

The Buddha's Poem of Peace Gil Fronsdal

*Hatred never ends with hatred.
By love alone does it end.
This is an ancient truth.*

—The Buddha; Dhammapada v.5

From the time of the Buddha to our modern times, the above Poem of Peace has been evoked in times of conflict and war. All too many conflicts arise out of hatred and then reinforce hatred. For conflicts to come to a true end, love and friendship are needed, otherwise the continued divisions fester.

With hatred, others are viewed as obstacles or foes, as wrong or evil. Those who hate are always blind in not seeing the full humanity of those who are hated. Hatred perpetuates itself. To end hatred, one must learn to love wisely and strongly.

Those who love wisely see clearly because they know the full humanity of others, including both the good and the bad. Love heals division as it views others as kin, as fellow companions on our human journey. Many conflicts dissolve in the presence of love; those that don't are transformed into problems to be resolved, not battles to be won.

It seems the Buddha first spoke the "Poem of Peace" at a time when his monastic disciples were split into hostile, opposing factions over a disagreement about a monk's supposed infraction of a minor monastic rule. Perhaps understanding that the perspective of our common mortality would convince the monks to put down their hostility, the Buddha added:

*Many do not realize that
We here must die.
For those who realize this,
Quarrels end.*

But in their blindness, even with the Buddha's personal intervention, his disciples didn't give up their conflict; in fact, they pushed the Buddha away. It was only when the laity stopped providing the monks with food that they repented and reconciled.

The "Poem of Peace" appears in a legend about how King Ashoka, one of the first emperors of India, renounced violence. After winning a battle in which tens of thousands of soldiers died, the king walked across the battlefield, viewing the carnage. When a monk walked calmly by, the contrast of death all around the peaceful monk captured the king's attention. When asked about his calm, the monk said,

*Hatred never ends with hatred.
By love alone does it end.
This is an ancient truth.*

The monk and this poem was the catalyst for the king to stop his battles.

Jack Kornfield tells the story of witnessing the Cambodian monk Maha Ghosananda reciting the "Poem of Peace" in a refugee camp at the height of the Khmer Rouge genocide in Cambodia. Under the threat of death from the Khmer Rouge, Maha Ghosananda built a large bamboo temple in the midst of the Cambodian refugee camp. When it was built, 20,000 refugees gathered to hear the peaceful and gentle monk. Over and over again, Maha Ghosananda recited in the original language of the Buddha and in Cambodian,

*Hatred never ends with hatred.
By love alone does it end.
This is an ancient truth.*

As he did so, the refugees cried.

In our modern times, one of the most significant impacts of the Buddha's "Poem of Peace" is in the signing of the San Francisco Peace Treaty in September, 1951. With the ending of World War II, Japan became a conquered and occupied country. The treaty was the product of a contentious conference where foreign ministers from 48 countries gathered in San Francisco to discuss the future of Japan, including terms of compensation for victims of Japanese war efforts. In discussing versions of a new treaty, many countries did not want Japan to become a sovereign nation. They were afraid the country would rebuild its military and once again go to war. Some of the foreign ministers wanted Japan to remain a subjugated nation in order to break the will of the Japanese to fight again.

As this was being debated, the foreign minister from Sri Lanka (then called Ceylon) gave a speech in which he said his country was entitled to compensation for damage inflicted by the Japanese. However, he then said, "We do not intend to do so for we believe in the words of the Great Teacher whose message has ennobled the lives of countless millions in Asia, that 'hatred never ends with hatred. By love alone does it end.'"

He ended his speech by stating, "We extend to Japan the hand of friendship and trust that...her people and ours may



SANGHA PROGRAMS & NEWS

PROGRAMS FOR YOUTH AND FAMILIES AT IMC

IMC is fortunate to have a number of programs for children and families. Hilary Borison leads the **Dharma Seedlings** group for 2–4 year-olds and their adult caregivers, while Liz Powell and Carla Rayacich offer the **Dharma Sprouts** program for K–2nd graders and their adults, assisted by Casy Hsu. Families are introduced to simple practices of paying attention to the breath, the body, feelings, and thoughts through brief meditations, mindful movement, songs, games, and expressive arts.

