



# PIMC NEWS

PORTLAND INSIGHT MEDITATION COMMUNITY

[www.portlandinsight.org](http://www.portlandinsight.org)

MARCH 2004

## *Embracing Community*

By Robert Beatty

Fourteen years ago I attended a Balinese temple ceremony which began in the late afternoon and continued into the darkness of evening. The people of Penestanan, a village located on the outskirts of Ubud, Bali, had spent the prior week decorating their temple with golden and multicolored parasols on long yellow and red poles. They dressed ancient stone statues in new sarongs made of traditional black and white checkered cotton. There were flowers, baskets of fruit offerings and incense everywhere. The air was filled with dynamic rhythms of the gamelan orchestra with its gongs, drums and flutes.

I was the guest of a schoolteacher named Darsa. He introduced me to countless people and as we made our way through the throngs he was constantly greeting others, reaching out and touching a hand, nodding and saying a few words to passersby. Over a thousand people congregated. After the ceremonies, because there were no streetlights, Darsa offered to walk me back to my hotel. As we passed through a pitch black serpentine road cut that led down to a small river I asked him, "How many of those people do you know?" He replied, "Well all of them, of course, this is my village." He then added, "That is not correct. I was away teaching for two years and the children born during that time, who are now teenagers, I only know a little."

His statement has stayed with me all these years. I have often wondered what it would be like to be so closely woven into the fabric of a community.

Every evening this week Nancy and I have been treated to gamelan music floating on the wind from Darsa's temple about half a mile to the West of our cottage. The orchestra is practicing for the ceremony scheduled for tonight. Once again the villagers have spent the entire week decorating the temple. Nancy and I will attend the ceremony with our hosts Made and Jess, owners of the cottage in which we are staying. They will dress us in traditional temple clothing of sarongs and brightly colored tops. I will wear a headdress made of fabric with intricate folds. We will join hundreds of people, all of whom have known each other for their entire lives as they practice their religion of Balinese Hinduism.

Yesterday, while returning from shopping for a Buddha statue for our new Dharma hall, Jess's van was flagged down by a man indicating we must take an alternate route. On both sides of the road people congregated and everyone's neck was craned back as they looked up in the direction of the stone walled temple straight in front of us. Silhouetted against the blue sky were two parallel tree stumps about sixty feet high. All the branches were removed and only the trunks, about five feet in diameter, remained. This ancient temple tree was damaged by wind during a severe thunder storm a few days earlier and was at risk of falling on the temple and nearby houses. A man standing on top of the shorter stump, wielding an ax, was chopping a deep notch into the taller stump. A rope from the top descended to a group of a dozen men who pulled on it with the entire weight of their bodies as if attempting to win a tug of war. In everyday life these men wear slacks and shirts, but because they were working on the sacred site, they dressed in sarongs. There was banter and laughter, and a sense of tense anticipation as they yelled from the ground to the fellow chopping high above. The tree was hardwood and he paused

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occasionally to rest. A sharp cracking split the air and the men gave a great shout and pulled mightily on the rope. The huge chunk of tree teetered and then plummeted to the ground with a crash, demolishing a few feet of a brick wall. The men, suddenly released from the tension of the rope, staggered backward into the ditch on the far side of the road and tumbled on top of one another. They laughed as they helped each other up and went to admire the fruits of their handiwork. The log was about ten feet long and must have weighed more than a ton. Since this tree grew on temple grounds, it is considered sacred and every piece of it will be used for special carvings.

The life of a Balinese village revolves around the temple. It provides a focus for worship, ceremonies marking life's transitions, and a setting for community activities. As an integral part of the Balinese sense of identity it is difficult for us to imagine how important the temple is. My guide on a prior visit had spent two years living in America as he helped write an anthropology book about Balinese culture. He said he had enjoyed America, but that, "I slowly went crazy because I missed my temple too much".

In America we emphasize individuality over engagement in community. We are expected to make our own way in the world. We train our children to become "independent" and as parents we do everything we can not to be a "burden upon our children." It is considered normal and even desirable to follow the model of the pioneers, pull up stakes and move to another city, leaving friends and family behind. The privileged in our society practice the ritual of "sending the kids off to college" as one way of manifesting this value of separation and autonomy. This style of being in the world has certain powerful advantages. Individuation is possible in ways that cannot happen within the constraints of the extended family. We are taught to be entrepreneurial, to "make something of our lives". The shadow side of this individuality is isolation, loneliness and the sense that we don't really belong anywhere.

