

Community as a Jewel

Gil Fronsdal

Buddhist practice is supported, nourished, and protected by a community of fellow practitioners, i.e., the Sangha. This idea is expressed in the notion of Sangha as one of the three “refuges” for those who walk the path of liberation. Together the three refuges of Buddha, Dharma and Sangha have such great value they are also known as the Three Jewels that can provide tremendous inspiration.

Each refuge is equally important, together they are like the three legs of a tripod; to stand upright each one needs the other two. Even so, there is a tendency in Western Buddhist circles to emphasize the Buddha and the Dharma. People tend to be much more interested in the Awakening that is represented by the Buddha, and the practice and teachings represented by the Dharma. The important role that community has in a life of practice is often undervalued or overlooked.

Practicing alone can be difficult. Buddhist practice often changes our values and priorities. The values of virtue, contentment, peace, generosity, love and compassion that grow out of the practice can be in conflict with the values of consumerism, ambition, selfishness and insensitivity found in much of our popular culture. A community of practitioners offers mutual support for living by alternative values that may be undermined or overshadowed in some areas of our society.

Also, a Buddhist community, especially one with mature and experienced practitioners, can function as a mirror allowing a person to see themselves more clearly. This works well when compassionate members of the Sangha don't support or participate in the many conceits or fear-based attempts for approval-seeking and personal delusions we may bring to our interactions. When such Sangha members respond with kindness, wisdom, pauses and wise silence, we may be able to see more clearly the attachments we have. While this type of mirroring may also come with feelings of discomfort, the self-understanding it brings is invaluable.

In addition, a Sangha may be the home of people with personal maturity, compassion, and peace who inspire us in our own practice. They can function as encouragement to continue practicing when practicing the Dharma is difficult. Their behavior can provide practical lessons in how to express the values and teachings of Buddhism in life. We might learn more from watching some of these exemplars than from reading books on Buddhism. Importantly, it might be in the example of other prac-

tioners that we gain confidence in how worthwhile and transformative the path of liberation is.

Of course, other communities besides Buddhist ones can provide helpful mirroring and modeling. However, there is a dedication that a Buddhist community tries to live by that may well be different than most other groups. A Sangha is a place where anyone can come and practice. Everyone interested in the practice is welcome. There is no need to be a Buddhist. If we end up in conflict with someone or we don't like what they have said or done, we don't banish that person from the community. Rather we bring mindful investigation to the conflict. We look for opportunities for healing, reconciliation and for wise ways of respecting one another and making room for differences. We try to notice any attachments, fears, projections and confusions that unnecessarily complicate a conflict. This all expresses a dedication of inclusion in a Sangha that aims to be a community safe for everyone to continue along a path of spiritual maturation.

For the same reason, a Sangha is also a safe place to experiment with new ways of being. As practice relaxes our insecurities and unhelpful habits of behavior, a Sangha can be, for example, a place for compulsive speakers to explore speaking less, or inhibited speakers to explore new ways of speaking up.

While there can be many benefits to practicing with others, we also must be aware of possible problems. As soon as a group of people gathers as a community, a culture is created, and cultures always have blind spots, or “shadows.” If we avoid being involved with a community because it has a shadow, no community will ever be adequate. If we relate only to the positive qualities of a community, we are doing ourselves a disservice. If we relate only to the shadow, we are also limiting ourselves. A function of Buddhist practice is to clarify and draw out the shadow and see it in the light of wisdom and compassion. Without honest practice, a culture's shadow can remain hidden. A function of a Buddhist community is to receive help from others in being honest in our social relationships. It is important to speak up about issues one sees.

One of the common shadows of Buddhist communities is anger. This is in great part because Buddhists value kindness and compassion. And the more a group of people values kindness and compassion, the easier it is for anger and hostility to be pushed into the shadows. People then become reluctant to show



SANGHA PROGRAMS & NEWS

BUDDHIST CHAPLAINCY: A TRAINING OF THE HEART

This past year I've undertaken the Buddhist Chaplaincy Training Program offered through the Sati Center led by Gil Fronsdal, Jennifer Block and Paul Haller.

The 11-month course involves monthly day-long classes, writing one to two papers each month, and a large body of reading. For me, though, the meat (or tofu, if you will) of the training is the actual volunteering—a commitment to serve 10 hours per month in a chaplaincy role.

