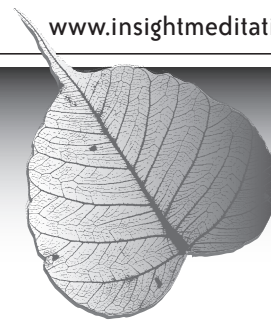


Insight



APRIL, MAY, JUNE 2011

VOLUME 14, NUMBER 2



THE SITTING BUDDHA

Seated on the ground with legs crossed, hands resting in the lap, torso upright, shoulders balanced, eyes half open in a relaxed gaze, and with a soft, gentle smile, the image of the Buddha in meditation is the most universal and easily recognized Buddhist symbol. For many Buddhists the image represents their deepest aspirations, values and potential. For others it signifies the profound hope and support they find in Buddhism. The image of the seated Buddha conveys calm and peace, which may be why Buddhists and non-Buddhists alike often have the image in their home or garden.

Statues of the Buddha are much more than lumps of clay, stone, or wood. Some of the core ideals of Buddhism are taught through the symbolism found in the meditating Buddha. The statues can be a work of art in which an artist conveys human emotions and states of mind that may awaken meaningful inner states for those who view it.

Because we have no idea what the Buddha actually looked like, the statues and paintings of him are all idealized portrayals that thereby express the ideals of the artist or, more often, the Buddhist tradition of the artist. Not all Buddhists view the Buddha image in the same way. By changing some of the details in the image, different Buddhist traditions have conveyed different symbolic teachings.

The Theravada Buddhist tradition's view that the Buddha was a human being is symbolized by the Buddha meditating on the ground, in contact with the earth. Depictions of the meditating Buddha are meant to show him meditating as he was on the night of his Awakening, outdoors under a tree. For some people, this close connection to the earth and nature symbolizes how Awakening is a natural event arising from a deep insight into our human nature. The peace experienced by the Buddha did not belong to some divine world separate from this world. It was a peace found within this world.

The cross-legged posture symbolizes the stability that supports the calm exhibited by the rest of the image. The Buddha's chest is neither puffed up nor collapsed; rather it conveys confidence and openness. The erect torso expresses strength without

Continued inside

INSIGHT RETREAT CENTER (IRC)

IMC'S GREAT OPPORTUNITY

Down through the centuries Buddhists have celebrated the creation of a temple or monastery as one of the most spectacular acts of generosity. It is seen as a gift to one's contemporary society as well as for generations to come. The IMC community is now following in this tradition by creating a new center for residential retreats. We are inspired by the possibility of building a place where people can benefit from sustained immersion in Buddhist teachings and practices.

Over the years IMC has offered retreats in rented facilities. We have seen how transformative it is for people to take time away from their ordinary lives and dedicate themselves to periods of meditative silence and spiritual exploration. We have aspired to have a place of our own where we could offer a rich variety of Buddhist retreats throughout the year, supporting people's full spiritual development.

The possibility of having our own retreat center took root five years ago with the generous \$2 million donation from a sangha member. After five years of sustained searching for a suitable property we found one in Scotts Valley in Santa Cruz County, about 50 minutes from IMC. The property, currently a 20,000 sq ft nursing home sits on 2.8 acres of partially forested, semi-rural land. We have plans for turning it into a retreat center that can house 40 retreatants.

We expect to close escrow in June. The big task for the next few months is raising the funds for the remodeling needed to convert it into a retreat center. Ideally, all the renovations would be completed before we start offering retreats. To accomplish this we hope to raise an additional \$2.3 million from those who share our inspiration. On May 14 of this year we will launch our fundraising campaign with a dinner celebration.

Renovation and Development Plan

The \$2.3 million would allow us to:

- Create a meditation hall and inside walking meditation area
- Build 40 total bedrooms (currently 16)
- Install additional restrooms and shower facilities
- Renovate the kitchen and dining room and install needed equipment

Continued inside

SANGHA PROGRAMS & NEWS

2010 FINANCIAL SUMMARY

All IMC services are freely offered. The programs and operations are funded by donations and supported by volunteers. Here is a brief overview of the funds we received in 2010 and how they were used:

Excluding the funds received from the Year End fund drive the dana received for the General Fund was \$85,363.

