We are grateful for all the support we have received in so many ways!

—Ines Freedman, IRC Managing Director

Visit insightretreatcenter.org for information about our retreats or to fill out a volunteer form.

DHARMA INTEGRATION WEEKEND AT IRC WITH ANDREA FELLA AND GIL FRONSDAL

Friday, April 5, through Sunday, April 7. One of the most valuable ways of integrating the Dharma into our lives is to practice and learn while in community with others. A weekend residential retreat at IRC in April will provide a coordinated schedule of meditation, teachings, discussions, work, periods of silence, and informal social time, all aimed at developing mindfulness and insight in all our activities. The weekend is also a time to come together in community to develop friendships with other practitioners. Register online at insightretreatcenter.org.

NEIGHBORHOOD DHARMA GROUPS

IMC is launching a new series of neighborhood Dharma discussion groups this year. Volunteers will host small groups in their homes monthly for six months in Bay Area locations where there is sufficient interest. This is a chance to get together with your neighbors in the sangha to discuss the practice and to share thoughts and experiences on Dharma topics.

The program is an outgrowth of the dozen or so neighborhood discussion groups organized in 2007 and 2009. Several of those groups have continued to meet, finding the gatherings to be a wonderful way to develop community while providing a more intimate environment to support their practice.

The suggested format is to have a 10- to 15-minute sit followed by a check-in with each member and an informal, peer-led discussion of the topic of the month. IMC will provide ideas for potential topics.

If you wish to participate, please commit to attending all six monthly meetings in your neighborhood. You may sign up at the flyers counter at IMC or by emailing Hilary Borison at imc.neighborhoods@gmail.com. Locations and times will be finalized by March.

TUESDAY SERIES ON EIGHTFOLD PATH

Kim Allen will offer a special series of Tuesday morning talks, “Dimensions of the Path: Ethics, Meditation, and Wisdom,” from 9:30 to 11am on February 5, 12, and 19 at IMC. Each talk will begin with a sitting and conclude with time for questions.

The Eightfold Path is a whole-life practice that includes components related to ethics (Right Speech, Right Action, Right Livelihood), meditation (Right Effort, Right Mindfulness, Right Concentration), and wisdom (Right View, Right Intention). The February series will delve into each aspect in order to explore its fullness and particularly how it can enrich our daily life. In addition, we will address how the three sections interrelate. Each talk will focus on one area but will include dimensions of the other two. Suitable for beginning and more experienced practitioners, this series offers a holistic view of the Eightfold Path.

WORKSHOP ON DEATH AND DYING

The Buddha suggested that facing our own death was one of the most significant practices we could do. Accepting our own dying and being with others who are dying will be the subjects of a workshop offered on two Saturdays, January 19, and February 2.

The first day will include exercises, discussion, and practices to help us come to terms with our own death. The second day, facilitated by Roy Remer of the Zen Hospice Project and Dr. Gary Pasternak of Mission Hospice, will focus on care of the dying. Both workshops will take place at IMC from 9am to 5pm.

Please plan to attend both days if you wish to join IMC’s end-of-life companioning program at Hopkins Manor. Otherwise, you may attend either or both. To register, contact Berget Jelane at 408/255-2783 or bbjelane@gmail.com.
AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20S AND 30S

We are entering the world, ready or not—meeting the challenges of school and work, relationships and intimacy, and finding meaning and purpose as independent adults.

This will be an open and ongoing group, meeting monthly, and addressing themes relevant to the lives of twentysomethings and thirtysomethings who want to grow a Dharma practice that will be a refuge and inspiration as we make our way through the many worlds we inhabit.

Previously the YOUNG ADULTS SITTING GROUP, AT HOME IN THE WORLD meets on the third Sunday of the month from 7 to 8:30pm, led by Max Erdstein. Max started practicing with IMC in 1999 just after graduating from Stanford. He has practiced Vipassana and Zen in America, Japan, Thailand, and Burma. Max worked at Google until 2004, and was trained in Buddhist chaplaincy with the Sati Center. He is being trained as a Dharma teacher by Gil Fronsdal and is participating in the Spirit Rock teacher training program.

