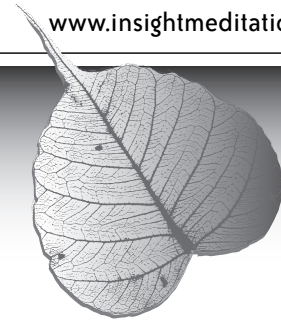


# Insight



OCTOBER, NOVEMBER, DECEMBER 2011

VOLUME 14, NUMBER 4

## Actions

Many of the Buddha's teachings focus, in one way or another, on the importance of action in a wise life. When he gave instructions on how to live, he emphasized the importance of choosing actions that benefit ourselves and others. To understand his instruction on action it helps to be familiar with the teachings that provide the context for knowing how to act.

For people on the Buddha's path of liberation, understanding the relationship between action and karma is important. The central teaching the Buddha gave concerning karma is that our actions are consequential, and that it's possible to act in ways that lead to beneficial consequences. This teaching is based on the understanding that we can know and choose which actions to engage in and which to refrain from in order to achieve peace and well being, and to avoid suffering. Rather than emphasizing past and future lives, as people often do when discussing karma, the Buddha's teachings point to the importance of the present moment as the only time we can take responsibility for, and train in, the actions that bring freedom.

Because of the important role of karma, the Buddha emphasized being mindful of what we do rather than what we are—and here, we can think of 'doing' as encompassing mental activities as well as external actions. Instead of looking for some fixed, essential psychological state, inner nature, or spiritual essence, the Buddha focused on the dynamic psychological processes that are operating when we suffer. When we know enough about how our minds function we can begin to avoid those mental actions that cause suffering, and choose to engage in the mental trainings and skillful actions that place us on the path to liberation.

It's sometimes said that the Buddha emphasized action over belief. In one sense this is true. When it came to the kinds of supernatural beliefs that underlie most religions, it appears that the Buddha had very little interest. However, he saw that belief is also a form of action, a mental activity, and so in that sense our beliefs are actions worthy of investigation. This means that in addition to investigating the truth or falsehood of a belief, it is possible to notice whether the act of believing is, in itself, helpful. In particular it can be useful to notice why we believe what we do. What is the intention behind our believing?

Another quality the Buddha emphasized in his teachings on action was faith—not blind faith in something that can't be known, but a faith in those things that can be tested and verified

through our actions. Until we see for ourselves the results of our actions, we are supported by a trust that there are activities that will lead us to happiness and protect us from suffering. When we see and experience the results of practice, this faith can become an unshakeable confidence—we have no doubt about what actions lead to inner freedom and peace.

The role of intention is also central to the Buddha's teachings on action. Our intentions are a form of mental activity that have consequences for our mental life. It is the nature or quality of an intention that determines how it affects the mind. When we act on an intention that has suffering as part of it, more suffering results. For example, when we speak with hostility, not only is the act of hostility stressful in itself, it often creates the conditions for continued suffering for ourselves and others. Because greed, hatred and delusion all entail the suffering of clinging, actions motivated by these three intentions reinforce our clinging and so perpetuate the suffering of clinging. When we act on an intention that embodies freedom from clinging, the benefits of that freedom will strengthen within us. In this way, when we act on openhanded generosity, love, and wisdom—the opposites of greed, hatred, and delusion—we create mental conditions for happiness and further freedom.

This cultivation of beneficial states of mind is important; the Buddha advocated more than simply ridding ourselves of intentions that are based on clinging. The purity that comes from avoiding certain behaviors and intentions, while worthwhile, is not enough in itself to attain the highest goal of liberation, we have to see directly into the nature of our own suffering.

But because this direct seeing isn't easy to do, the Buddha suggested engaging in specific actions to help the mind perceive the ways it grasps and suffers. Key among these are the practices of concentration, mindfulness, and letting go. The training in concentration helps keep the mind stable and focused on our present moment experience so that mindfulness can help us see more clearly. The more insight we have into the present moment, the better able we are to recognize the moments of choice in which we can choose more skillful actions. Training in letting go helps us let go of those behaviors that interfere with the further deepening of mindfulness. At times the only action needed is letting go of all other actions.