Use of funds from the General Fund

General Operations	\$ 70,664
Building Operations	\$6,024
Reserve for Residential Retreats	\$8,675

For the Residential Retreat Fund

Residential Retreat Expenses	\$47,207
Residential Retreat Fund Donations	\$40,378
Donation from the IMC General Fund	\$6829

In 2010, we received \$59,149 in donations for the IMC's Year-End Fund Drive. This money will be used for continuing to develop our Dharma offerings, finishing the capital improvements on our building, and maintaining a healthy reserve during these difficult economic times. .

Thank you for your continuing generosity. All donations to IMC are fully tax deductible.

—Diana Clark, IMC Treasurer

CHANGES TO IMC'S BOARD & COMMITTEES

IMC is run entirely by volunteers, all of whose service we are deeply grateful for. From time to time, we take the opportunity to thank those who have served our community, and to note transitions in these positions of leadership.

Maria Straatmann served as Programs Director for many years, handling all the scheduling, guest teacher arrangements, and changes to our growing slate of program offerings. Although she worked largely behind the scenes, her love and competence shone through in countless ways through our programs. Thank you, Maria. In addition to being Gil's assistant, Shin Kwan Park has now taken over as Schedule Administrator. Gil will be the acting Program Director.

Pat White has done a wonderful job managing IMC's library over the past years. She organized the shelves and kept our simple check-out system functioning smoothly. This cleared the path for many people to benefit from the wisdom of the dharma books. Bruni Davila is now moving into the librarian role. Thanks to both Pat and Bruni.

Also, the IMC board has changed composition over the past year as people fulfilled their terms or moved to other positions. With gratitude, we bow to the members who have departed during the past year after providing invaluable support to the IMC community: Curt Smith (Vice President), Bill Kostura (Secretary), and Carol Collins (who conducted the Retreat Center search).

We offer a warm welcome to the new members: Richard Sievers, Liz Powell, and Ed Drury.

Current board members are: Kim Allen (President), Richard Sievers (Vice President), Diana Clark (Treasurer), Elena Silverman (Secretary), Steve Gasner, Victor Medina, Nancy Smee, Liz Powell, Ed Drury, and Gil Fronsdaal.

THE POWER OF RETREAT PRACTICE

I first became committed to a meditation practice after attending a daylong retreat at Spirit Rock in 1995. The peace and quiet of the setting, the care taken by the teachers to establish the feeling of being in a place apart, even if only for the day, gave me a first taste of the power of turning inwards to directly sense the flow of experience, beneath my ideas about it. Since then, I have returned many times to the retreat experience for days, weekends, weeks and months.

The retreat setting offers a unique opportunity to live with our basic needs met but without any external demands, distractions or need to keep up a social persona. With this support, it becomes more and more clear exactly how my own mental agitation and habits of wanting and aversion contribute to stress. I have slowly learned that these tensions are deeply woven patterns of physical energy, emotional reactions, mental beliefs and habits of attention. With a constant renewal of the intention to relax, open and trust in simple noticing, the true nature of these patterns becomes clear and they can gradually dissolve.

In the context of my busy life, it was very difficult to give this intention the priority it needed to become established. Each retreat seemed to give me a new point of reference for what was or might be possible in clarity, non-reactivity and heart-felt contentment. Retreat is not always easy or pleasant, we need to face up to delusion and the limits of self-centered views, but I have found that these difficult times lead to a deeper confidence and joy by aligning my understanding with the truth of how life works. I return refreshed and newly inspired in my daily practice and commitment to the path of freedom. Almost every day, memories from retreat arise to remind me that I'm happier with simplicity, that it's worth it to take time to smell the dish soap or watch the sun set, that just being alive is enough.

—Chris Clifford

EDITOR'S NOTE

I would like to thank Chris Clifford for her service in editing our newsletter. This role is now passing on to me. I am very pleased to find this opportunity to be of service to the sangha I am so grateful to be a part of. I am especially looking forward to meeting more members of the sangha, and for the opportunity to keep abreast of what is happening in our community as it continues to develop. Please feel free to contact me at imc.newsletter@gmail.com.

—Lysanna Anderson

The Sitting Buddha, cont'd. from front page

conceit. His shoulders are evenly balanced and relaxed which symbolizes the ability to maintain mental balance in the face of any challenge. The straight back represents uprightness and self-reliance — the Buddha did not depend on anything outside of himself for his awakening.

