

Going for Refuge Gil Fronsdal

The goal of awakening is often emphasized in Buddhist teachings. In practice, however, the inner transformation known as “going for refuge” can be just as important as awakening itself. “Going for refuge” refers to the decision to base our life on walking the path to liberation. When we go for refuge, we align ourselves with the goodness and truth that comes from non-clinging.

There are two related meanings of the English word refuge that highlight the value of *sarana*, the Buddhist word for refuge. The first meaning refers to a place where people can find safety from danger. The second meaning refers to an area, like a wildlife sanctuary, set up to protect and support what is seen as valuable. In Buddhism, going for refuge includes both of these meanings: it is a way of protecting ourselves from danger as well as safeguarding what is most valuable or beautiful within us.

The practice of going for refuge is as ancient as Buddhism itself. It began with those who, after meeting the newly awakened Buddha, were so moved they spontaneously declared their dedication to him and his teachings (i.e., the Dharma). The way they declared this dedication was by stating they were “going for refuge” in the Buddha and the Dharma. In time, as some of his disciples also experienced awakening, they became the Sangha—that is, the community of awakened people. Together, the Buddha, Dharma, and Sangha are known as the “Triple Refuge.” People who understood the value of the Triple Refuge would state their faith by saying they were “going for refuge” in the Buddha, Dharma, and Sangha.

Sometimes the Triple Refuge refers to the historical Buddha, the Dharma he taught, and the Sangha of practitioners who have followed in his footsteps over the centuries. This can be called the “external refuge” because these exist outside of us. But the Triple Refuge also refers to inner qualities that give rise to the Buddha, the Dharma, and the Sangha. Since these are inner states or capacities that we all have, this can be called the “internal refuge.”

The external refuge in the Buddha is important because few people readily discover on their own the full potential they have for spiritual transformation. Therefore, it is helpful to have the Buddha as an example of what is possible for each of us. In addition, the Dharma teachings protect us from taking paths that work against our own freedom and awakening, and, on the other hand, provide us with practices and teachings that are useful and beneficial. Being connected to a Sangha offers us a way to

learn from others and to be supported by those who are also on the path of practice.

The internal refuge in the Buddha calls on and builds our inner capacities. Refuge in the Buddha both recognizes and develops our capacity to experience the peace of non-harming and non-attachment. It shows us the possibility of uprooting the fear, hate, delusion, and greed that are the sources of our suffering. And it shows us our own ability to mature spiritually. To take inner refuge in the Buddha is to rely on confidence in our potential for spiritual growth and transformation.

The internal refuge in the Dharma can be thought of in a number of ways. Because one of the primary characteristics of the Dharma is non-harming, one powerful way to rely on the internal refuge is to have a commitment to non-harming as our refuge. The Dharma is not an abstract principle or reality; rather, it arises from how we are and what we do. When we dedicate our lives to non-harming, the Dharma flows through our lives, allowing us to practice with the Buddha’s teachings and to live harmoniously.

The internal refuge in Sangha encompasses our capacity to have relationships that are mutually supportive for walking the path of liberation. This includes our goodness, kindness, compassion, and generosity toward others and ourselves. Walking the path of non-harming and awakening does not depend only on our efforts to practice; it is also supported by relationships with others that are characterized by wholesome feelings, motivations, and attitudes. We are all capable of these states, but often overlook them. To take refuge in the inner Sangha is to have confidence in our inner goodness, even when it may not be readily apparent.

The inner Buddha, Dharma, and Sangha are what the Buddha referred to when he encouraged people to take refuge in themselves. In the last days of his life he said, “You should live being your own refuge with no one else as your refuge. You should live with the Dharma as your refuge with no other refuge.” The first sentence suggests that people must walk the path of practice for themselves; no one else can walk it for them. The second sentence suggests that the Dharma is found in ourselves, in our own capacities.

Some people look to the Buddha, Dharma, and Sangha for refuge when the things they had previously been relying on no



SANGHA PROGRAMS & NEWS

TWO ANNIVERSARIES

This year is a small milestone in that IMC has had its home in our Redwood City building for fifteen years. In addition, IRC has been offering retreats for five years.

Over these fifteen years our programs have slowly and steadily grown, as well as the number of people who can teach. We have now reached capacity in the use of our building. As our community grows, we are looking for creative options for offering additional programs.