*Continued inside*

# SANGHA PROGRAMS & NEWS

## IRC UPDATE FROM GIL FRONSDAL

The creating of our Insight Retreat Center has been a joy and an inspiration. It is a joy to experience the community support for the project and it's inspiring to envision a retreat center that will welcome all people to the deep, transformative peace of retreat practice.

Once we took ownership of the property it became even clearer that we have bought a place that will be exceptional for retreats. The property has a nourishing stillness and spaciousness that will support the silence of our retreats. The gardens, surrounding woods and vineyard provide a meaningful connection to the natural world.

By November we expect to have our construction documents completed and approved by the Building Department, and to have chosen a contractor who will be ready to begin the renovation. Once we have a reasonable idea of when the work will be completed, we will begin planning our first schedule of residential retreats!

We still need to raise funds for the remodeling. We have found that the majority of the work will need to be completed in the first phase in order to be permitted to open for retreats.

It is our hope that many people will be inspired by the opportunity to help fund the creation of our Insight Retreat Center. It is the collective and cooperative efforts of many people that creates the foundation of our meditation center.

I am deeply grateful for all who have contributed to IRC.

For more information about the Insight Retreat Center (IRC), including a copy of the new newsletter, please see [www.insightretreatcenter.org](http://www.insightretreatcenter.org)

## TEACHING MINDFULNESS AT GATEWAY SCHOOL

I have the good fortune to be working with Mindful Schools, a nonprofit committed to bringing techniques for learning concentration, conflict resolution, and empathy into schools. I began this spring at Gateway School in Santa Cruz. At first I questioned how it would be to scurry between nine K-5th grade classes, upstairs and downstairs, in 15-minute intervals. The rigorous schedule left no time for self-doubt, though. I found I was able to deepen my own practice while teaching children who needed only gentle reminders of what they already knew.

I felt genuine support from staff during the two months I taught. The students wrote in journals after each mindfulness session. A ten-year-old boy wrote, "When I heard we were going to do mindfulness in fifth grade I thought it was a lot of mumbo jumbo. Now I know it's a real place inside. It's like sitting in my own quiet valley."

There are many moments I remember. During my final week teaching at Gateway, I took a break in their Garden to reflect on all the growth, both inside and out. Just as I walked past a sign made by students that said "Welcome to the Labyrinth," a girl in

my fourth-grade class motioned me to follow her along the border of overgrown fava beans. I followed her slow-motion stroll though the labyrinth, guided by her silence and confident hand signals that instructed me when to stop or continue along. Thanks to Mindful Schools, Gateway, and the innate ability of children to see the world through a clear heart, I gratefully embrace a lifetime of lessons now shining with first time wonder.

—Carla Brooke

## TURNING THE WHEEL, NOT REINVENTING IT

From August 11 through 13, IMC hosted a conference for leaders and teachers from Insight Meditation groups around North America, called InterSangha 2011. There were around 60 participants from more than two dozen groups and centers including from Canada and Mexico, all gathered to talk about the present and future of their sanghas. A truly inspiring gathering.

Topics ranged from the practicalities of choosing and managing a facility and volunteers to larger-scale issues of organizational development and tradition/innovation in teaching and practice. The session on bilingual Dharma was conducted partly in Spanish with translation, and also included the experiences of a French-Canadian group.

The attending groups and others are in the process of joining together to form a network organization. The InterSangha meeting is a way to share our wisdom, learn from each other, and meet our colleagues. One comment in the closing session summed it up nicely: "We don't have to reinvent the wheel, we just have to turn it."

The conference was supported by the generosity of the IMC community and the participants themselves. Local sangha members offered food and provided housing for visiting guests. The participants themselves washed dishes and helped clean the center afterward to return it for IMC's use.

—Kim Allen

## HOSPICE MEDICINE AND BUDDHIST TEACHINGS

Gil will speak at the Zen Hospice Project Benefit Dinner at Greens Restaurant in San Francisco on Thursday, November 10, at 6pm. The event is titled "Emerging and Evolving Together: An Exploration of Hospice Medicine and Buddhist Teachings". Gil will be in conversation with Dr. BJ Miller, Zen Hospice's Executive Director. The topic will be "How can contemplation and spirituality inform the practice of medicine and how can medicine express the values of Buddhism and Zen? How might the ancient streams of Buddhism and medicine merge together in a commitment to compassion?"

More information is found at [www.zenhospice.org](http://www.zenhospice.org).