In the images of the Buddha meditating, his hands are held together with palms facing up, the right hand slightly rounded resting openly in the palm of the left hand. This open gesture conveys a sense of ease, free from clinging to anything, pushing anything away, or closing up. Perhaps the open hands point to a receptive attitude that can maintain calm and balance in any circumstance.

The classic image of the Buddha meditating shows him with a subtle half-smile, showing that happiness is an important aspect of the Buddhist path. His eyes are half open symbolizing he was equally aware of himself as he was of the world. The Buddha did not make a sharp distinction between attention to his inner personal life and to the outer world around him. It is also said that his eyes are open so as to see, with compassion, the suffering of the world.

All these qualities together represent the possibility of living with peace, uprightness, strength, and self-reliance. They depict our ability to have a calm happiness while having compassion for those who suffer. In this way, through physical expressions, the Buddha image represents qualities that are cultivated with Buddhist practice

The image of the Buddha meditating is not, however, of merely symbolic value. It is also an instruction in meditation practice. Assuming a posture like the Buddha's helps bring forth the qualities expressed in the idealized Buddha image. When we create a stable physical base while meditating, it is easier to relax the body. When we hold our selves upright with spine straight, we are not leaning forward into the future nor leaning back in aversion. If the shoulders are kept balanced and aligned it is easier to find the middle way between giving in to what we are feeling or pulling away from it. When the chest is open and strong, confidence has a chance to support us.

A wonderful mutuality exists between our posture and our inner psychological life. A balanced, aligned posture for meditation helps bring forth the mental qualities that are strengthened along the Buddhist path. With the growth of these qualities, it becomes easier to sit upright. Whether we meditate in a chair or cross-legged on the floor, approximating the posture of the Buddha images invites the best of human qualities to arise.

The Zen Master Suzuki Roshi once said that when we bow to a Buddha image, we are bowing to ourselves. A Buddha image is not something to worship. Rather it is a mirror through which we can see something in ourselves. When we offer our respect to the Buddha we respect what is good in us. When we bow down to the Buddha, we are lowering our conceit so what is good in us can grow.

—Gil Fronsdal

Insight Retreat Center, cont'd. from front page

- Fulfill county requirements for additional parking, septic and landscape
- Purchase adjoining 38-acre Timber Preserve and create walking trails and contemplation areas

Our goal is to create a retreat center with a community of practitioners, supporters, volunteers, and teachers that will be meaningful and inspiring for many people both near and far. Fulfilling the vision for our retreat center will require the efforts of many volunteers.

We value meeting personally with anyone who might consider offering a major donation. Please get in touch with us by contacting Catherine Byers: cabyers50@gmail.com or 650/306-9264.

Visit the IRC website: www.insightretreatcenter.org to:

- Learn more about the Insight Retreat Center (IRC). The *Vision* link will take you to an inspiring document written by Gil Fronsdal describing the mutual relationship between IMC, our new Insight Retreat Center, and the Sati Center for Buddhist Studies.
- To volunteer: please fill out a volunteer form.

Contact: Ines Freedman, IRC Managing Director
insightretreatcenter@gmail.com

Retreat Center Celebration & Fundraising Launch

Saturday, May 14

6 to 8:30 pm at IMC

Dinner included

Come join us in celebrating the founding of the Insight Retreat Center (IRC) and the launching of our fundraising campaign. In addition to dinner and entertainment, Gil will talk about his personal retreat history and the value he has received from practicing on retreats. Reception at 6pm, dinner begins at 6:30pm.

RSVP appreciated: <http://event.pingg.com/irclaunchparty>
or contact: Hilary Borison hborison@sbcglocal.net

*In this world...there are three things
of value for one who gives.*

What are these three things?

Before giving, the mind of the giver is happy.

While giving, the mind of the giver is made peaceful.

After having given, the mind of the giver is uplifted.