3rd through 5th graders in the **Dharma Rocks** program recently shared about acts of friendliness they've offered. Leader Carla Brooke discussed how to extend kindness and generosity to those in difficulty, and the 8–12 year olds made cards wishing safety to those affected by the worst wildfires in California history. One card featured a drawing of "a brick house that couldn't burn down," another, overlapping hearts. The group built a symbolic house together and sent loving-kindness to all involved.

Many of us can recall the challenges and unpleasant experiences of middle school. The **Dharma Bodhis** program, led by Hilary Borison and Darrin Force, helps ease these ups and downs by exploring mindfulness to help reduce stress from scholastic demands and peer pressure. The group practices how to surf waves of emotion without wiping out, and how to be a best friend to oneself. Recently, when asked if they were finding self-compassion useful, a couple of kids shared that by placing a comforting hand on their heart or shoulder and saying something kind to themselves, they could keep calm and carry on.

The **Mindful Teens** program offers an open, safe space for teens to be themselves, just as they are. Besides sitting in silence and breathing together, participants also engage with each other through group discussions and mindful movement, including walks to a local boba tea shop. Facilitators Vy Le and Gregor Levy encourage teens to find their own ways to bring kind, self-compassionate attention to their lives, and are often surprised and inspired by the wisdom the teens express.

CARETAKER WANTED

FOR OUR INSIGHT RETREAT CENTER (IRC) IN SCOTTS VALLEY

Through their service and in living in a dedicated spiritual community, Resident Volunteers have an opportunity to immerse themselves in retreat practice and also broaden the integration of their practice in daily life.

We are looking for a dedicated Resident Volunteer to take care of the maintenance and basic repairs of IRC. A background in any of the following is helpful: construction, handyman, carpentry, or perhaps broad experience as a homeowner with do-it-yourself skills.

To learn more, please contact admin@insightretreatcenter.org

AUDIODHARMA & THE CYBERSANGHA

ADAPTED FROM A 2006 ARTICLE BY INES FREEDMAN

I first learned mindfulness meditation in 1985 by listening to an audio course on cassette tapes by Jack Kornfield. At the time, hearing the dharma was a rare opportunity for me. Now, even as I write this, all it takes is a click of the mouse, and in seconds I can freely listen to the full range of teachings—literally at my fingertips.

At IMC, dharma talks by Gil Fronsdal, Andrea Fella and many other teachers are recorded and made available on our Audiodharma website for free download or streaming. This project began modestly in 2000, when one of our Sangha members posted our tape-recorded talks on the web. Unexpectedly, audiodharma.org mushroomed into one of the leading and largest sites for online dharma talks in the world. Every aspect of the process of recording and putting our talks online is done by many volunteers who are committed to keeping Audiodharma freely available. Cyber-sangha members from all over the globe have donated their time, talents and money to support Audiodharma. A member from Connecticut converted hundreds of talks given in the 1990's from tape to digital format so they could be shared online.

In 2017, over 4 million talks were downloaded and about 400,000 different individuals have accessed the Audiodharma website. We have listeners from over 126 countries spanning 6 continents.

We are quite happy that dharma talks that used to disappear as they were spoken now remain available to benefit many people. It has expanded IMC to become an international community. It is always a delight when Audiodharma listeners from afar come to visit IMC. It inspires us in our work to provide the Dharma freely to anyone interested.



NEW AUDIODHARMA APP!

We're very happy to announce that Christopher Minson, a long time sangha member and previous IMC webmaster, has developed a free Audiodharma App which is now available for iPhones and iPads. Talks are still available as they have been on audiodharma.org. The App makes it easier to access the talks from an Apple device and includes a variety of ways for listeners to make their own personal "album" of talks. Also included in the App is a "Community Activity" option for posting favorite talks to share with others and to view which talks have been listened to recently.

Reviews and feedback can be posted in the App store or sent directly to christopherjayminson@gmail.com.

Christopher is currently working on an Android version.

