



PIMC NEWS

PORTLAND INSIGHT MEDITATION COMMUNITY

www.portlandinsight.org

JULY 2002

Refuge

Lightning flashed and a minute later, thunder rumbled. Towering black anvil-headed clouds loomed over Eagle Cap, the tallest peak of the Wallowa Mountains. My previous wife, Kathleen, and I, hurried our children along a high mountain trail toward our intended camp in a sheltered meadow a half-mile ahead. Luke, then eight, and Tara, four, sporting daypacks, scurried along ahead of our pack llamas, Titan and Buttercup. The llamas, accustomed to the altitudes of the high Andes, were unimpressed by the changing weather. They padded along on soft sturdy feet.

Suddenly tree branches whipped back and forth and our nylon jackets flapped and snapped in the wind. My face stung with the sudden drop in air temperature to near freezing. The children huddled close in fear as I studied the map. Now the lightning and the echoing kaboom crashed in tight sequence. I realized the storm was ripping in our direction. I knew we shouldn't risk exposure to the thunderstorm at such an altitude. I had to decide quickly. I thought: it would be fifteen minutes to the meadow. Too long. Could we pull out the tent fly and bivouac under the trees? Too cold, I reasoned, and too vulnerable to lightning.

The map indicated an "abandoned structure" two hundred yards to the west. I wondered: Will it still be there? Will it provide refuge for us?

FLASH. KABOOM. One second apart. The storm loomed overhead.

"Okay," I said, "let's head for the abandoned cabin. We can run there in just a few minutes."

We crashed through the forest, panting. Huge drops of rain began to splatter as we burst into a small clearing holding a dilapidated log structure, about the size of a one car garage, and just tall enough to stand up in. All I could think about was getting the family under cover. Just before entering, I checked for bears and noticed the roof was partly caved in.

Once my three loved ones were safe inside, I sped around securing the llamas under a pine tree, unloaded the packs, and threw our gear inside. At that moment a blast of half-inch hail beat through the ragged ceiling. The explosions of light and thunder were almost continuous.

Kathleen and I swept away porcupine quills and set up the tent. Soon everyone was bundled in sleeping bags and happily cradling cups of hot chocolate. The children's fear turned to giddiness as they realized we were safe. I breathed a quiet sigh of relief. Mapmakers and cabin builders of long

ago had provided guidance and refuge for us, and I was thankful.

Since the time of the Buddha, countless people have taken refuge of another sort in a spiritual community, or sangha. They have sought ways to awaken and support one another in weathering the inner and outer storms of life. You and I are the beneficiaries of a long lineage of beings who discovered the teachings of the Buddha and grew wise, compassionate and loving, and who passed these teachings on to us.

Our need of refuge is as great as ever in human history. Despite the protections and comforts of modern life, the possibility of all forms of suffering threatens us more than any approaching storm. We are born into soft human/mammalian bodies that are vulnerable to injury, and hypersensitive to pleasure and pain. Our capacity of thinking allows the ignorant mind to create suffering based on the remembered past and the imagined future. Sickness, disappointment, separation, old age, and death, are some of our closest companions. Recent events in the world have revealed that we cannot truly be safe anywhere. The supports of tribe and extended family have practically vanished. We live in the midst of many people, yet often without the kind of contact we need. No wonder there is so much anxiety and depression.

When we are buffeted by the storms of our daily lives and have exhausted our methods of avoidance and defense, a moment of intuition sometimes arises and we become interested in what is happening inside our being. This desire to understand ourselves leads some of us to the Dharma and the systematic study of the body/mind in meditation. We often begin this inner journey thinking that it will reduce stress, or give us some relief from a mood or physical pain. The result of meditation practice, however, is not only a change in perception or the ability to relax. Instead it is a transformation of worldview and our sense of identity. It precipitates a revolution in consciousness that makes all of our beliefs, thoughts and perceptions transparent.

As this revelatory process continues and accelerates, we may begin to discover that the world is not as it has seemed, and that we don't quite fit into it as we once did. Our values may shift, imperceptibly but profoundly, and we sometimes experience a need for new kinds of friendship and community that our former acquaintances are unable to provide. Sometimes a quiet and profound loneliness, confusion, or sense of isolation, will arise as we realize the futility of trying to find

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PIMC Board of Directors Forms

On May 8th, eight sangha members from the Steering Committee and our teacher, Robert, met to form the first board of Directors of PIMC. The board members are Peggy Baldwin, Robert Beatty, Jim Dalton, Michael Hall, Sabra Larson, Bud McCune, Doug Pullin, Dick Teutsch, and myself, Judy Smith.

At this first meeting we spent time exploring how this group could best serve the larger sangha known as PIMC. We are very clear that we wanted to be a non-hierarchical and inclusive group.