—The Buddha (An 3.6.37)

Insight Meditation Center

108 Birch Street

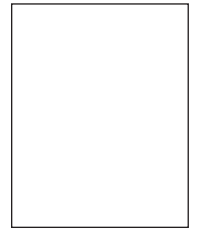
Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

650/599-3456

RETURN SERVICE REQUESTED

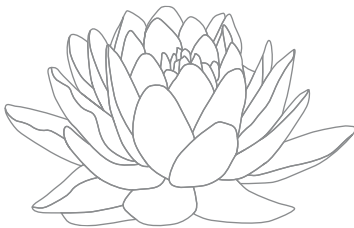


Printed on
Recycled Paper

DHARMA FRIENDS

Dharma Friends was originated by a group of IMC members in 2000 as an informal *kalyana mitta* (the Pali term for 'spiritual friend') group. The intention is to provide opportunities and events to meet like-minded people engaged in the Buddha's practice of waking up. These events encourage conversations about what is challenging in practice and what connects us to ourselves, to each other, and to nature. Events include book and movie discussions, hikes and backpack trips, music, poetry, writing, and craft get-togethers. We also hold ritual gatherings to celebrate gratitude and mark the change of seasons. Dharma Friends encourages interested sangha members to participate in planned events, and to contribute new events by volunteering to plan, lead, and share activities they love with the IMC community.

The schedule of Dharma Friends events is available on the IMC website: click the Dharma Friends link in the left navigation bar.



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.

- For **GENERAL INFORMATION** about IMC contact either insightmeditationcenter@gmail.com or 650/599-3456.
- **NEWSLETTER QUESTIONS**—contact the editor at imc.newsletter@gmail.com



• MAILING LIST OPTIONS AND CHANGE OF ADDRESS

To be added or removed from the Mailing List, or to update address, phone, or e-mail—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 'EMAIL' link, or go to www.insightmeditationcenter.org/email

• IMC COMMUNITY SITE

For Discussion and Interest Groups. To join, click the 'COMMUNITY' link on our website, or go to insightmeditationcenter.ning.com

SCHEDULE OF EVENTS

April through June 2011

WEEKLY MEDITATION AND TALKS

MONDAY EVENING SITTING AND TALK

Gil Fronsdal or guest teachers. 7:30 to 9pm. A 45-minute sitting and a 45-minute dharma talk.

TUESDAY MORNING SITTING AND TALK

Andrea Fella or guest teachers. 9:30 to 11am. A sitting is followed by a talk and time for questions.

WEDNESDAY MORNING HALF-DAY RETREAT

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

- 9:30 am – Sitting • 10:15am – Walking
- 11:00 am – Sitting • 11:45am – Dharmette (Brief Talk)

THURSDAY EVENING SITTING AND TALK

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

SUNDAY MORNING SITTINGS AND TALK

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—Second Sunday of each month at 11am.
Vegetarian Potluck Brunch—Last Sunday each month at 11am. All are welcome. Contact Di or Dave Tatro 650/595-4260.

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

- 5 Wednesday Evenings—May 25 to June 22, 7:30 to 9pm with Ines Freedman

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

MONASTIC EVENINGS WITH THE SARANALOKA NUNS

Third Friday of the month, April 15, May 20, June 17, 7 to 9pm. On the Monastic Evenings one or more Theravadan nuns will be offering traditional Buddhist chanting, silent or guided meditation, and sharing Dhamma from the heart. www.saranaloka.org.

NON- RESIDENTIAL RETREATS

ONE-DAY MEDITATION RETREATS

- April 2, 9:30am to 4pm, **Creativity and Meditation** with Carolyn Dille
- April 3, 1pm to 5pm, **Teen Meditation & Stress Relief** with Rebekkah LaDyne
- April 9, 8:30am to 5pm, **Daylong** with Gil Fronsdal
- April 23, 9am to 4:30pm, **Mindfulness of Speech** with Andrea Fella
- May 21, 9am to 4:30pm **Cultivation and Blessings of the Brahma Viharas** with Maria Straatman and Chris Clifford
- June 4, 6am to 9pm, **Intensive Daylong** with Gil Fronsdal
- June 11, 9:30am to 4:30pm, **Mindfulness, Generosity & Joy** with Jim Podolske, Leslie Tremaine & Shin Kwan Park
- June 25, 9:30am to 5:30pm, **Mindfulness and Anxiety** with Lee Lipp and Martina Schneider
- July 9, 9:30am to 3:30pm, **Introduction to Mindfulness Meditation** with Ines Freedman

RESIDENTIAL RETREATS

IMC SPONSORED RETREATS

There is no cost for IMC sponsored retreats. Donations welcome. For info: www.insightmeditationcenter.org/programs/retreats/ or 650/599-3456. Registration opens 4 months prior to event.

