



# PIMC NEWS

PORTLAND INSIGHT MEDITATION COMMUNITY

www.portlandinsight.org

NOVEMBER 2003

## *Loving Sophia*

By Robert Beatty

*Even as a mother protects with her life her child her only child  
So with a loving heart should one cherish all living beings  
— Buddha: Lovingkindness Sutra*

Nancy and I recently babysat Sophia, the four-month old daughter of dear friends. I performed their wedding five years ago and this was a chance for them to go out to celebrate their anniversary.

We were left with a warm bottle of formula and a baby that appeared to be tired and ready to sleep. Nancy sat with her in the classic mother-infant feeding position and Sophia welcomed the bottle. She drank a few mouthfuls and then gazed deeply into Nancy's eyes. They melted and became the quintessential model of love. It was like a greeting circle on retreat, where we meet the Beloved in each other, but simplified to one meeting one. Sophia could relax totally, being loved without doing anything to "deserve" it.

The anticipated dropping off into sleep didn't happen, however. Sophia lost interest in eating and was startled by a ring from Nancy's cell phone that I was setting up. She began to cry. The crying intensified, despite Nancy walking and cradling her against her chest. The change was dramatic. I wondered if she needed to burp and offered to carry her for a while. I prepared my shoulder and shirt with a diaper. The burp came and went with no abatement of the wailing. The crying grew stronger and I ruled out wet diapers. She swung tiny fists, arched her back, twisted and kicked. Her little head became damp with sweat. I took her out of her sleeping gear and continued to walk her. There was nothing to do but be with her and help her to endure and contain this storm that was passing through. I thought there might be a gas eruption and a dirty diaper and then relief, but that never happened.

I took her into the dark bedroom and walked back and forth. Walking meditation at it's finest. I remembered walking in the night twenty-one years ago with my son, Luke, crying in my arms. No meditation retreat had ever required so much of me. Never had I been called upon to attend to the needs of another so profoundly. Never had I sacrificed sleep and endured overwhelming fatigue on an ongoing basis. Never before had I maintained equanimity in the face of such intense negative emotions coming from another being. I realized that I was on a retreat with a teacher who had no concern for my attachments to comfort, rest and ease.

I began to chant quietly to Sophia. Sri Ram, Jai Ram, Jai Jai Ram Om. Back and forth I walked, with a calm rhythm and soothing tone, until finally there was a break in the crying. As she relaxed I felt her sudden deep gasps and shudders as her infant body

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released the stress of the storm. I sat down in the overstuffed chair and lay with her on my chest, experiencing wonderful lovingkindness and ease. She breathed and shuddered and breathed and became more and more still. After quite a while I thought she was sound asleep enough to place her in her crib without risking her waking. As I zipped up her sleeping outfit she startled and once again began wailing. Back to walking and chanting. This time the emotional storm was short lived. Once back in the overstuffed chair, I decided to remain in the sea of infant lovingkindness till she was really deeply asleep. I rode the in-breath and out-breath and basked in the sweetness of her quiet breathing and warmth against my chest. When she was really quiet I ever so gently put her to bed and tip toed out of the room.

Our own minds are not so different from Sophia's. Sometimes the inner weather is calm, open and delightful. There is ease, tranquility and concentration. It is effortless to be loving, gentle and accepting of these sweet pleasant states. In other seasons of the heart we experience emotional storms of sadness, anger, hopelessness, greed, restlessness, doubt and fear. These conditions challenge our capacity to be patient and merciful. Our task is to accept our own shrieks of joy and screams of pain as gently as cradling a baby in our arms.

Sophia's parents returned to a quiet house with find Nancy and me dozing on the couch.



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

### *Newsletter Renewal Time*

If your mailed newsletter included an orange form, then we have not received your request to continue receiving this newsletter.

This is the last newsletter you will receive if you do not re-subscribe.

Suggested donation is \$25 for an annual subscription.



#### **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.

# Communication

## Exploration Continues

Reported by Danelle Till

With a little food in our bellies, the communication committee members nestled at a table at Nature's this month, and continued our exploration of communication within the Sangha. Here were some of the topics:

**Our Guest** – Paul Gerhards was our guest this meeting. He is our resident listserv guru. If you are having difficulty with participating in or joining the listserv, contact Paul. Paul's contact information is always listed in a great little box on the last page of each newsletter. You may also find him on a Sunday evening. (That's what I did).