We invite other Sangha members to be observers of the meetings. We highly encourage people who have ideas for new endeavors to come to the meetings

and present their plans. Please contact me to share your ideas and we will arrange for you to attend a meeting where the agenda best fits your topic.

We are in this role to serve you. We welcome your thoughts on what you like and what you think could be improved upon. Please feel free to contact any Board member.

We decided that three people would rotate off the Board every year. This offers fresh perspectives of three new members commingled with the knowledge and experience of current members. Elected officers are myself, Judy Smith, as Meeting Facilitator, Sabra Larson as Assistant Meeting Facilitator, Peggy Baldwin as Scribe, and Dick Teutsch as Treasurer.

A good deal of time was spent on talking about the kind of community we would like to create. Robert reported on his recent trip to two Dharma Communities; the Mid-Peninsula Insight Community in Palo Alto, CA and Ruth Dennison's place in Joshua Tree, CA. He shared with us the ideas and inspiration that he received from visiting other centers and speaking with Dharma teachers who have led

their groups in creating strong, vibrant centers of teaching and practice.

Robert said he came away from these visits learning that there is no particular model to follow. These centers followed an energy that grew and deepened as the teacher held the intention of more and deeper practice.

Robert stated that more practice opportunities are needed and will be emerging if there is adequate demand and support for it.

We briefly discussed the vision of having a space of our own. Robert's teacher, Ruth Dennison has generously donated \$10,000 as seed money for PIMC's building fund.

The Children's Sangha was another topic of discussion. Peggy, who created this program, is stepping down after two years. She reports there are seven people who have volunteered to lead and assist for the coming year starting in September. Peggy requested a separate budget dedicated to the Children's Sangha. She stated that she believes a strong children's program attracts more participation in all parts of the Sangha. There will be further discussion on this topic when Peggy submits a proposed budget.

Other topics of discussion were the in-town, one-day retreats led by Doug Pullin and Robert Beatty, the energy and excitement of the Service Committee, and a Sangha newsletter

spearheaded by Karen H.

We ended our meeting acknowledging that we have a lot of work to do in forming a strong board with realistic and creative policies and procedures that uniquely fit our sangha. We look forward with excitement and energy to the possibilities of what can be created in service to our commitment to the Dharma and each other.

-Judy Smith
thirdage@europa.com

In Service

"Service –
An act of assistance
another or others; ;
-American Heritage



"Service - A kindly act: favor, good
turn, grace, indulgence, kindness."
-Roget's Thesaurus

There's a good chance that by now you have heard about the PIMC Service Committee. The group was formed last year as part of the sangha reorgan-

Refuge *continued from page 1*

lasting happiness through the senses. We wonder what is wrong with us when the old satisfactions begin wearing thin. We become interested in talking about our inner experiences. As our awareness deepens, we start noticing that even our most cherished separate self is fluid. We feel a need to huddle among others on the same trail.

Without the sheltering refuge of community, when such challenges as these are experienced, many of us will abandon meditation. Just when it is most essential to pause, sit down, and allow the reality of the moment to reveal itself, we distract ourselves. We become disinterested, bored, or filled with doubts about our practice. It's as if we've wadded the map and tossed it into the forest.

In times of inner turmoil and spiritual questioning, we recognize our need for community and come together for mutual support. In community we also find a place of comfort, friendship and the opportunity to be of service to others. Just as my family sought safety in an old mountain cabin, we, as individuals and families, seek the teachings of the Buddha and the refuge of our Sangha. For this I am thankful.

-Robert Beatty
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ization. We have held a half dozen planning meetings to date and continue to get together on a monthly basis to explore ways we can be of service.

Some of us are more interested in service within the community, others in service to the larger outside community. And we certainly don't have a monopoly on providing service for the sangha and beyond. Some service opportunities present themselves on the PIMC list server, some are handled informally among sangha members, and some are routed through the Service Committee.

A few examples of past service activities include moving parties, landscaping projects, community tree plantings, rides to the airport, painting gigs, adopted family gift-giving, help for a Bosnian family in crisis, support for folks struggling with illnesses, and comfort for the dying. Then there is all the service that folks do to support the sangha; from putting out signs, opening the Dharma Center and greeting folks on Sunday evenings to running the Children's Sangha. Actually, when you think about it, there are about a zillion ways that one can provide assistance "to another or others."

In our meeting discussions, members of the Service Committee have talked about service opportunities being valuable because it just feels good to be helpful to others and also because it is an excellent way to build community. Those who are served feel closer to the larger community, and those who provide service in a team spirit feel a bond with one another. While some may see service as an obligation (maybe even an unpleasant one), we see it as an opportunity.

What does this mean to you? We hope you can know that if and when

you need help with life's challenges, the sangha is there to assist you. And we hope you are inspired to find ways to be of service, both within and outside of PIMC.

Current members of the committee are: Nessa Elila, Dave Frankunas, Martha Gaeddert, Michael Hall, Phil Harris, Karen H, Cindy Irvine, Sabra Larsen, Ron Matela and Gary Monkmarsh.