## READING DHARMA

The Dharma-Inspired Book Group gathers once a month to discuss books covering meditation and Buddhism. We are currently reading *Meditations 3*, a collection of Dharma talks by Thanissaro Bhikkhu, the Abbot of the Metta Forest Monastery. The material in the Meditation series is very readable and easy to understand, unlike some of his more scholarly books.

A frequent comment has been how practical the book is, providing tools to help work with what actually comes up in meditation. Thanissaro Bhikkhu offers some memorable analogies. For example, from page 65 “So with regard to the question of holding on and letting go, the Buddha said you've got to be selective... The cause of suffering, the craving that causes you to cling, is something you want to let go. Then there's the path, which you develop. To develop it, you've got to tend to it, you've got to cherish it, you've got to hold on to it. It's like holding on to the rungs of the ladder. If you try to climb up a ladder without holding onto the rungs, you fall off.”

If this book sounds interesting to you, feel free to join us at our next meeting on October 7. Since each chapter is a stand-alone Dharma talk, it's easy for newcomers to join. The chapters are just a few pages each, but they are rich in Dharma, so we are proceeding slowly to savor the wisdom on each page.

Thanissaro Bhikkhu's books are distributed free of charge by the monastery. There are some copies of the book at IMC and the book is available in multiple electronic forms.

—Anne Foster

*Information on the Book Group is available on the IMC website*

## CONTRIBUTIONS INVITED FOR THE NEW EDITION OF PASSING IT ON

Contributions are invited for the 2012 edition of *Passing It On, Lay Practitioners Share Dharma Wisdom* a collection of creative works reflecting the helpful teachings found in our daily lives. The authors and artists, all connected with IMC, celebrate everyday activities in ways that honor the richness and complexity of our ordinary experiences. The personal essays, short stories, poetry, and art explore the challenges we face, and the moments in which we rise to meet them. If you are interested in contributing, please contact Lysanna Anderson [imc.newsletter@gmail.com](mailto:imc.newsletter@gmail.com).

The print paperback of *Passing It On 2011* is available for \$11 at [www.createspace.com/3512056](http://www.createspace.com/3512056). For every copy purchased from this site, Insight Meditation Center earns a royalty.

## VOLUNTEERS WANTED!



Insight World Aid is seeking motivated volunteers to help build our organizational structure. We are looking for people interested in website development, newsletter publication, fundraising, grant writing, project research, and more. If you are interested in helping to build this newly created service branch of the insight meditation community please send us an email to [insightworldaid@gmail.com](mailto:insightworldaid@gmail.com) or fill out the volunteer application found at IMC or on our website [insightworldaid.org](http://insightworldaid.org).

## Actions, cont'd. from front page

While the Buddha's teachings on action may seem like instructions for staying in constant activity, they are actually instructions in those actions that lead to greater and greater peace. It's the untrained mind that is always busy. A trained mind can experience profound rest. It's the mind that understands skillful actions that can know freedom from all actions.

—Gil Fronsdal

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## MEMBERSHIP

People sometimes ask about membership in our IMC community. To keep our administration simple and to be as open a community as possible, we have no formal membership. However, we are happy for anyone who would like to be a member to consider themselves a member. Everyone is welcome to participate in any of our programs and events.

If you would like to be more involved with our community, a number of options exist. You can sign up for our print newsletter and/or email updates. You can volunteer. You can participate in our community tea, potlucks, and other social events. You can also become a supporter of our community and teachers through your donations.

You are also invited to introduce yourself to our teachers, Gil Fronsdal and Andrea Fella. You can approach them after one of their talks.

### Connecting through our website ([insightmeditationcenter.org](http://insightmeditationcenter.org))

- Subscribe to the IMC News & Upcoming Events Email and receive weekly emails about events and other announcements.
- Sign up on the mailing list to receive our quarterly newsletter (also available online and through our email list above).
- 'Like' Insight Meditation Center on Facebook and receive updates on your news feed.
- IMC Community Site is an online forum where sangha members from the local and worldwide community can connect about practice.

**Volunteer.** All the work that keeps IMC running smoothly is done by volunteers. Volunteering is an opportunity to participate, to meet other sangha members and fosters a sense of community. You can learn more on the volunteer page of our website.