Very broadly speaking, a chaplain is the “spiritual person” or “compassionate care provider” in a secular setting whose role is to care for the well-being of the people they serve. There are chaplains in hospitals, hospice, military, prisons, corporations, universities, NASCAR... You can find a chaplain almost anywhere, it turns out.

So what does a chaplain do? It depends.

Jennifer Block, one of the teachers (a trained chaplain and all-around lovely person), often repeats a well-worn mantra of her work: “What are the three rules of chaplaincy? Context, context, context.” The work is responsive, rather than prescriptive, so how it looks has a lot to do with the surrounding conditions.

My volunteering placement is at a hospital, where I visit patients as a Spiritual Care Volunteer. I know surprisingly little about those I visit. The patient could have simply broken a toe, or just been diagnosed with brain cancer. In every visit I learn something, sometimes many things about the human condition, about love, and about myself, as fear, attraction, anxiety, compassion, joy, awe, guilt and so much more can appear as conditions shift and change during the visit.

With time, or perhaps more accurately, with practice, a kind of confidence or faith has developed that supports me in the work, even when things are challenging or heartbreaking. Even in the presence of people in great medical and personal trials, there can be depths of love, peace, and healing. This is part of the chaplain's role, I believe: to see if we can turn toward the profoundly beautiful aspects of our humanity and spirituality without denying or dismissing the difficulties.

Service is such a mystery. And yet it is the only thing that makes any sense to me. Amidst “the essential ambiguity of helping,” I am guided by questions rather than answers. What does it mean to offer safety to the person in front of me? How might that look? The work is a continual navigation, a tuning into one's wisdom and innate kindness in each moment. It is a stepping into the unknown, and a leading with the heart. For me, it is to continually live into the question: How can I love?

In this way, one can “chaplain,” i.e., care for another and oneself, without being a professional chaplain. Most of the people who take the Buddhist Chaplaincy Training don't become chaplains. In truth, we are presented with endless opportunities throughout our days to chaplain to others and to ourselves. Each

and every moment is a chance to love, to heal and to be healed. The Sati training program serves as a training in opening the heart.

—Gregor Levy

The 2018-2019 Buddhist Chaplaincy Training begins this September, with interviews conducted in late summer. For more information, visit the Sati Center website:

www.sati.org/buddhist-chaplaincy-training-program

SOLAR PANELS INSTALLATION AT IMC

At the end of September we plan on installing rooftop solar electric panels. In a reciprocal relationship with our energy providers PG&E and ECO 100 of Peninsula Clean Energy, we will generate electricity during the day, much of which will go into the electricity grid. When the sun is not shining we will receive our electricity from the grid.

The installation is part of our ongoing efforts to operate IMC with earth-friendly practices. Our goal is to do our part in taking care of our planet home, conserve the earth's resources as we reduce our greenhouse gas emissions.

MESSAGE ABOUT PARKING FROM GIL

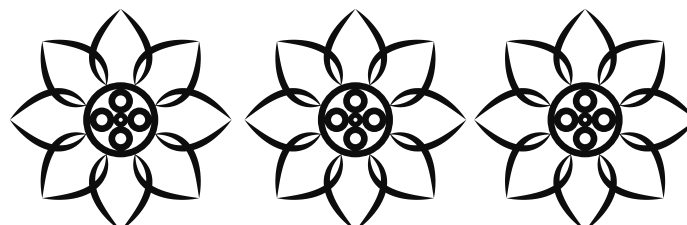
I would like to ask everyone who comes regularly to IMC to help us be good neighbors to those who live near our center. On occasion, visitors to IMC park in front of our neighbors' driveways. As you arrive at IMC, it would be helpful if you could look across the street and check to see if there are any cars blocking a driveway. If so, please tell the manager. In addition, if you are able, consider parking further away and leaving Birch Street spaces for residents and those who need to park close by.

Many thanks,
Gil

COMMUNITY WORK DAYS AT IRC

Saturdays, 9am to 4pm: July 7, Aug 25, Sept 8, Oct 13

Work days at IMC's Insight Retreat Center are a time to visit and learn about the center. It is also when those who have been on retreats can return to contribute and be part of the IRC support community. The day consists of meditating, cleaning, doing repairs, and working in the garden and grounds. There is a morning and an afternoon work period. You can come to both or either. Lunch is provided. More info at insightretreatcenter.org



GUIDE TO IMC PROGRAMS

The core, ongoing programs at IMC are the weekly meditations followed by a Dharma Talk offered daily Sundays through Thursdays. Everyone is welcome to attend these.

