



# PIMC NEWS

PORTLAND INSIGHT MEDITATION COMMUNITY

www.portlandinsight.org

SEPTEMBER 2003

## Sangha Evolution and a Home of our Own

By Robert Beatty

Summer is ending and the adventure of developing our community is once again coming to the forefront. The process of infrastructure development and moving forward on the purchase of a home for PIMC will be heating up.

Our capital campaign has been very successful. We began our fundraising this year with \$18,500. Ruth Denison, who had contributed \$10,000 last year, gave another \$10,000 to kick off our capital campaign. Anonymous donors promised \$140,000 as matching funds. Since mid-June, seventy-one donors have contributed a total of \$42,000. Most generously, the anonymous donors have matched the \$42,000, and more, by contributing a total of \$75,000. This brings our building fund to \$145,500. The anonymous donors have renewed their pledges and as soon as we raise an additional \$65,000, they will match it.

Along with the financial contributions I have heard much enthusiasm, support and encouragement for creating a home for PIMC. I have also been heartened by conversation with other Vipassana teachers who have tales to tell about the meandering path they took to ultimately find the "right" combination of community involvement and the proper real estate.

We made an offer of \$410,000 on the church on Holgate as our fundraising effort got underway. In order to meet the obligations of our contract with the seller we were required to decide quickly whether or not we would purchase the building before knowing what the repairs on the electrical system and foundation would cost. Estimates ranged from \$25,000 to \$75,000. In addition, we had not had adequate time to consolidate our fundraising efforts. By mid-July it became clear we were not going to raise enough money to pay cash or secure a mortgage within the brief period of time allowed by the purchase contract. We (the PIMC board) withdrew our offer to prevent forfeiting our \$15,000 earnest money. Although the Holgate property seemed like an excellent opportunity and there was plenty of enthusiasm within PIMC, the real estate market requires immediate action we were not prepared to take.

I had never expected to act so quickly in making an offer on a building, but there are only three churches for sale in Portland and this one met most of our needs. The board and I were motivated by the perception that churches of the requisite size and cost are difficult to find and that we had better act fast or miss out on a great opportunity. I am more comfortable with embracing the notion that we need to act in a mindful, responsible, and systematic way. We will find the facility that fits our needs and use the process of obtaining such a location as a vehicle for the enhancement and strengthening of our community.

One of our next steps in seeking a center is to approach Albina Bank, which

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# Sangha Evolution and a Home of our Own

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specializes in loans to churches and non-profits, to arrange financing for whatever balance remains. Meanwhile we will continue our capital campaign, and when the time comes, individual Sangha members will be offered the Dana opportunity of committing to a certain monthly amount to pay a mortgage.

In the flurry of making an offer on a building, we discovered we had outpaced our community. On July 5<sup>th</sup> we held a community meeting to discuss this and other PIMC concerns. If you were not there, I suggest that you pick up and listen to a copy of the tape of that meeting, and also read the transcription of my remarks that Ellen Morrison so kindly transcribed. Both are available on Sunday evenings.

At this meeting, and through conversations with individuals, the board and I learned some of the questions that had been concerning community members. Among them are:

- What process had led to the decision to purchase a building?
- How could more communication between the board and the community at large be facilitated?
- How is PIMC governed?
- How can people become involved?

PIMC continues to evolve and we will address these concerns at future board meetings. As part of this process, Danelle Till is breathing new life into our communication committee and welcomes any assistance.

The next board meeting is at my home on September 15<sup>th</sup>, beginning with meditation at 6:45 pm (sharp). Community members are welcome. The board will be taking up the question of how to proceed with the center, establishing bylaws to guide PIMC, and fundraising. If you have skills you would like to contribute to PIMC, please approach any board member or myself. If you have energy, I am sure we can put it to good use.

The church on Holgate is back on the market and, who knows, it may still be available by the time we are ready. If not, I am confident something else will become available. In the case of the Mid-peninsula Insight Meditation Center, Gil Frondale's community in the Bay area, they finally purchased the third property they were very interested in. The process was complex and turbulent. It just seems to go that way.

I look forward to many opportunities to practice the Dharma together and to continue the adventure of creating a loving, participatory and engaged community.