THE DHARMA OF IMC
AN EVENING WITH GIL FRONSDAL & ANDREA FELLA
Wednesday, April 10, 7:30 to 9pm.

Much about IMC is not apparent to new people or even to some longtime participants who come here to sit and to listen to teachings. Some of this is by design, since we have wanted the teachings and practice opportunities to be available in simple and accessible ways. Part of what is not obvious is that particular understandings of Buddhist values and practice underpin how IMC is organized and how the teachings and practice opportunities are offered. Slowly, over the years, these understandings have helped shape our community.

Everyone is welcome to attend this special evening talk on the unique approach that IMC has taken in forming itself as a Buddhist practice community. Gil and Andrea will speak about the history of IMC, where it fits in the Buddhist tradition, the values that guide it, how IMC is organized and run, and the ways people can participate in the practice and community. IMC has grown to become an inspiring practice community. Gil and Andrea look forward to sharing their vision for IMC.

MINDFUL PARENTING PROGRAM

This winter and spring IMC will host a Mindful Parenting series that offers evening sittings and talks on the second Friday of each month. This is a wonderful opportunity for parents to come together to share their experiences with parenting while practicing with mindful speech, mindful listening, meditation, and stress reduction. The series will alternate between parent discussion groups and programs led by local Dharma teachers who are also parents. Co-facilitators will be Liz Powell and Patty Lucas.

The series will take place from 7 to 8:30pm on January 11, February 8, March 8, April 12, and May 10. Parents with children of any age—infant to adult—are welcome. No preregistration is required.

A Life of Mutual Benefit cont’d. from front page

A person focused on mutual benefit does not view life as a competition that only some people can win. Rather, one considers what is best for the greater good, something the Buddha described in the above quote as benefiting both self and others. This is not the greater good that sacrifices some for the welfare of the majority. It requires creatively seeking ways to improve the lives of all.

In practice, a life of mutual benefit does not mean that everything we do has to benefit everyone. It means that when we care for ourselves in healthy ways, we can be reassured that this is for the greater good. And when we care for others in healthy ways, this is for our own benefit as well. At different times, in different situations, we will act on different ends of the self/other spectrum.

At times it is appropriate, and even important, to care for oneself. Meditating every morning may be immensely helpful for the meditator. It can be as important a form of self-care as making sure one eats healthily, gets enough sleep, and keeps one’s body healthy. At the same time, daily meditation may prepare us to care for others in calmer, wiser, and more compassionate ways.

There are other times when it is appropriate to care primarily for others; their needs may be greater than our own. However, one task of mindfulness practice is to help us care for others without giving in to attitudes and reactions that are harmful to ourselves. It is important to learn how to benefit others without harming ourselves.

A life of mutual benefit embraces a wider perspective than any stance that supports conflict. Without shrinking from conflict, it searches for the common ground that can work for the common good.

To understand Dharma practice as a life of mutual benefit clearly places our practice within the context of our social life. Even if one spends long periods of time in mostly solitary meditation practice, there is always a social dimension to one’s practice. We don’t walk the path of liberation for ourselves only. We practice for the sake of all beings.

—Gil Fronsdal

IWA IN ACTION

Insight World Aid is a new nonprofit created by IMC members who wish to practice mindfulness and compassion while performing humanitarian service work. Our first medical mission trip to Cambodia is planned for February, and we are in the early stages of organizing a second volunteer aid trip, to Latin America, later in 2013.

We are looking for volunteers interested in our overseas and local projects. We are also accepting donations to purchase supplies and medicines for our patients in Cambodia. Please consider joining our cause. For information, visit our website at insightworldaid.org or email us at info@insightworldaid.org.
OTHER WAYS TO DONATE

It is in the spirit of generosity that IMC continues a 2,500-year-old Buddhist tradition of providing the teachings freely to all who are interested. The donations we receive support all our expenses, including our building, publications, and website. We at IMC are very grateful for all the support we receive. Besides donating in person or by mail, these are additional ways to offer support:

E-SCRIP: Register your grocery club card and credit/debit cards with E-scrip and 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. The Group ID is 238528.