2017 has been an unusual year in the number of projects that we have undertaken. To name a few:

- One of the biggest projects was replacing the wall of seismically unsafe colored glass in our meditation hall. I offer a huge thanks to Gus Pinto for shepherding the work with the architect, building permit, and contractors.
- Headed by Jennifer Lemas, a big crew has been making progress in redesigning our website to become a better resource for supporting people's practice.
- Lydia Ridgeway supervised the repair of our buckling sidewalk and parking lot.
- Arthur Cohen designed and made a beautiful altar for our meditation hall.
- Joe Metzger has been lovingly upgrading our sound system.
- Myles Cowherd has been heading up an effort for finding a way to video record and stream our talks.

I thank all these and all the rest of our volunteers for all their work.

Three of our members passed away this year: Arjan Sadhwani, Jim Stimmell and Frank Ryerson. All three offered important support for IMC, not least in how they brightened our community with their generosity and practice. They will be missed.

The combined success of our two centers is only possible through the generosity of many people.

These two anniversaries of our centers are a testimony to what the collected pooling of all our good intentions, practice, and efforts can accomplish.

Teaching for our local and far away IMC community has been one of the great joys of my life. I thank you all for this opportunity.

–Gil Fronsdal

GRIP PROGRAM BEGINS AT SOLEDAD PRISON

In November 2016, a fundraising evening at IMC raised more than \$10,000 to help bring Jacques Verduin's GRIP (Guiding Rage Into Power) program into more state prisons. We are happy to share the news that on July 15, IMC member Kim Moore and seven other volunteers arrived at CTF Men's Prison in Soledad to launch two new GRIP programs.

GRIP is the highly acclaimed rehabilitation program created by Jacques based on over 20 years of work with prisoners at San Quentin. It's a training in mindfulness, emotional intelligence

and understanding violence, its roots, and its victim impact. 500 prisoners went through the year-long program this last year. Over 5 years, of the 75 GRIP graduates who have been released, not a single one has returned to prison.

There are now close to 60 men in two yards at CTF Soledad who are embarking on GRIP's intensive year-long journey of healing and accountability. On the first day in July, after hearing from the facilitators about the program, many men were in tears. One of them said,

"You are speaking to us as if we were human beings again. No one has come in here and addressed us like that before."

We are delighted to begin this work in Soledad prison. It came together this year in part because of the generosity of many people at IMC. Deep bows of gratitude to all of you for making this incredible gesture. IMC feels like the "home sangha" for GRIP. This feeling of "welcome back" is very meaningful for the returning men who have come through our sangha's doors to share their stories.

May the men at Soledad find insight and healing this year, and become the peacemakers that our world so needs.

To find out more about GRIP or to make a donation please visit www.insight-out.org. Interested in volunteering at Soledad prison? Contact Kim at kimgrosemoore@gmail.com.

–Jacques Verduin and Kim Grose Moore

NEW TEACHER TRAINEES & DHARMA LEADERS

As IMC continues to grow we are pleased to be training a number of long time practitioners to step into teaching roles. It is very gratifying to have an increasing number of teachers and dharma leaders available to support innumerable people in the practice.

In August this year three IMC practitioners have started teacher training to become retreat teachers. Andrea Castillo and Bruni Davila have started the four-year teacher training program offered through a partnership between our Insight Retreat Center and the Insight Meditation Society in Massachusetts. Diana Clark is being trained directly by Andrea Fella and Gil Fronsdal. All three practitioners have already been teaching at IMC; the teacher training prepares them to be retreat teachers and become full teachers on their own

In addition, Andrea Fella and Gil started a Local Dharma Leader program to train 15 leaders who can teach in community settings such as at IMC, local sitting groups and Insight community centers like IMC. Participants are, Ying Chen, Chris Clifford, David Cohn, Ari Crellin-Quick, Robert Cusick, Shelley Gault, Jennifer Lemas, David Lorey, Eileen Messina, Liz Powell, Oori Silberstein, Maria Straatmann, Tanya Wisser, Andrea Castillo, Bruni Davila, and Diana Clark.

These individuals have much to offer. We look forward to all the different ways they will support others in the Dharma.

Going for Refuge, cont'd. from front page

longer support them. Changes in work, finances, relationships, health, and society can be stressful when our well-being depends on their being a particular way. Thus searching for happiness outside of ourselves doesn't work in the long term. The Buddha, Dharma, and Sangha are reliable and long lasting when we find them in our own inner wisdom, peace, and non-contentious relationship with reality.

The Buddha, Dharma, and Sangha can sustain us in difficult times. They encompass values, practices, insights, and realizations that not only protect us from self-destructive behaviors but also help us live wisely. They help bring forth the best qualities in our hearts.