**Information/Resource Line**– We hope to soon set up a Sangha information/resource line. Eventually this line might be a separate phone line when the Sangha has a permanent home. For now, a volunteer whose number and email would be made known to the community, would field calls in as timely a manner as possible. This person would answer questions such as, "Is there a Wednesday morning sit?" and "Where is the board meeting happening?" In addition, this person would direct inquiries and questions to the most pertinent person. We hope to have this service available soon and even have a volunteer who is willing.

**Newcomer's Resource** – One of our members, Nessa Elila, offers a welcome service to those who are new to the Portland area. She is willing to help people "get oriented" to the area. Having lived in Portland almost all her life and being an avid networker, Nessa is happy to help folks find the resources they need. These resources would include finding a dentist, car repairman, hairstylist, therapist, and the like. She'll also share her knowledge of where to find specialty stores/services, fun/interesting places to visit, and so on. In addition, Nessa has some great simplified maps to help newcomers (or challenged long-term residents!) grasp the layout of the bridges, downtown streets, and understand how to navigate some of the confusing areas of town.

If you are new to the area, or if you meet someone on a Sunday night who is new, grab Nessa (not too hard please) and take her up on this fabulous offer of service! We will be including information about this service in our Welcome Packet. Just think, our Sangha has its own Goodwill Ambassador!

**Chant Book** - Jim Dalton is working on putting together a chant book.

**Communication for Everyone** – We are also talking about different types and styles of communication and

ways to make communication accessible to everyone. We would like everyone to be "in the loop" who would like to be "in the loop". If you have ideas about how communication could be improved please let one us know. You could end up being the next guest at one of our meetings!

The communication committee currently consists of the following members : Jim Dalton, Nessa Elila, Christine Howard, Ellen Morrison and Danelle Till. We have met twice now on Sunday before the sit and most of the work we are doing seems to be project work. If you are interested in volunteering for a short or longer-term project or would like to join us please let any member know or contact Danelle Till.



You may contact Danelle at [mindfulmother@earthblink.net](mailto:mindfulmother@earthblink.net)  
503-603-9947.

## PIMC Board of Directors

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

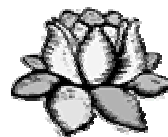
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H/W (503) 297-7497

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



# Reflections on Five Subjects

By Danelle Till

One Sunday night, early last summer, Robert introduced “Five Subjects for Frequent Recollection.”

I am of the nature to age, I have not gone beyond aging.  
I am of the nature to sicken, I have not gone beyond sickness.  
I am of the nature to die, I have not gone beyond dying.  
All that is mine, beloved and pleasing, will become otherwise, will become separated from me.  
I am the owner of my kamma, heir to my kamma, born of my kamma, related to my kamma, abide supported by my kamma. Whatever kamma I shall do, for good or for ill, of that I will be the heir.  
Thus we should frequently recollect.

Robert asked us to repeat the above as a chorus. A bell would let us know when we were to end. So we began.

The first time through I laughed as the mind took “will become separated from me” and thought *rummage sale*. Then a few sets later there was an intention to let the words in deeper. Thoughts of my death passed through easily enough at this layer, but the thoughts of my children becoming “separated from me” caught in my throat. As the tears began to roll down, the words became less audible and Sangha took over. A chorus of support filled in the sound that my own voice could not. The thought took form - *If this were to come to pass, my children being separated from me, this community would support me. I would take refuge in the Sangha.* Waves and tears of emotion, of gratitude flowed and subsided as I found my voice once again.

Just the chanting remained until a new thought arose - *When will he ring the bell?* When the bell finally came I knew I wanted to incorporate this recollection into my practice.

Working with this recollection in my practice has been quite a journey and as the song says “We’ve only just begun.” As I began, the first encounters were of course all about me. The waves of sorrow, love and seemingly every other emotion flowed through as I practiced. Things and people I took for granted were more often cherished or at the very least seen.

The next phase came as I decided to substitute my boys’ names for “I.” I got to the third phrase and could not continue, struck with a huge block of metaphysical guilt.

For years I have nourished the belief that my thoughts have “power” - *how could I possibly chant “Robbie is of the nature to die”?* *It was fine when I was only risking affecting me, but Robbie? What if I caused something to happen?* I gave it up for the day to try to sort it out. The next day I tried again, reminding myself that I was not saying anything that was not already “reality” — Robbie was of the nature to die and I was sure I had heard “we are all terminal” somewhere in a new thought sermon. That was enough to get me over the hump and on to the waves of thoughts, emotions and insights regarding my kids.