In addition, we have a wide range of programs for beginners, intermediate and more experienced practitioners. While most of these programs are open for anyone to attend, it is helpful if practitioners gain a foundation with the basic programs before attending those for intermediate or experienced practitioners.

BASIC PROGRAMS

- Five-week Introduction to Mindfulness Meditation course offered a number of times a year in English, Spanish and online
- Four-week Beginners' Practice Group often offered as a follow-up to the Introduction to Mindfulness course
- Weekly Basic Instructions: an Introduction to Mindfulness Practice—usually every Thursday
- Introduction to Loving Kindness Course
- Introduction to Mindfulness Daylong; offered on a Saturday once or twice a year

INTERMEDIATE

- Monthly Saturday daylong meditation retreats
- Saturday daylong thematic retreats
- Eightfold Path Program: monthly two-hour class and individual meetings with a mentor; usually from October to June
- Seven Factors of Awakening series exploring key aspects of meditation practice, meeting once a month for seven months on Fridays, 9:30am to 3:30pm; usually from October to May
- Sati Center classes for studying Buddhist teachings; often offered as Saturday daylong classes a few times a year
- Two- and three-day residential retreats at the Insight Retreat Center in Santa Cruz or through IMC at nearby rented facilities.
- Refuge class and ceremony once every two or three years

EXPERIENCED

- Daylong Intensive Retreat, usually in June; 6am to 9pm
- Week-long retreats at the Insight Retreat Center in Santa Cruz offered monthly
- Entering the Stream: Eight-month program focused on in-depth study of Buddhist teachings, personal practice, and community. Meets Mondays or Fridays once a month, 9am to 3:30pm. Offered every other year
- The Equivalence of Ethics and Enlightenment: Eight-month program focused on exploring the close relationship of ethics with the Buddhist path of practice. Meets Mondays or Fridays once a month, 9am to 3:30pm
- Sati Center's online course on the teachings of the Buddha

DHARMA SERVICE PROGRAMS

- Volunteering at IMC or IRC
- Sati Center's Buddhist Chaplaincy program
- IMC/Sati Center's Dharma Mentoring Training Program

In addition, we have ongoing yoga classes, programs for children and youths, a young adult program, support groups and social gatherings. See the newsletter or online schedule for these.

Community as a Jewel, *cont'd. from front page*

this side of themselves, sometimes even to themselves. One function of mindfulness practice is to shine a light into these shadows. However, even though developing personal mindfulness may reveal some of what we have been overlooking in ourselves, a Sangha that brings mindfulness to its own social dynamics can strengthen the practice of each Sangha member.

Life is comprised of many encounters and we can learn about ourselves in each of these encounters. In relation to Buddhist practice, we look at what we bring to each encounter. How do we allow other people to encounter us, and how do we encounter them? To meditate and to settle on oneself, and encounter the world from that settled place is a wonderful thing. A practice community is a place to begin learning to bring that settled place into the rest of our lives. It is a place where our wisdom and inner freedom can be met and supportively mirrored by others. The more mature practitioners in our Sangha the more facets there are to our Sangha jewel.

THE EQUIVALENCE OF ETHICS & ENLIGHTENMENT WITH GIL FRONSDAL

September to April: For experienced mindfulness practitioners, an eight-month program exploring the important role ethics has in the entire Buddhist Path.

Details in the Schedule of Events pages of this newsletter.

SPECIAL SUNDAY MORNING TALK

WISDOM FROM THE INSIDE: LIBERATING INSIGHT FROM PRACTICING IN PRISON

With Jacques Verduin and graduates from the San Quentin GRIP Program on Sunday, July 22, 10 to 10:45am.

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.



Insight Meditation Center

108 Birch Street

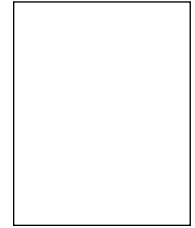
Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

650/599-3456

RETURN SERVICE REQUESTED



Printed on
Recycled Paper

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.

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.

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

July ~ September 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 pláticas 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

- 4 Wednesday evenings, July 18 – August 8, 7:30 to 9pm with Tanya Wiser
- 5 Wednesday afternoons, August 8 – September 5, 1:30 to 3pm with Diana Clark and Ying Chen

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.