RETREATS LOS ALTOS HILLS (AT HIDDEN VILLA)

- May 6–13 with Gil Fronsdal and Andrea Fella
- September 11–25 with Gil Fronsdal
- October 9–16 with Gil Fronsdal and Paul Haller

RETREATS LOS GATOS (AT JIKOJI RETREAT CENTER)

- May 27–30 Family Retreat with Gil Fronsdal, Rebekkah LaDyne, Liz Powell
- August 10–14 with Andrea Fella and Pamela Weiss

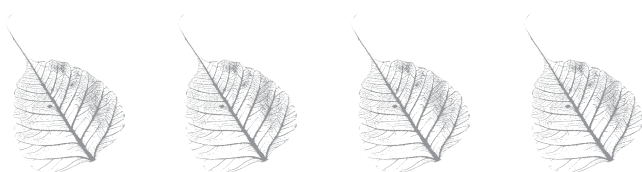
OTHER RETREATS WITH GIL FRONSDAL OR ANDREA FELLA

AT SPIRIT ROCK www.spiritrock.org

- May 15–22 Vipassana Retreat with Gil Fronsdal, John Travis, and Mary Grace Orr.
- May 29–June 5, Living Dharma Retreat with Andrea Fella, Tempel Smith, and Anushka Fernandopulle
- August 3–7, Family Retreat with Gil Fronsdal, Ajahn Pasanno and Betsy Rose.
- November 18–27 Thanksgiving Insight Meditation Retreat with Andrea Fella, Anushka Fernandopulle, Will Kabat-Zinn, Pat Coffey & Teja Bell (qigong).

OTHER RETREATS WITH GIL FRONSDAL

- Salt Spring Island, Canada, August 13–20 with Gil Fronsdal and Heather Martin. Information: ssvipassana.org



OTHER RETREATS WITH ANDREA FELLA

- Samish Island Retreat (Washington State), April 1–April 12, 2011 Information: www.bellinghaminsight.org
- Cloud Mountain Retreat (Washington State): June 17–22. Information: www.cloudmountain.org
- Jikoji Retreat: July 15–29. Permission Required. Contact Andrea at imc.andrea.fella@gmail.com
- Insight Meditation Society, September 10–October 22. Three Month Retreat–Part 1 with Carol Wilson, Guy Armstrong, Sally Clough, James Baraz and Andrea Fella. www.dharma.org/ims/retreats.php

SPECIAL EVENTS

YEAR-LONG DHARMA STUDY PROGRAM WITH GIL FRONSDAL

Dharma Practice Days: Fridays, 9:30am to 3:30pm 4/15 Resolve, 5/6 Lovingkindness, 6/3 Equanimity

Study Group with Ines Freedman: Sundays, 1:30 to 3:30pm: 4/24, 5/15, 6/26

A series of study and practice days on the ten perfections (*paramis*). These are ten qualities of character which, when developed, support both Buddhist practice and compassionate involvement with others. People are welcome to attend any or all of the Friday series.

PARENTS' SERIES: MINDFUL PARENTS DISCUSSION GROUP

WITH LIZ POWELL AND PATTY MCLUCAS. Fridays, 5:30pm to 7pm, April 8, May 13, Sept 9, Oct 14, Nov 11, Dec 9. Offers an opportunity for parents to practice in community with mindful speech and listening, meditation and stress reduction. Each participant will have time to share their mindful parenting experiences. The monthly series will include council practice sessions alternating with sessions featuring local dharma teachers who also practice mindful parenting and mindfulness for children.

CREATIVITY & MEDITATION WITH CAROLYN DILLE

Saturday, April 2, 9:30am to 4pm. We'll explore some of the practices that meditation and the creative arts share. Through concentration, mindfulness, imagination, and energy we'll deepen an open awareness of both meditation and creativity. Bring materials for drawing and writing, and a lunch.

TEEN MEDITATION AND STRESS RELIEF DAYLONG

Sunday, April 3, 1 to 5pm. See 'Youth Programs' for a longer description.