We take this emphasis upon the individual for granted. It is woven into the fabric of our lives. Corporations rely upon our willingness to uproot to provide a flexible and mobile work force. Promotion often means a move. If we lose our job or fall on hard times we rely upon the anonymous, and shrinking, safety net of government unemployment benefits and vanishing social services. We turn to our family only as a last resort. Under the guise of "tax reform" we are demonstrating that our sense of relatedness and mutual responsibility is diminishing. We are increasingly embracing an ethic of "every person for themselves". *I, Me and Mine* is replacing *Ours*.

Spiritual community is an antidote to this modern problem of isolation, however with so much conditioning emphasizing individuality; we have a lot to learn in the realm of community. As we move out of isolation and self reliance into relationship, each of us faces challenging questions. How involved do I want to be? What needs of the community will I respond to? Can I relinquish some of my self reliance and ask for help? How will I balance my work and family life with that of the community? Can I remain in relationship when things don't go the way I want? Can I find my voice and speak my views

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### **The Portland Insight Meditation Community**

is a nonprofit, urban center for the practice of Insight Meditation. PIMC is a community where people come together to learn, support one another, and deepen their practice of the Eight-Fold Path of the Buddha. From the contemplative life at the heart of the community, wisdom and compassion naturally lead to a lively engagement with life in the world.

# Board Notes

By Jim Dalton

The new building is the focus of most of our attention these days, and there are plenty of sub-projects which some members of the Board are following very closely. There are dozens of chores that need management and a dedicated group of sangha members have stepped up with time and energy to carry them out. Many generous souls have stepped forward, and there are too many to mention, but Terri Hugget, Paul Gerhards, Ron Matela, and Margaret Wade have been the chief coordinators. You have probably seen long lists of task completed in several listserv messages.

We needed a building transition budget to manage the costs of these seemingly endless chores. Doug Pullin and Danelle Till are managing the purse strings. Our initial campaign to raise money brought in wonderful donations and loans to carry us through these first stages of establishing our new center. We have already begun discussion of an ongoing capital campaign to maintain our new home physically and fiscally. More on that in the months to come.

What is central to our thinking about building a center is the principle of generosity as a spiritual practice. All of us who practice together have been given a gift of the dharma. Someone reached out in generosity to start each of us on the path. Perhaps it was a book, or a dharma talk, or an interview with a mentor. A seed was planted that moved us to practice. Each of us has a unique story of how we came to practice, but integrated in that story is the open-hearted gift of the teaching. Now we have been given the opportunity to pay it forward, providing a home for the dharma that will undoubtedly touch thousands of seekers and practitioners.

Not all of us have the time or opportunity to help in building renovation or building maintenance, but it is important that we reflect often on how much energy and focus is needed to sustain a teacher and a center. Equally important is a reflection on how the dharma is radiating out through the activities of our sangha brothers and sisters who are devoting their energy to many little projects that arise in our effort to build a new home. Each interaction with city bureaucrats, store clerks, contractors, and others is a potential seed. Consciously connecting with those seeds can be a rewarding part of our spiritual practice.

When we reflect on the value of the dharma in our lives and the relief from suffering that inevitably follows, we can feel our hands open a little more in generosity. We have the opportunity now to vote with our pocket books and consciously participate in making the dharma available to others. And through looking deeply at the daily workings of the new center, we can connect with the generous gift of the dharma as it blossoms throughout our sangha activities.

The new center will be an adventure in property management and volunteerism. It can also be a

rewarding exercise in open-heartedness and generosity.



*Jim Dalton has been serving on the PIMC board for three years. He may be reached at (503) 641-8336, [jdalton@easystreet.com](mailto:jdalton@easystreet.com).*

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clearly? Can I engage fully without losing my self?

Preparing our new Dharma center has already catalyzed participation and interconnectedness in exactly the same way that the Balinese temple weaves together the life of a village. A remarkable number of highly competent members of the PIMC community have stepped forward offering their skills, creativity, and enthusiasm. We too have trees to take down, decorations to put up, celebrations to plan, retreats to sit, and fundraising to do. Our community is coming together and support for our new home is extraordinary.

Since the time of the Buddha his followers have created communities in which the values of generosity, compassion, lovingkindness and awareness were nurtured. We are following in that tradition, creating for ourselves and for future generations, a place of refuge, meditation practice, instruction, and spiritual inspiration.