**Dharma Friends** encourages spiritually-based friendships and a sense of community in our sangha. All sangha members are welcome to our events and may bring friends. We organize various activities such as hikes, music-jams, poetry readings, back-packing trips, and movie nights.

**Sunday Morning Gatherings.** Everyone is welcome to these informal get-togethers of sangha friends:

- **Community Tea** on the 2nd Sunday of each month at 11am
  - **Vegetarian Potluck** on the last Sunday of each month at 11am.
- Both follow the regular Sunday morning program.

# Insight Meditation Center

108 Birch Street

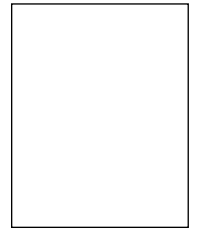
Redwood City, CA 94062

[www.insightmeditationcenter.org](http://www.insightmeditationcenter.org)

Email: [insightmeditationcenter@gmail.com](mailto:insightmeditationcenter@gmail.com)

650/599-3456

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## MINDFULNESS IN EDUCATION CONFERENCE

October 14 through 16th in Menlo Park. The Association for Mindfulness in Education is pleased to announce that registration for our fall conference is open. The conference is co-sponsored by the Stanford School of Education, and the Stanford Department of Child and Adolescent Psychiatry. Continuing Education Credits are available. For more information: [www.mindfuleducation.org](http://www.mindfuleducation.org).

## DIRECTOR OF FAMILY PROGRAMS

IMC has created a new volunteer position, Family Program Director. Liz Powell, who leads our Dharma Sprouts (K–2nd Grade) and Dharma Rocks 3rd–6th Grade) programs, will be serving in this capacity to be of support to programs, events, and retreats for children, teens, parents, and families at IMC and IRC. In addition to the programs Liz leads, there is a new Dharma Tweens program for Middle School and Dharma Teens for High School. If you have questions or suggestions about our youth programs, please contact Liz at [eapowell@aol.com](mailto:eapowell@aol.com).

## HELP IRC WHILE BUYING OR SELLING A HOME

Carol Collins is an IMC sangha member and long-time local real estate broker, now retired. If you are selling your home she can refer you to a realtor and negotiate a reduced brokerage fee. If you are buying, she can refer you to a realtor who will assist you in identifying properties, areas, loans, etc. Buying or selling, the realtor will make a donation in your name to our Retreat Center.

Carol will be available as your consultant at no charge through the whole process. She has helped facilitate this process for sangha members in San Mateo, Santa Clara, Santa Cruz and other Bay Area counties. If you have any real estate questions, or would like to discuss buying or selling your home, call Carol at 408/348-1385 or [carolcollins888@gmail.com](mailto:carolcollins888@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](mailto:imc.mailinglist@gmail.com)

### • UPCOMING EVENTS & ANNOUNCEMENTS EMAIL LIST:

To sign up for our email announcements go to the IMC website and click the 'CONNECT' link, or go to [www.insightmeditationcenter.org/email](http://www.insightmeditationcenter.org/email)

• **IMC COMMUNITY SITE:** for Discussion and Interest Groups. To join, click the 'CONNECT' link on our website, or go to [insightmeditationcenter.ning.com](http://insightmeditationcenter.ning.com).

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

# SCHEDULE OF EVENTS

October thru December 2011

## WEEKLY MEDITATION AND TALKS

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### 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**—2nd 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

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### BASIC MEDITATION INSTRUCTION

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

### INTRODUCTORY COURSE IN MINDFULNESS MEDITATION

The basic instructions in Insight Meditation 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.

- 6 Wednesday Evenings—Sept 28 to Nov 2, 7:30 to 9pm with Gil Fronsdal.
- 6 Wednesday Evenings— Jan 11 to Feb 15, 7:30 to 9pm with Gil Fronsdal.
- 5 Monday Mornings— Jan 9 to Feb 6, 9:30 to 11am with Jim Podolske and Shin Kwan Park.

### INTRODUCTORY COURSE IN MINDFULNESS MEDITATION IN SPANISH

Introducción a la Meditación. Aprende a meditar y goza de los beneficios físicos y mentales. Curso de cinco semanas en el Insight Meditation Center, 108 Birch St, Redwood City.

- Los martes de 7:30 p.m. a las 9 p.m. del 25 de Octubre al 22 de Noviembre. Instructora: Andrea Castillo. El curso se ofrece gratuitamente. Si deseas puedes ofrecer una donación.

