

INSIGHT MEDITATION COMMUNITY OF SAN FRANCISCO

Meeting at the First Unitarian Universalist Church of San Francisco
1187 Franklin Street at Geary Boulevard

Volume 1, Number 1

☸ *The INSIGHT MEDITATION COMMUNITY OF SAN FRANCISCO*

is dedicated to offering the teachings of the Buddha as they develop in the West. Our specific orientation is toward intensive lay (householder) practice. We offer a weekly meditation and Dharma talk, classes, meditation retreats and other events as a community of spirit devoted to the embodiment of awakening in our lives.

☸ ABOUT THE TEACHER

Eugene Cash is the founding teacher of the Insight Meditation Community of San Francisco (IMCSF). He is a senior teacher at Spirit Rock Meditation Center and he leads intensive meditation retreats internationally. His teaching is influenced by both Burmese and Thai streams of the Theravada tradition as well as Zen and Tibetan Buddhist practice. He is also a teacher of the "Diamond Approach" with A. H. Almaas.

On SANGHA, or the COMMUNITY of SPIRITUAL FRIENDS:

Once the disciple Ananda spoke to the Buddha, saying, "It seems to me that half of this holy life, Lord, is association with good and noble friends."

The Buddha replied, "Not so, Ananda. The whole of the holy life is association with good and noble friends, with noble practices, and with noble ways of living."

Connecting with other people involved in spiritual practice renews our inspiration and energy. It can help keep practice alive for us in times when our motivation has waned. It can provide a way for us to support and inspire others, which itself is very strengthening to our practice.

from *Seeking the Heart of Wisdom* by Joseph Goldstein & Jack Kornfield

SCHEDULE OF EVENTS April, May and June 2002

AT THE FIRST UNITARIAN UNIVERSALIST CHURCH

☸ ON-GOING ACTIVITIES*

① VIPASSANA MEDITATION and DHARMA TALK

Every Sunday

7:00-7:45 pm - Silent Meditation

7:45 pm - Short Break

7:55-8:50 pm - Dharma Talk, often including discussion and dialogue

8:50 - Announcements

Teacher: Eugene Cash

② POTLUCK

1st Sunday of each month

5:30 pm

A time to socialize informally with your dharma brothers and sisters. Vegetarian dishes, please.

③ BEGINNING ORIENTATION

2nd Sunday of each month

6:00 pm

A brief introduction for people who are new to Vipassana meditation practice and/or new to our sangha.

Teacher: Senior Students

* Information about all on-going activities and the Beginning Mindfulness Meditation Class: Roxanne Worthington 415.661.3036

☸ BEGINNING MINDFULNESS MEDITATION CLASS*

The class will offer basic Buddhist meditation instructions as well as Buddhist teachings and practical ways to apply these teachings to our daily lives. Includes one day-long retreat at the Church on April 13.

④ Tuesday evenings for 5 weeks, beginning April 9 (see dates on calendar below). 8:00-9:00 pm

Teachers: Eugene Cash and Noah Levine
To Register: Send \$25 made out to the First Unitarian Universalist Church.

☸ DAY-LONG RETREATS

Suitable for beginning and experienced practitioners, the day will include: meditation instructions; sitting, walking and standing meditation; loving-kindness practice; and Dharma talk.

⑤ Saturday April 13

9:30 am-5:00 pm

⑥ Saturday June 22

9:30 am-5:00 pm

Teacher: Eugene Cash

Teaching by dana (donation)

To Register: Send \$10 check made out to Insight Meditation Community of San Francisco, PO Box 475536, SF, CA 94147-5536

AT OTHER LOCATIONS

☸ SPIRIT ROCK MEDITATION CENTER

For more information on Spirit Rock events below, call 415.488.0164 and enter the ext.# or visit <http://www.spiritrock.org/>

"HAPPINESS IN PRACTICE" VIPASSANA DAY-LONG

April 20 9:30 am-5:00 pm

Teacher: Eugene Cash

"VIPASSANA & INQUIRY"

May 29-June 2 ext. # 398

Teachers: Eugene Cash and Howard Cohn

"UNITY OF WISDOM AND COMPASSION"

June 10-15 ext. # 342

Teachers: Eugene Cash with Thanissara & Kittisaro from our South African sister sangha (see our cookbook project below)

☸ NEAR SANTA BARBARA

NON-RESIDENTIAL VIPASSANA RETREAT

at La Casa de Maria, in Montecito, CA
May 18, 9:00-5:00 & May 19, 9:00-4:00

Teacher: Eugene Cash

Contact: Alice Alldredge 805.893.3997

alldredg@lifesci.ucsb.edu

☸ SAN FRANCISCO VIPASSANA MEDITATION and DHARMA TALK

Every Tuesday 7:30-9:15 pm

601 Dolores Street (at 19th Street)

Teacher: Howard Cohn

Information: 415.447.7761

CALENDAR OF EVENTS AT THE UNITARIAN CHURCH

See descriptions above

Su	Mo	Tu	We	Th	Fr	Sa
① ②		④ May 7				
① ③		④ April 9 ④ May 14				⑤ April 13
①		④ April 16				⑥ June 22
①						
①		④ April 30				

OUR COOKBOOK PROJECT

IMCSF is compiling a cookbook of our sangha members' favorite recipes. A treat for us, and the proceeds will help fund scholarships for our sangha members to attend the June 10-15 retreat taught by Eugene and teachers from Dharmagiri, our South African sister sangha (see above). Last year we raised over \$4,500 to support Dharmagiri's efforts in teaching AIDS awareness and prevention. For more information, contact Gayle at 415.585.9029.