*Robert Beatty is the guiding teacher of Portland Insight Meditation Community. [rbeatty@easystreet.com](mailto:rbeatty@easystreet.com)*

## *PIMC Board of Directors*

At this time the board consists of the following people. Please call, send e-mail or approach in person to share your views and ask questions.

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W (503) 223-2214

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Danelle Till ([mindfulmother@earthlink.net](mailto:mindfulmother@earthlink.net))  
H (503) 603-9947.

# The Dharma Center Story unfolds

By Terri Huggett

A new era has indeed begun for our community. Robert did close on our new Center as expected on Monday, January 26. We had a chance to take our first look at the Center as a sangha and hold our first meditation and circle, including chanting and ringing Robert's metta bell on Sunday, February 1. At the February board meeting, the decision was made to have the closing ceremony at Dharma Rain on Sunday, April 4 and the initial opening ceremony (the grand opening is yet to come) on Sunday, April 11.

Down to the details of getting the Center ready for occupancy. Robert set a mad pace of activity getting bids and contracts signed for new furnaces, new gutters, and a new alarm system. Plus all the details of utilities, insurance, and countless other tasks. We also put together a preliminary list of activities and tasks to be accomplished to get us 'seated' reasonably comfortably. At first the list seemed daunting. But as we step back periodically and take deep breaths, I feel reassured that it really is a manageable enterprise and hope Robert, Paul Gerhards and Margaret Wade, and all of you feel the same.


While Robert has been away, work on the new Dharma Center continues. I would like to say apace, and maybe it is by construction (or deconstruction?) standards. Getting into the building to get a good look at things was delayed to give the Romany congregation time to remove five years of accumulation when they chose to move to another location. They were aided by several of the other pastors, partially filled a dumpster and completed their relocation by Friday, February 13. Originally the sellers were to be responsible for the final clean-up after the Romany completed their move. However, circumstances necessitated that we do the clean-up (at the seller's expense), so a hauling company came in on Friday and Monday, February 13 and 16 to remove the remaining pews, finish filling the dumpster and remove an interesting assortment of stuff. We now have a clean(ish) slate to work with.

In the meantime, Margaret has been coordinating with existing groups of volunteers and making several calls for volunteers to begin projects associated with the building. Some of these projects are already underway. If I forget to mention anyone who is participating, my apologies. Thank you to everyone for your help, suggestions and support now and in the future. Paul has taken on a mammoth task of coordinating facilities activities with contractors, community volunteers, let alone me. Ron Matela has completed the site plan for the exterior of the property. He also is spearheading the Landscape Committee and is looking for community input. Had Walmer has begun measurements for the architectural

drawings of the interior of the buildings. He and Phyllis Maynard will continue to manage the Opening team and are preparing themselves and the team for our new digs. Robin Helm with the support of many others is coordinating the sewing project to make zafus and zabutons. John Black and James Peck are making meditation benches. John also will be helping us on a variety of projects in his professional capacity as a contractor, including but not limited to: replacing the front doors; replacing or repairing basement windows; and remodeling the small out-building for Robert's office. Nessa Elila, as part of the Communications Committee, is contacting neighborhood associations and community groups in our new neighborhood. The Communications Committee also is preparing for a whole new level of 'communications' at the Center. Paul, John, James, and Tracy Egan tore down part of the roof at the entrance to the center in a preliminary service project in February. Kathleen Bohlken, a dharma sister and interior designer from Seattle, is meeting with Lyn Doiron and other sangha members at the end of February to begin creating a 'vision' for our space.

Hopefully, by the time you read this we will have those new furnaces, gutters and alarm. Larger coordination activities than either Paul or I realized. They are all scheduled to be completed at the end of February. Replacing electrical panels and other electrical repairs, repairing stain glass windows, insulating, fixing up the fellowship hall/kitchen for rental, and getting signs made are some of the other projects on our plates.

The first big community work party is scheduled for Saturday, March 6<sup>th</sup>. Margaret has been announcing the proposed projects and recruiting on Sundays and on the listserve. We have a set of team leaders assembled for the party and are meeting for a walkthrough to finalize equipment and material needs. Some of the glamorous projects include pressure washing the fellowship hall roof, removing built-in shelves from Robert's new office, determining the overall needs for and getting cleaning supplies, fixing up the bathrooms, and assessing the wall repair needs in the dharma hall. There will be morning and afternoon work shifts and community members bringing in food to sustain us. Join us! We will certainly be having more work parties. Particularly, a last cleaning party.