## MONASTIC EVENINGS WITH THE SARANALOKA NUNS

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Third Friday of the month, October 21, November 18, December 16, 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](http://www.saranaloka.org).

## NON- RESIDENTIAL RETREATS

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### ONE-DAY MEDITATION RETREATS

With Gil Fronsdal unless otherwise noted.

- Saturday, October 1, 9am to 4:30pm, **Daylong**
- Friday, October 7, 9:30am to 3:30pm, **Dharma Practice Day: Brahma Viharas (Metta)**
- Saturday, October 22, 10am to 5pm, **Work, Sex, Money, Dharma!** with Martin Aylward
- Saturday, October 29, 9am to 5pm, **Sati Center Daylong** with Martine Batchelor
- Friday, November 4, 9:30am to 3:30pm, **Dharma Practice Day: Brahma Viharas (Compassion 1)**
- Saturday, November 5, 1pm to 4pm, **Teen Retreat**
- Saturday, November 12, 8:30 am to 5pm, **Daylong**
- Friday, December 2, 9:30am to 3:30pm, **Dharma Practice Day: Brahma Viharas (Compassion 2)**
- Saturday, December 10, 9am to 4:30pm, **Daylong**
- Saturday, January 21, 8:30am to 5pm **Daylong**

## RESIDENTIAL RETREATS

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### IMC SPONSORED RETREATS

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

### RETREATS LOS ALTOS HILLS (AT HIDDEN VILLA)

- October 9–16 with Gil Fronsdal and Paul Haller (Full)
- March 18–25, 2012 with Gil Fronsdal and Andrea Fella
- April 15–22, 2012 with Andrea Fella and Anushka Fernandopulle

### OTHER RETREATS WITH GIL FRONSDAL OR ANDREA FELLA

**AT SPIRIT ROCK** [www.spiritrock.org](http://www.spiritrock.org)

- November 18–27 Thanksgiving Insight Meditation Retreat with Andrea Fella, Anushka Fernandopulle, Will Kabat-Zinn, Pat Coffey & Teja Bell (qigong).
- December 26–January 4, New Year's Insight Meditation Retreat with Gil Fronsdal, John Travis, Sharda Rogell, Eugene Cash and Janice Clarfield (yoga)
- May 13–20, 2012 Vipassana Retreat with Gil Fronsdal, Mary Grace Orr, John Travis and Andrea Fella

### OTHER RETREATS WITH ANDREA FELLA

- Taos, New Mexico, February 10–17, 2012 with Andrea Fella and Greg Scharf. Information: [mountainhermitage.org](http://mountainhermitage.org)
- Salt Spring Island, Canada, March 3–11 with Andrea Fella and Heather Martin. Information: [ssivipassana.org](http://ssivipassana.org)

### 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
- **Thanksgiving Day** Yoga and Meditation, 8:30 to 10:30am. Meditation, gentle yoga, relaxation.

### SPECIAL EVENTS

#### MINDFULNESS OF THE BODY DAYLONG RETREAT

**WITH GIL FRONSDAL.** Saturday, October 1, 9am to 4:30pm.

Mindfulness of the body lies at the foundation of Buddhist meditation practice. To support building a strong foundation, the day will include a variety of teachings and guidance on practices related to the body: instruction on how to practice mindfulness of the body, detailed instruction on meditation posture as well as a period of yoga supportive of meditation practice led by Terry Lesser. No interviews. Bring lunch.

#### EIGHT MONTH DHARMA PRACTICE PROGRAM: THE BRAHMA VIHARAS WITH GIL FRONSDAL

Fridays Oct 7, Nov 4, Dec 2, Jan 6, Feb 3, Mar 2, Mar 30. 9:30am to 3:30pm. Starting September 9, IMC is offering an eight month program of practice and study of the four *Brahma Viharas* or Sublime Abidings. These are Loving Kindness, Compassion, Appreciative Joy and Equanimity. Each daylong session will include meditation, teachings and discussion. People are welcome to attend any or all of the Friday sessions.

#### BUDDHIST SPIRITUAL CARE SYMPOSIUM

Saturday, October 8, 9:30am to 4:30pm. 7th Annual Buddhist Chaplaincy Symposium. Lin Jensen will be exploring concepts around 'right lying' while offering spiritual care. Jennifer Block will talk about Compassion Fatigue: how to see it and address it. Vegetarian lunch included. Please pre-register at [www.metta4.us](http://www.metta4.us) or call Bill at 415/567-9823.