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



## **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.

# News From the Board

By Robert Beatty

The PIMC board has evolved during the last few months, with some goings and comings. Thanks to Dick Teutsch and Judy Smith who each served generously for three years. Ann Faricy has joined the board in the role of fundraiser, and has already contributed greatly to the development of bylaws. Ellen Morrison has agreed to be our interim Treasurer and to bring her many skills to serve PIMC.

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

Jim Dalton ([jdalton@easystreet.com](mailto:jdalton@easystreet.com))  
H (503) 641-8336  
W (503) 466-6507

Doug Pullin ([dwpullin@yahoo.com](mailto:dwpullin@yahoo.com))  
H (503) 293-6823  
W (503) 293-4177

Ellen Morrison ([emorrison@spiretech.com](mailto:emorrison@spiretech.com))  
H (503) 282-6744  
W (503) 478-1218

Ann Faricy ([annfaricy@comcast.net](mailto:annfaricy@comcast.net))  
H (503) 284-5527

Michael Hall ([michael@pnca.edu](mailto:michael@pnca.edu))  
H (503) 288-5170

Linda Sawaya ([buddhapainter@comcast.net](mailto:buddhapainter@comcast.net))  
H/W (503) 297-7497

Nancy Turner ([nturner@easystreet.com](mailto:nturner@easystreet.com))  
W (503) 241-4519



## Adventures in Accounting

By Robert Beatty

In order to have accountability and clarity in the finances of PIMC, we decided several years ago to hire a professional bookkeeper. We have had an interesting and frustrating journey in this realm during the last year. We purchased some very fine software (It even sounds amazing: PowerChurch Plus) in mid-2002. Since half of the financial information had already been entered into

Quickbooks when she began with PowerChurch, the bookkeeper decided not to enter everything in PowerChurch until the beginning of 2003. This allowed PIMC to issue tax statements, but made creating financial statements a nightmare.

Early in 2003, our bookkeeper's husband found work in California and she handed the books over to two women who came highly recommended. Month by month they reported some challenges with PowerChurch, but claimed to be making progress. On the Monday before the Friday deadline for the last newsletter, I received reassurance that I would have the necessary reports by Friday. On Thursday evening I received an e-mail saying that the two women were quitting, had already erased all of our records from their computer and were sending all the financial records back by mail the next day. Anicca!

Fortunately, I was quickly guided to a very competent and efficient person named Christine Creviston who has attacked the backlog with a vengeance. All of the accounting is done through the middle of July. Ellen Morrison, our interim Treasurer, and I pored over the information yesterday (Sunday) and it was relieving to begin to get a financial picture. We did not have time, however, to ask several questions of Christine so that we could give a proper "Treasurer's Report". Please stay tuned for a report in the next newsletter.



## Communication Committee

Announcing the Renewal of the  
Communication Committee

By Danelle Till

There has been quite a bit of discussion around communication within our community as of late. As we develop as a community, communication will be an important factor in our health.

We are looking for those who have been feeling a nudge to participate in the fostering of this aspect of our community. If you are interested in serving on the communication committee, talk to Danelle Till on a Sunday night or contact her by email.

There will be a brainstorming meeting in September. If you are unsure about joining the committee at least come to the meeting, lend your ideas, and check it out.



*Danelle's email address is: [mindfulmother@earthlink.net](mailto:mindfulmother@earthlink.net)*

# A Day of Impermanence

By Danelle Till

On day four of a week-long retreat in Canada it was decided that we would take a hike to Fry Creek Canyon. After a few snacks and intentionally sending our apple cores off to feed other life, our band of 18 or so set off on a hike in noble silence (for the most part). I chose to try a counting practice Robert had introduced – with each step (feeling the earth beneath my feet and shoe) I counted 1,1,2,1,2,3,2,1,2,3,4,3,2,1... (on up to 10 and then back down again).