Going for refuge is making the choice to orient ourselves by what the Buddha, Dharma, and Sangha represent. It could be as simple as deciding, "I now orient my life to being very careful with my speech so that my speech is honest." It could be the dedication, "I will try to live without harming others." For some, it may involve a radical, even revolutionary, change in how they live their lives as they dedicate themselves to the path of liberation, wisdom, and compassion.

Some people approach going for refuge as a firm, courageous, and enthusiastic commitment to a life based on spiritual freedom and compassion. It is a commitment that simultaneously energizes us to act in new ways while encouraging a deep relaxation. So many unnecessary things can be let go of when we trust that the Dharma path provides meaningful and profound support. Going for refuge in the Buddha, Dharma, and Sangha protects us from danger as much as it nourishes the growth of what is most beautiful within us.

REFUGE CLASS AND CEREMONY WITH GIL FRONSDAL

APRIL 25 THRU MAY 23, 2018

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

EARTH CARE WEEK: OCTOBER 1~ 8

The first week of October is **Earth Care Week**. IMC opens the week with showing of the movie "Tomorrow" on Saturday September 30 at 7pm; discussion with an IMC earth scientist and sharing of popcorn will follow! Spirit Rock teacher Wes Nisker will give a special Earth Care talk Sunday morning, October 1. Gil will do so on Sunday morning October 8. Join us to celebrate and reflect on skillful Earth Care practices through dharma talks, informational resources and informal discussion.

CHECK IT OUT!

A small room to the left of the meditation hall has become a sanctuary for me. I can feel the pulsing energy of the masters down through the ages fill the room. It's an adventure to check in and reshelve books that are filled to the brim with the teachings of the Buddha. When I peruse the shelves to make sure that they are in order, it seems that I always find a title that addresses my questions or helps me to understand what I'm learning in a class that I'm attending.

After a lifetime of spiritual drought, listening to talks and taking classes at the Insight Meditation Center is like finally arriving at a longed-for and thirst-quenching spiritual oasis. Our library is a deep and wonderful addition to all that our Dharma teachers offer us every time they speak and share their wisdom.

The IMC library is organized in a user friendly way. The book spines have a specific color to help you quickly find the area of Buddhism that you're interested in and those books are shelved together. Each section is in alphabetical order with the first letter of the author or editor's last name printed on the spine of every book. Are you looking for writings of women on the path? It's an easy search in our library! Just look for a star sticker on the spine.

If your main language is Spanish, please come and explore our Spanish collection. Just as in our English collection, the colors on the spines of the books in Spanish represent the Buddhist tradition of the author and are shelved in alphabetical order by the author's last name.

Do you have young children or teenagers? Books written for that age group are easily found in our Family section. You can't miss it. The tape on the spine is a bright red. For easy access, the age groups are interfiled on the shelf in alphabetical order by the last name of the author.

Most of the books in our collection have been donated by people in our community. Personally, I'm very grateful. I continue to benefit from their generosity each time I discover a book new to me and am able to borrow it rather than buy it.

You are welcome to come into our library any time the center is open. You may check out a book for 30 days. Instructions for checking out and returning a book are in several places. If you forget to return it in 30 days, you will get a gentle phone reminder that it's time to return the book and make it available to others.

Welcome to our library! See you there!

—A Library Volunteer



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

Insight Meditation Center

108 Birch Street

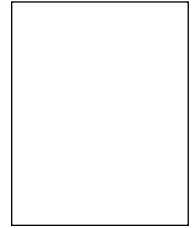
Redwood City, CA 94062

www.insightmeditationcenter.org

Email: insightmeditationcenter@gmail.com

650/599-3456

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WAYS TO DONATE

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

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

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

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

RECOMMENDED BOOKS page.

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

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

E-SCRIP: Register your grocery club card and credit/debit cards with E-scrip and the participating merchants will donate a small percentage of your purchases to IMC/IRC. You keep all your credit card rewards. Register at www.escrip.com; Group ID is 238528.

HELP IRC WHILE BUYING OR SELLING A HOME

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



• GENERAL INFORMATION:

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

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

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



SCHEDULE OF EVENTS

October ~ December 2017

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

- 5 Wednesday evenings, October 11 – November 8, 7:30 to 9pm with Gil Fronsdal
- 5 Wednesday afternoons, October 18 – November 15, 1:30 to 3pm with Tom Fenner

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.