#### PARENTS' SERIES: MINDFUL PARENTS DISCUSSION GROUP

**WITH LIZ POWELL AND PATTY MCLUCAS.** Fridays, 5:30pm to 7pm, October 14, November 11, December 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 ses-

sions featuring local dharma teachers who also practice mindful parenting and mindfulness for children.

The IMC Mindfulness and Parenting Series is offering sittings and talks at a new time:

- Friday, October 14th from 7 to 8:30pm with Richard Shankman
- Friday, December 9th from 7 to 8:30pm with Bob Stahl

#### YOUNG ADULTS SITTING GROUP

3rd Sunday of the month starting October 16. 6 to 7:30pm. Led by Anthony Rodgers.

#### WORK, SEX, MONEY, DHARMA! WITH MARTIN AYLWARD

Saturday October 22, 10am to 5pm. A day to inquire together into some of the most strongly charged areas of our lives, bringing reflection and wisdom to places that we often most struggle, and strongly maintain our sense of identity; areas that a traditional monastic approach deals with by removing them from the lifestyle situation, but which as engaged, lay practitioners are crucial to explore, and deeply revealing as we make them more conscious.

#### CEREMONY OF LOVE AND REMEMBRANCE

**WITH MARIA STRAATMAN.** Friday, October 28, 7:30 to 9pm.

Anyone who has lost a family member, friend or other dear person over the last year is welcome to join us for a chance to remember and honor those who have died but who enriched our lives and community. With the practices of mindfulness and compassion, we will have a period of silent sitting and rituals of remembrance, bereavement, and farewell. Bring pictures or mementos for our altar of persons you wish to honor/remember. If you cannot attend, you are welcome to send Maria the name of the person you would like included in our remembrance. Contact [mstraatmann@gmail.com](mailto:mstraatmann@gmail.com).

*Maria serves on IMC's chaplaincy council.*

#### TEEN RETREAT WITH GIL FRONSDAL

Saturday, November 5, 1 to 4pm. Within Buddhism, meditation is one element of an integrated approach to living a wise and stress-free life. This retreat will include instruction and practice of meditation, and an introduction to Buddhism. There will be time for peer discussion and exploration of the topic of the day. All teens are welcome.

#### MEDITATION DAYLONG WITH GIL FRONSDAL

Saturday, November 12, 8:30am to 5pm. This particular daylong retreat is meant for people who already understand the basic practice of mindfulness; no instruction will be given. The schedule consists of alternating periods of sitting and walking meditation. At the end of the day Gil gives a Dharma talk. Brief interviews to talk about the practice will be available with Gil.

#### MEDITATION DAYLONG WITH GIL FRONSDAL

Saturday December 10, 9am to 4:30pm. This is a daylong retreat with alternating periods of sitting and walking meditation, instruction in mindfulness practice, particularly in mindfulness of the body and a dharma talk. It is recommended for both beginners and experienced practitioners. No interviews. Bring lunch.

## SATI CENTER

These events are presented by Sati Center and held at IMC. [www.sati.org](http://www.sati.org) or 650/223-0311 for more information. Pre-registration preferred.

### THE BASIC DYNAMICS OF INSIGHT MEDITATION

Taught by Ven. Analayo. Tuesday, October 18, 1:30 to 3:30pm. Ven. Analayo will compare the three main insight traditions (Mahasi, Goenka, Pa Auk) and trace back similarities via the commentarial scheme of insight knowledges to a basic pattern of insight in the suttas.

### PROTECTING ONESELF AND PROTECTING OTHERS THROUGH MINDFULNESS

Taught by Ven. Analayo. Tuesday, October 18, 7 to 9pm. Based on the Acrobate simile in the *Samyutta-nikaaya* and its Chinese parallel, Ven. Analayo will discuss how mindfulness relates to developing oneself and at the same time taking care of others.

### SPIRIT OF THE BUDDHA WITH MARTINE BATCHELOR

October 29, 9am to 5pm. In this daylong we will explore the spirit of the Buddha, characterized by kindness, creativity, and questioning, through looking at discourses from the Pali Canon. The day will include teachings, meditation, questioning, and discussion to explore how the eightfold path, as described in the suttas, is part of the Path, including how to develop it in daily life.