VIDEODHARMA

In the Summer of 2017 Myles Cowherd got us started investigating options for videoing talks given at IMC. Since the Fall, Joe Metzger has been working hard to install a sophisticated video system that is designed to make it easy to record, stream and post talks online. We anticipate it will be ready to launch soon. More information will be available on the “What’s New” section of IMC’s website.

REFUGE CLASS AND CEREMONY WITH GIL FRONSDAL

APRIL 25 THRU MAY 23

For those interested in learning more about the refuges, their own relationship to them, and who would like to formally “take refuge”. The class will be followed by a refuge ceremony on the evening of Wednesday, May 30. The ceremony is available to anyone who has taken the six-week class. For more information see the Schedule in this newsletter.

PRACTICE GENEROSITY WHEN PARKING AT IMC

For those who can, when driving to IMC, please park at least half a block from the center. This will provide more parking spaces closer to IMC for people with difficulty walking, for new people to IMC, and for our neighbors. Also, if you arrive early enough, by parking farther away, it will be easier for those who are running late to find a place near the center. Making it easier for others to park is an act of generosity. *Thank you.*

PLANNED GIVING

A charitable bequest is a simple and flexible way that you can leave a gift to support the future of IMC and IRC for generations to come. It’s easy to make a bequest by including *Insight Meditation Center of the Midpeninsula* as a beneficiary:

- in your will or living trust
- in your retirement plan or bank account
- in your life insurance policy

The Legacy Circle was created to recognize those who include IMC/IRC in their estate and financial plans by making a bequest. Members of the Legacy Circle are invited to an annual luncheon with the IMC/IRC Teachers.

For more information, visit the **DONATE** page on either the IMC or IRC website. For questions, or to arrange a consultation with a volunteer attorney, email legacy@insightmeditationcenter.org.



Most teachings given at IMC are recorded and posted online at Audiodharma.org

The Buddha’s Poem of Peace, *cont’d. from front page*

march together to enjoy the full dignity of human life in peace and prosperity.” His words were received with great applause and the conference ratified the treaty that returned Japan to being a free and independent country.

In Tokyo there is a small monument commemorating the San Francisco Peace Treaty and the Sri Lankan foreign minister’s speech. Written on the plaque are the words,

Hatred never ends with hatred.

By love alone does it end.

This is an ancient truth.

One of the remarkable transformations of the 20th century is how Japan went from a hostile nation to a peaceful nation existing in friendship with those who defeated it. While it would seem natural and justified for the victims of Japanese violence to hate Japan and in that hate punish the country, this would not have led to the amity that followed in the decades after the end of World War II.

In being an ancient truth, it is not surprising that others should speak the same wisdom as the Buddha did in his “Poem of Peace”. One example is Martin Luther King Jr who said,

Hate cannot drive out hate;

only love can do that.

Hate multiplies hate,

violence multiplies violence,

and toughness multiplies toughness

in a descending spiral of destruction...

In addressing the civil rights and racist issues of his time, King also said,

*We must meet the forces of hate
with the power of love...*

*Our aim must never be to defeat
or humiliate the white man,
but to win his friendship
and understanding.*

No matter what side of a conflict one is on, without love, friendship, and understanding a division persists that is the seedbed for further conflict and hostility. But with love, not only can hate end, the seedbed for it to reappear disappears.

These three—love, friendship, and understanding—are not always easy to have. It requires intention, persistence, and effort. It also takes wisdom, discernment, and thoughtfulness. The greater the conflict, the greater the need for careful consideration of how to act or what to say.

Perhaps the single most important thing we can do to cultivate greater love and friendship is to be mindful. Mindfulness allows us to see deeply into ourselves and into others. It is the vehicle in which greater understanding and empathy can show us clearly how much better off we are with love than with hatred.

Insight Meditation Center

108 Birch Street

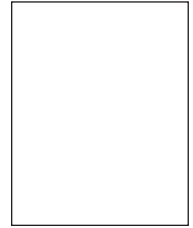
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WAYS TO DONATE

All teachings at IMC and IRC are offered freely according to the Buddhist tradition of *dana*. Our center and its teachers are supported entirely by your generosity.