Contacts for the Service Committee:

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Sabra Larsen 503-255-1654

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Michael Hall 503-288-5170

If we can all be of service to one another, oh my, what a wonderful community we will be!

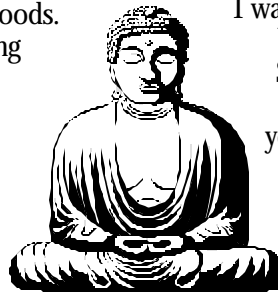
-Michael Hall

Retreat Experiences

2002 Memorial Day Retreat:

On the recent retreat with Robert (Beatty) at Cloud Mountain, on the second day, Robert took the group of about 40 people out of the meditation hall on a walk through the woods. We had been sitting and doing short periods of walking meditation for most of our waking hours for a day and a half, so our minds were quite calm.

We followed him, pied-piper style, as he progressively slowed down, and then gradually returned us to a normal walking pace, mindfully walking through the green landscape for about half an hour. When he got us back to the clear space in front of the hall, he led us in an ever-tightening spiral. Eventually we came to a stop in a tight knot, standing and feeling our own breath and the breathing of our neighbors, touched on all sides by our dharma brothers and sisters. This became an amazing experience of intimacy, openness and commonality. I heard several people breathing raggedly, near tears. We stood this



way for what seemed like a very long time, but was probably ten minutes, while Robert called our attention to our feelings and sensations.

Then Robert had us chant a long, continuous "Om", that must have lasted five or ten minutes, still standing tightly packed together. The effect was one of fusion, loss of separation, power, and beauty that are hard to put into words. The whole sequence of events was so unexpected, and so moving—it will remain with me for a long time.

-Phil Harris

January 2002 Breitenbush Retreat:

As I pondered what to share about retreat with Robert, it occurred to me that excerpts from my journal may be more interesting than any stale thoughts I have today. These were written Monday morning, January 7.

"Back from retreat. SLOWED DOWN. Such a relief to be in such an open and relaxed place. Maybe a good start for me. Renewed energy for my daily practice which I have let slip unmercifully. I feel clean. Honest. Real. And free.

So what do I have now that it's past? My mind races through a home video style show of the weekend. A warm and cozy group of memories. Incredible opening and I want more...

I was just getting started. Strange because I can't necessarily call Saturday - dozing and battling myself - a good experience yet it was. How can I be tired, even sore from just sitting? About walking meditation: Stayed with it-even extended that period of in-betweenness. That point of not breathing and not balancing on two feet. The point of risk and growth. Rooting my feet into the ground with each step. I could balance, did not rush my feet to the ground.

What I got after a day of total avoidance -the incredible sloth-was a look at what I do -just going on snoozn' cruise control, just numbing out and then putting on whatever face is most appropriate. And then when things get threatening, I switch to the next level, the place of non - non-feeling, non-seeing, non-participation.

**WANT TO RECEIVE
FUTURE
NEWSLETTERS?**

**YOU MUST RETURN
ENCLOSED ORANGE
FORM.**

A place of non-memory and non-reality. And what is real? The motions my human goes through at that time, or the fact that the "I" am no longer present. Tucked away. Curled and lost and protected. A habitual response and one I encounter during meditation when all the noise and activity is removed and feels dangerous to me. What am I so afraid of? It may not even matter as long as I am seeking to understand and know as a means of getting to acceptance.

Hum- so is acceptance the goal or understanding? Is my resistance avoidance or protection? L...YIPES! It's 7:00! I gotta get the girls up! Help, I am on retreat time! Gotta fly-

The retreat was hard, opening, awesome fellowship, too short, life altering. My next one will be a five days.
-Robin Helm

If you're thinking of writing about your retreat or practice experience, please do. We love to hear from you. (Of course, we can assist with editing.) For questions and contributions, contact:

-Doug Pullin
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Children's Sangha

I started the Children's Sangha three years

ago, because I know the power that learning a spiritual base early in life can have. I also greatly respect the innate wisdom in children, that is there, waiting for someone to acknowledge and encourage. My early Sunday School experiences had a profound effect on me, and I wanted to pass that along.

In Sunday School, I learned to meditate, and to find peace even in the most difficult of situations. What I learned in Sunday School helped me through a less than ideal family life and helped me to deal with other children, who can sometimes be cruel. I started a regular morning meditation time at the age of 10, so I know kids can practice what we teach. I learned principles



that have come back to me throughout my life. I also had a role model in my favorite Sunday School teacher, who was a demonstration of faith and grace in action.

