

Speech that Unifies Gil Fronsdal

The power and efficacy of mindfulness are directly related to how we live our lives. As mindfulness grows, we discover—perhaps paradoxically—that our mindfulness diminishes when we knowingly act or speak in ways that are harmful. We also come to understand how mindfulness can naturally increase as we avoid causing harm. In other words, it becomes clear that the quality of our mindfulness depends on the quality of our ethical life.

The Buddha emphasized one activity of our ethical life that is frequently overlooked, especially because it is often not considered to be ethical in nature. This is our speech. Speech can be both beneficial and harmful. Positive, beneficial speech is nourishment for mindfulness; negative, harmful speech desiccates it.

These are the four forms of speech the Buddha singled out as being harmful and unethical: speech that is false, speech that is divisive, speech that is abusive, and speech that is pointless. In his own language he used the word unskillful to refer to what we would now call unethical. He defined unskillful as what brings affliction both to oneself and to others. He said that when one intentionally harms others, one is simultaneously harming oneself. This becomes obvious when our mindfulness is strong, allowing us to recognize how these four forms of unskillful speech are in fact stressful, involving tension and agitation. Harmful speech decreases our access to wisdom and clear thinking, and socially alienates people. While sometimes pushing people away is the intended purpose of harmful speech, doing so can have a steep price. As mindfulness brings greater inner peace, it becomes clear that the cost of unskillful speech is too high, and the cost isn't worth the perceived benefit.

The first of the four unskillful ways of talking is speaking falsehoods. The Buddha illustrated this with the example of lying as a witness in court. This is a clear example where one's lies negatively affect others.

The Buddha describes divisive speech as speech intended to divide people who are united and to further the divisions among those who are already at odds. He stated that some people love and rejoice in dissension. This joy in friction and strife often comes from the conceit of feeling special or being part of a special group that derives its identity by drawing sharp, disparaging lines between "us" and "them."

The third type of harmful speech is abusive speech, which the Buddha describes as being harsh, cutting, hurtful, offensive, connected with anger, and unproductive for concentration. To men-

tion concentration at the end of this list may strike us as odd. But it relates to an important way abusive speech harms the one who speaks it. Abusive speech agitates and troubles the mind so it can't settle enough to become concentrated. People unfamiliar with the ways in which concentration states heal, nourish, and provide deep inner well-being don't recognize that abusive speech is an obstacle to happiness.

The final form of harmful speech is pointless speech, defined as "speaking at the wrong time, speaking of what is not real, or of what is useless, contrary to the Dharma, worthless, unreasonable, immoderate, and unbeneficial." Speech that is not real includes exaggeration, pointless commentary, and telling tales as if they are real.

The quality of our mindfulness depends on the quality of our ethical life.

One reason we might have for being ethically irresponsible with our speech is the idea that speaking is a means of expressing our opinions; we can feel justified in saying whatever we believe. Moreover we may want to express our views because they seem obviously true to us. And when speech is used to defend ourselves or to assert what we believe are our rights, needs, or desires, it is easy to ignore the impact our words have on others, not to mention the impact they have on ourselves.

Most people will agree that there are abundant examples of people who espouse views that appear false, misguided, and harmful. Often enough, and not coincidentally, these are people whose views are opposed to our own. Few people regularly question the veracity of their own opinions or the ways they express them.

Most of the great conflicts in our society today are not conducted on battlefields of armed confrontations. They are fought verbally—mostly unsuccessfully—in the arenas of everyday conversations, political speeches, TV and on the web, social media, books, bumper stickers, clothing, and even hats. The degree of hostility and vilification with which opinions are spoken has become a prominent social poison, creating so much divisiveness, discord and ill will that factional strife is now more prominent than conflict over almost any other social issue. Important social



SANGHA PROGRAMS & NEWS

DHARMA-RAISING & FUND-RAISING AT IMC

In 1998, when we first considered fundraising to purchase a building for our own meditation center, we were inspired by the principle that “donations follow the practice.” We decided to expand the practice opportunities we offered. Notably, we started a Sunday morning program in Portola Valley, increased the residential retreats we offered and I increased my availability to meet individually with practitioners.

I believe this choice to increase practice opportunities was important and beneficial. This is well represented by our first community meeting in 1999 to discuss the possibility of having a center of our own. It hadn't occurred to us to start fundraising at that time and we did not specifically ask for funds at the meeting. However, to our surprise, at the end of the meeting people walked up and handed us checks. Combined with subsequent checks that were mailed in, within a month, \$40,000 was unexpectedly donated.