BEGINNERS PRACTICE GROUP

- Four Wednesdays, November 15, 21 and December 6, 13 with Chris Clifford and others

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 is a 4-week series on developing mindfulness practice with a 20-minute meditation, review of basic instruction and introduction to further teachings that support mindfulness practice.

ONE DAY RETREATS

On Saturdays, unless otherwise noted:

- October 7, 8:30am to 5pm, Daylong with Gil Fronsdal
- November 4, 8:30am to 5pm, Daylong with Gil Fronsdal
- December 2, 9am to 4:30pm, Daylong with Gil Fronsdal
- January 6, 9am to 12:30pm, Yoga and Meditation Half-Day Retreat with Terry Lesser
- January 20, 9am to 4:30 pm, Mindfulness of Breathing with Max Erdstein
- February 17, 8:30am to 5pm, Daylong with Gil Fronsdal

RESIDENTIAL RETREATS

AT THE INSIGHT RETREAT CENTER (NEAR SANTA CRUZ)

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

- Oct 6–9, Insight Retreat with Ines Freedman & Shelley Gault
- Nov 5–8, Insight Retreat with Gil Fronsdal and Ruth King
- Nov 28–Dec 3, Insight Retreat with Bob Stahl, Jill Hyman, Bruce Hyman and Karen Zelin
- Dec 10–17, Insight Retreat with Gil Fronsdal & Andrea Fella 2018
- Jan 21–Feb, Experienced Students Retreat in the Tradition of Mahasi Sayadaw with Gil Fronsdal and Brian Lesage
- Feb 15–19, Insight Retreat with Max Erdstein and others
- Feb 24–March 3, Insight Retreat with Gil Fronsdal, Jill Shepard and Oren Sofer
- Mar 18–25, Insight Retreat with Gil Fronsdal and Matthew Brensilver

SERIES PROGRAMS

DHARMA PRACTICE DAY SERIES ~ BRAHMAVIHARAS: PRACTICING WITH LOVE WITH NIKKI MIRGHAFORI

Fridays, 9:30am to 3:30pm, Oct 20, Nov 17, Dec 15

The *Brahmaviharas*—Lovingkindness, compassion, appreciative joy, and equanimity—are four aspects of love at the heart of Buddhist practice. Each day will be devoted to teachings, guided meditation, and discussions on one of the *Brahmaviharas*. You may attend any part of the series.

EIGHTFOLD PATH PROGRAM

TAUGHT BY CHRIS CLIFFORD AND OTHERS

- Sundays, 1 to 3:30pm: Oct 8, Nov 5, Dec 3, Jan 7, Feb 4, Mar 4, Apr 1, May 6
- Saturday, Jun 23, 9:30am to 4:30pm: Concluding Daylong Retreat at IRC

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

Pre-requisite: completion of IMC's 5-week Introduction to Meditation course or the equivalent. For more information go to IMC website's Special Events page, or email eightfoldpath@insightmeditationcenter.org.

SPECIAL EVENTS

"ON BEING AN EARTHLING"

DHARMA TALK WITH WES NISKER

Sunday, October 1, 10am Special Earth Care talk by Spirit Rock teacher, author, radio commentator, and performer.

DAYLONG WITH GIL FRONSDAL

Saturday, October 7, 8:30am to 5pm. Practicing mindfulness meditation on retreat is one of the foundations for maturing insight meditation. With alternating periods of sitting and walking meditation, instruction in mindfulness practice, and a Dharma talk. It is recommended for both beginners and experienced practitioners. Bring lunch.

BUDDHIST ENVIRONMENTAL CHAPLAINCY

WITH GIL FRONSDAL, KIRSTEN RUDESTAM, AND OTHERS

Saturday, October 14, 9am to 5pm. See *Sati Center listing*.

14TH ANNUAL BUDDHIST SPIRITUAL CARE SYMPOSIUM

WITH BILL HART. **Saturday, October 21, 9am to 4:30pm.** The Role of Ordained Buddhist Ministers: Stories of their journey through ordination, practicing the Dharma as a minister, and the social roles of a Buddhist minister. 7 Ted-style talks. Vegetarian lunch included. Anyone interested in deepening their spiritual care practice or who aspires to chaplaincy or doing spiritual care are welcome to this day of learning and community-buildings. More info and Pre-registration at www.metta4.us or call Bill Hart, 415/567-9823.

DAYLONG WITH GIL FRONSDAL

Saturday, November 4, 8:30am to 5pm 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. It is recommended for both beginners and experienced practitioners. Bring lunch.

DAYLONG WITH GIL FRONSDAL

Saturday, December 2, 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. It is recommended for both beginners and experienced practitioners. Bring lunch.