The trail was strewn with twigs and leaves once the part of the trees that shaded my path and now in various stages of their return to the earth. Insects carried bits as they scurried across the path in a brief time of being noticed as they went about their lives of gathering, consuming, building, destroying, gathering... 5,6,5,4,3,2,1,2... Footsteps in the distance, right behind me, pushing my pace, uncomfortable, judging, oh, choosing, intending, stepping off to the side, returning, walking, relief, ease... 3,2,1,2,3,4,... tweet, swish, snap, pssshhhh, click, click, bzzz, ...6,5,4... should look around, wonder where everyone else is, this is not an “easy, rolling hike”, too hard for some, angry, how many are in front of me, I’m not in such bad shape, I like hiking, I should get out in nature more...9,10,9,8... I stopped for a while, looking out through the trees at the lake, mountains - they seemed to separate into particles, not so solid, moving, swirling, the sunlight and shadows dancing... perhaps... my mind lightly plays with the possibility of impermanence, not so much as a concept but as an experience.

I reach the “creek” and look down from the bridge – splash, pound, rush, power, freedom, - I long to join the water, be the water. After lunch we head down to the beach where the creek meets the lake. I get my wish of joining the glacial water as the current carries me along. I take in the experience of the water completely for the first time in a very long time. There are screeches at the coldness, playful splashing, laughter, chains of bobbing people being carried along, yelps, many minutes of invigorating release and exchange of energy. Then, almost as if the bell were rung, we all settle into the silence. I find a seat in the shallows of the shore. The sunlight dances on the ripples as my body bobs ever so gently in the unpredictable rhythm of the water. The sensations of my legs revolving through numbness, ecstasy and pain are accompanied by a gurgle, slap and splash. My mind is as calm as it’s been since I got here, maybe as calm as it’s ever been, thoughts floating on by, way out in the current. Every sense door is in the experience of impermanence. Time seems to cease to exist. So it’s like this.

As we leave I am surprised that I don’t seem to be trying to hold on to the moment. Perhaps it’s easier to let go of moments that are lived in fullness. Perhaps when there is a moment of awareness about impermanence it makes no sense to try to hold on. And yet as I don my shoes to make the trek back to the retreat center I sense that there is a shift that has happened today, this day of impermanence. A shift that could quite possibly be one I might mark my life by... 1,2,1,2,3,2,1,2,3,4,3...

*As a side note in the interest of equanimity it should be known that this particular experience came after several days of physically painful sitting and in the middle of a six-day retreat filled with joy, challenges, new friendships, much experience of all the hindrances, valuable insights, emotional upheaval and... well you get the picture. And I would highly recommend the whole experience!*



*Danelle Till is a sangha member and a member of the Communication Committee.*



# Chandako Con-ference

Sauvie Island, summer sitting monk  
ground is warm and soft in June  
on Turtle Island

forest lives here -  
warm breeze sweeps me sitting  
looking, and leaves breathing

breathing in-out  
(light: seeing insect/buzz: hearing)

ears portal (hearing)  
knowing ~human civilization  
on mother Gaia

Cars pulse by - bucolic, ease  
HA! Buddha's bhikkhus  
had no pace-chasing  
machinery. . .

Mind's timeless ecosystem  
sitting happy  
in here, in this present  
time

there, sun sets on horizon,  
I'm on this PATH  
here seeing light, is the temple  
of Chandako's tent.

This thought says,  
"I could be a monk"  
city or forest  
here In Ecotopia

With Buddha's blessing  
Tree Sangha,  
birds beings and earth  
conferring.

— Had Walmer

*Had wrote this poem after his Sauvie Island visit with Ajahn  
Chandako, the American Thai forest monk who visited PIMC in  
June.*

## Newsletter Renewal Time

Fall is the time to renew your subscription to this newsletter. This is your notice to re-subscribe, which you can do by returning the enclosed form, printed on bright orange paper. **Please return the orange form by October 15<sup>th</sup>**, either by mail or in the Sunday donation bowl. Thank you for your support of this community publication.

Suggested donation is \$25 for an annual subscription.

## One Who Lives Nearby

There is a creature that lives nearby,  
hidden in the soft shadows of the forest.  
Somehow I know its beauty -  
that knowing without knowing.  
Knowing without being told,  
just feeling its presence.  
Others have seen it.  
I can tell by the look in their eyes.  
Those eyes that makes me want to cry out and  
bow down into the earth.

No one can tell me how to find it.  
They try.  
They say things like,  
"Hear, but do not listen" or  
"No judging, no thinking."  
I touch these things as I walk but  
This shy one hides from my wanting.