An important consequence of these initial donations, and all the donations we have since received at IMC, is how they inspire and nourish all the many forms of practice and generosity that are at the heart of our financial model.

IMC's financial model is somewhat unusual, not least because we don't charge for any of our programs, even for residential retreats at our Insight Retreat Center. Perhaps more unusual is that we rarely ask for donations. As you may know, we do send out an annual fundraising letter, but a careful reading of these letters reveals that they seldom make a specific request for donations. I think of these letters as similar to the bowl Buddhist monastics hold on their alms rounds. Monastics never ask for food, but the open bowl is an opportunity for those who wish to donate food.

IMC aspires to be an opportunity-based organization and not a need-based one. In order to support our practice of offering programs in this spirit of generosity and ease, it is important that we not feel financially challenged in our day-to-day operating budget. This means that we have been careful to always have enough funds for upcoming expenses. Currently, IMC's ongoing operating expenses are covered by our operations donations, which include donations at programs as well mailed and online donations.

Donations are used for both ongoing programs and upkeep of our facility, as well as for special projects. Examples this year include renovation projects for our building (installing solar panels), upgrading our audio-visual equipment, updating the website, offering retreats at rented facilities to accommodate the long waiting lists for retreats at IRC, the free distribution of *The Issue at Hand*, providing funds for interpreters so we could support deaf people at a recent IRC retreat, offering our annual family retreat at a rented facility, and off-setting travel expenses to IRC for some of the teacher trainees in the IMC/IMS teacher training.

The donations we receive contribute greatly to our ability to offer more teachings and practice opportunities to more people. This has confirmed the idea that “donations follow the practice,” resulting in a wonderful cycle where practice inspires donations and donations inspire us to offer more practice opportunities. In this way, we are as much involved in “Dharma-raising” as we are in “fund-raising”.

The gratitude and inspiration I personally feel from the many ways IMC is supported by those who volunteer and those who donate is part of my joy in teaching at our center. Thank you!

—Gil Fronsdal

NEW IMC FUNDRAISING MANAGER

We are pleased to announce that IMC Board member David Lorey has offered to coordinate IMC fundraising efforts. David has consulted with many nonprofit organizations over the last 20 years on ways to align fundraising efforts with mission and organizational cultures. David notes, “Knowing how valuable it is to support IMC financially, I am happy to manage IMC's fundraising efforts. At its heart, IMC fundraising reflects a very special culture of generosity and gratitude that has sustained IMC for many years. Aware of this, I know it is important to avoid some of the typical approaches to ‘cultivating and soliciting gifts.’ In my new role, I plan to focus on enhancing and strengthening what is already working well.” David can be contacted at fundraising@insightmeditationcenter.org.

IMPORTANT MESSAGE FROM GIL

Recently we received a neighbor's complaint about parking near IMC. In addition, a person from The Abigail senior center facility across the street interrupted a Dharma talk to announce that people attending IMC were using their private parking lot. We are eager to be good neighbors. We also realize that if we cannot reduce our parking impact we will need to reduce the number and scheduling of our programs.

Therefore, we ask that people attending IMC events do not park on the 100 block of Birch Street, i.e. the block IMC is on that is a one-way street. The exception is for people who are not able to walk more than a short distance.

It is also important that you not park in The Abigail parking lot across the street from IMC; your car may get towed.

Abundant street parking is found within a 3-minute walk of IMC. These can be found on El Camino, Brewster, Broadway, and Hopkins near the intersection with Fulton. Parking further from IMC will not only help our neighbors, it will provide more accessible parking for people for whom walking is a challenge. Everyone's help with this is greatly appreciated. Thank you!

Speech that Unifies, cont'd. from front page

issues are being eclipsed by the intensity of communication that is false, divisive, abusive, and pointless.

Skillful speech—the opposite of unskillful speech—has a mutually beneficial relationship with mindfulness. The more one gives attention to skillful speech, the more mindfulness grows; the greater our mindfulness grows, the greater our sensitivity to how we speak and the impact of our words.

The Buddha taught four forms of skillful speech. These are speaking what is true, what brings concord, what is inoffensive, and what is beneficial. As a set, he describes these four as “four kinds of Dharma conduct and harmonious conduct.” We can understand Dharma conduct as behavior that arises from our inner wisdom and goodness; harmonious conduct is behavior that heals and brings peace to our interpersonal lives.

Speaking what is true is mindfulness out loud. When we speak the truth wisely and inoffensively, we are harnessing the power of mindfulness practice. Speaking the truth also contributes to trust and safety. When people can count on us to be truthful, they don't have to doubt whether we mean what we say.