CHECK: via mail, or in person at the donation box at IMC.

ONLINE: Visit the **DONATE** page on IMC's website.

AMAZON SMILE: A simple automatic way to support IMC/IRC when you shop through Amazon, at no cost to you. Go to insightretreatcenter.org/smile or enter through IMC's

RECOMMENDED BOOKS page.

DONATE YOUR CAR: Make a tax-deductible donation of a vehicle you no longer want, working or not. CARS will handle pick-up and all paperwork. IRC gets 75% of the sale price. Tell them you want to donate to Insight Retreat Center. Call 855-500-RIDE to schedule your pick-up appointment or answer any questions.

EBAY GIVING WORKS: Recycle your unwanted possessions and support IRC at the same time - it's tax-deductible. Go to: insightretreatcenter.org/e-giving

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/IRC. You keep all your credit card rewards. Register at www.escrip.com; Group ID is 238528.

HELP IRC WHILE BUYING OR SELLING A HOME

IMC sangha member Carol Collins is a retired longtime local real estate broker with Realtor connections throughout the state. If you are thinking of buying or selling a home she can refer you to a conscientious, highly qualified Realtor who will, in turn, make a donation in your name to IRC. Carol can serve as your consultant at no charge throughout the buying or selling process. She has performed this service for sangha members in the Bay Area and Santa Cruz. Contact Carol at carolcollins888@gmail.com, or 408/348-1385.



• GENERAL INFORMATION:

insightmeditationcenter@gmail.com or 650/599-3456.

• **NEWSLETTER QUESTIONS:** Contact the editor at imc.newsletter@gmail.com.

• **CONNECT:** To sign up for our UPCOMING EVENTS AND ANNOUNCEMENTS emails, go to the IMC website and click on the CONNECT link.



SCHEDULE OF EVENTS

January ~ March 2018

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 a 9pm. Meditación y prácticas de Dharma en Español.

WEDNESDAY MORNING HALF-DAY RETREAT

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

- 9:30am – Sitting • 10:15am – Walking Meditation
- 11am – Sitting • 11:45am – Dharmette (brief talk)
- 12pm – Temple cleaning

WEDNESDAY AFTERNOON HAPPY HOUR: LOVING KINDNESS PRACTICE

With Diana Clark and Nikki Mirghafori, 6 to 7pm. Guided meditation, teaching and discussion on loving kindness.

THURSDAY EVENING SITTING AND TALK

With Andrea Fella or guest teachers, 7:30 to 9pm. A sitting, a talk and time for questions.

SUNDAY MORNING SITTINGS AND TALK

With Gil Fronsdal or guest teachers, 8:30 to 10:45am.

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

Sunday Community Tea—2nd Sunday of month at 11am.

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

MEDITATION INSTRUCTION

BASIC MEDITATION INSTRUCTION

- First Monday evening of month, 6:15 to 7:15pm.
- First Thursday morning of month, 10:45 to 11:45am.
- Every Thursday evening, 6:15 to 7:15pm.

INTRODUCTION TO MINDFULNESS MEDITATION

- 5 Wednesday evenings, 7:30 to 9pm, January 10 – February 7 with Ines Freedman

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 pre-registration necessary.

UNHINDERED: PRACTICING WITH CHALLENGES IN MEDITATION

• Thursday evenings 7:30 to 9pm, January 11 – February 15, Led by Tanya Wiser, Liz Powell and David Cohn
Teachings, instructions, and discussion focused on using mindfulness to practice with the five hindrances, common mental challenges to meditation.