Funny how life events affect the course of practice. I had been including my parents as a block for a while in my practice without much effect when Nessa shared her father’s passing. The next morning I took each parent separately which changed everything. It has allowed much more compassion to be felt for my mother as “heir to her kamma” and has begun the process of preparing for my father’s death, which will be the most difficult and brings up tears even as I write this.

# November 2003- PIMC Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <i>First Quarter</i>
2 * <b>Children's Sangha</b> 6:30-8:45 pm - PDC <b>Robert Beatty</b> * <b>5:30pm</b> Newcomer Orientation & Instruction - <b>PDC</b> * <b>6:30-8:45pm</b> Meditation and Dharma Talk - <b>PDC</b>	3	4  * <b>7-9pm</b> Beaverton Sit - <b>Dalton Home</b>	5	6  * <b>7-9pm</b> HeartSong Sangha - <b>2311 E. Burnside</b>	7	8
9 <i>Full Moon</i>  <b>Ajahn Amaro</b> * <b>6:30-8:45pm</b> Meditation and Dharma Talk - <b>PDC</b>	10	11  * <b>7-9pm</b> Beaverton Sit - <b>Dalton Home</b>	12	13  * <b>7-9pm</b> HeartSong Sangha - <b>2311 E. Burnside</b>	14	15  <b>6:00 pm</b> <b>Community Celebration &amp; Dance</b> – See enclosed flyer & page 8 for details
16 * <b>Children's Sangha</b> 6:30-8:45 pm - PDC <b>Robert Beatty</b> * <b>6:30-8:45pm</b> Meditation and Dharma Talk - <b>PDC</b>	17 <i>Last Quarter</i>	18  * <b>7-9pm</b> Beaverton Sit - <b>Dalton Home</b>	19	20  * <b>7-9pm</b> HeartSong Sangha - <b>2311 E. Burnside</b>	21  <b>5 pm</b> <b>Newsletter Deadline</b>	22
23 <i>New Moon</i> / 30 <i>First Quarter</i>  <b>Robert Beatty</b> * <b>6:30-8:45pm</b> Meditation and Dharma Talk - <b>PDC</b>	24	25  * <b>7-9pm</b> Beaverton Sit - <b>Dalton Home</b>	26	27  <b>THANKSGIVING</b>	28	29

- \* 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.

## *PIMC Consignment Account at Village Merchants*

PIMC receives 40% commission on sold items when you consign using PIMC's account at Village Merchants.

Take in your: In season clothing in good repair, furniture, housewares, children's clothing and toys, etc.

Village Merchants can accept a bag or box a day but you **MUST** call ahead to see if they have room for a drop off. Let them know this is a drop off for PIMC.

Questions about what they will take?  
Village Merchants, 3360 SE Division St.,  
(503) 234-6343

## *Residential Retreats with Robert Beatty*

December 5-11th  
Cloud Mountain Retreat Center  
Castle Rock, WA  
www.cloudmountain.org  
888-465-9118

## *Upcoming Events:*

**Saturday, December 13<sup>th</sup>**  
**Sangha Sharing Supers**  
(See page 7 for details)

**Thursday, December 25<sup>th</sup>**  
**Volunteer Opportunity**  
Help Potluck in the Park with clean-up for their annual Christmas Day Dinner.  
(More details in the next newsletter.)

## Lately

Lately, when the breath  
subsides into a  
soft rise and fall of the belly,  
I hear music coming toward me.  
It circles near,  
yet flees in the turbulence of the  
softest thought.

I'm learning to resist the straining to  
capture a distant thing.  
Disappointment lies in the wanting.  
But when the wheel in my chest begins to turn  
in slow determined rhythms like  
a glacier speaking to the mountain,  
with every turn there is a  
breaking apart.

There is a lyric,  
a calling in the song.  
Before the hearing –  
just this faintest hearing –  
I think I could have told you about it.  
But now everything dissolves at the touching  
and there is nothing to grasp and say 'this'.

Images and symbols,  
Words, more symbols,  
they fly apart in a  
breaking open  
that makes you want to cry out  
for want of the transparency  
to let this touch,  
touch the world.

I say "love".  
It says "die".  
And I'm reaching down into the heartbreak of this life,  
willing to touch everything.  
Yes, there is pain,  
a personal suffering  
but quickly more –  
the ancient suffering of all beings.  
Beneath the personal, just  
one suffering,  
one healing,  
one touch.