I don't know.  
I have been wandering and wondering,  
Trailing my fingers along the soft  
edges of the night,  
feeling all this aching and confusion.

This is all I have found:  
That when, with each footstep  
I feel my whole being pouring into the  
precious life beneath my feet,  
all that matters seems nearby.

— James Peck

# September 2003- 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  Robert Beatty * 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  Robert Beatty * 6:30-8:45pm Meditation and Dharma Talk - PDC	15  6:45 pm Board Meeting - Beatty Home	16 *7-9pm Beaverton Sit - Dalton Home	17	18 ☾ * 7-9pm HeartSong Sangha - 2311 E. Burnside	19  1 pm Newsletter Deadline	20  Robert Beatty Day Retreat 9-4 pm Location: See Below
21 * 6:00-6:30 Parent's Meeting (See Page 5) * 6:30-7:15 Meditation - PDC * 7:15-8:45 Community Meeting - PDC		23 *7-9pm Beaverton Sit - Dalton Home	24  * 9am-Noon Meditation - PDC	25 * 7-9pm HeartSong Sangha - 2311 E. Burnside	26 ●	27
28  Robert Beatty * 6:30-8:45pm Meditation and Dharma Talk - PDC	29	30 *7-9pm Beaverton Sit - Dalton Home				

\* 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: Wednesdays: Sept. 10 and 24, October 8 and 22. From 9am - noon at PDC.

## October Day Retreat:

Doug Pullin will lead a one day retreat on Saturday Oct. 18th from 9-5 pm. Location will be announced in the October Newsletter. The focus for the day will be on Cultivation of Compassion in spiritual practice.

## September Day

### Retreat

A one day retreat with Robert Beatty on Saturday Sept. 20<sup>th</sup> from 9-4 pm. Location: Gudmestad Yoga Studio, 3903 SW Kelly. Bring a lunch. Registration: \$10 room fee (Payable to PIMC) to Theresa Friedline 6719 N. McKenna Ave. 97203 Focus for the day: Tranquility and Ease

## Residential Retreats With Robert Beatty

**October 14-20<sup>th</sup>**  
**Hollyhock Holistic Learning Center**  
 Cortes Island, BC  
[www.hollyhock.bc.ca](http://www.hollyhock.bc.ca)  
 800-933-6339

**December 5-12<sup>th</sup>**  
**Cloud Mountain Retreat Center**  
 Castle Rock, WA  
[www.cloudmountain.org](http://www.cloudmountain.org)  
 888-465-9118

**October 31-November 2<sup>nd</sup>**  
**Breitenbush Hot Springs**  
 Detroit, OR  
[www.breitenbush.com](http://www.breitenbush.com)  
 503-854-3314



# Engaged Buddhism – Joanna Macy Style

By Ann Faricy

Thich Nhat Hanh wrote Fourteen Guidelines for Engaged Buddhism. The Fourth Guideline says, “Do not avoid contact with suffering or close your eyes before the reality of the suffering in the world. Find ways to be with those who are suffering. . .”

I had the opportunity to attend Joanna Macy’s weeklong retreat in July. She focused much of the week on activities and ideas from her book Coming Back to Life. What follows is a brief summary of some of the key ideas.

She talks about the Great Turning from the Industrial Growth Society to a more sustainable society. She talked about Brian Swimme’s work. He is a mathematical cosmologist who says that the dinosaurs were eliminated sixty-five million years ago. Now we are in the middle of another mass extinction. “We happen to be in that moment when the worst thing that’s happened to the earth in sixty-five million years is happening now. That’s number one. Number two, we are causing it. Number three, we’re not aware of it.”

She talked about three developments that are needed in order to move toward a more sustainable future.

1. Holding Actions— to reduce destruction of environment. For example, saving some lives (soup kitchens), saving some species, preserving green spaces, and raising money for environmental concerns.
2. Alternative Structures— to really develop a life sustaining society, you need new structures- like new forms of agriculture and new systems for delivering water for people.
3. Shifts in Consciousness— to recognize that the earth is alive and see the interconnections between species and environments.

Joanna encouraged us to reflect on being grateful for the blessings in our lives. Then she challenged us to acknowledge our despair with the present state of affairs. She helped us get in touch with our own suffering as people, in this country, in this world at this point in time.

