

# ACTIVITIES NEWSLETTER

Sep 2010

James Baraz, Teacher

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WEB SITE. Note that this newsletter, the dharma talks, and many other things are available on the IMCB web site, <[www.insightberkeley.org](http://www.insightberkeley.org)>.

## SEP TEACHERS.

Sep 2 – Julia Butterfly Hill

Sep 9, 16, 23, 30 - James

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.

1. MONTHLY POTLUCK. Thu, Sep 2, 6 pm at the Monastery before the sitting. To accommodate the precepts of the monks, no meat, no garlic, no onion. If you want to eat, please be there by 6:30 to allow cleanup time.

2. NEWCOMERS QUESTION AND ANSWER. Thu, Sep 2, 7 pm. An informal opportunity for people who are new (or relatively new) to the Sangha to find out more about it. Meet in the dining room from 7-7:25. Come to the potluck beforehand or just come to the q/a. We have some materials for you and we will be happy to answer your questions.

3. PLANNING COMMITTEE MEETING. Sun, Sep 19, 6 pm potluck, 7-9 business. Help plan and execute these Sangha activities. All are welcome, come and be part of the group. At Gay's house, 525 Woodmont (near Grizzly Peak and Spruce), 526-1544.

4. BEGINNERS CLASS. Mon, Sep 20, 7:30-9:30. An introductory meditation class

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TEACHINGS – From the Chinese mountain monks.

Clambering up the Cold Mountain path,  
The Cold Mountain trail goes on and on:  
The long gorge choked with scree and boulders,  
The wide creek, the mist-blurred grass.

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continuing for 6 Monday nights. Taught by James with Alexa Ouellett. Invite your friends or come for a refresher. At the Northbrae Community Church, 941 The Alameda. Fee by donation, no preregistration.

5. SHORELINE CLEANUP. Sat, Sep 25. World Shoreline Cleanup Day at the Berkeley Marina, 9 AM-noon. Raffle at 12:30. Work as a sangha to collect trash and data for research and legislation. Meet at Seabreeze Market at 9 (intersection of lower University Ave. and the Frontage Rd.) Our specific site will be near the NW end of the Doubletree Hotel and the boat launch area. More info at [www.cityofberkeley.info/marina](http://www.cityofberkeley.info/marina). Giedra, 508-2680, [giedra12@aol.com](mailto:giedra12@aol.com).

6. SEP MOVIE NIGHT. Sat, Sep 25. 7 pm potluck, 8 pm film. The movie is "Amongst White Clouds", a documentary about Buddhist hermit monks living and practicing in the remote mountains of China. These recluses are following a tradition five thousand years old. At Jackie's house, 30 Alta Road (near Spruce and Grizzly Peak), 524-4454.

7. INQUIRING MIND DANCE PARTY. Sat, Oct 2, 7:30 – 10:30. At the Northbrae Community Church, 941 The Alameda. Music by CLASSIFIED (a great dance band!). Performances by Wes Nisker and Nina Wise, special musical guest Kevin Griffin. Suggested donation \$20 - \$100 per person. The proceeds to support the continuing publication of the Inquiring Mind.

INSIGHT MEDITATION COMMUNITY OF BERKLEY

The moss is slippery, thought there's been no rain  
The pine sings but there's no wind.  
Who can leap the world's ties  
And sit with me among the white clouds.

Han Shan (Cold Mountain), translated by Gary Snyder

a winding muddy trail  
a curving hibiscus hedge  
an open-window bamboo hut  
stove-blackened pines  
a simple place where I forget  
quiet unbroken days  
who can do as well  
no worries no effort

Shih-Wu (Stonehouse), translated by Red Pine

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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 Melissa, 569-3043, [hazymsh@gmail.com](mailto:hazymsh@gmail.com).

DANA TALKS. Volunteer to give one of the weekly dana talks, share your thoughts and feelings about generosity. Help in what to say can be provided. Sign up at the greeter's table or contact Giedra, 508-2680.

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](mailto:keyhub@sbcglobal.net).

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

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EMAIL LISTS

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

Community Website: For INFORMATION: This includes among many other things a schedule of upcoming teachers and programs. Go to: [www.insightberkeley.org](http://www.insightberkeley.org).