**THE SATI JOURNAL.** The Sati Center has published its first issue of *The Sati Journal* with articles by Bhikkhu Bodhi, Thanissaro Bhikkhu, Nona Olivia, Stephen Batchelor and others. The theme is the integration of study and practice within Buddhism. The journal can be ordered through Amazon where it is available as a print-on-demand publication.

## SUPPORT GROUPS

### LIFE-THREATENING ILLNESSES

Wednesdays, 1:30 to 3pm at IMC

### 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](mailto:hmbennett@sbcglobal.net) or 650/368-2518.

### BUDDHISM AND TWELVE STEP SUPPORT GROUP

Last Sunday of every month. Starting September 25, 7 to 8:30pm. Held at Unitarian Universalist Church, 2124 Brewster St, Redwood City.

Group discussion and study exploring the Twelve Step program and Buddhist practice through Kevin Griffin's book, *A Burning Desire: Dharma, God and the Path of Recovery*. Includes 30 minutes meditation, reading, and open discussion. Everyone welcome. Facilitated by Jennifer Lemas, a longtime practitioner at IMC, [jennlemas@comcast.net](mailto:jennlemas@comcast.net).

## IMC YOUTH PROGRAMS

**DHARMA SPROUTS (K-2ND GRADE)** Led by Liz Powell and 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](mailto:eapowell@aol.com) if you plan to attend.

**DHARMA ROCKS (3RD-6TH 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](mailto:hborison@sbcglobal.net).

**NEW! DHARMA TWEENS (MIDDLE SCHOOL 6TH-8TH GRADES)** (Sixth graders have the option of attending Dharma Rocks and/or Dharma Tweens). Led by Misha Merrill with Hilary Borison, Ajay Dave and Emily Negrin. On one Sunday each month from 5:15 to 7:15 pm, starting September 18th (see website for specific dates). A time to explore how the dharma can support challenges and opportunities pertinent to middle schoolers through small and large group discussions, mindfulness practice, creative activities, interactive games, pizza dinner, and opportunities for community service. No registration required. RSVPs are encouraged for dinner plans: Hilary Borison at [hborison@sbcglobal.net](mailto:hborison@sbcglobal.net) or 650/575-2052 or for more information.

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

## 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.

- **Music Night at IMC**—Saturday, October 1, 7 to 9pm. Sangha musicians and singers creating unamplified music for each other's enjoyment. All are welcome to sing, play or just listen. For more info contact Peter Brown [pbrown2@gmail.com](mailto:pbrown2@gmail.com).
- **Los Trancos Park Hike**—Saturday, October 15, 9am. carpool from IMC moderate 3 mile hike in Palo Alto. Bring lunch. Ryan Delaney [Ryan@feesavr.com](mailto:Ryan@feesavr.com).
- **Cohousing: Community for you?**—Sunday, October 23, 11am presentation, discussion; 1pm vegetarian potluck. IMC's 2007 Cohousing Study Group sparked interest and a community. Come find out what another local group is doing to build cohousing in Mountain View. [Marciafein@pacbell.net](mailto:Marciafein@pacbell.net).
- **Hungry Ghost Halloween Ceremony for All Boo-dhists**—Saturday, October 29, 6 to 9pm. Mike Kupfer and Anne Foster's home, San Carlos. RSVP Anne Foster 650/591-1285 or [afoster@rawbw.com](mailto:afoster@rawbw.com).