Speaking to create concord is described as speech that reconciles those who are divided and supports those who are united. This speech is comprised of the words of someone who “loves concord, delights in concord, enjoys concord, and speaks things that create concord.”

Inoffensive speech is described as “soothing to the ear, affectionate, going to the heart, polite, appealing, and pleasing to many people.”

And lastly, beneficial speech refers to words worth treasuring and which are “timely, about what is real, beneficial, and concerned with the Dharma and an ethical life.” It is spoken with clear explanations, delineations, and benefits.

We see in the Buddha's emphasis on avoiding unskillful speech and engaging in skillful speech that he puts a strong emphasis on speaking in ways that are beneficial for others. Our speech, as with all ways we communicate, begins in ourselves and flows out from there into our interpersonal relationships. This

close connection between what goes on within us and our relationships with others outside of us means that if we want to care for one of these areas, we should care for both. To be happy in ourselves, we can promote unity and affection in our relationships. To promote unity and affection in our relationships, we can cultivate the conditions for happiness in ourselves.

In situations of great social divisiveness, hostility, and fear, it is tempting to respond to anger with anger, divisiveness with further division, and disdain with disparagement. Doing so may seem to work; but this is only in very limited ways and then only in the short term. It certainly doesn't promote the personal and interpersonal peace that is the goal of Buddhist practice. One can't clean a stain with what caused the stain. A stain in our social life and political life is only cleaned by our capacity for goodness, generosity, and cooperation, perhaps fueled by resolute fervor. And these are the same capacities that can clean any stains found in our hearts.

With mindfulness, the motivation to employ skillful speech is not derived from a moral injunction; rather mindfulness reveals the personal, inner consequences of both unskillful and skillful speech. It shows us that it is for our own personal benefit to speak in skillful ways—that is, in ways that benefit both self and others.

Healing Anger

One makes things worse

Who returns anger with anger.

Not returning anger with anger,

One wins a battle hard to win.

When another is angry

One wins welfare for oneself

And for the other

If one mindfully keeps one's peace.

Someone who thinks others are fools

For healing their own anger

And that of others

Has no skill in the Dharma.

—Ancient Buddhist verse (SN 11.4)

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.

IMC'S FIRST ANNUAL LEGACY GIVING DINNER

SATURDAY, OCTOBER 27, 6 TO 8:30PM

For members of the IMC community who have included IMC in their estate planning or intend to do so, IMC is holding its first annual gathering on Saturday evening, October 27. This will be an opportunity to sit with Gil and Andrea, have a nice meal, and enjoy each other's company—all in the spirit of sustaining the IMC community now and into the future as we face old age, illness, and death together. Gil and Andrea will provide short Dharma teachings for the occasion and answer questions.

Please RSVP to fundraising@insightmeditationcenter.org if you plan on attending so we can get an accurate count for the meal.



Insight Meditation Center

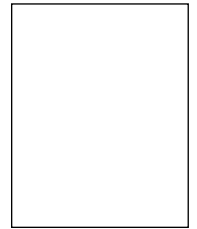
108 Birch Street

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.

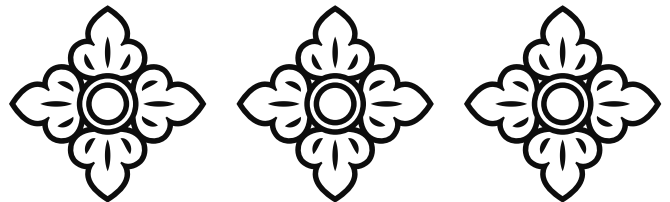
EBAY GIVING WORKS: Recycle your unwanted possessions and support IRC at the same time - it's tax-deductible. Go to: insightretreatcenter.org/e-giving

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.

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

October ~ December 2018

FOR IMC EVENTS PLEASE DO NOT PARK ON BIRCH STREET BETWEEN BREWSTER AND HOPKINS (IMC'S BLOCK)
UNLESS THERE IS A PHYSICAL NEED TO PARK CLOSE BY.

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 3–31, 7:30 to 9pm with Gil Fronsdal
- 5 Tuesday Afternoons, October 6–November 6, 1:30 to 3pm with Ying Chen
- 5 Wednesday Evenings, January 9–February 6, 7:30 to 9pm with Gil Fronsdal

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.