This has been only a brief summary of the activities around the new Center. We are grateful for all the support from the community. Please feel free to contact Margaret or me if you are interested in participating in any way. 

*Terri Huggett is not always sure what she has gotten herself into. You can contact her at [terribug@msn.com](mailto:terribug@msn.com) (503) 281-3002*

# March 2004 PIMC Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 *7-9pm Beaverton Sit - Dalton Home	3	4 * 7-9pm HeartSong Sangha - 2311 E. Burnside	5	6
7 * Children's Sangha 6:30-8:45 pm - PDC  * 5:30pm Newcomer Orientation & Instruction - PDC * 6:30-8:45pm Meditation and Dharma Talk -PDC	8	9 *7-9pm Beaverton Sit - Dalton Home	10 * 9am-Noon Meditation - PDC	11 * 7-9pm HeartSong Sangha - 2311 E. Burnside	12	13
14  * 6:30-8:45pm Meditation and Dharma Talk - PDC	15	16 *7-9pm Beaverton Sit - Dalton Home	17	18 * 7-9pm HeartSong Sangha - 2311 E. Burnside	19	20
21 * Children's Sangha 6:30-8:45 pm - PDC  * 6:30-8:45pm Meditation and Dharma Talk -PDC	22	23 *7-9pm Beaverton Sit - Dalton Home	24 * 9am-Noon Meditation - PDC	25 * 7-9pm HeartSong Sangha - 2311 E. Burnside	26	27
28  * 6:30-8:45pm Meditation and Dharma Talk - PDC	29	30 *7-9pm Beaverton Sit - Dalton Home	31			

\* Sunday Evening and Wednesday Morning Events - Portland Dharma Center (PDC), 2514 SE Madison, Portland

\* Tuesday Evening - Dalton Home: 11965 SW Foothill Drive, Beaverton. Call Jim at 503-641-8336 if you need directions.

\* Thursday Evening - HeartSong Sangha led by Doug Pullin: 2311 E. Burnside on the 3rd floor, Portland. Reach Doug at 503-293-4177.

## *Half Day Sits Continue:*

Wednesday sits will be continuing on the second and fourth Wednesdays each month. Lyn Doiron will be opening the hall and ringing the bell for these Wednesday mornings sits, from 9:00 am - noon at the Portland Dharma Center.

## *Robert Beatty - Residential Retreats in 2004*

**March 12 - 14<sup>th</sup>**  
**Marsh House**  
 Whidbey Island, WA  
 patriciafulnecky@hotmail.com  
 (206) 789-1784

**July 9 - 15<sup>th</sup>**  
**Johnson's Landing Retreat Center**  
 Kootenai, BC  
 info@JohnsonsLandingRetreat.bc.ca  
 (888) 756-9929

**December 3 - 9<sup>th</sup>**  
**Cloud Mountain Retreat Center**  
 Castle Rock, WA  
 www.cloudmountain.org  
 (888) 465-9118

**May 28 - June 6<sup>th</sup>**  
**Cloud Mountain Retreat Center**  
 Castle Rock, WA  
 www.cloudmountain.org  
 (888) 465-9118

**October 25 - 29<sup>th</sup>**  
**Hollyhock Holistic Learning Center**  
 Cortes Island, BC  
 www.hollyhock.bc.ca  
 (800) 933-6339



# Insight Comes Knocking

By Nancy Turner

When the search for a home for PIMC began, my level of involvement in the process surprised me. For most of my life, I've avoided joining groups, still influenced by childhood conditioning when I was not heard and my needs often went unmet. Instead, I learned as a girl to seek comfort in the natural world, in the woods and riverbanks where I found solace. Although I attended a Unitarian church regularly throughout my childhood, as an adult I've lived on the fringe of religious activities. I remain ambivalent regarding "organized" religion. On one hand, I long for the camaraderie of like minded souls, and on the other, I am fearful of being swallowed up or, even worse, scoffed at.

Sometimes a dream will symbolically reveal the meaning and motivation behind my actions. A numinous dream appeared just as PIMC was closing the deal on the new Dharma center.