DAYLONG RETREAT WITH GIL FRONSDAL

Saturday, April 9, 8:30am to 5pm. Retreat with alternating periods of sitting and walking meditation, instruction in mindfulness practice and a dharma talk; meant for people who already understand the basic practice of mindfulness; no instruction will be given. Interviews available. Bring lunch.

MINDFULNESS OF SPEECH DAYLONG WITH ANDREA FELLA

Saturday, April 23, 9am to 4:30pm. Speaking is often one of the most difficult places to be mindful. One reason it can be so challenging to integrate speech into our mindfulness practice is that

we often don't practice it! This daylong offers an opportunity to explore practices, reflections and teachings that support wise and mindful speech. We will integrate some periods of silence with periods of practicing mindful speech, with time for discussion.

DHARMA-INSPIRED ARTISTS EVENTS AT IMC AND COASTSIDE

Friday, April 29, 7:30 to 9pm. Presentation of Dharma-inspired artists and writers sharing their writing, visual art and musical creations arising from Dharma practice. Specially featured will be the 2011 edition of *Passing It On*, an IMC community publication of personal essays, short stories, poetry and art exploring life challenges. If you have dharma-inspired creations to share, please contact Jim Bronson at jbrons@aol.com. *Passing It On* can be downloaded as a PFF from IMC's website or purchased as a paperback book from Amazon (www.createpace.com/3512056) The same event will be held at Coastside Vipassana Sangha on Wednesday, April 20, 7 to 8:30pm. Pt. Montara Hostel, 16th St and Hwy 1, Montara, www.coastsidevipassana.org.

REFUGES CLASS WITH GIL FRONSDAL AND ANDREA FELLA

Tuesdays, 5/3, 5/10, 5/23, 5/30, 7:30 to 9pm.

Refuge Ceremony: Tuesday, June 14, 6 to 9pm.

For those who would like to formally take refuge in the Buddha, Dharma, and Sangha, we will have four classes exploring the meaning of "taking refuge." Then, on the evening of June 14, we will meet for a sitting, dharma talk, and refuge ceremony. Those who have been in the refuge ceremony before are encouraged to come again to provide support and inspiration.

Taking refuge with conscious intent can be a pivotal moment of orienting one's life in accordance to one's deepest values and aspirations. Relating our practice to the Buddha, Dharma, and Sangha helps solidify a wide foundation of trust and respect from which true mindfulness practice can grow.

RETREAT CENTER CELEBRATION AND FUNDRAISING LAUNCH

Saturday, May 14, 6 to 8:30pm. Come join us in celebrating the founding of the Insight Retreat Center (IRC) and the launching of our fundraising campaign. In addition to dinner and entertainment, Gil will talk about his personal retreat history and the value he has received from practicing on retreats. Reception at 6pm, dinner at 6:30pm. At IMC. RSVP appreciated:

<http://event.pingg.com/irclaunchparty>

CULTIVATION AND BLESSINGS OF THE BRAHMA VIHARAS

WITH CHRIS CLIFFORD & MARIA STRAATMANN, Saturday, May 21, 9am to 4:30pm. The Brahma Viharas are four states of heart and mind that the Buddha encouraged us to develop: unconditional kindness (*metta*), compassion (*karuna*), appreciative joy (*mudita*) and equanimity (*upekkha*). Arising out of our practice, they are available to us in softening and awakening the heart. We will explore these qualities in a day of meditation, talks and guided meditations in specific practices. Bring lunch.

TAKING THE BUDDHA TO PRISON

PANEL ON TEACHING DHARMA TO INMATES. May 22, 11am to 12pm with Heidi Renteria, John Haggerty and Meryl Landy, volunteer meditation instructors at Soledad Prison.

SCHEDULE pg. 3

MEMORIAL DAY WEEKEND FAMILY RETREAT: 3RD- 7TH GRADERS AND PARENTS

With Gil Fronsdal, Rebekkah LaDyne, Liz Powell. Saturday May 28 – Monday May 30. Jikoji Retreat Center, Los Gatos.

Practice together as a family during a relaxed weekend that will alternate structured retreat practice with hiking and sharing circles. We will help to create the retreat together, from cooking to simple work projects, camping or sharing dorm rooms. Families will be invited to bring music and stories of dharma in daily family life to share. Registration by lottery opened on the IMC website on January 27th.