Deep Ecology is a term Joanna and others have used. It means to see us as interwoven with all living beings. The term deep ecology arose, both as a philosophy and a movement. Norwegian philosopher Arne Naess, a mountain climber and scholar of Gandhi coined the term in the 1970’s.

She contrasts deep ecology with reform environmentalism, which treat the symptoms of ecological degradation— clean up a river here or a dump there for human well being. Deep ecology questions the fundamental premises of the Industrial Growth Society. It holds that we can break free from the species arrogance, which threatens not only ourselves but also all complex life forms within reach. With a deep ecology approach, “I am protecting the rainforest” develops to “I am part of the rainforest protecting myself.” Life forms have an intrinsic right to exist, and the human population is excessive in relation to the carrying capacity of Earth.

She encouraged us to be Shambala Warriors. To be such warriors, she said we need two things— compassion for the world AND wisdom so we don’t get burned out. Our wisdom includes having the motivation for the benefit of all. We are streams of choosing. What we choose to do shapes who we are, as well as our world. She cautioned us to not spend our spirits dry. She encouraged us

*Continued on next page*

to meditate to still the outer vortex of our lives so we are not taken over by the storm.

We concluded the week by each making promises to:

- work daily to heal our world and the welfare of all beings
- live on earth more lightly and less violently in food (meat), products and energy
- draw strength and guidance from living earth, the ancestors, future beings and our brothers and sister of all species
- support each other in our work for the world
- do a daily spiritual practice that clarifies our minds and strengthens our hearts to support us in fulfilling these promises

Joanna's website is [joannamacy.net](http://joannamacy.net). She has many interesting articles, newsletters and links to other sources related to this subject.



*Ann Faricy is a sangha member and recently joined the PIMC board in the role of fundraiser. Ann frequently contributes her artwork to this newsletter.*

# Hiking and Camping

The last Sangha hike for this year will happen on Saturday, September 20th. Join us beforehand for breakfast at 9:00 am, at Old Wives' Tales Restaurant, 1300 E. Burnside, at the intersection of E. Burnside and Sandy or meet us there at 10 sharp to carpool.

The proposed camp out is canceled due to a lack of response.



*You may reach Paul Campbell, hike and camping organizer, at 360-694-2073, [GardenerandPoet@aol.com](mailto:GardenerandPoet@aol.com)*

## Hazelnut Yum Biscotti

Makes about 18 good-size biscotti  
(with apologies to Theresa Friedline)

350° , Bake for 25 minutes

- |   |   |
|---|---|
| 2 eggs (plus a third egg, separated)  | 1 tsp ground cinnamon                       |
| 1/3 cup olive oil   | 1/2 tsp each ground cloves, mace and ginger |
| 1 cup sugar (depending on your sweet tooth)   | 2 tsp baking powder                         |
| 1 TBS rum, strong coffee or coffee liqueur<br>(vanilla will also work in a pinch)   | Grated rind of one orange                   |
| 1 1/2 to 2 cups toasted hazelnuts (or pecans, or almonds, or ...)                   |   |
| 1/4 to 1/2 cup sliced dried apricots (or currants, raisins, dried cherries, or ...) |   |
| 3 cups sifted all-purpose flour   |   |

Preheat oven to 350. In a large bowl, beat two eggs plus one yolk, with the oil and sugar. Stir in orange rind, spices, liqueur, baking powder, dried fruit and nuts. Add flour; stir until a dough forms.

Hand form the dough into a square loaf on an oiled baking sheet, or on parchment on a baking sheet. The loaf should measure about 1 inch thick by 8 inches wide by however long. Brush the egg white over the loaf. Bake 25 minutes.

Carefully cut the loaf into inch-wide pieces so that you have a series of one inch by eight inch cookies. Separate them on the baking sheet and reduce heat to 275. Bake the cookies a second time, for about 15 minutes, or until crisp and dry. Cool, and store any you don't eat immediately in a tin to practice Italian dana with.