## SCHEDULE PG. 4

- **Eaton Park Hike**—Saturday, November 5, 9am carpool from IMC. Moderate 3.4 mile hike in San Carlos. Bring lunch. Ryan Delaney [Ryan@feesavr.com](mailto:Ryan@feesavr.com).
- **Dharma Friends Steering Committee Planning Meeting**—Sunday, November 6, 11am to 12:15pm. Plan events for January thru March 2012. IMC conference room. Come join us! Anne Foster [afoster@rawbw.com](mailto:afoster@rawbw.com) 650/591-1285.
- **Fall Gratitude Gathering and Vegetarian Potluck**—Saturday, November 19, 6:30 to 9:30pm. Remember and share with fellow Sangha members the benefits and good fortune you have experienced over the past year. IMC. Contact Lulu Garrett [luisagarrett@live.com](mailto:luisagarrett@live.com), to help create this festive evening.
- **Arastradero Preserve Hike**—Saturday, December 10, 9am carpool from IMC. Moderate 3.7 mile hike in Palo Alto. Bring lunch. Ryan Delaney [Ryan@feesavr.com](mailto:Ryan@feesavr.com).
- **Castle Rock State Park Hike**—Sunday, December 18, 11am carpool from IMC. Hike in Santa Cruz mountains. Marianna Tubman [taraihito@yahoo.com](mailto:taraihito@yahoo.com) 650/367-7325.
- **Dharma-Inspired Book Group**—Friday, October 7, November 4, December 2, 5:30 to 7 p.m. IMC meditation Hall. We are currently reading *Meditations 3* by Thanissaro Bhikkhu. This book is available on the IMC literature counter. Anne Foster [afoster@rawbw.com](mailto:afoster@rawbw.com), 650/591-1285.
- **Ballroom Dancing**—Sunday, October 9, November 13 and December 4. Dance lesson 5 to 6 pm. Dance party 6 to 8:30 pm. Meet Nicole Cherok [drncherok@gmail.com](mailto:drncherok@gmail.com) at 4:50pm at reception desk of Boogie Woogie Ballroom, 551 Foster City Blvd, Suite G in Foster City.
- **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 650/968-6168 or [James.R.Podolske@nasa.gov](mailto:James.R.Podolske@nasa.gov).

### INSIGHT PRISON PROJECT TRAINING

**WITH JACQUES VERDUIN.** October 21 & 22, 9am to 4pm in San Rafael (exact location TBD). This two-day training intensive focuses on developing skills and acquiring techniques in teaching mindfulness meditation to prisoners. It guides participants in how to inspire others to commit to a transformational process that enables a person to effectively “leave prison before getting out.” Suitable for chaplains, social workers, therapists, meditators, mediators and anyone else committed to keepin' it real. Taught by Jacques Verduin, founding director of Insight Prison Project, who has 15 years of experience working in prisons. A former life-sentenced prisoner will assist in teaching the workshop.

Contact Jacques [jverduin@comcast.net](mailto:jverduin@comcast.net) or 415/488-1348.

### 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.mettadharm.org](http://www.mettadharm.org)

**COASTSIDE VIPASSANA MEDITATION GROUP**  
Wednesdays in Montara, 7 to 8:30pm.  
[www.coastsidevipassana.org](http://www.coastsidevipassana.org)

**INSIGHT MEDITATION SOUTH BAY**  
Tuesdays 7:30 to 9pm. 2094 Grant Rd, Mtn. View [www.imsb.org](http://www.imsb.org)

**MODESTO DROP-IN MEDITATION GROUP**  
WITH LORI WONG Tuesdays 6:30 to 8:30pm Unity Church at 2467 Veneman Ave. [insightmeditationmodesto.wordpress.com/](http://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  
[bbjelane@gmail.com](mailto:bbjelane@gmail.com), Website: [sanjoseinsight.org](http://sanjoseinsight.org)

- Sept 12–Oct 17, Mondays 7 to 9pm, Intro to Vipassana Meditation and Basic Buddhist Principles
- Sept 21–Oct 26, Wednesdays 6 to 7:15pm, Meditation and Psychotherapy Experiential Group
- Oct 8, 9:30am to 3:30pm, Daylong Retreat (to accompany Intro class).
- Nov 12, 9:30am to 12:15pm, Half-Day Retreat
- Dec 17, 9:30am to 12:15pm, Half-Day Retreat

### FIRST DAYLONG RETREAT AT INSIGHT RETREAT CENTER

Saturday, October 8, 10am to 4pm Taught by Mary Grace Orr and Bob Stahl. 1906 Glen Canyon Rd, Santa Cruz  
No registration necessary. Please bring a bag lunch and meditation cushion if you use one.

Carpooling: Because our parking is limited, carpooling is important. To coordinate carpooling, contact:

- Peninsula: Pat White, 650/906-1505 [whitepatrici@gmail.com](mailto:whitepatrici@gmail.com)
- Santa Cruz: Ann Zweig, 831/428-2736 [vipassanasc@gmail.com](mailto:vipassanasc@gmail.com)

**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.