AMAZON PURCHASES: When you make purchases at Amazon through our website’s Amazon search link, a small percentage will go to help support the programs at IMC. The Amazon link can be found on the Donate and Recommended Books pages on our website.

HELP IRC WHILE BUYING OR SELLING A HOME

Carol Collins is an IMC sangha member and longtime local real estate broker, now retired. If you are selling your home, she can refer you to a realtor and negotiate a reduced brokerage fee. If you are buying, she can refer you to a realtor who will help you identify properties, areas, loans, etc. Buying or selling, the realtor will make a donation in your name to our Insight Retreat Center. Carol will be available as your consultant at no charge through the whole process. She has performed this service for sangha members in San Mateo, Santa Clara, Santa Cruz, and other Bay Area counties. If you have any questions or would like to discuss buying or selling a home, contact Carol at 408/348-1385 or carolcollins888@gmail.com.

MAILING LIST OPTIONS & CHANGE OF ADDRESS:

To be added or removed from the IMC mailing list or to update address, phone, or email, contact imc.mailinglist@gmail.com.

UPCOMING EVENTS & ANNOUNCEMENTS EMAIL LIST:

To sign up for our email announcements, go to the IMC website and click the CONNECT link, or go to insightmeditationcenter.org/email.

IMC COMMUNITY SITE: To join discussion and interest groups, click the CONNECT link on our website or go to insightmeditationcenter.ning.com.
SCHEDULE OF EVENTS
January ~ March 2013

WEEKLY MEDITATION AND TALKS

MONDAY EVENING SITTING AND TALK
With Gil Fronsdal or guest teachers, 7:30 to 9pm. A 45-minute sitting and a 45-minute Dharma talk.

TUESDAY MORNING SITTING AND TALK
With Andrea Fella or guest teachers, 9:30 to 11am. A sitting followed by a talk and time for questions.

TUESDAY EVENING DHARMA EN ESPAÑOL
Con Andrea Castillo, 7:30 to 9pm. Meditación y pláticas de Dharma en Español.

WEDNESDAY MORNING HALF-DAY RETREAT
9:30am to 12:15pm. Sitting and walking meditation with Gil Fronsdal or guest teachers. Bring lunch. Informal discussion afterwards. You may attend any part of the morning.

THURSDAY EVENING SITTING AND TALK
With Andrea Fella or guest teachers, 7:30 to 9pm. A sitting followed by a talk and time for questions.

SUNDAY MORNING SITTINGS AND TALK
With Gil Fronsdal or guest teachers.

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

SUNDAY COMMUNITY TEA — 2nd Sunday of each month at 11am.

Vegetarian Potluck Brunch — Last Sunday of each month at 11am.

MEDITATION INSTRUCTION

BASIC MEDITATION INSTRUCTION

- Every Thursday evening, 6:15 to 7:15pm.
- 1st Monday evening each month, 6:15 to 7:15pm.
- 1st Thursday morning each month, 10:45 to 11:45am.

INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

The basic instructions in Insight meditation taught sequentially, starting with mindfulness of breathing, followed by mindfulness of the body, emotions, and thinking, then application of mindfulness in daily life. No preregistration.

- 5 Wednesday evenings, 7:30 to 9pm, January 9, 16, 23, 30, and February 6, with Gil Fronsdal.
- 5 Monday mornings March 4, 11, 18, 25 & April 1, 9:30 to 11am, with Jim Podolske and Shin Kwan Park.

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.

NON-RESIDENTIAL ONE-DAY RETREATS

- Saturday, January 5, 9am to 4:30pm, Concentration Daylong with Andrea Fella.
- Friday, January 11, 9:30am to 3:30pm, The Noble Eightfold Path: Right Action with Gil Fronsdal.
- Saturday, January 26, 9am to 4:30pm, Daylong with Gil Fronsdal.
- Friday, February 15, 9:30am to 3:30pm, The Noble Eightfold Path: Right Livelihood with Gil Fronsdal.
- Saturday, February 23, 8:30am to 5pm, Daylong with Gil Fronsdal.
- Saturday, March 9, 9:30am to 3:30pm, Introduction to Mindfulness Meditation with Ines Freedman.
- Friday, March 15, 9:30am to 3:30pm, The Noble Eightfold Path: Right Effort with Gil Fronsdal.
- Saturday, March 30, 9:30am to 4:30pm, Daylong with Andrea Fella.
- Friday, April 5, 9:30am to 3:30pm, The Noble Eightfold Path: Right Mindfulness with Gil Fronsdal.