ONE DAY RETREATS

On Saturdays, unless otherwise noted:

- January 20, 9am to 4:30pm, **Mindfulness and Self-Compassion** with Max Erdstein and Beth Sternlieb
- February 3, 9:30am to 4:30pm, **Mindful Communication: Exploring Wise Speech** with Oren Sofer
- February 17, 9:30am to 4:30pm, **Improv, Mindfulness, and Liberation** daylong with Nikki Mirghafori
- March 3, 9am to 4pm, **Embodying Contentment** with Meg Gawler
- March 17, 9am to 4:30pm, **Mindfulness Daylong** with Gil Fronsdal
- March 24, 9:30am to 4:30pm, **La Sabiduría de Nuestras Abuelas y el Dharma**; Retiro de un día en español con Andrea Castillo y Bruni Davila
- April 14, 8:30am to 5pm, **Mindfulness Daylong** with Matthew Brensilver
- May, 5, 8:30am to 5pm, **Mindfulness Daylong** with Gil Fronsdal
- May 12, 9am to 4:30pm, **Daylong for People of Color** with Bruni Davila and Dawn Scott

RESIDENTIAL RETREATS

AT THE INSIGHT RETREAT CENTER (NEAR SANTA CRUZ)

For more information go to www.insightretreatcenter.org/retreats.

- March 18 – 25, One Week **Insight Retreat** with Gil Fronsdal and Matthew Brensilver
- March 29 – April 1, 4 Day **Insight Retreat** with Ines Freedman and Lori Wong
- April 8 – 15, One Week **Metta Meditation** with Nikki Mirghafori and Donald Rothberg
- April 20 – 29, 10 Day **Awareness and Wisdom** with Andrea Fella and Alexis Santos
- May 13 – 20, One Week **Insight Retreat** with Gil Fronsdal and Ines Freedman (registration opens Jan 13)
- June 3 – 10, One Week **Insight Retreat** with Gil Fronsdal and Kamala Masters (registration opens Feb 3)

SERIES PROGRAMS

EIGHTFOLD PATH PROGRAM

TAUGHT BY CHRIS CLIFFORD AND OTHERS

- Sundays, 1 to 3:30pm: Jan 7, Feb 4, Mar 4, Apr 1, May 6
- Saturday, Jun 23, 9:30am to 4:30pm: Concluding Daylong Retreat at IRC

The Buddha's most explicit path of practice is the Eightfold Path. This is a set of eight practical approaches to bring Buddhist practice into the width and depth of our lives. The Eightfold Path Program is an introduction to each of the Eightfold factors so that participants can discover how to apply each set of practices in ways that are personally meaningful.

SPECIAL EVENTS

MINDFULNESS AND SELF-COMPASSION

WITH MAX ERDSTEIN AND BETH STERNLIEB, **SATURDAY, JANUARY 20, 9AM TO 4:30PM.** Self-compassion is bringing kindness to ourselves. Most of us easily treat our friends and loved ones with warmth, tenderness and patience when they struggle, fall short or fail, but we have a harder time bringing those same qualities of compassion to our own selves in the same situations. Through mindfulness, recognizing the joys and challenges of our common humanity, and evoking our capacity for kindness, we can develop healthy and enduring patterns of relating to all the circumstances of life. Includes talks, meditation, experiential exercises, and group discussion. Participants will directly experience self-compassion and learn practices that evoke self-compassion in daily life.

MINDFUL COMMUNICATION: EXPLORING WISE SPEECH WITH OREN SOFER **SATURDAY, FEBRUARY 3, 9:30AM TO 4:30PM**

The path of practice taught by the Buddha is meant to transform our thought, speech, and actions. How do we put these teachings into practice to make conversations more meaningful and effective? How can we use our spiritual practice to deepen our relationships personally and professionally? Training ourselves to speak in a wise and non-harmful way is one of the factors of the Noble Eightfold Path. In this daylong, we will explore how to bring more mindfulness and care to our communication—our listening, our speaking, and even our thinking.

IMPROV, MINDFULNESS, AND LIBERATION

WITH NIKKI MIRGHAFORI **SATURDAY, FEBRUARY 17, 9:30AM TO 4:30PM.** Improv and mindfulness have profound similarities in cultivating paying attention to the present moment experience with openness, curiosity, acceptance, and non-egoic kindness. Improv is an excellent sandbox for learning to see our judgments, as well as exploring identity and the self. As a form of relational mindfulness, Improv can be a bridge to taking our practice off the cushion and into daily life. Both practices synergistically lead to more ease, joy, and freedom in our lives, as we stop taking our selves and not-selves too seriously. Bring lunch.