This transparency I would have –  
it demands first the cleaning of my own windows.  
The music calls me into the shadows,  
to the edge of the dark forest  
It says: "kneel down,"  
and I let the shadows wrap around me.  
Bony fingers touch my chest and demand tears.  
It wants the breaking open.

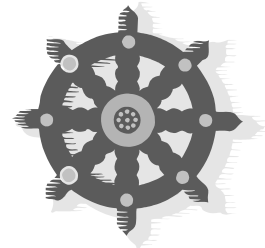
It touches my cheek, becoming strong,  
pressing my face down into the earth,  
forcing the immediacy of its pain and joy  
down into my belly.  
It says: "Let everything fall  
into the earth."

The song is coming toward me.  
Perception grows like the  
slow chasing of the sun on the heels of night.  
The music is here,  
inside my home.  
I know when I open the door  
I will be swept away.  
Feel my hand slip into yours  
as I lift the latch.

—James Peck

I Awake,  
I Smile,  
Twenty Four Brand New Hours Before Me,  
I Vow To Live Each Moment Fully  
And To Look With Compassionate Eyes At All Beings.

— Thich Nhat Hanh



## Reflection on Five Subjects

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My most recent encounter relating to this process came a few days ago as participated in a high speed car accident on the I-5 Terwilliger curves. As I found myself careening toward the guard-rail that I hoped would hold me from the deep ravine beyond, one of the thoughts that flowed through was distinctly "I have been preparing for this." As the rail held and I found my car stopped, I know this practice supported me as the shock of the event was not compounded by the shock of contemplating my death for the first time. In fact all of my practice offered to serve me as I sat there taking a deep breath, noticing the option of "falling apart", noticing it was a choice and choosing instead to realize with gratitude that I was fine and then that others were as well.

So the journey continues with this practice and all practice. And I bow in deep gratitude for all that it is teaching me.



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

## Sangha Sharing Suppers

### Saturday, December 13<sup>th</sup>

Come seek refuge during the holidays with your fellow sangha members at joyous, relaxed and informal pot-lucks in member homes! Sharing suppers are a wonderful way to get to know your meditation neighbors in small and homey settings.

The next sharing suppers are on Saturday, December 13<sup>th</sup>. Please join us. Sign-up on any of the three preceding Sundays (Nov. 23, 30, or Dec 7). Or sign-up vial email or phone with me, Terri.

When you sign-up, you may choose to host a sharing supper or attend as a guest. If you volunteer to host, let me know how many people you can accommodate and if you have room for kids. If you choose to attend as a guest, please feel welcome to bring your partner, family and/or children.

Hosts can expect a call and email from me on Monday, December 8<sup>th</sup> to give you your guest list. As hosts, you in turn will call your guests to coordinate gathering time, food and give directions to your home.



Contact Terri Huggett with any questions or to sign-up:  
[terrihug@msn.com](mailto:terrihug@msn.com) 503. 281.3002

## Dharma Center Update

By Robert Beatty

The plan to establish a permanent home for PIMC continues to evolve. The board is considering purchasing a smaller, interim, place in which we can have all meetings and events except the Sunday evening sits. With such a building we would have a focus for our energies and opportunities to further develop our community.

As Portland real estate values continue to increase this would put to work the money that has already been contributed rather than have it languish in the bank.

Your input is invited and welcomed. Please attend board meetings or pass your ideas on to one of the board members. Board member contact information is on page 3 of this newsletter.



## Ajahn Amaro Visits PIMC

### Sunday, November 9th

Ajahn Amaro will be at PIMC at our regular Sunday night meditation on November 9<sup>th</sup>. Venerable Ajahn Amaro is co-abbot, along with Venerable Ajahn Passano, of the Aghayagiri Monastery in Northern California. In Pali, Abhayagiri means Fearless Mountain.

Ven. Ajahn Amaro was born in England in 1956. Ven. Amaro Bhikkhu received his B.Sc. in Psychology and Physiology from the University of London. Spiritual searching led him to Thailand, where he went to Wat Pah Nanachat, a forest-tradition monastery established for Western disciples of the Thai meditation master Ajahn Chah, who ordained him as a *bhikkhu* in 1979. He returned to England and joined Ajahn Sumedho at the newly established Chithurst Monastery. He resided for many years at the Amara-vati Buddhist Centre north of London, making trips to California every year during the 1990's. Since June of 1996 he has lived at Abhayagiri Monastery. He has written an account of his 830-mile trek from Chithurst to Harnham Vihara called *Tudong-- the Long Road North*, republished in the expanded book *Silent Rain*, now available for free distribution, and he edited *The Pilgrim Kamanita*, a Buddhist novel, published in 1999.