RESIDENTIAL RETREATS

AT THE INSIGHT RETREAT CENTER (NEAR SANTA CRUZ)

For more information go to www.insightretreatcenter.org/retreats or contact Debra Chromczak @ email.com, 831/421-0876.

- January 27–February 3, with Gil Fronsdal and Mary Grace Orr.
- February 27–March 3, with Gil Fronsdal and John Travis.
- March 16–23, with Andrea Fella and Gil Fronsdal.
- April 5–7, Dharma Integration Weekend with Gil Fronsdal and Andrea Fella.
- April 17–24, Satipatthana Study and Meditation Retreat with Analayo Bhikkhu and Gil Fronsdal. Co-sponsored by IRC and Sati Center. Prerequisite: one Insight meditation retreat and having read Analayo Bhikkhu’s book Satipatthana: The Direct Path to Realization.
- June 22–July 6, Mindfulness of Mind Retreat with Andrea Fella. Registration opens February 22.

OTHER RETREATS WITH GIL FRONSDAL OR ANDREA FELLA

At Spirit Rock, www.spiritrock.org

- May 4–11, Insight Retreat with Gil Fronsdal, Mary Grace Orr, John Travis, Heather Sundberg.

OTHER RETREATS WITH ANDREA FELLA


Other Retreats with Andrea Fella, continued inside
Everyone is welcome to attend this special evening talk on the unique approach that IMC has taken in forming itself as a Buddhist practice community. Gil and Andrea will speak about the history of IMC, where it fits in the Buddhist tradition, the values that guide it, how IMC is organized and run, and the ways people can participate in the practice and community. IMC has grown to become an inspiring practice community. Gil and Andrea look forward to sharing their vision for IMC.
IMC YOUTH PROGRAMS

DHARMA SPROUTS (K–2ND GRADE) Led by Liz Powell and Carla Rayacich. First Sunday of each month, 11:15am to noon.
Meditations and Dharma practice through stories, songs, art, movement, and games. Parents/caregivers participate with their children. Contact Liz at eapowell@aol.com if you plan to attend.

DHARMA ROCKS (3RD–5TH GRADE) Led by Liz Powell. Second Sunday of each month, 5:15 to 7:15pm. Includes fun, interactive, community-building games and crafts, pizza, and a half-hour of practice and Dharma. Contact Liz at eapowell@aol.com.

DHARMA TWEENS (MIDDLE SCHOOL 6TH–8TH GRADE) (Sixth-graders have the option of attending Dharma Rocks and/or Dharma Tweens.) Led by Hilary Borison. Fourth Sunday of each month from 5:15 to 7:15pm. A time to explore how the Dharma can support challenges and opportunities pertinent to middle schoolers through small and large group discussions, mindfulness practice, creative activities, interactive games, pizza dinner, and opportunities for community service. No registration required; RSVPs are encouraged for dinner plans. Contact Hilary, 650/575-2052 or hborison@sbcglobal.net, for info or to RSVP.

DHARMA TEENS (HIGH SCHOOL) Led by Alicia McLucas, Aaron Chavira, and Trent Walker. First Sunday of each month, 5 to 7pm. A safe, fun space where teens apply mindfulness to self-discovery, empowerment, and fulfillment. A trusting environment where teens discuss issues important in their lives among themselves and adult facilitators. Contact Alicia, 650/361-8800.

MINDFUL PARENTING SERIES
Second Friday of the month: January 11, February 8, March 8, April 12, and May 10, 7 to 8:30pm. Each month the program alternates between being led by local Dharma teachers who are also parents, and offering discussion groups for parents. No preregistration required.

AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20S AND 30S

WITH MAX ERSTEIN
Third Sunday of the month, 7 to 8:30pm. We are entering the world, ready or not—meeting the challenges of school and work, relationships and intimacy, and finding meaning and purpose as independent adults.
This will be an open and ongoing group, meeting monthly and addressing themes relevant to the lives of twentysomethings and thirtysomethings who want to grow a Dharma practice that will be a refuge and inspiration as we make our way through the many worlds we inhabit.

SUPPORT GROUPS

FOR THOSE EXPERIENCING LIFE-THREATENING ILLNESSES
Wednesdays 1:30 to 3pm at IMC.

FOR THOSE EXPERIENCING CHRONIC HEALTH CHALLENGES
Wednesdays 3:30 to 5:30pm at IMC.
At least 4 days before attending either group for the first time, please contact Mick Bennett, hmbennett@sbcglobal.net or 650/368-2518.

BUDDHISM AND 12-STEP SUPPORT GROUP
First Sunday of every month, 7 to 8:30pm at IMC. Group discussion and study exploring the 12-Step program and Buddhist practice through Kevin Griffin’s book, A Burning Desire: Dharma, God and the Path of Recovery. Includes 30-minute meditation, reading, and open discussion. Everyone welcome. Facilitated by Jennifer Lemas, jennlemas@comcast.net.

YOGA
Suitable for all levels, including absolute beginners. Bring a large towel and sticky mat, if you have one. Mats are also available.
Taught by Terry Lesser.

MONDAY EVENING YOGA
• 6:30 to 7:15pm. Join us for yoga before evening meditation.
(No class on December 24 or 31)

THURSDAY MORNING YOGA AND SITTING MEDITATION
• 8:30 to 10:30am.

HALF-DAY YOGA AND MEDITATION RETREAT
• Saturday, January 12, 9am to 12:30pm. An opportunity to develop a continuity of awareness in movement and in stillness. We will integrate yoga poses, breath work, relaxation, loving-kindness (metta), guided and silent meditation, and let the synergy of these practices inform and deepen another to open heart and mind. For beginners to either yoga or meditation as well as experienced yogis and meditators.

SATI INSTITUTE
Formed out of the Sati Center, the Sati Institute offers graduate-level courses in Buddhist Studies in partnership with the Institute of Buddhist Studies in Berkeley. Through IBS, the Sati Institute also offers a Masters in Buddhism with a focus on early Buddhism and Theravada Buddhism. Spring courses start in early February and are taught at the Institute of Buddhist Studies. More info at sati.org on the Sati Institute page.
These events are presented by Sati Center and held at IMC. Contact sati.org or 650/223-0311 for more information. Preregistration preferred.

BUDDHIST CHAPLAINCY TRAINING PROGRAM
TAUGHT BY JENNIFER BLOCK, PAUL HALLER, AND GIL FRONSDAL.

An 11-month training program introducing a Buddhist perspective on the spiritual care skills needed for being a chaplain or Buddhist teacher, or for providing spiritual support to people in times of major life transitions and challenges. Next training starts September. More info at sati.org.

BUDDHIST CHAPLAINCY: AN OVERVIEW
With Jennifer Block and Jaku Kinst. April 27, 10am to 5pm, at San Francisco Zen Center, 300 Page Street, San Francisco.

Join us for an explanation of this field of chaplaincy and spiritual care, which is gaining in size and scope in Dharma communities. Professional chaplains and educators will introduce aspects of chaplaincy, including a definition of chaplaincy, the history of chaplaincy, settings where chaplains serve, and the steps one can take to become a volunteer or professional chaplain (including educational requirements) as a Buddhist practitioner.

THE BRAHMA VIHARAS: GOODWILL, COMPASSION, SYMPATHETIC JOY, AND EQUANIMITY
With Thanissaro Bhikkhu, April 27, 9am to 4:30pm.

TRANSFORMING SELF, TRANSFORMING WORLD
With David Loy. May 11, 9am to 4:30pm.

Dharma Friends encourages spiritually based friendships and a sense of community in our sangha. To receive email updates on upcoming Dharma Friends events, go to the IMC website and click on COMMUNITY, DHARMA FRIENDS, and SUBSCRIBE.