EMBODYING CONTENTMENT WITH MEG GAWLER

SATURDAY, MARCH 3, 9AM TO 4PM. This daylong will explore contentment in our meditation practice and in our daily lives. We will cultivate contentment in our bodies, our minds, our hearts, and with all beings through three complementary practices: insight meditation, *qigong* (embodiment and movement meditation), and opening the heart (*Brahma Vihara* meditation). This mostly silent retreat, for both beginners and experienced practitioners, will include sitting and walking meditation, a dharma talk, *qigong* instruction, and guided meditations. Bring lunch.

MINDFULNESS DAYLONG WITH GIL FRONSDAL

SATURDAY, MARCH 17, 9AM TO 4:30PM. Practicing mindfulness meditation on retreat is one of the foundations for maturing insight meditation. With alternating periods of sitting and walking meditation, instruction in mindfulness practice, and a Dharma talk. Recommended for both beginners and experienced practitioners. Bring lunch.

LA SABIDURÍA DE NUESTRAS ABUELAS Y EL DHARMA

MAESTRAS: ANDREA CASTILLO Y BRUNI DÁVILA

SATURDAY, MARCH 24, 9:30AM A 4:30PM

Retiro de un día en español. Un día para celebrar nuestros ancestros, nuestra cultura e historias. En este día habrá periodos de meditación, pláticas de Dharma, ejercicios participativos y movimiento meditativo. Favor traer algún dicho de sus ancestros. A medio día comeremos juntos, favor traer su propia comida. Este retiro es apropiado tanto para principiantes como para personas con experiencia en la práctica.

MINDFULNESS DAYLONG WITH MATTHEW BRENSILVER

SATURDAY, APRIL 14, 8:30AM TO 5PM. Practicing mindfulness on retreat is one of the foundations for maturing insight meditation. This day is for those who already understand the basic practice of mindfulness; no instruction will be given. With alternating periods of sitting and walking meditation, and a Dharma talk. Brief interviews will be available. Bring lunch.

REFUGE CLASS AND CEREMONY WITH GIL FRONSDAL

WEDNESDAYS, APRIL 18 THRU MAY 23, 7:30 TO 9PM

The Three Refuges are the Buddha, the Dharma, and the Sangha. They represent the primary Buddhist values and supports for Buddhist practice. "Going for Refuge" is a way of acknowledging a person's intention and dedication to the Buddhist practice of liberation. This class is for those interested in learning more about the refuges and their own relationship to them, as well as those who would like to formally "go for refuge." The class will be followed by a refuge ceremony on the evening of Wednesday, May 30. The ceremony is available to anyone who has taken the six-week class.

MINDFULNESS DAYLONG WITH GIL FRONSDAL

SATURDAY, MAY, 5, 8:30AM TO 5PM. (See description for April 14)

DAYLONG RETREAT FOR SELF-IDENTIFIED POC AND NON-WHITE PRACTITIONERS

WITH BRUNI DAVILA & DAWN SCOTT **SATURDAY, MAY 12, 9AM TO 4:30PM.** The terms “people of color” and “non-white” can suggest a group with common experience and identity. While we may have experiences in common, we are also a tapestry of many colors, backgrounds, life experiences, and identities. During our day together, we will meditate and explore the teachings and practices of the Buddha while opening to the unique experiences of practicing in community. With alternating periods of sitting and walking meditation, instruction in mindfulness practice, and discussions of the Dharma. Recommended for both beginners and experienced practitioners. Bring lunch.

YOGA WITH TERRY LESSER

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

MONDAY EVENING YOGA

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

THURSDAY MORNING YOGA AND SITTING MEDITATION

- 8:30 to 10:30am.

YOGA AND MEDITATION HALF-DAY RETREAT

SATURDAY, JANUARY 6, 9AM TO 12:30PM. After the busyness and external focus that often accompanies the holidays, this mini-retreat offers a quiet and grounding place where we can slow down, deepen our meditation, connect with our bodies, and perhaps help clarify what is important for the coming year.