So how do I know what we have been teaching is getting through to our Buddha Babies? Sometimes I find that out because they are less than enthusiastic about something we are doing on Sunday evening. We made up a chant to the "4 Noble Truths." Kathryn groaned, and said "I can't get them out of my mind. I said, "Yeah, it worked!" Emily groaned and said she didn't want to sing the song "Junk Mail" (about the clutter in our minds), because Margie had been singing it in the bathroom all week! Megan and Becca admitting to torturing their mother on the way home in the car with numerous repetitions of the "Three Refuges Chant." What I'm noticing here, is hey, this stuff is going home!!

Expressing Buddhist principles in terms that are meaningful to children can be a challenge. It helps to have not lost sight of what it feels like to be a child or to at least listen very carefully to them when they talk about their experiences. Three year old Amanda was heard to say, "Teacher says that the Buddha is in me." And then lifting up her T-shirt she said, with exasperation, "I don't want him in there!" I had obviously not done a good job of explaining the principle in terms that a concrete three-year old can understand!

I call our children my Buddha Babies, because I see the Buddha in every one of them, no matter their size or age. There is so much wisdom and compassion innate in our children. It's easy to see that when we get ready for the family we adopt at Christmas. The children want all the details about the family. We make ornaments for their tree. They enthusiastically help purchase and bring in gifts for the family. There is great earnestness at the wrapping party, with the kids being more involved and directed than usual. We gather at Fred Meyer to do the last minute shopping. Because we are a small group, as many kids and their parents who want to come, can help with the delivery. The kids are

involved in the process from start to end, and their compassion is immense.

I have a great respect for children and their ability to understand and apply powerful spiritual principles. They do not have a concept of how a "spiritual person" is "supposed" to act, but rather see chances to express what they learn in a useful way. Imagine the effect of knowing early in life that cruelty expressed by others comes out of their own suffering. How much suffering in themselves will they avoid, because they know this?

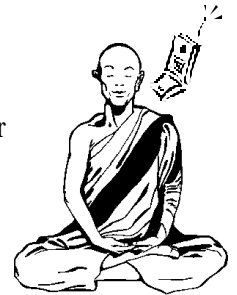
I am passing the baton to seven wonderful people, who will be teaching and directing the Children's Sangha program starting this next school year. I hope they all know the value of what they do with the kids. I will miss my Buddha Babies and will try to keep up with them in one way or another. Every one of them was a beautiful expression of the Buddha in action, in their own unduplicated way.

-Peggy Baldwin
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In Communication

We are exploring many different media to expand our communication throughout the membership of the sangha. We started with the bulletin board and the table with announcements at the back of the dharma hall. We expanded to the electronic list server as an extension of our communication arm. This newsletter is another option for keeping people informed of the various activities emerging from our group practice.

We hope we hear from everyone who reads this about their individual preferences about electronic communication. Like the clerk who asks, "Paper or plastic?" we need to know the best medium for communicating



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A Question of Karma

Along the torturous and spectacular northern California coastal Highway 101, on a hot August afternoon, I pedaled my fifteen-speed bicycle up a long incline. It was 1972 and I was 24 years old. Two companions and I were riding to Tierra del Fuego, or so we thought at the time. I'd loaded my bike packs with forty pounds of clothing, camping equipment, cooking utensils, and food. A precious jar of honey and a water bottle burrowed in a box strapped to my handlebars.

The summer sun scalded through my tee shirt, sending rivulets of sweat down across my under belly. Heat waves radiating from the pavement danced back and forth, warping the light, making the road sizzle. Salt scented air clung quietly around my body. I could hear an insect buzzing above the click-click of my bike chain. On either side of the road, bushes composed themselves like statues. Shore pines poised stiffly behind the bushes, as if their purpose was to frame a picture or bracket a scene. A Monarch butterfly pulsed yellow and black patterned wings with broad sweeps as it floated skyward.

Pedaling a heavily laden bicycle uphill is exhausting. To conserve energy, I painstakingly and methodically pushed a pedal down with one foot while resting the other raised leg. I consciously relaxed one, then the other, mimicking mountain climbers' rest step. The circular repetition of resting, pushing, resting, pushing, maintained a steady linear movement forward. I became absorbed with the rhythm of it. It was slow, matching the pace of labored breathing. I progressed with just enough momentum to keep the bike from tipping. My heart pounded and my lungs ached.

Every few minutes I raised my head to check my direction. About thirty feet ahead I spotted a tiny gray mouse dart from nowhere, straight onto the asphalt. A bit out from the edge of the road it paused, and turned its shiny black eyes in my direction. I presumed it planned to run to the other side.

Suddenly the furry creature shot further into the road. Dead ahead, he paused, turned around, and headed back from where he had come. But instead of disappearing into the brush, he circled and darted back toward the median. When he arrived mid-lane, he froze, and then scurried toward the outside edge of the road again. The little guy zipped back and forth like this while I plodded on.