BEGINNER'S PRACTICE GROUP

Four Wednesdays, August 15, 22, 29, and September 5, 7:30 to 9pm with Diana Clark and Maria Straatmann. For beginners who have taken an introductory mindfulness meditation class and would like to take the next step in building and supporting their practice. This series on developing mindfulness practice includes a 20-minute meditation, review of basic instruction and introduction to further teachings.

ONE DAY RETREATS

On Saturdays, unless otherwise noted:

- August 4, 9am to 4:30pm, **Mindfulness Daylong** with John Martin
- August 11, 9:30am to 3:30pm, **Introduction to Mindfulness Meditation** with Tanya Wiser
- August 25, 9am to 4:30pm, **Mindfulness Daylong** with Gil Fronsdal
- September 15, 6am to 9pm, **Intensive Daylong** with Max Erdstein
- October 20, 8:30am to 5pm, **Mindfulness Daylong** with Gil Fronsdal

RESIDENTIAL RETREATS

AT THE INSIGHT RETREAT CENTER (NEAR SANTA CRUZ)

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

- August 9 – 12, 4-Day **Insight Retreat** with Ines Freedman and Nikki Mirghafori
- October 4 – 8, 5-Day **LGBTQI Insight Retreat** with John Martin and Bruni Davila
- October 18 – 21, 4-Day **Insight Retreat** with Ines Freedman and Max Erdstein
- October 28 – November 4, 1-Week **Insight Retreat** with Gil Fronsdal and Paul Haller
- November 11– 18, 1-Week **Insight Retreat** for People in their 20s and 30s with Gil Fronsdal and Max Erdstein

SERIES PROGRAMS

EIGHTFOLD PATH PROGRAM

TAUGHT BY CHRIS CLIFFORD, BRUNI DÁVILA AND LIZ POWELL WITH OTHER SENIOR IMC STUDENTS

The Buddha's most explicit path of practice is the Eightfold Path— 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 participants will discover how to apply each set of practices in ways that are personally meaningful.

Pre-requisite: completion of IMC's Introduction to Meditation course or the equivalent.

more—>

All are welcome to attend the Sunday sessions below. To be assigned a mentor for additional private monthly meetings, application is required. Please fill out the online application found under the Eightfold Path Program notice on the Special Events page of IMC's website. Applications due by September 15. Dates of Public Meetings at IMC (all are Sunday 1pm to 3:30pm):

2018

Introduction to the Path & Program—Sep 23;
Right View—Oct 7; Right Intention—Nov 4; Right Speech—Dec 2,

2019

Right Action—Jan 6; Right Livelihood—Feb 3; Right Effort—Mar 3;
Right Mindfulness—Apr 7; Right Concentration—May 5
Concluding Daylong Retreat at Insight Retreat Center, Santa Cruz—Sat, Jun 22, 9:30am to 4pm (tentative)

THE EQUIVALENCE OF ETHICS & ENLIGHTENMENT

WITH GIL FRONSDAL. **FRIDAY SEPT 7, MONDAY OCT 1, MONDAY OCT 22, MONDAY NOV 26, FRIDAY JAN 18, MONDAY FEB 4, MONDAY MAR 4, MONDAY APR 8, 9AM TO 3:30PM**

An opportunity to delve into the deeper teachings of our Buddhist tradition with other practitioners. We will study and discuss core principles of the Buddha's teachings on ethics to understand the thoroughgoing ethical nature of his teachings. We will discover how the Buddha's path is an ethical path, that awakening itself is an ethical awakening, and that Buddhist life is an ethical life. The program includes required monthly readings and writing short reflective essays.

Participation by selection. Pre-requisites: at least five years of committed insight meditation practice, four seven-day (or longer) silent Vipassana retreats, and completion of IMC's Eightfold Path Program or its equivalent. To apply go to IMC's website Special Events page. Applications due by August 21. Notification of acceptance by August 31. Info: imc.3Eprogram@gmail.com.

SEVEN FACTORS OF AWAKENING SERIES

With Nikki Mirghafori. **2018—FRI OCT 19, NOV 16; SAT DEC 15**
2019—SAT JAN 19; FRI FEB 22, MAR 29, & APR 19. A seven-month program exploring aspects of mindfulness supporting meditation, daily life and the path of liberation. Includes a combination of teachings, meditation practices, and discussions. You may attend any part of the series. Taught on Fridays and two Saturdays.

