

ACTIVITIES NEWSLETTER

Feb 2012

James Baraz, Teacher

February ECO TIP: Use a worm box to compost your food waste quickly and produce high quality compost. Instructions can be found on-line, e.g., at www.wikihow.com/Make-Your-Own-Worm-Compost-System, or you can buy a container and take a workshop at Berkeley's Ecology Center: www.ecologycenter.org. For free red-wiggler worms contact Linda Gallaher-Brown: lgallaherbrown@aol.com.

WEBSITE. Note that this newsletter, the dharma talks, more eco-tips, and many other things are available on the IMCB web site, <www.insightberkeley.org>.

FEBRUARY TEACHERS

February 2 Ajahn Guna
February 9 Shaila Catherine
February 16 Kate Janke
February 23 Daniel Doane

NEWCOMERS. On Thursday Feb 2nd, we will offer an informal Q&A session for people who are new (or relatively new) to IMCB. It will be in the dining room from 7-7:25 pm. As you enter the monastery, the dining room will be to your left at the end of hall. Come to the potluck at 6 pm or just come to the Q&A session. We have a few materials for you and we would be happy to answer your questions. If you know of any other newcomers, please pass along this invitation.

CARPools. If you need a ride to the Thursday night sitting or just want to be green, you can use the Bulletin Board email list to find a shared ride. How to get on the list is described at the bottom of this newsletter and on the web site.

ACTIVITY LEADERS WANTED. If you are interested in leading an activity that the Sangha would enjoy, contact Ernie, 510-526-0711. It could be anything – a poetry night, folk singing, drawing/painting, outdoors, drumming – you can be creative about it.

1. **MONTHLY POTLUCK** Thursday, Feb 2, 6 pm at the Monastery before the sitting. To honor the precepts of the monks, no meat, no garlic, no

onions. Please arrive by 6:30 and finish eating by 6:50 to allow cleanup time.

2 **GREEN SANGHA MEETING.** We meet in Berkeley, call 510-532-6574 or see <http://greensangha.org/calendar-of-events/> for details

3. PLANNING COMMITTEE.

There is no planning committee meeting in February. Next meeting is March 18th. Details in the March newsletter.

4. **SANGHA HIKE.** Sun, Feb 26, 1 pm. Let's walk 3 flat miles through Hoffman Marsh at Point Isabel. We will see birds and have great views of the Bay. We will stop for some meditation, bring a snack to share. Rain cancels. From Hwy 80 North, go onto Hwy 580 West in Albany, then exit after one mile at Central Ave. Turn left at the top of the bridge, then right at the stop sign onto Rydin Road. Park at the end of the road. Ernie, 526-0711.

5. JON KABAT-ZINN: THE ROLE OF MINDFULNESS IN EDUCATION

Friday February 17 - Reception 6 pm, Talk 7:30 pm Zellerbach Auditorium, UCB Campus, Berkeley, CA, Tickets: \$15-\$250

This benefit for Mindful Schools is a tremendous opportunity for educators in the Bay Area to learn more about how mindfulness can benefit them, their students, and their school communities. For more information and tickets: <http://www.mindfulschools.org/home/jkz-benefit/>

INSIGHT MEDITATION COMMUNITY OF BERKLEY

6. VISITING OTHER SANGHAS. Sun, Feb 26th, 11:00 a.m. we will visit Dhyana Hall in Pt. Richmond for Meditation and Teachings with the Tibetan teacher Anam Thubten Rinpoche. Rinpoche is the founder and spiritual adviser of the Dharmata Foundation and author of several books including "No Self, No Problem." www.dharmatafoundation.com. Meet at 235 Washington Ave., Pt. Richmond. Exit 580 at Pt. Richmond, go left under the freeway, left on Tewksbury, right on Washington. Ends at 1:15. Allison, allison.vogel@sbcglobal.net, 621-8312.

7. BEGINNING MEDITATION SERIES Begins March 12, 2012 James Baraz will teach a beginning meditation class starting March 12, 2012 for those interested in learning or reviewing the practice of mindfulness. Classes are held on Monday evenings for six successive weeks, from 7:30 to 9:30 pm, at the Northbrae Community Church, 941 The Alameda, between Solano and Marin Avenues), Berkeley, CA. This class is provided on a donation basis, with no pre-registration necessary.

DHARMA FRIENDS (KALYANA MITTA) GROUPS. Generally consisting of 8-10 members, these groups usually meet every two weeks for about two hours to meditate and discuss a reading about Buddhism. They are a rich way to maintain and expand your practice and study of the dharma, and connect with like-minded spiritual friends. To join an existing group, to form your own, or to find new members for your group, contact Ross, 237-6020, kalyanamitta@insightberkeley.org.

SPIRITUAL CARE PROGRAM. A Buddhist trained chaplain is available to offer spiritual support to Sangha members and their families who are experiencing a health, end-of-life, or other spiritual crisis. Contact Janet, keyhub@sbcglobal.net.

EMAIL LISTS

Community Bulletin Board: For SOCIAL MESSAGES: carpools, event announcements, help needs, items to give away, services offered, etc. To subscribe, send an email to: IMCB-BulletinBoard+subscribe@googlegroups.com. Address email to: IMCB-bulletinboard@googlegroups.com.

Community Announcements: For ANNOUNCEMENTS. To receive dharma-related announcements from James Baraz, the community activities organizers, and the list moderator, subscribe by sending an email to: IMCB-announcements-subscribe@yahoogroups.com.

QUOTE OF NOTE

"Oh Wow. . . . Oh Wow. . . . Oh Wow"
Steve Job's dying words