I thought about my narrow tire as the mouse zigzagged ahead of me. The weight of my cargo prevented me from making sudden turns. If I stopped, given the incline, I knew I'd lose momentum and end up walking. My companions hadn't walked their bikes, and I wasn't going to either. I resolved to hold a straight course, presuming the mouse would settle its little mind and go one way or the other. No cars whizzed by. The mouse could vacillate all over the place if it wanted; my decision was made. As I got closer, with just a bike's length between us, I could see

a glint in his eyes and his spindly pale feet. I thought of Beatrix Potter's stories and how Mrs. Tittlemouse invited her country cousin for tea in the city, and he, in return, invited her to the fields for a picnic. I kept pedaling. The mouse could see me coming. He could run anywhere.

The dull sound of bumping over his little body still haunts me. I felt the bike frame lift up and over a half-inch mound. His carcass, from nose to tail root, was exactly the width of my tire.

Could I have veered off to the side in time? He saw me coming. What if I'd gotten off and walked up the hill? He had the whole road, from Canada to Mexico, forty feet across. Why my tire? Maybe the heat, the glaring sunlight, the intense quiet of the afternoon, addled his thinking. Maybe it addled mine.

Is this Karma? What does it mean when two lives collide like this? What if I had *not* held my course to a straight line, no matter what? What if he had *not* dithered, no matter what? Did my determination kill him? Did his confusion? I hadn't intended to run over the mouse. Why my tire?

Can a mouse's mind be so tormented that it runs raggedly into the open road, hoping a tire or hawk will end it all? Could I be possessed by an unconscious disregard for life?

For years I arrogantly believed the lesson was not to waffle when making decisions, but now I'm not so sure. I've always believed in the law of Karma, of the idea that what goes 'round, comes 'round, so it behooves us to act responsibly. Maybe the lesson from that day when I ran over a mouse is deeper. Maybe what happened on Hwy 101 was the result of something I did who-knows-when, maybe even in an unknown past lifetime. Maybe likewise for the mouse. According to the Buddha, this is Vipakka, a concept that baffles me. Does my unknown behavior during an unknown past determine what happens in my life right now, and must I merely observe each moment as it unfolds? What choices do I really have?

My thoughts continue to come and go about this, like that mouse zipping back and forth. I rail against the idea of Vipakka. It's unreasonable, I think, that my present life should be affected by past behavior from a time I don't even remember. How can I change the course of events when I can't recall what I did? However, my western-educated mind accepts the concept of biological inheritance. I believe genetic codes transmit messages that determine much of who I am. So whether I see it as Vipakka or genetic, there are mysterious and invisible forces from the past over which I, and the mouse, have no control.

My journey was good, but I never did make it to Tierra del Fuego. I wonder where the little mouse was going.

-Nancy Turner



Getting Connected: The PIMC Forum

The PIMC Forum, also affectionately known as the “list” or the “listserv”, is our community’s on-line means of staying connected. We post timely information about Sangha events, and share our many diverse opinions about topics related to the Dharma, which may cover just about anything. Most messages are on topics close to the bones of Buddhism. When a message is loosely affiliated to our core interests, or even out in left field, the email Subject will state so, such as “non-dharma content”. Mostly our listserv is a place for discussing topics of interest that relate to the Dharma.

To get connected is easier than you’d think. The PIMC Forum is hosted by Yahoo and has it’s own website at www.groups.yahoo.com/group/PIMC-forum. In order to be involved with the listserv, there are two methods of joining. One method requires that you register with Yahoo, one does not.

THE FIRST WAY (not a religious path):

Register with Yahoo by going to the site shown here, click on the link that says “Join This Group,” then follow the directions. Another way to get to the same Yahoo site is to go to the PIMC site: www.portlandinsight.org. Click on the “Contact” link, then click on “Join the PIMC List Server.”

Joining the list in this way allows you – among other things – to choose between receiving messages:

- A) by default, in which case you receive individual emails as they are posted.
- B) have all messages of each day sent all together, as one message, in a “daily digest.”

If you are going on a vacation or don’t want your in-box crammed with messages, you may choose not to receive email directly from the list. The messages will be stored on the Yahoo site and when you return from Thailand or Utah,

or wherever you went, you can get the messages by reading them directly from the list itself.

Once you have registered with Yahoo, review your “Account Information” and “Personal Profile” to make sure those settings are the way you want them.

THE SECOND WAY (easiest)

Don’t register with Yahoo. Send a blank email to subscribe-PIMC-forum@yahoogroups.com. When you receive a confirmation message, respond to it. Then you will receive messages from the list and you will be able post to it. You just won’t have access to the list itself.

It’s just as easy to get off the list, too. Send your request by email to unsubscribe-PIMC-four@yahoogroups.com.

If you wish to change the way you receive messages, (ie grouped together , or not at all) send your request to PIMC-forum-owner@yahoogroups.com or paulg@aracnet.com. Questions? Send them to these addresses as well.

Would you like to send a message? To post a message to the list send it to PIMC-forum@yahoogroups.com. Or, if you read a message and want to respond to it, you can do that by clicking on “reply”.