SPECIAL EVENTS

SURROUND SONG HARMONY CIRCLE

WITH THE PENINSULA THRESHOLD CHOIR **SUNDAY, JULY 8, 12:45 TO 2PM** Threshold Choir singers, when invited, offer songs of rest and comfort at the bedsides of those who are in hospice care and others who may benefit from their gift of presence and harmony. This event offers you the opportunity to experience this gentle practice. Come at 12:45pm to settle into the circle and learn a bit about who they are and what they do. Then they'll sing from 1 to 2pm, continuously except for a stretch break or two. More info at thresholdchoir.org.

SPECIAL SUNDAY MORNING TALK

WISDOM FROM THE INSIDE: LIBERATING INSIGHT FROM PRACTICING IN PRISON SUNDAY, JULY 22, 10 TO 10:45AM.

With Jacques Verduin and graduates from the San Quentin GRIP Program.

MINDFULNESS DAYLONG WITH JOHN MARTIN

SATURDAY, AUGUST 4, 9AM TO 4:30PM. Practicing mindfulness meditation on retreat is one of the foundations for maturing insight meditation. This is a daylong retreat 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.

INTRODUCTION TO MINDFULNESS MEDITATION

DAYLONG WITH TANYA WISER

SATURDAY, AUGUST 11, 9:30AM TO 3:30PM. A daylong retreat introducing the basic practice of mindfulness with direction of mindfulness of the breath, body, emotions, thoughts, walking and eating. There will be time for sitting meditation, walking meditation and discussion. Suitable for both beginners and those wanting to review the basics of practice. Bring lunch.

MINDFULNESS DAYLONG WITH GIL FRONSDAL

SATURDAY, AUGUST 25, 9AM TO 4:30PM Practicing mindfulness meditation on retreat is one of the foundations for maturing insight meditation. This is a daylong retreat 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.

SEPTEMBER MORNING EQUINOX MEDITATION

WITH DIANA CLARK **WEEKDAYS, SEPTEMBER 3 – 21, 7 TO 7:45AM**

Special opportunity to meditate at IMC weekday mornings ending on the equinox. Includes 40 minutes of meditation and a brief introduction to a Dharma topic. Everyone welcome to participate any day or for all 15 days (five days a week for three weeks)

INTENSIVE DAYLONG WITH MAX ERDSTEIN

SATURDAY, SEPTEMBER 15, 6AM TO 9PM A great opportunity for a full day of immersion in silent Dharma Practice. Practicing mindfulness on retreat is one of the foundations for maturing insight meditation. The simplicity, silence and support of retreats contribute to letting go of many of the distractions that get in the way of clear seeing. Retreats also are a wonderful environment for developing a continuity of awareness for an extended period. Fifteen minute Interviews with Max 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, please sit in the outer hall. Bring breakfast and lunch. Light supper provided.

SATI CENTER

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

THE BUDDHA'S TEACHINGS ON MEDITATION; A 2-PART SERIES

PART 1: THE BUDDHA'S TEACHINGS ON MINDFULNESS WITH DIANA CLARK; SATURDAY, JULY 14, 9:30AM TO 3PM

For this first daylong we will explore the sayings of the Buddha with regard to mindfulness meditation. With an eye toward its practical applications, we'll examine the richness of how mindfulness was described, taught and practiced at the time of the Buddha.

PART 2: THE BUDDHA'S TEACHINGS ON CONCENTRATION WITH RICHARD SHANKMAN SATURDAY, JULY 28, 9:30AM TO 4PM

In this second daylong we will explore the various ways *samadhi* (concentration) is presented in the foundational texts, the range of ways it is practiced and taught today, and how to incorporate it into our meditation practice.

CLINGING AND CRAVING WITH AJAAN THANISSARO (GEOFF) SATURDAY, SEPTEMBER 22, 9AM TO 5PM

The Buddha identifies four types of clinging as suffering, and three types of craving as the cause of suffering. But he also taught that, up to a point, clinging and craving play a role in developing the path to the end of suffering. In addition to exploring the role of clinging and craving in the first two noble truths, this daylong course will focus on the strategic uses of clinging and craving in the fourth noble truth prior to their abandoning in the third.

Bring lunch. There will be an opportunity to donate food for the meal offering.

CONNECTED DISCOURSES OF THE BUDDHA COURSE WITH GIL FRONSDAL AND DIANA CLARK

TUESDAYS, SEPTEMBER 4 – DECEMBER 11 9:40AM TO 12:30PM.

