

UPCOMING PIMC EVENTS:

WEEK OF: SUN. 2/3/19

For Details: <http://www.portlandinsight.org/node/4>

- Sat. Feb. 9** **RETREAT: (Visiting Teacher) Mary Stancavage Day-Long**
- Sun. Feb. 10** *** 2nd Sunday PIMC Potluck**
- Sun. Feb. 10** *** Next Meeting of Engaging The Dharma Initiative**
- Tues. Feb. 12** *** Monthly NVC practice group w/ Doyle and Kirsten**
Limited to people who have had at least a basic NVC class
- Sat. Feb. 16** **RETREAT: (Visiting Teacher) Richard Lang, The Headless Way**
Daylong retreat and headless Five Rhythms dance in evening
- Sat. Feb 23** **RETREAT: Remembering Death w/ Robert**
- Sat. Feb 23** *** Buddhist Movie Night – screening “Wings of Desire”**
- Sun. Feb 24** **RETREAT: QiGong (Half-Day)**
- Sat. Mar. 2,** **RETREAT: 1st Saturday Monthly Day-Long**
Women’s Retreat (for all self-identified women)
- Sun. Mar. 3** *** Monthly Newcomer Orientation Session w/ Robert**
Robert - on PIMC and mindfulness
- Sat. Mar. 16** *** PIMC Benefit: “Force of Nature”**
Carole Groobman’s performance monologue on childbirth

Weekly Sits and Spiritual Friends Groups

PIMC offers a number of weekly/monthly opportunities for sangha participants to gather together in community, both at PIMC and outside. Please check the website for times:

- *For Sits (EVENTS/WEEKLY ACTIVITIES):* <http://www.portlandinsight.org/node/2>
- *For Spiritual Friends Groups (COMMUNITY):*
<http://www.portlandinsight.org/node/159>

**To volunteer in keeping PIMC alive and beautiful contact Kirsten:
(kearst@gmail.com)**

**For questions about anything having to do with PIMC, please contact Avi:
503.771.4123 or avi@portlandinsight.org. He is in the office Mon-Thurs in the
mornings.**

Non-Event Announcements

1A. **Sunday Hospitality** ---- Please join us. (Change in the way hospitality is done - Except for the monthly potluck - emphasis will be on snacks)

1B. **Dana** - Ask that people invest in this wonderful community with dana. In addition to cash/checks, we also accept credit cards. We charge no membership fees. We are an open Buddhist community and for all sits, events, and classes, donations are requested. Pay what you can. No one is turned away for lack of funds. **NOTE: our services provided are beginning to outstrip resources available**

1C. **Amazon Rewards for PIMC:** Reminder that folks in the sangha can support PIMC through their regular shopping on Amazon. See HomePage for details.

1D. **Joining/Following/Posting in PIMC Connections Google Group:** As a way to maintain connection with community (See website home page)

1E. **Joining/Following PIMC FaceBook Page** (see website home page)

1F. Please sign up on the list so we know who you are.

VOLUNTEERS NEEDED: FOUR PEOPLE FOR HOSPITALITY TEAM. CONTACT KIRSTEN (kearst@gmail.com)

VOLUNTEERS NEEDED: FLOWERS

VOLUNTEERS NEEDED: TWO PEOPLE FOR LIVESTREAM TEAM. CONTACT KIRSTEN (kearst@gmail.com)

2. Dharma Consults are available on request - Contact Avi to arrange a 30-minute in-person, phone, or video conference meeting with a PIMC teacher: Phone 503.771.4123 or avi@portlandinsight.org

3. If you wish to engage with this community at a deeper level, please consider volunteering a couple of hours a month. If you're interested, contact the volunteer coordinator, Kirsten (kearst@gmail.com), or Avi (avi@portlandinsight.org or 503.771.4123) -

4. Mention there are 6 weekly sits each week - 2 on Sunday, 1 on Mon evening at Jim's house in Beaverton, 2 on Tuesday, and 1 on Thursday. For more info, people can go to the website.

5. Spiritual Friends Groups (see Community Menu in the website)

6. Transitions Project Donations

7. For questions about anything having to do with PIMC, please contact Avi: 503.771.4123 OR avi@portlandinsight.org. He is available in the office Mon-

Thurs in the mornings.