Keep in mind, though, that your reply will go to **every** member on the list. It will be broadcast to all corners of the planet. If you want just the person whose message you received know your opinions or the secrets of your private life, you will definitely want to reply **only to that person**. To do that, click “reply”, and **delete** the PIMC address and replace it with the address of the person you really want to get the message. If you forget this step, you will humbly be in the good company of all the rest of us.

Contact me with questions, comments, or praise.

-Paul Gerhards
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“Let go of anger--it is an acid that burns away the delicate layers of your happiness.”

-Taro Gold



“Nothing can bring you peace but yourself.”

-Ralph Waldo Emerson



“Nonviolence is not a garment to be put on and off at will. It’s seat is in the heart, and it must be an inseparable [part] of our very being.”

-Mohandas K. Gandhi



with each person in the sangha. If you want to save a tree and a stamp, let us know how to include you in our email notification system. If you don't have an internet connection, then we'll happily mail this newsletter to you. In either case there are expenses to cover,

Please read and fill out the form inserted in this newsletter. Attach a check and return it to us. That will be the first step in what we hope will be a long-lived two-way communication process.

Tape-of-the-Month Club

Another electronic method of communication available to us is tape recordings. Robert has organized the "Tape-of-the-Month Club" to reach out to those who may not be able to join us on a regular basis at the dharma hall. Each month, one of Robert's talks is chosen for larger distribution to a mailing list all across North America. Those who only see Robert in person occasionally on retreat are given the opportunity to share in our dharma reflections. The cost is \$120 per year and covers the costs of taping and mailing 12 tapes.

The "Tape-of-the-Month" is also valuable to the regular Sunday meditator. We can review an inspiring talk on our car tape player as we travel through our week. It is also the case that Robert's reflections on current affairs and his applications of the dharma to every day situations strike a chord that we want to share with friends who do not practice with us regularly. We can make a gift of the monthly tape to a spiritual friend in need of solace or inspiration as the themes apply.

There are several other avenues of communication that we have not fully explored as a group. In future newsletters we will bring those to your attention and provide you with service opportunities to put these ideas into place.

-Jim Dalton

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Treasurer's Report



Many, many thanks to Karen H. Your energy in bringing this newsletter from concept to reality is much appreciated. This is an important step along the way to our vision of an expanded and more active community.

One major benefit of an ongoing newsletter is obviously the significant enhancement of opportunities for communication regarding the many matters of importance that a vibrant and busy sangha must deal with. Since I am currently serving as Treasurer of PIMC, I look forward to using this medium as one way to fulfill my responsibility to report to you regarding our financial affairs.

I'd like to use this first column to restate some of the things we discussed at our Community Meeting last November. The purpose of that meeting was to discuss the future and evolving vision of PIMC. I will paraphrase from the financial considerations that we discussed that night.

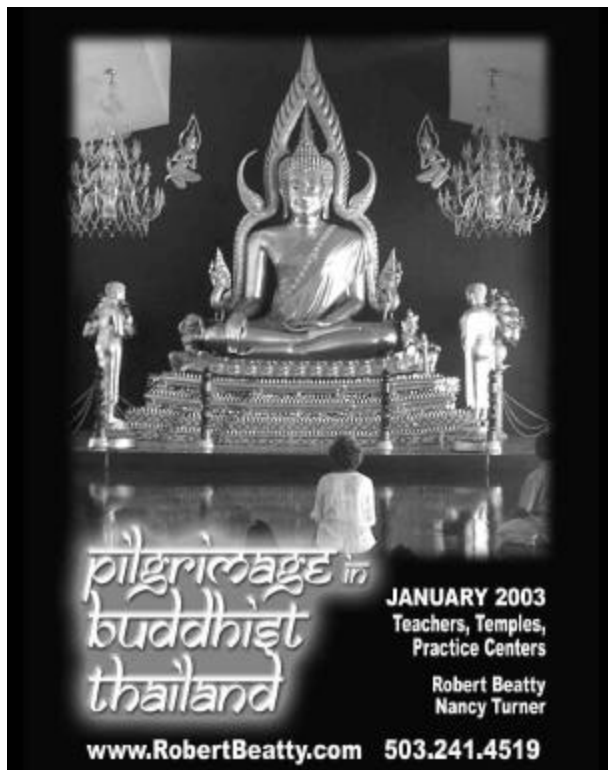
The sangha started 20 plus years ago when Robert began teaching the

dharma to a few interested people. We have grown to where we now rent a significant facility and see the weekly Sunday night attendance vary from 40 or so to as many as 70 or 80 or more, depending primarily on the season.

Over this 20 year period, much of the effort, energy and money that was required to keep the sangha going and growing came from one sole source - Robert Beatty. One of the principal objectives of the sangha over the past couple of years has been to change this. We want to be better organized. We want to have mechanisms in place so that the work and financial support can be spread more widely. Slowly and surely we have been making progress.