It began with a white '75 Vega, like the one my ex-husband once drove, pulling up to the curb in front of the church on 66<sup>th</sup> and Duke. I was the omniscient observer in the dream as I watched a young man, dressed in jeans and a plaid Pendleton shirt, step out of the car. The other passenger was a woman, possibly his wife, dressed in a long dark skirt and a blue shawl, and cradling a baby in her arms. Together, they walked up the steps and finding the door unlocked, stepped inside.

I remember smelling the tart scent of fresh paint mingled with the comforting aroma of candle wax. As they stood in what seemed like a lobby, a middle aged man walked up to them. I cannot describe him here or tell you his name, but I knew he was a priest or pastor figure, and sensed his welcoming presence.

"Hi, I'm Joseph and this is Mary," said the fellow who had just entered the building. At that moment the baby started to fret, so Mary stepped into the women's washroom. A moment later she called out, "Hey, Joe, there's no baby changing table in here." Her voice was edgy, exasperated. "What kind of a place wouldn't have a table to change a baby?" she exclaimed as she strode out of the washroom and walked with the baby slung over her shoulder, into the main part of the church. There was no furniture in the spacious sanctuary. She kneeled on the carpet, laid the baby on his back, and began changing his diaper.

The priest explained apologetically, "I didn't expect visitors yet."

Joseph and the priest were standing in the sanctuary and just as Joseph opened his mouth to ask a question, we heard a loud pounding on the door at the far end of the room. The priest hurried to open the door. The instant he placed his hand on the doorknob, the wall silently split into an opening about thirty feet across. Light from outdoors came streaming in, creating silhouettes of three old men, one with his fist still poised in the air, standing in the wide opening. The light shifted and revealed that the men's faces were the color of light terra-cotta, copper, and ebony, summoning memories of Lawrence of Arabia. They wore robes of various hues of maroon, cobalt blue and royal gold, with matching turbans wrapped around their heads. Except for their stylish sunglasses, they looked as if they'd just sauntered in from the Sahara. Behind them three camels idled near the curb.

"Who are you guys?" asked the startled priest.

The wise man closest to the door lowered his arm and answered politely, "My name is Insight, Sir. That's what it translates to in English." He gestured toward one of his companions who still held a camel's rein. "This is Intuition, and my friend over there, he's Inspiration. We were passing through the neighborhood and saw the lights on, and thought we might join you."

At that point, as sometimes happens in dreams, I drifted from one reality to another. I woke in my bed, rolled onto my back, and mulled over what I had just witnessed. And I noticed that I felt a sense of personal well-being, contentment and curiosity.

Was this merely a whimsical entertainment or a revelation from my inner life? What could my subconscious, or possibly the collective unconscious be telling me? The dream obliged me to explore the significance of the various players, and the fact that it was staged in the new PIMC Dharma hall.

I can only speculate about what the hidden communiqué reveals. And I laugh at the humor in the dream. My ex-husband was adamantly opposed to any religious ideas, and the fact that Joseph and Mary arrived on the scene in "his" car reminds me to look at my lingering antagonism toward spirituality. I think of the people in the dream as figures representing aspects of a whole, intact, psyche. To me, Joseph represents the protective masculine and Mary the caring feminine; the baby carries the energy of a new potential, new growth, and in this case, amusingly, one needing a

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# Kalyana Mitta Network

Often, when we think of mindfulness practice, we picture ourselves sitting on a cushion or chair. But just as important as the sitting practice is the practice of mindfulness in the midst of everyday life. "Kalyana Mitta" groups are gatherings of "spiritual friends" who support each other in the study of the Dharma and its application to real life. The meetings begin with a period of silent meditation followed by a "check-in." Most groups then explore the experiences and situations shared during the check-in. Some groups focus on a Dharma topic based on a reading from Buddhist literature. An initial three-month commitment is required to join a group; most people remain longer.

There are several groups of Spiritual Friends supporting one another in PIMC. Sometimes there are openings in existing groups, and new groups form several times during the year. The KM Coordinator (Jim Dalton) can help people with the same interests and logistical needs network together and decide who will co-facilitate and host the meeting. Mentorship (help from a current KM facilitator) and a set of KM guidelines are available for new groups. If you are interested in joining a group, please answer the following questions and email: Jim Dalton at [jdalton@easystreet.com](mailto:jdalton@easystreet.com) or landmail: 11965 SW Foothill Dr. Portland 97225. Telephone questions: 503.641-8336.