INTRODUCTION TO MINDFULNESS—PART 2

Four Wednesdays, November 7, 14, 21, 28, 7:30 to 9pm with Liz Powell and Eileen Messina. 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:

- October 20, 8:30am to 5pm, **Mindfulness Daylong** with Gil Fronsdal
- October 27, 9:30am to 4pm, **Widening the Range: Seeing by the Noble Truths** with Kim Allen
- November 3, 9:30am to 4pm, **Practicing with Conditionality** with Diana Clark, David Lorey & Ying Chen
- November 10, 9:30am to 12:15pm, **Half-Day Retreat** with Tanya Wiser (usual Wed. morning schedule)
- November 24, 9:30am to 4:30pm, **Mindfulness and Wisdom Non-Residential Retreat** with Andrea Fella
- December 1, 9am to 4:30pm, **Mindfulness Daylong** with Gil Fronsdal
- December 8, 9:30am to 12:15pm, **Half-Day Retreat** with Liz Powell (usual Wed. morning schedule)
- January 12, 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.

- January 27–February 3, 1-Week **Experienced Students Retreat** with Gil Fronsdal and Adrienne Ross
- February 15–18, 4-Day **Insight Retreat** with Ines Freedman and Max Erdstein
- February 24–March 3, 1-Week **Insight Retreat** with Gil Fronsdal, Tara Mulay and Andrea Castillo
- March 10–17, 1-Week **Insight Retreat** with Gil Fronsdal, bruni dávila and Jozen Gibson
- March 29–April 5, 1-Week **Mindfulness of Breathing Study and Meditation Retreat** with Bhikkhu Analayo assisted by 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.

All are welcome to attend the Sunday sessions below.

Dates of Public Meetings at IMC (all are Sunday 1pm to 3:30pm):

2018

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, Scotts Valley – Saturday, June 29, 2019 9:30am to 4pm

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, 9:30am to

3:30pm. 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

POSTURE FOR MEDITATION

WITH LOLLY FONT AND TERRY LESSER **SATURDAY, OCTOBER 6, 10AM**

TO 12:30PM Instruction on how to sit for meditation on the floor or in a chair. Suitable for everyone interested in having their posture support their meditation practice.

Lolly has been teaching yoga for 43 years and is mostly interested in the therapeutic aspects of yoga. Terry has been teaching Yoga for Meditation at IMC for 23 years.

MINDFULNESS DAYLONG WITH GIL FRONSDAL

SATURDAY, OCTOBER 20, 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. Recommended for both beginners and experienced practitioners. Bring lunch.

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

WIDENING THE RANGE: SEEING BY THE NOBLE TRUTHS

WITH KIM ALLEN, **SATURDAY, OCTOBER 27, 9:30AM TO 4PM.** As we practice mindfulness, we begin to notice that we have created many walls in our life, mostly with the purpose of excluding what is uncomfortable—physically, emotionally, philosophically, etc.

Through practice, we learn to soften, and to meet a wider range of experience with a calm, clear presence. This happens physically, through relaxing bodily tension, and also in the mind, through seeing—and seeing through—our mental patterns. It is the practice of seeing by the Noble Truths.

This daylong includes silent sitting and walking meditation, as well as teachings and small-group interaction. Recommended for both beginners and experienced practitioners. Bring lunch.

FIRST ANNUAL LEGACY GIVING DINNER

WITH GIL FRONSDAL & ANDREA FELLA

SATURDAY, OCTOBER 27, 6PM TO 8:30 PM

For members of the IMC community who have included IMC in their estate planning or intend to do so, IMC is holding its first annual gathering on Saturday evening October 27. This will be an opportunity to sit with Gil and Andrea, have a nice meal, and enjoy each other's company—all in the spirit of sustaining the IMC community now and into the future as we face old age, illness, and death together. Gil and Andrea will provide short Dharma teachings for the occasion and answer questions. Please RSVP to fundraising@insightmeditationcenter.org if you plan on attending so we can get an accurate count for the meal.

PRACTICING WITH CONDITIONALITY

WITH DIANA CLARK, DAVID LOREY & YING CHEN **SATURDAY,**

SATURDAY, NOVEMBER 3, 9:30AM TO 4PM. Practicing with conditionality supports letting go, ease and well-being. Join us as we explore the practical application of this rich and powerful Buddhist teaching. Includes alternating periods of sitting, walking, and dharma reflections. Suitable for all levels of experience. No pre-registration required. Bring lunch.

MINDFULNESS AND WISDOM NON-RESIDENTIAL

RETREAT WITH ANDREA FELLA

SATURDAY, NOVEMBER 24, 9:30AM TO 4:30PM. We will explore a relaxed open awareness with an emphasis on exploring qualities of mind, and the attitude towards one's experience. Such an open awareness practice supports both the formal meditation of sitting and walking, as well as awareness of our normal daily activities. The schedule alternates periods of sitting and walking with instructions and discussion. Aside from the instruction and discussion periods, the day will be primarily in silence. It is recommended for both beginners and experienced practitioners. This is the first day of a non-residential weekend retreat, which continues on Sunday. The morning session on Sunday integrates with the usual Sunday morning sitting and talk. The afternoon session on Sunday is 1pm to 4:30pm. All are welcome to participate during the weekend as they can.