As Treasurer, I will speak to the financial issues. Plainly put, we have a ways to go toward the goal of an equitable sharing of the financial burden of operating our sangha. Our expenses include the usual administrative items: rent, bookkeeping, postage, office supplies, etc., and so on. But by far the biggest expense of any sangha is the financial support of the teacher. And the teacher gets only what's left over. All the other bills have to be paid first. Unfortunately at PIMC, there hasn't been much left over.

Robert devotes several hundred hours each year to teaching and other



sangha activities. Many of these hours are a direct subtraction from the time he would otherwise be able to devote to the income producing activities of his private practice. In exchange for this, the largest dollar amount of support we have collectively been able to offer Robert as annual compensation in the past has been approximately \$8,000 to \$9,000. I for one think we need to do more. We can't expect any teacher to continue to offer such a large financial subsidy indefinitely.

Talking about money is difficult. I think it is especially so for Robert in this context. But we must find a skillful way to have this conversation if our sangha is to survive and flourish. In next month's newsletter I'll present some of the ideas that came from the Community Meeting last fall about how we might approach this issue. And in order that we might all get a better feel as to how we can each do "our share" I'll try to show in dollar terms how much "our share" is.

-Dick Teutsch
teutsch@arcadiafg.com

**WANT TO RECEIVE
FUTURE
NEWSLETTERS?**

**YOU MUST RETURN
ENCLOSED ORANGE
FORM.**

Meditation Retreat, July 6th Concentration and Tranquility

with Robert Beatty

Saturday, July 6, 2002, 9am to 5pm.
Friends of the Dharma Resource
Center, 1701 NW Thurman St., 2nd
Floor, Portland.

This retreat will focus upon practices that create the conditions for concentration and tranquility. Concentration is the capacity of mind that allows it to focus on one object and to remain there without wavering. This powerful mental factor is of such importance that the Buddha included it as one of the facets of the Eightfold Path. Tranquility is an ease or comfort in abiding in the present moment without striving.

The day will include guided and silent sitting in insight meditation along with movement and walking meditations. There will also be opportunities for discussion and questions.

Bring your lunch to practice mindful eating in the silence of supportive community.

Attendance is limited. Pre-register with Barbara Crow at (503) 293-1774 or bcrow4@qwest.net.

All retreats take place through your generosity. Donations accepted at the retreat.

Half Day Retreats July 10th and July 24th

with Robert Beatty

Wednesday July 10th and 24th
9am - 12pm Portland Dharma Center,
SE 25th and Madison.

This will be a great opportunity to come together for three hours of uninterrupted sitting and walking.

I will sit with the group for the first and last half-hours. During the intervening two hours I will conduct optional, twenty minute long, individual meditation interviews. These will be informal meetings where you may ask questions about your meditation and the practice of Dharma in everyday life.

If attendance is good, I will increase this gathering to every week. This is suitable for beginning and experienced members of our community.

Contact rbeatty@easystreet.com or 503-223-2214 to reserve an interview.

Bring a lunch if you would like to stay for an informal period of discussion at noon.

All retreats take place through your generosity. Donations accepted at the retreat.

Dharma Hikes

Want to spend time with Sangha members and explore day hikes near Portland? Informal hiking group forming. If you'd like to join us, or for more information contact Claire Balhoff, innerbalance@netzero.net, 503-538-4735.

AA Group Forming

Sangha Alcoholics Anonymous and Al-Anon group forming. Contact Paul Campbell, 360-694-2073.

The Portland Insight Meditation Community



it, urban center for the practice of insight meditation. Community where people come together to learn, support, and deepen their practice of the Eight-Fold Path of the Buddhist contemplative life at the heart of the community, wisdom and compassion naturally lead to a lively engagement with life in the world.

One Day Retreats In September And October

Saturday, September 21st
Right Effort in Spiritual Practice
Doug Pullin

Sunday, October 27th
Faith in Buddhist Practice
Doug Pullin

These retreats will be at Friends of the
Dhamma Resource Center, 1701 NW
Thurman in Portland from 9-5.

Registration with Barbara Crow at
503-293-1774 or bcrow4@qwest.net

Residential Retreats With Robert Beatty

October 14-20th
Hollyhock Retreat Center
Cortes Island, BC
www.hollyhock.bc.ca
800-933-6339

December 6-12th
Cloud Mountain Retreat Center
Castle Rock, WA
www.cloudmountain.org
888-465-9118

Further registration information at
www.portlandinsight.org

Second Annual Sangha SUPER SALE Is July 27th!