Source: Ajahn Amaro's background courtesy of the Abhayagiri Monastery website. [www.abhayagiri.org](http://www.abhayagiri.org)

# Seeking Photos of Sangha Events

By Ron Matela

As a Service Committee project, I am putting together a photo record of Sangha events. I am looking for photos taken of any and all functions- dinners, rummage sales, gatherings such as the picnic, service projects, etc. Prints would be best, but digital files are fine. I would appreciate it if large digital files were edited and put on CD. Also include a brief description of the event, the date, and any information you feel is important.

We are trying to put something temporary together for the celebration and dance on November 15th, so if you can contact me soon I would be grateful.



You may contact Ron Matela at (360) 735-7207  
rmatela@pacifier.com

## Potluck in the Park

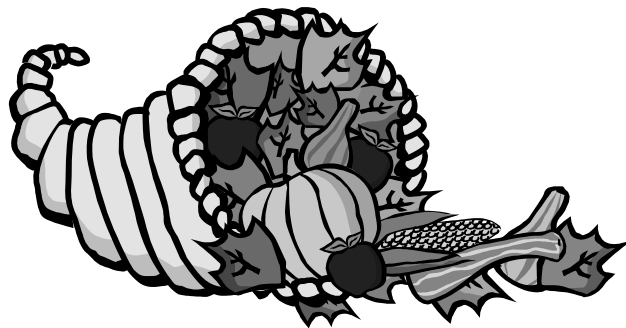
By Michael Hall

Thanks to the Sangha members, young and old, who turned out to help serve the hungry on Sunday, October 27th with Potluck in the Park. We helped set up, serve, and break down the event. The organizer, David Utzinger, said we fed 550 people between 3:00 and 4:00 pm and then about a hundred came through again for second helpings. It was truly a rewarding service opportunity!

By the way, if you are interested in helping with this event in the future, just show up at O'Bryant Park in downtown Portland (between SW Stark & Washington and Park and 9th Avenues) any Sunday between 2:30 and 3:00 pm, with food in hand or not. All help is appreciated. Hot food is most appreciated and David said that a bunch of freshly baked potatoes is a wonderful contribution to the meal. And EASY!

If you wish to know more about this extraordinary event, look them up at [www.potluckinthepark.org](http://www.potluckinthepark.org).

In addition, please keep in mind that the PIMC service committee is organizing a clean-up crew for a couple of hours after the Potluck in the Park Christmas Day Dinner, held on Christmas day. More information and exact details on this service opportunity in the December newsletter.



## Community

## Celebration and Dance

Saturday, November 15<sup>th</sup>

You are invited to a party! We've planned a family-oriented community celebration for Saturday, November 15<sup>th</sup>.

Inserted in this newsletter is a yellow flyer with a map and all other pertinent details. Here are some of the same details.

### Bring:

- ✿ A vegetarian main dish, salad or desert.
- ✿ A plate, a mug, and eating utensils.
- ✿ Your family, partner, children, etc.

### Provided:

- ✿ Beverages, dance refreshments and fun!

### Wear:

- ✿ Sumptuous fall colors.

### Sign Up:

- ✿ We're seeking volunteers for set-up, decorating, to help facilitate the potluck, clean-up, and to serve refreshments. If you are interested in helping, sign up with Karen on Sunday nights.
- ✿ If you know you are coming, please sign up for the potluck with Gloria on Sunday nights. We want to make sure we get a good mix of dishes for the potluck. **HOWEVER, signing up is optional.** You do not have to sign up in order to attend.

### Where and When:

- ✿ **West Hills Unitarian Universalist Church**  
8470 SW Oleson Road, Portland
- ✿ **6:00 pm Vegetarian Potluck**
- ✿ **7:30 pm Dance and Kid's Activities**

### Donations:

- ✿ Donations to cover costs accepted at the door.



Erica Dunn, Ellen Morrison, Laura Bitts, Gloria Sowell, Merlin Varaday, Shawna Surface, and Karen Havran are planning this event. Committee contact is Karen. [khavran@hevanet.com](mailto:khavran@hevanet.com)  
503-231-2758.