Editor's Note: *Theresa requests this recipe from Phil, just about every time she sees him. Must be good !*

## Nessa's "Collage Poem"

suppose you scrub  
your ethical skin  
until it shines  
but inside  
there is no music—  
then what?

if you pore over words  
and point this out  
and that  
but if your chest is not  
soaked dark with love—  
then what?

and if you drape yourself  
in the yogi's famous orange  
but are colorless inside—  
then what?

what do you remember  
of your own full moonlight?  
the face you had  
before the world began  
the unlearning of a stone....

call to it with your first name  
and walk with it  
refusing to be  
anyone else

inside your body  
there are flowers  
one flower has  
one thousand petals

that will do  
for a place to sit  
in the caress  
of the Great One's breeze.

what quality of breeze  
does your presence represent?

remember—  
nothing works  
until each one finally sees  
that the most important thing  
to care for  
is the spirit  
emanating  
from within.

reflect:  
if you do not bring forth  
what is uniquely yours to bring,  
then  
what is the point  
to your having been here on this  
earth?

let the bee  
of your heart  
stay  
deep inside the flower  
and care  
for no other thing.

listen to the secret sound  
the real sound  
which is inside you  
the one no one talks of  
speaks the secret sound  
to you.

celebrate this silence!  
it is your given name.

and you are dreaming  
the world...

at last you are  
what is always  
here and gone

— "Collaged" by Nessa Elila

The last round of sharing suppers (community potlucks), were held on August 2<sup>nd</sup>. One of these sharing supper was held at Linda Sawaya's house. Lyn Doiron, one of the guests, requested that other guests bring poems to read, as it was John Black's birthday. I brought this poem, and after reading it, realized no one had ever heard it before, since I "collaged it" 15 years ago. Several people there suggested I submit it for the newsletter, so here it is!

I "pieced together" this poem by selecting passages from 3 favorite spiritual books, adapting them, and adding a few words of my own to tie them into a unified whole. The 3 books are:

- Magic at Our Hand: Releasing Our Lives into Order and Beauty by Nancy Rose Exeter, 1988
- The Kabir Book: Forty-four of the Ecstatic Poems of Kabir; versions by Robert Bly, 1977.
- With Secret Friends by Cooper Edens, 1981

If anyone has any responses to the poem, or wants to know more about the original texts, feel free to contact me, at [nessaelila@earthlink.net](mailto:nessaelila@earthlink.net).



Terri Huggett



Lyn Doiron and John Black



Nessa Elila, Erica Dunn and Phil Harris



Linda Sawaya, Vicki Peck and James Peck

It was John Black's birthday the night of the sharing supper pictured above. Lyn had asked us all to bring a favorite poem to read to him. She brought the leis and cake. It would have been a 'special' evening even without the 'special' occasion. It just added to what was indeed a magical night. The setting was wonderful, food bounteous, much cheer and many silly jokes, heart-warming poems and songs, funky music by moonlight, all in joyous company!

—Terri Huggett

*Terri is a sangha member and is the coordinator of the Sharing Suppers*



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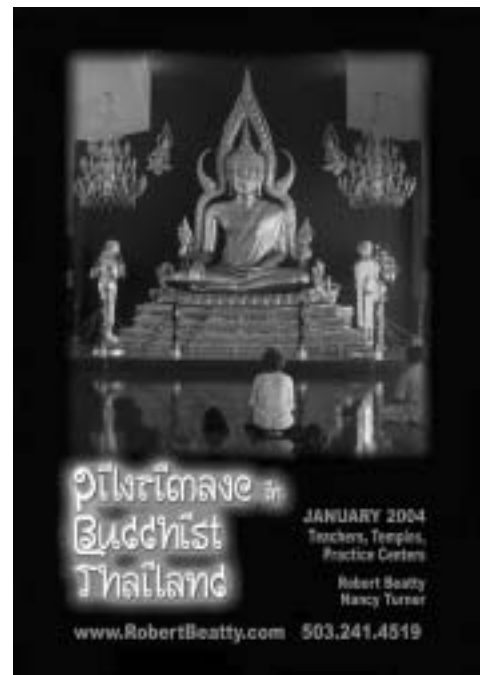
## Connecting Online

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).



## October Newsletter Deadline

Deadline for October newsletter submissions is Friday, September 26<sup>th</sup>, 1:00 pm.

Art, poetry, humor, articles and other submissions inspired by the dharma are welcome! Submit to: Karen Havran, [khavran@hevanet.com](mailto:khavran@hevanet.com).