If someone were to whisper the words
"rummage sale" in your ear, what sort
of images would come to mind?
Sangha members with long memories
may be able to recall the bang-up good
time we had last June in Robert and
Nancy's driveway, dispensing bargains
to the multitudes. That event, under
the able guidance of Genevieve
Arnaut, netted the sangha over \$500.
We hope to better that amount consid-
erably this year, when Rummage Sale
II (aka Dana for Dollars) hits the
streets. This year's event will take place
on Saturday, July 27th, from 9-5, at the
Fraternal Order of Eagles parking lot,
which is located at the corner of SE
50th and Hawthorne.

We can use all sorts of saleable
items, so begin combing your closet,
grazing your garage, inverting your
attic and bracing your basement for
anything that you'd like to donate to
raise money for the sangha.

We'll also need as much labor as
people would like to donate, both in
the days leading up to the event, and
on the day of the sale. This includes
sign making, pricing, moving things
from place to place (pickup trucks,
anyone?), setup and cleanup, child
care, on-site entertainment, and of
course haggling, accepting money and
dispensing loving-kindness willy-nilly.
Does anyone own/have access to
clothes racks?

To help out, please contact one of
the three sale commissars:

Phil Harris 503-234-4810
philboy@hevanet.com
Ron Matela 360-735-7207
rmatela@pacifier.com
Genevieve Arnaut. 503-977-0448
arnaut@worldnet.att.net

THINGS WE CANNOT SELL: Tires,
with or without rims; ancient
monochrome computer monitors;
damaged or incomplete goods; any sort
of food.

YES YES YES: Clothes, toys, baby
equipment, furniture, sporting
goods/exercise equipment, books,
CD's, working small appliances (big
ones too if you're willing to take them
away if they don't sell), tools, framed
artwork, and general quirkiness.

Thank you all--tell your friends, and
come to the sale yourselves--As the
Buddha said: "These stylin' slacks,
Ananda? Why, I got 'em at the PIMC
rummage sale, of course. And they
were one great dharma bargain."

-Phil Harris

Thank You

It takes a community to birth a
newsletter. From technical assistance,
to updating the database, to folding
and stuffing the printed newsletter, to
editing, and much more.

Many thanks to all involved,
including Peggy Baldwin, Robert
Beatty, Jim Dalton, Theresa Friedline,
Michael Hall, Phil Harris, Scott Jones,
Nancy Turner and Ted Viramonte.

Special thanks to Kathy Petersen
who inspired me to attempt this news-
letter and who graciously allowed me
to borrow many of her ideas.

And how about those authors!
What wonderful articles and what a
great start we've made.

-Karen H

August Newsletter Deadline

Articles for the August Newsletter are
due by **5:00pm, Friday, July 19th** to
karenhavran@cswebmail.com.

Thank you!
-Karen Havran
503-231-2758



Spiritual Friendship

"Through getting to know those who delight in the Buddha's teaching
we establish a support system. This is what really enables us as a human
society to hold together.

It is our ability to strengthen and affirm our qualities of inner beauty,
of kindness and generosity and to encourage those in others.

That's what enables human beings to live in a wholesome and
profitable way."

Amaro Bhikku

July 2002 - PIMC Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 *9-5 Mindfulness Day Retreat Robert Beatty -Friends of the Dhamma
7 Robert Beatty * 5:30pm Newcomer Orientation & Instruction - PDC * 6:30-8:45pm Meditation and Dharma Talk - PDC	8 7pm Board Meeting	9	10 *9am-12pm Meditation & Meditation Interviews - PDC	11 * 7-9pm HeartSong Sangha -2311 E. Burnside	12	13
14 Robert Beatty * 6pm Tea & Meditation Instruction - Basement - PDC * 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 5pm Newsletter Deadline	20 6:30pm Service Committee Matela Home
21 Robert Beatty * 6pm Tea & Meditation Instruction - Basement - PDC * 6:30-8:45pm Meditation and Dharma Talk - PDC	22	23 *7-9pm Beaverton Sit - Dalton Home	24 *9am-12pm Meditation & Meditation Interviews - PDC	25 * 7-9pm HeartSong Sangha -2311 E. Burnside	26	27 Sangha Rummage Sale 9 am - 5 pm Fraternal Order of Eagles Parking Lot SE 50 th & Hawthone
28 Robert Beatty * 6pm Tea & Meditation Instruction - Basement - PDC * 6:30-8:45pm Meditation and Dharma Talk - PDC	29	30 *7-9pm Beaverton Sit - Dalton Home	31			

- * Sunday Evening & Wednesday Morning Events - Portland Dharma Center (PDC), 2514 SE Madison, Portland
- * Tuesday Evening - Dalton Home: 11965 SW Foothill Drive, Beaverton
- * Thursday Evening - 2311 E. Burnside Street, on the 3rd floor, Portland
- * Saturday Day Retreat -Friends of the Dhamma Resource Center, 1701 NW Thurman St. (2nd Floor), Portland

Additional information on these practice opportunities and PIMC at:
www.portlandinsight.org
503-223-2214