NEW YEAR'S EVE CELEBRATION WITH BERGET JELANE

Sunday, December 31, 7:30pm to 12:15am. Join us on New Year's Eve for an alternative celebration of the ending of 2017 and the beginning of 2018. We will enjoy sitting and walking meditation; some time for reflection and sharing; refreshments (bring any holiday leftovers you wish to share); and end with chanting and ringing the bell 108 times. It's a tradition at IMC. Please come whenever you can and stay as long as you like. The only thing we ask is not to leave and return. A schedule will be posted at the door. See you then!

MINDFULNESS OF BREATHING WITH MAX ERDSTEIN

Saturday, January 20, 9am to 4:30pm. This is a daylong retreat with alternating periods of sitting and walking meditation, instruction in the practice of mindfulness of breathing, and a Dharma Talk. It is suitable for both beginners and experienced practitioners. Bring lunch.

YOGA WITH TERRY LESSER

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

MONDAY EVENING YOGA

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

THURSDAY MORNING YOGA AND SITTING MEDITATION

- 8:30 to 10:30am.

YOGA AND MEDITATION HALF-DAY RETREAT

Saturday, January 6, 9am to 12:30pm. After the busyness and external focus that often accompanies the holidays, this mini-retreat offers a quiet and grounding place where we can slow down, deepen our meditation, connect with our bodies, and perhaps help clarify what is important for the coming year. Appropriate for beginners and experienced yogis and meditators — you don't need to be flexible to do yoga; you only need to be as you are. Bring a large towel and a yoga mat if you have one, otherwise mats are available for your use.

LGBTQUEER SANGHA

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

SATI CENTER

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

BUDDHIST ENVIRONMENTAL CHAPLAINCY DAYLONG WITH GIL FRONSDAL, KIRSTEN RUDESTAM AND OTHERS

Saturday, October 14, 9am to 5pm. Chaplains provide religious, spiritual, or profoundly humanistic support in significant and often difficult times. Buddhist chaplains do this with a focus on the mutually beneficial relationship between one's capacity for attention, integrity, compassion, and inner freedom, and one's capacity for healing, reconciliation, and living with meaning and purpose. Buddhist Environmental Chaplains add to this a focus on our intimate relationship with the natural world. As our world goes through massive and global environmental changes, Environmental Chaplaincy has a growing role in helping us respond to these changes.

This day will provide an introduction to the many activities of Environmental Chaplains and Buddhist Environmental Chaplains. This includes deepening, healing and celebrating our relationship with the natural world, addressing the emotional, existential and societal issues related to environmental changes, and finding ways to care for our biosphere that strengthen our compassion, wisdom, and inner freedom. A range of speakers will talk about their work and reflections on this new and important field. The day will include presentations from a range of speakers with diverse experience in the field as well as exercises that demonstrate experiential approaches to Buddhist Environmental Chaplaincy. Lunch provided—please RSVP by October 9 to buddhistecochaplaincy@gmail.com. Use this email for questions.

POEMS OF THE FIRST BUDDHIST WOMEN AND HOW THEY MIGHT INSPIRE PRACTITIONERS TODAY

WITH MEG GAWLER Saturday, November 18, 9am to 4:30pm

The ancient poems of the *Therigatha* are a celebration, with many different human faces, of the personal experience of awakening by women who practiced in the time of the Buddha. In this day-long, we will study the distinguishing characteristics of these early female voices transmitting the Buddha's teachings. The poems of these enlightened women will be explored through talks, readings, interactive break-out groups, general discussions, and meditations. Bring lunch.

CARING FOR OTHERS IN AN INTERFAITH SETTING

WITH JESSICA CHEN, JUDY CANNON AND JENNIFER LEMAS

Mondays 9:30am to 12:30pm, Jan 29, Feb 12, Mar 19, Apr 16, and May 14. Sequoia Health and Wellness Center, 749 Brewster Ave, Redwood City

Registration required: email: imc.caringforothers@gmail.com

Caring for Others is an experiential course providing training for caregivers in interfaith settings. Coming from a Buddhist perspective, this year's program will engage with Judaism, Christianity, and Islam. The five sessions will include presentations from

chaplains in these traditions alongside readings, reflective writing, small groups, and field trips to local places of worship. This program is open to those interested in exploring interfaith questions as they relate to aging, illness, and death from a caregiver's perspective. It is ideal for trained caregivers, spiritual care volunteers, chaplains and healthcare professionals.