At the Institute of Buddhist Studies in Berkeley. The Collected Discourses of the Buddha (*Samyutta Nikaya*) is a magnificent anthology focused on the deeper wisdom and insights the Buddha emphasized on the path to awakening. This is a graduate level course offered in partnership with Sati Center and IBS. More info at shin-ibs.edu

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

- 6:15 to 7pm (Note new time). Join us for yoga before evening meditation.

THURSDAY MORNING YOGA AND SITTING MEDITATION

- 8:30 to 10:30am.

YOUNG ADULT PROGRAM

AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20'S AND 30'S WITH MAX ERDSTEIN
Sundays, 7:30 to 9pm (except the 2nd Sunday of the month).

This weekly group addresses themes relevant to people in their 20s and 30s and includes guided meditations, short dharma talks, and group discussions. We have a friendly and vibrant ongoing community, and all are welcome to drop in at any time.

YOUTH & FAMILY PROGRAMS

DHARMA SPROUTS (K-2ND GRADE) Led by Hilary Borison 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 Hilary at hborison@sbcglobal.net if you plan to attend, giving first names 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.

LABOR DAY WEEKEND FAMILY RETREAT

SATURDAY SEPTEMBER 1 – MONDAY SEPTEMBER 3 at Jikoji Retreat Center, Los Gatos. Practice together as a family during a relaxed weekend that will offer structured retreat practice and small group sharing with other parents, and children in grades K- 5, along with hiking and appreciation of the forest, grasslands, and views from the top of the Santa Cruz mountains. The site features camping and a limited number of shared dorm rooms.

LGBTQUEER SANGHA

4th Sunday of each month, 5pm to 6:30pm. We are led by Guiding Teacher John Martin and open to all who identify under the LGBTQ+ umbrella. Contact co-facilitators sue bachman and Joe Hayes at imcqueersangha@gmail.com with questions or to be added to our mailing list.

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).

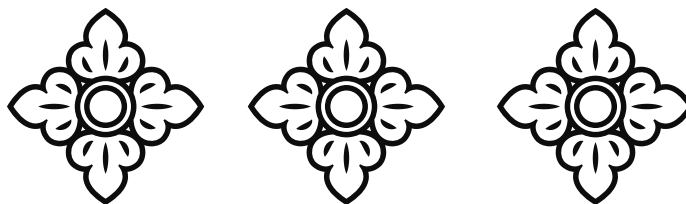
DHARMA-INSPIRED BOOK GROUP
FRIDAYS, JUL 20, AUG 17, SEP 21, 7 TO 8:30PM
IMC Meditation Hall. We are reading *The Book of Joy: Lasting Happiness in a Changing World* by His Holiness the Dalai Lama, Archbishop Desmond Tutu with Douglas Abrams. Anne Foster, afoster@rawbw.com, 650/591-1285.

SONA'S DHARMA STRUMMERS PRACTICE SESSIONS
SATURDAYS, JUL 14, AUG 11, SEP 8, 1PM TO 2:30PM. Please join us as we strum our way to samadhi...with ukuleles! We are a group of sangha members who are getting together to sing and play ukulele. Basic ukulele instruction provided. For location and more info contact Martha Chickering at marthachickerting@gmail.com.

SONA'S DHARMA STRUMMERS PLAY AT HOPKINS MANOR
SATURDAYS, JULY 28, AUG 18, SEPT 22, 1PM TO 2:30PM. We are making music with the residents of Hopkins Manor once a month. Hopkins Manor is a residential care facility for the elderly next to IMC. No prior musical experience is necessary. If you don't play the ukulele, you can come and sing along. For more information contact Martha Chickering at marthachickerting@gmail.com.

CHARITABLE EVENTS

AIDS WALK SAN FRANCISCO
On July 15, a team of members from IMC/IRC will walk in the AIDS walk. Our intention is to help relieve suffering in our community by raising funds through donations. The funds will benefit dozens of organizations working to stop new HIV infections and support people living with HIV/AIDS. Tell your friends and family about our Compassion Team and share us on social media. For more information, contact imcqueersangha@gmail.com.



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 membership needed. 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: first Wednesday of the month, 6:15 to 7:15pm
• Half Days, 9:30am to 12:15pm: July 21, August 18, and September 15
• Beginning Meditation class September 9, 26, October 3, 10, 17, 24, 6 to 7:15PM
• Full Day, October 20, 9:30am to 3:30pm

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

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