Appropriate for beginners and experienced yogis and meditators—you don’t need to be flexible to do yoga; you only need to be as you are. Bring a large towel and a yoga mat if you have one, otherwise mats are available for your use.

LGBTQUEER SANGHA

2nd Sunday of each month, 7:30pm to 9pm. A peer-led sitting group open to all lesbian, gay, bisexual, transgender, gender diverse, intersex and queer individuals. Co-facilitated by Sue Bachman and Joe Hayes, with Guiding Teacher John Martin. imcqueersangha@gmail.com

YOUNG ADULT PROGRAM

AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20’S AND 30’S WITH MAX ERDSTEIN

First & Third Sunday of the month, 7:30 to 9pm. An open, monthly group addressing Dharma themes relevant for twenty- and thirty-somethings. Through meditation, Dharma talks, and discussion we will explore how Dharma practice can be a refuge and inspiration as we make our way through the many worlds we inhabit.

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.

SATI CENTER

These events are presented by Sati Center and held at IMC. Visit sati.org or contact 650/223-0311, for more information.

CARING FOR OTHERS IN AN INTERFAITH SETTING

WITH JESSICA CHEN, JUDY CANNON AND JENNIFER LEMAS **MONDAYS 9:30AM TO 12:30PM, JAN 29, FEB 12, MAR 19, APR 16, AND MAY 14.** Sequoia Health and Wellness Center, 749 Brewster Ave, Redwood City.

As part of Sati Center’s Chaplaincy Training Programs, “Caring for Others” provides training for caregivers in interfaith settings. With a Buddhist perspective, this year’s program will explore Judaism, Christianity, and Islam. The five sessions will include presentations from chaplains in these traditions alongside readings, reflective writing, small groups, and field trips to local places of worship. For those interested in interfaith questions as they relate to aging, illness, and death from a caregiver’s perspective. Ideal for trained caregivers, spiritual care volunteers, chaplains and healthcare professionals.

ONLINE SUTTA STUDY COURSE: MIDDLE LENGTH DISCOURSES OF THE BUDDHA, PART 1

WITH GIL FRONSDAL AND DAVID LOREY **5 WEEKS, JANUARY 21 THRU FEBRUARY 25.** “The Middle Length Discourses” is one of the most important anthologies of the teachings and religious practices of the Buddha. This course consists of weekly readings of suttas from the Middle Length Discourses plus short videos, audio recordings and study guides written by Gil Fronsdal.

ONLINE SUTTA STUDY: LONG DISCOURSE OF THE BUDDHA, PART A WITH GIL FRONSDAL AND DIANA CLARK

4 WEEKS, APRIL 16 THRU MAY 14. “The Long Discourses of the Buddha” is a collection of discourses filled with colorful stories, compelling characters and important teachings. We will explore how the Buddha responded to religious and existential views prevalent in ancient India and relevant today, including beliefs about the beginning of the world, what happens after death, and the nature of “Self.” The course will include study guides, videos and online group discussions.

INTRODUCTION TO BUDDHIST CHAPLAINCY

WITH JENNIFER LEMAS, JAKU KINST & OTHERS. **SATURDAY, MAY 5, 9:30AM TO 12:30PM,** Institute of Buddhist Studies, 2140 Durant Avenue, Berkeley.

A half-day overview of a chaplain’s work of providing spiritual care and support for people in hospitals, hospices, prisons, and a wide variety of other settings. The work is wonderfully challenging and satisfying. In recent years, Buddhist practitioners have been experiencing chaplaincy as a powerful opportunity to practice engaged Buddhism, and for some, as a vocation and profession. Information about the Sati Center’s Buddhist Chaplaincy Training and the Institute for Buddhist Studies Chaplaincy Degree Program will also be provided.

YOUTH & FAMILY PROGRAMS

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

DHARMA ROCKS (3RD–5TH GRADE) Led by Carla Brooke. **Third Sunday of each month at IMC, 11:15am to 12:45pm.** Interactive mindfulness meditations, games, art/ crafts, and movement. RSVP to Liz at epowell@aol.com if you plan to attend, including the first name and age of each participant.