# Kalyana Mitta Groups

By Jim Dalton

“Having admirable people as friends, companions, and colleagues is actually the whole of the holy life.”  
—The Buddha

“Kalyana Mitta groups bring together members of the dharma community to study and share practice experience in a friendly, supportive environment. Generally comprised of from six to twelve members, they afford an intimacy not always available in larger sitting groups. The format often involves 20-30 minutes of meditation, an opportunity to check in about one's personal dharma practice, a group discussion of an agreed-upon topic or a book the group is reading together, and between-meeting practices to support conscious action and awakening in one's life in the world. Groups may be lead by a pair of senior students, or run collectively by all members (peer groups).”

— from the Spirit Rock Kalyana Mitta Guidelines website

For those of you not familiar with the term, Kalyana Mitta literally means spiritual friend. It can refer to a respected teacher or mentor who inspire and lead, but it also refers to fellow travelers on the spiritual path. It conjures up a trusting relationship, a mutual support, an overlooked resource for those of us working to deepen our practice and live the dharma more deeply. We chant our refuge in the sangha each Sunday night, and we live in the reality that none of us can follow this path alone. Every step we take along the path echoes with the experience of those who have gone before serving as teachers and guides. But we are also connected to our peers who can serve as inspiration and illumination, and re-orientation when the going gets tough. Practicing with spiritual friends is one way to keep our practice fresh, honest and open.

I often hear myself and others express a desire for more connection, more community in our lives. The richest times of our lives are times we spend sitting together, opening the heart, learning to trust the moment, the way things are. If those times seem scarce and insufficient, we may need to build a container into our lives that brings together the wisdom and love of spiritual friends to sustain our respective paths.

Often when we think of mindfulness practice we picture ourselves sitting on a cushion. But just as important as sitting is the practice of mindfulness in the midst of everyday life. A Kalyana Mitta group can attenuate the space between large group sittings and relieve the apparent isolation of individual practice. Just as we have learned to create a container for individual practice, to sit with attention, acceptance and open-heartedness, we can learn to speak in a group with the same skillful qualities. We can bring the patience and loving kindness of a warm individual practice into an intimate group setting where each member is honored and respected, and each participant is encouraged to say the way things really are for them, for the moment, from the heart. Listening and speaking skillfully is not too different from sitting skillfully.

The guidelines for Kalyana Mitta groups are straight-

forward and clear. A container needs to be created. How often would we meet? Is a facilitator needed? Who are the leaders? How long do we commit to a particular topic or book? A group might be organized around a book everyone reads together, or a theme which everyone comes prepared to talk about. A group may pursue one theme for the life of the group, or open to whatever themes arise in the ongoing practices of the members. When the time comes to end the group, can our impermanence be faced with equanimity and compassion?

Each meeting should begin with a silent sit. Then a group check-in might follow. After the check-in, the theme (or a chapter of a book) can be introduced. Each person is encouraged to speak simply their own truth, those listening allowing space around each comment. After an agreed upon period of discussion, the session should end with a brief sit to reflect in silence.

If this idea strikes a chord with anyone, let me know. I am prepared to serve as a coordinator for PIMC Kalyana Mitta Groups to help put potential facilitators within PIMC together with interested participants. The guidelines will be printed up in a small booklet and also posted on the web site. (Thanks to James Baraz at Spirit Rock, the coordinators at Seattle Insight Meditation Society, and others I have encountered on the web for sharing their wisdom and experience.)

“Resorting to such good friends, looking to them as mentors and guides, the good person pursues these same qualities as his own ideals and absorbs them into his character. Thus, while drawing ever closer to deliverance himself, he becomes in turn a beacon of light for others.”

— Bhikkhu Bodhi



*Jim Dalton is a member of the PIMC Board of Directors and is studying with Robert Beatty as a member of the Dharma Leaders Training Group. Jim may be reached at (503) 641-8336 [jdalton@easystreet.com](mailto:jdalton@easystreet.com).*



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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.

**If you have not renewed, then this is your last newsletter.**

**Please return the ENCLOSED ORANGE FORM if you have not done so already.**

### *December Newsletter Deadline*

Deadline for December newsletter submissions is Friday, November 21<sup>st</sup>, 5:00 pm.

Art, poetry, humor, articles and other submissions inspired by the dharma are welcome! Submit to: Karen Havran, khavran@hevanet.com, 503.231.2758