INTENSIVE DAYLONG RETREAT WITH GIL FRONSDAL

June 4, 6am to 9pm. This is a great opportunity for a full day of immersion in silent Dharma Practice. This day will alternate periods of sitting and walking, with silent time for meals and 3 dharma talks. Schedule provided at event. 15 minute interviews with Gil will be available on a sign up basis. You are welcome to come for the entire day or drop in for any part of the retreat. If you come for only part of the retreat, please enter the meditation hall only at the beginning of a scheduled sitting. If you come while a sit is in progress, sit in one of the chairs in the outer hall. Bring breakfast and lunch. Light supper provided.

MINDFULNESS, GENEROSITY & JOY

WITH JIM PODOLSKA, LESLIE TREMAINE AND SHIN KWAN PARK

June 11, 9:30am to 4:30pm. Generosity, the first of the ten foundational practices (Paramis), is the beginning of the path to liberation. This daylong will offer periods of silent sitting, guided meditation and group exercises. Through mindfulness practices, we will explore a range of meaning and application of generosity, allowing time to discover the joy that can emerge from this beautiful practice.. Suitable for beginners and experienced practitioners. Bring lunch.

LAUNCHING INSIGHT WORLD AID

A PRESENTATION ON ITS MISSION. Sunday June 12, 11am to 12pm Gil Fronsdal and members of the IMC community have created a new non-profit called Insight World Aid in order to provide medical and humanitarian aid to impoverished communities. Its first project is to organize a group of volunteers to go on a 2-week medical mission to Cambodia. Board members will introduce IWA's mission and its Cambodian project. This is an exciting extension of the Buddhist practice of our community. More info at insightworldaid.org. Email: insightworldaid@gmail.com

MINDFULNESS AND ANXIETY DAYLONG

WITH LEE LIPP AND MARTINA SCHNEIDER. June 25, 9:30am to 5:30 pm Aversion to anxiety is often accompanied by reactivity and actions that worsen how we feel. We suffer. Instead of running from anxiety, our focus for this day will be on kindhearted mindful awareness and intentional cultivation of non-reactive attention to this mood state. Guided meditations will be offered as we practice stopping and quieting the mind so that we slow down enough to see what is actually happening internally. The natural

state of a quieted mind interrupts reactivity and offers us freedom to discover a compassionate and responsive relationship to this element of experience. Suitable for all levels of practice.

Bring Lunch.

Note about CE's: Dr. Lipp is able to offer 6.5 CEs for MFTs/LCSW's (BBS Provider #4468). Those interested in this option will need to attend the entire workshop and give Dr. Lipp \$25 administrative fee for the processing of the units. For more information about CE's, please contact Martina Schneider at martinaschneider108@gmail.com.

INTRODUCTION TO MINDFULNESS MEDITATION

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

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.

THURSDAY MORNING YOGA AND SITTING MEDITATION

- 8:30 to 10:30am

HALF-DAY RETREAT: MEDITATION AND YOGA

Saturday, May 7, 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*), and guided and silent meditation and let the synergy of these practices inform and deepen one another to open heart and mind. Appropriate for beginners to either yoga or meditation as well as experienced yogis and meditators. You do not have to be flexible to do yoga, nor to have a particular body type; you need only to be as you are. Please bring a large towel and yoga mat if you have one.

SATI CENTER

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

KARMA AND CAUSALITY

Daylong with Thanissaro Bikkhu. Saturday, April 30, 9am to 5pm

BUDDHIST CHAPLAINCY: AN OVERVIEW OF SPIRITUAL CAREGIVING

Saturday, May 7, 2011; 10 to 5pm in Berkeley. With Jennifer Block and Jaku Kinst

SOCIALLY ENGAGED BUDDHISM

TRADITION, INNOVATION AND CONTEMPORARY CHALLENGES

Saturday, July 30, 9:30am to 5pm. With Donald Rothberg

IMC YOUTH PROGRAMS

DHARMA SPROUTS (K- 2ND GRADE) Led by Liz Powell, Carla Rayacich. First Sunday each month, 11:15am to 12pm. 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 – 8TH GRADE) Led by Liz Powell, Second Sunday 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 Hilary, 650/575-2052 or hborison@sbcglobal.net.