DHARMA BODHIS (MIDDLE SCHOOL 6TH–8TH GRADE) (6th-graders can attend Dharma Rocks and/or Dharma Bodhis). Led by Hilary Borison. **Fourth Sunday of each month, 5:15 to 7:15pm.** A time to explore how the Dharma can support challenges and opportunities pertinent to middle schoolers through group discussions, mindfulness practice, creative activities, interactive games, pizza dinner, and more. RSVP for dinner plans. Contact Hilary, hborison@sbcglobal.net, or 650/575-2052.

MINDFUL TEENS (AGES 13 TO 19) Led by Vy Le & Gregor Levy. **First and third Sunday of each month, 5pm to 7pm.** We aspire to create a safe and joyful space where teens learn mindfulness to nurture inner-discovery, clarity and a deeper connection with others. After a guided meditation, we discuss issues around relationships with friends/family, stress, intentions, identity, etc, and in general have some fun with life! For info: www.mindfulteens.net. Please RSVP Vy or Gregor at Imc.MindfulTeens@gmail.com.

SUPPORT GROUPS

SUPPORT GROUP FOR PERSONS WITH ILLNESS AND HEALTH CHALLENGES

First and Third Thursdays of the month, 12:30 to 2:30 pm. Meetings of this group include brief sittings and consideration of pertinent Dharma topics, but the primary purpose of the group is to provide each participant an opportunity to share personal challenges, triumphs, hopes, and fears with individuals facing a similar situation. At least four days before attending the group for the first time, please contact the group facilitator, Ying Chen at 408/802-6430 or yingchenb@yahoo.com.

BUDDHISM AND 12-STEP SUPPORT GROUP

Second Sunday of each month, 7:30 to 9pm. Group discussion and study exploring the 12-Step program and the teachings of the Buddha. Includes a 30-minute meditation, short talk and

open discussion on the Buddha's teachings selected for the evening. Everyone welcome. Facilitated by Jennifer Lemas, jennlemas@comcast.net.

OTHER GROUPS

WOMEN'S CIRCLE OF MINDFULNESS

2ND THURSDAY OF EACH MONTH, 10:45AM TO 12:30PM.

A gathering for women who wish to deepen practice by exploring together how to bring principles of mindfulness into our daily lives. You're welcome to bring lunch or have tea until 1pm. Facilitated by Hilary Borison (hborison@sbcglobal.net).

EARTH CARE STUDY GROUP

FRIDAY, JANUARY 5, 7:30 TO 9PM.

We will be studying selections from *Coming Back to Life* by Joanna Macy and Molly Brown, with guided meditations and discussion prompts in small groups. Prerequisite: reading each selection in advance of our session on it (as published on the IMC online calendar and fliers at IMC). Anne Foster, afoster@rawbw.com, 650/591-1285.

CHARITABLE EVENTS

WINTER CLOTHING DRIVE DURING FEBRUARY

What better way to clear some space and share your generosity by donating your unneeded clothing and camping gear to those who most need it? Camping gear and new and wearable used clothing for men, women and kids would be appreciated.. Clothing will be donated to PARCA and Gear for Good Santa Cruz. For more information contact Joe at Joe@insightretreatcenter.org

OTHER LOCAL SITTING GROUPS

LOS GATOS SITTING GROUP WITH KIM ALLEN

Sunday, 11am to 12:15pm, meditation and dharma talk. Meet at Yoga Source, 16185 Los Gatos Blvd. Drop-in; No cost; everyone welcome. Contact Kim Allen, kimall@mindspring.com.

SAN JOSE SANGHA

1041 Morse St. Contact Berget Jelane, 408/255-2783, bbjelane@gmail.com, website sanjoseinsight.org.

- Wednesdays, 7:30 to 9pm, meditation and dharma talk
- Intro to Meditation: 1st Wednesday of the month, 6:15 to 7:15pm
- Half Days: 9:30am to 12:15pm on Jan 13, Feb 10 and Mar 10.

For more **LOCAL SITTING GROUPS**, go to our website and click on "Links" on the left navigation bar, and scroll down the page.