YOUTH & FAMILY PROGRAMS

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

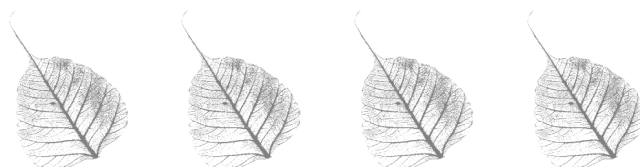
DHARMA ROCKS (3RD-5TH GRADE) Led by Carla Brooke. **Third Sunday of each month at IMC, 11:15am to 12:45pm.** Interactive mindfulness meditations, games, art/ crafts, and movement. RSVP to Liz at eapowell@aol.com if you plan to attend, including the first name and age of each participant.

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

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

YOUNG ADULT PROGRAM

AT HOME IN THE WORLD: DHARMA EVENINGS FOR PEOPLE IN THEIR 20'S AND 30'S WITH MAX ERDSTEIN
First & Third Sunday of the month, 7:30 to 9pm. An open, monthly group addressing Dharma themes relevant for twenty- and thirty-somethings. Through meditation, Dharma talks, and discussion we will explore how Dharma practice can be a refuge and inspiration as we make our way through the many worlds we inhabit.



SUPPORT GROUPS

SUPPORT GROUP FOR PERSONS WITH ILLNESS AND HEALTH CHALLENGES

First and Third Thursdays of the month, 1 to 3pm. Meetings of this group include brief sittings and consideration of pertinent Dharma topics, but the primary purpose of the group is to provide each participant an opportunity to share personal challenges, triumphs, hopes, and fears with individuals facing a similar situation. At least four days before attending the group for the first time, please contact the group facilitator, Ying Chen at 408/802-6430 or yingchenb@yahoo.com.

BUDDHISM AND 12-STEP SUPPORT GROUP

Second Sunday of each month, 7:30 to 9pm. Group discussion and study exploring the 12-Step program and the teachings of the Buddha. Includes a 30-minute meditation, short talk and open discussion on the Buddha's teachings selected for the evening. Everyone welcome. Facilitated by Jennifer Lemas, jennlemas@comcast.net.

OTHER GROUPS

WOMEN'S CIRCLE OF MINDFULNESS

2nd Thursday of each month, 10:45am to 12:30pm.

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

EARTH CARE STUDY GROUP

Four Fridays: October 6, November 3, December 1 and January 5, 7:30 to 9pm.

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

EARTH CARE GROUP MOVIE AND DISCUSSION

Friday, October 27, 7:30 to 9:30pm. Third showing of the movie "Tomorrow" at IMC. First two showings were enthusiastically received. Winner of Best documentary at the French Cesar awards tells a feel-good story, shows solutions and advises this may be the best way to solve the ecological, economic and social crises that our countries are going through.

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.

CHARITABLE EVENTS

CHILDREN'S BOOK DRIVE

Early November we begin our annual children's book drive to benefit the Fair Oaks Community Center in Redwood City. Our goal is to collect several hundred new or nearly new books to be donated to family's coming to the holiday food distribution at the Fair Oaks Community Center in Redwood City. The drive is a delightful way for our sangha to offer dana to our under-resourced neighbors. Not only does it promote a love of reading, it brings smiles to many young faces as they select a special book for themselves and their siblings. Books from pre-school through high school ages are needed. If "nearly new", please be sure there is no writing in them or missing parts. Look for the collection box in the community hall in November. We will also need volunteers to sort the books. To help or if you have questions, please contact Hilary Borison, IMC.VolunteerDirector@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 cost; everyone welcome. Contact Kim Allen, kimall@mindspring.com.

- October 2017, "Love and Wisdom", online course with Kim Allen at Uncontrived.org.

SAN JOSE SANGHA

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

- Wednesdays, 7:30 to 9pm, Vipassana meditation
- 1st Wed of the month, 6:15 to 7:15pm, Intro Class
- Introductory Meditation Class, Sep 20–Oct 25, 6 to 7:15pm
- Daylong October 14, 9:30am to 3:30pm
- Half-day Retreat, 9:30am to 12:15pm–November 11, December 9

COASTSIDE VIPASSANA MEDITATION GROUP

Wednesdays in Montara, 7 to 8:30pm. Info at www.coastside-vipassana.org.

OAKLAND MONDAY DROP-IN MEDITATION GROUP

WITH REBECCA DIXON. Instruction 5:15pm; meditation / discussion 5:30 to 6:30pm. Unitarian Church, 14th/Castro. 510/482-2032

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