1. What are you looking for in a KM group? How long have you been meditating? Do you attend retreats?
2. How far are you willing to travel? What sections of the city are easy for you to get to?
3. What days or evenings of the week can you attend (ordered by preference)?
4. Could you host a KM group in your home?
5. Are you interested in co-facilitating a KM group?

Name:

Street Address:

City, State, Zip:

Today's date:

Phone:

Email:

Any special needs?

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change. The priest who opens the door seems to symbolize spirituality. For me, animals such as the camels represent the instinctive nature within us. The clever names of the wise men, Insight, Intuition, and Inspiration, are obviously essential qualities of wisdom. Perhaps I need to appreciate ways I bring these qualities alive through participating with the Sangha. What else am I to learn from this dream, and why did it come to me now?

This brings me back to my recent involvement with the PIMC building purchase. What was the meaning of my involvement? For one thing, I knew intuitively that it was simply right for me and for the benefit of others. After all the years of resistance to joining any spiritual organization, why is membership, or joining a Sangha compelling to me now? The answers are simple: I am inspired by conversations with people who think in 3-D. I crave the multidimensional aspect of people who share my inquisitive nature, who seek insight, explore inwardly, and go beyond the material world. I need the fellowship of people willing to accept my fears and foibles. Maybe my unconscious has already moved into the spiritual community of PIMC and it is time for me to acknowledge it.



*Submitted by Nancy Turner, Former Chairperson of the Search Committee*



# Oregon Food Bank / PIMC Event Group Volunteer Opportunity

By Terri Huggett

The Oregon Food Bank was swarmed with volunteers during the holiday season. But food needs to be distributed year-round to, if not the hungriest, one of the hungriest state populations in the country. The Food Bank is the primary agency in the state trying to address this need.

We've made arrangements to volunteer as a group on Saturday, April 10, from 9:00 a.m. - noon. During our visit we will assist in repackaging bulk food donations that will be distributed across Oregon and SW Washington. We will be taken on a tour of the warehouse and have an opportunity to learn about Oregon Food Bank. We will be given any necessary orientation and training before we begin working.

This is an opportunity to see how large an operation exists to feed Oregon's hungry. The food coming in each day can be mind-boggling. And the need to help repack it and redistribute it for consumption is great. And still people are hungry.

Oregon Food Bank is located on NE 33<sup>rd</sup> Ave. between Columbia Blvd and Marine Drive (near the DEQ testing center) on the east side of the street.



*If you are interested in participating or need more information, contact Terri Huggett of the Service Committee at 503.281.3002, [terribug@msn.com](mailto:terribug@msn.com) or talk to her on Sundays.*

## Communication Committee Projects

By Danelle Till

The communication committee is currently working on two projects. One is a welcome brochure. Some of you that read and retain what you read in the newsletter may note that this project was talked about some months ago. Now it is beginning

to actually take form. It will be a great resource and starting place for anyone who joins us for the first time. We are also looking for "meeters", a new support team for Sunday nights. A "meeter" would volunteer one Sunday a month to hang out at the info table for 10 - 15 minutes after our circle disbands to answer questions from any newcomers. If you are interested in heading up and/or serving as a "meeter" contact Danelle at [mindfulmother@earthblink.net](mailto:mindfulmother@earthblink.net) or 503-603-9947.

The second project is a flyer to be distributed to our new neighbors surrounding the new center. The flyer will be an introduction, have some basic information and where to contact us about questions or challenges. Nessa and Danelle are gathering advice and information for the flyer. Alex Krotov has volunteered to translate it into Russian. We are looking for someone who could do the same in Spanish. If you are willing to perform this service please contact Nessa at [nessaelila@earthblink.net](mailto:nessaelila@earthblink.net) or 503-232-1330. When you contact Nessa by email, please put "Spanish translator" somewhere in their subject title, so that your email is sure to get read quickly by her.

If you have any communication ideas or questions please let one of us know.

Current committee members - Jim Dalton, Nessa Elila, Christine Howard, Danelle Till (and yes there is room for you!)



*Danelle Till can be contacted at [mindfulmother@earthblink.net](mailto:mindfulmother@earthblink.net) or 503-603-9947.*

## "Change Your Mind Day" Comes to Portland

Saturday, June 5, 2004

12:30 p.m. - 5:30 p.m.

By Nessa Elila

This is a preliminary announcement as not all the details have been finalized, but please do mark your calendar for this special event.