If interested in leading 3-4 mile local weekend hikes, contact Anne Foster, afoster@rawbw.com, 650/591-1285.

- Hike in Edgewood Park — Saturday, January 12, 9am. Carpool from IMC. Moderate 4-mile hike. Bring lunch. Ryan Delaney, 650/325-7795. (Rain cancels.)
- Hike in Eaton and Big Canyon Parks — Saturday, February 16, 9am. Carpool from IMC. Moderate 5 mile hike. Bring lunch. Peter Nau, 650/593-5949, beherenau@gmail.com. (Rain cancels.)
- Dharma Friends Steering Committee Planning Meeting — Sunday, February 3, 11am to 12:15pm. Plan events for April through June. IMC conference room. Contact Shelly Gordon, sgordon@g2comm.com.
- Dharma-Inspired Book Group — January 4, February 1, March 1, 5:30 to 7pm. IMC meditation hall. We are currently reading Focused and Fearless: A Meditator’s Guide to States of Deep Joy, Calm, and Clarity by Shaila Catherine. Anne Foster, 650/591-1285 or afoster@rawbw.com.

- Music Night at IMC — Saturday, March 9, 7 to 9pm. Sangha musicians and singers creating unamplified music for each other’s enjoyment. All are welcome to sing, play, or just listen. For info contact Peter Brown, pbrown2@gmail.com.
- Ballroom Dancing — Saturday or Sunday monthly. Dance lesson precedes dance party. Check listing online (from IMC website, click on COMMUNITY>DHARMA FRIENDS>UPCOMING EVENTS) for when to meet at reception desk of Boogie Woogie Ballroom, 551 Foster City Blvd, Suite G, Foster City. Nicole Cherek, dnccherok@gmail.com
- Cinema Sanity — Occasional weekend evenings. Know of a movie with a Dharma message you’d like to see with some Dharma friends? Contact Jim Podolske, James.P.Podolske@nasa.gov, 650/968-6168.

RELATED SITTING GROUPS
On IMC website, click on LINKS and scroll down to ASSOCIATED/Local GROUPS for more information.

BERKELEY VIPASSANA GROUP WITH RICHARD SHANKMAN
Wednesdays 7:15 to 9:15pm at St. Clement’s Episcopal Church. Info at www.mettadhharma.org.

COASTSIDE VIPASSANA MEDITATION GROUP
Wednesdays in Montara, 7 to 8:30pm. Info at www.coastsidevipassana.org.

INSIGHT MEDITATION SOUTH BAY
WITH SHAILA CATHERINE Tuesdays 7:30 to 9pm. 2094 Grant Rd, Mtn View, www.imsb.org.

LOS GATOS SITTING GROUP WITH KIM ALLEN
Sundays 10:15 to 11:15am at Yoga Source, 16185 Los Gatos Blvd.

MODESTO DROP-IN MEDITATION GROUP
WITH LORI WONG Tuesdays 6:30 to 8:30pm. Unity Church at 2467 Veneman Ave, insightmeditationmodesto.wordpress.com/.

OAKLAND MONDAY DROP-IN MEDITATION GROUP
Instruction 5:15pm; meditation/discussion 5:30 to 6:30pm. Unitarian Church, 14th/Castro. Rebecca Dixon, 510/482-2032.

PALO ALTO DROP-IN MINDFULNESS GROUP
Wednesdays 2 to 3pm at Avenidas (Garden Room), 450 Bryant St. Contact Julie Forbes, 650/323-2601.

SAN JOSE SANGHA
1041 Morse St. Contact Berget Jelane, 408/255-2783, bbjelane@gmail.com, website sanjosesangha.org.

- Wednesday Evening Sitting, 7:30 to 9pm.
- January 5, Half-Day, 9:30am to 12:15pm.
- February 16, Half-Day, 9:30am to 12:15pm.
- March 16, 9:30am to 3:30pm, Daylong on the Heavenly Messengers: Old Age, Sickness and Death.
- Wednesday evenings, April 3 to May 8, 6 to 7:15pm.

Meditation and Psychotherapy.