DHARMA TEENS (HIGH SCHOOL) Led by Alicia McLucas, Aaron Chavira and Trent Walker. First Sunday each month, 5 to 7pm (No meetings 4/3, 7/3 or 9/4). A safe, fun space where teens apply mindfulness to self-discovery, empowerment, and fulfillment. A trusting environment where teens discuss among themselves and adult facilitators, issues important in their lives. Contact Alicia 650/361-8800.

TEEN MEDITATION AND STRESS RELIEF DAYLONG

Sunday, April 3, 1 to 5pm. Spend a day with yourself and other teens in a supportive and fun environment that welcomes you, just as you are! Learn to meditate, practice yoga, play games that build community and safety in a relaxed environment. Beginners welcome, no previous meditation experience needed. Join guest teachers Rebekkah LaDyne, Forest Fein, and IMC teen leaders Alicia McLucas, Trent Walker and Liz Powell. To pre-register, or ask questions about the event, contact Alicia McLucas: mclucasalicia@gmail.com or 650/361-8800.

SUPPORT GROUPS

(A) LIFE-THREATENING ILLNESSES

Wednesdays, 1:30 to 3pm at IMC

(B) 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.

DHARMA FRIENDS

Dharma Friends encourages spiritually-based friendships and a sense of community in our Sangha. To receive e-mail updates on upcoming Dharma Friends events, click 'Dharma Friends' on the IMC website and follow instructions.

- **Wunderlich Hike**—Sunday, March 27, after the potluck. 12:30 carpool from IMC. 7 miles, steep hike. Ryan Delaney Ryan@feesavr.com.
- **Volunteer Fair**—Sunday, April 10, 11am to 1 pm. Share your community service experiences and learn about volunteer opportunities while

exploring how the practice of dana (generosity) can enhance your practice. Contact Hilary Borison, hborison@sbcglobal.net.

- **Windy Hill Hike**—Sunday, April 17, 11:15 carpool from IMC. 7-8 mile moderately steep hike. Bring lunch. Ryan Delaney Ryan@feesavr.com.
- **Dharma Friends Steering Committee Planning Meeting**—Sunday, May 8, 11am to 12:15pm. Plan events for July–Sept 2011. IMC conference room. Anne Foster afoster@rawbw.com 650/591-1285.
- **Musicians Night**—Saturday, May 21, 7 to 9pm. IMC. Sangha musicians creating unamplified music for each other's enjoyment. Others are welcome to come listen. Dwight dwight.shackelford@gmail.com.
- **Edgewood Hike**—Sunday, May 22, 11:15 carpool from IMC. 3.5 mile moderate hike to enjoy the spring wildflowers. Marianna Tubman taraihito@yahoo.com.
- **Angel Island Hike**— Sat, June 18, 8:45am carpool from IMC. 5 mi. hike & lunch. RSVP Jim Podolske James.R.Podolske@nasa.gov 650/968-6168.
- **Dharma-Inspired Book Group**—Friday, April 1, May 6, June 3, 5:30 to 7pm. IMC meditation Hall. Anne Foster, afoster@rawbw.com or 650/591-1285 for information on our current book.
- **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.R.Podolske@nasa.gov 650/968-6168.

RELATED SITTING GROUPS

On IMC website: under Community, click on Other Resources 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. www.coastsidevipassana.org

INSIGHT MEDITATION SOUTH BAY

Tuesdays 7:30 to 9pm. 2094 Grant Rd, Mtn. View www.imsb.org

MODESTO DROP-IN MEDITATION GROUP WITH LORI WONG

Tuesday evenings 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., Palo Alto. Contact Julie Forbes 650/323-2601.

SAN JOSE SANGHA

1041 Morse Street, San Jose. Contact Berget, 408/255-2783
bjelane@gmail.com, Website: sanjoseinsight.org

- Sitting Wednesdays 7:30 to 9pm; Beginning instruction first Wed of month 6:15 to 7:15pm
- Intro class Monday nights 7 to 9pm March 7–April 11. Daylong 9am to 2:30pm, April 16
- May 14, 9:30am to 12:15pm, Half-day of practice
- June 4, 9:30am to 3:30pm, Metta Daylong