Teachers from various Buddhist traditions will give introductory talks and lead participants in meditation. Music and poetry may also be included. Change Your Mind Day (CYM) is designed to introduce meditation

practices in a friendly, public setting free of charge. Participants are invited to relax and enjoy the event. The name is a play on words, since Buddhist practice helps us "change", and be more skillful with, how our crazy minds function!

This will be the first year that "Change Your Mind Day" will be held in Portland. We will be joining numerous cities throughout the United States, and in other countries, in celebrating a day of mindfulness and meditation within the Buddhist Tradition.

In addition to introducing newcomers to Buddhist practice, CYM Day will allow a wonderful opportunity for various local Buddhist communities to meet and learn more about each other.

Contact name/phone number/website still to be announced.



Nessa Elila can be contacted at [nessaelila@earthlink.net](mailto:nessaelila@earthlink.net) or 503-232-1330

## Just an Hour's Worth a Week

By Danelle Till

Many a wandering and skillful moment of my time in the last few years has been spent wondering just what I could be putting in the Dana bowl each Sunday night. In the spiritual upbringing of my childhood and recent past there was the idea of tithing, of giving 10%. At some rare times in my life I have been able to take that on as a practice and most of the time there was just no way I could see it happening. Then there is the idea of what

feels right/generous, which works for me most of the time and is still rather nebulous for most. More recently there has been quite a deal of talk about 1/40<sup>th</sup> of your weekly/monthly pay or the rough equivalent of one hour's worth a week. This seems like a pretty skillful way to look at it. I have been noticing the value of an hour lately – in time and money. What do I do in an hour of my work week? On what do I spend that one hour of income? Do I value the teachings, wish to support our community and our teacher as much as these things? What wonderful things could we do as a community if we pooled just one hour's worth of time and or treasure from each of us? We could easily support our teacher, the teachings, our community, our center and have extra to send out into the world in the form of support and outreach. What would the effect be firstly on my own heart and its opening and then on all those who surround me? And what if I thought in these generous terms about myself, my children, my parents, my friends, those whom I "chance" to meet each day.....just one hour's worth a week.....what if....



## PIMC Wish List

It is time to begin recording and duplicating Robert's talks on CDs and to have them available as streaming audio from the PIMC website, [www.portlandinsight.org](http://www.portlandinsight.org).

With this in mind PIMC needs some new equipment.

Digital Recording/Master CD Device	\$800
Mixer	\$250
Wireless microphone (so questions can be heard on the recording)	\$200

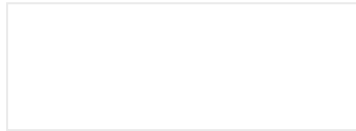
Ultimately we want to add a sound amplification system that will be compatible with this equipment.

If you would like to make a tax deductible contribution toward the purchase of these items please contact Robert Beatty. [rbeatty@easystreet.com](mailto:rbeatty@easystreet.com) (503) 223-2214



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3434 SW Kelly Avenue  
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## *Annual Rummage Sale*

By Phil Harris

Don't let all the changes happening in and around the sangha distract you from the Important Issues of Life—like the upcoming PIMC Rummage Sale!

Every year for the past three years, PIMC has held a wild, wacky sale as a fund-raiser. It's a great opportunity to observe yourself as you purge and splurge, just as the Buddha advised. We need you to begin setting aside your unneeded treasures, and to begin thinking about getting involved as summer draws closer.

We can sell your castoff books, CD's, LP's, clothing, luggage, toys, sports gear, tools, kitchen wares, and selected furniture (no overstuffed furniture without visual inspection, please), etc. Together, we've raised thousands of dollars for the sangha over the years, and sale veterans can attest that it's a whole lot of fun!

The sale has been tentatively set for Saturday, July 10th, at the same location as last year (Fraternal Order of Eagles parking lot at the corner of SE 50th and Hawthorne). Stay tuned for further details, and take this opportunity to do dana for yourself by parting with some of life's excess baggage. To get involved, or for further details, contact Phil Harris ([philboy@hevanet.com](mailto:philboy@hevanet.com), 503-234-4810).

### *Connecting Online*

The PIMC listserv is our community's online means of staying connected.

To join the listserv, send a blank email to **PIMC-forum-subscribe@yahoogroups.com**. When you receive a confirmation message, respond to it.

It's just as easy to get off the list. Send a blank email to **PIMC-forum-unsubscribe@yahoogroups.com**.

For additional information contact Paul Gerhards, [paulg@aracnet.com](mailto:paulg@aracnet.com).