SCHEDULE PG. 3

MINDFULNESS DAYLONG WITH GIL FRONSDAL

SATURDAY, DECEMBER 1, 9AM TO 4:30PM Practicing mindfulness meditation on retreat is one of the foundations for maturing insight meditation. With alternating periods of sitting and walking meditation, instruction in mindfulness practice, and a Dharma talk. Recommended for both beginners and experienced practitioners. Bring lunch.

SATI CENTER

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

STUDYING THE MIDDLE LENGTH DISCOURSES (MAJJHIMA NIKAYA) STUDY COURSE – PART C

A 5-WEEK ONLINE CLASS TAUGHT BY GIL FRONSDAL, DIANA CLARK AND DAVID LOREY **OCTOBER 8 – NOVEMBER 11.**

This is the third of a three-part series of online courses on the Middle Length Discourses (*Majjhima Nikaya*) offered by the Sati Center this year. In addition to an introduction to this key canonical text, topics will include mindfulness, concentration, *nibbana/nirvana* and wisdom. Participating in the first two courses is not required before participating in this third course. Please register at sati.org.

RESILIENCE IN SPIRITUAL CARE: 15 ANNUAL BUDDHIST SPIRITUAL CARE SYMPOSIUM

SATURDAY, OCTOBER 13, 9AM TO 3:30PM

The issues of burnout and resilience are finally receiving recognition as a challenge and opportunity for all health care professionals. Based on personal experiences with resiliency and teaching resilience to chaplains and medical staff at UCSF, Denah Joseph will offer morning and afternoon sessions on this important topic. The day will include many opportunities to experience, share, and reflect upon the best evidence-based practices addressing the epidemic of burnout/distress by developing inner resilience. Topics include prosocial emotions, professional grief, contemplative practices, mindful applications, meaning making, narrative reflection and more!

This is also a day to create community among all who offer spiritual care in any form. Please come to share your experiences, challenges, and dreams for healthy spiritual care.

By donation: requested sliding scale \$25 to \$40 per person. No one will be turned away. Registration and more information at www.metta4.us. For questions call Bill Hart at 415/567-9823.

Rev. Denah Joseph is a Theravada Buddhist minister ordained at the Insight Meditation Center. She is associate director and outpatient chaplain for UCSF's Palliative Care Service working with patients and families with advanced illness and end-of-life concerns. She is a board certified chaplain psychotherapist serving people with advanced illness and their families, and a graduate of the Sati Center Chaplaincy Program.

YOGA

WITH TERRY LESSER. Suitable for all. 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**

THANKSGIVING MORNING YOGA AND MEDITATION

- **November 22, 8:30 to 10:30am.**

YOGA AND MEDITATION HALF DAY RETREAT

- **Saturday, January 5, 9am to 12pm.** 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.

YOUTH & FAMILY PROGRAMS

DHARMA SPROUTS (K–2ND GRADE) Led by Hilary Borison.

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 IMC.familyprogram@gmail.com or 650/575-2052 for more information or to RSVP. Please provide first names of each adult and child who will attend.

DHARMA ROCKS (3RD–5TH GRADE) Led by Hilary Borison and Elisabeth Waymaier. Check calendar for day and time. Interactive mindfulness meditations, games, art/ crafts, and movement. RSVP to IMC.familyprogram@gmail.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 and. **Fourth Sunday of each month, 5 to 7pm.** 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, IMC.familyprogram@gmail.com, 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 **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.

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, OCT 19, NOV 16, DEC 21, 7 TO 8:30PM

IMC Meditation Hall. Contact Anne Foster, afoster@rawbw.com, 650/591-1285 for information about our current book.

SONA'S DHARMA STRUMMERS PRACTICE SESSIONS

SATURDAYS, OCT 13, NOV 3, DEC 1, 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, OCT 20, NOV 17, DEC 8, 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

ANNUAL CHILDREN'S BOOK DRIVE

From November 1 to December 7, IMC collects new or nearly-new children books to benefit several hundred children at a holiday event at the Fair Oaks Community Center in Redwood City. 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 at IMC in November. Please donate books or checks (made out to "The Reading Bug") by December 8th.

To help sort books, or if you have questions, please contact Hilary Borison at 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 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: November 17 and December 15
- Beginning Meditation class 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.