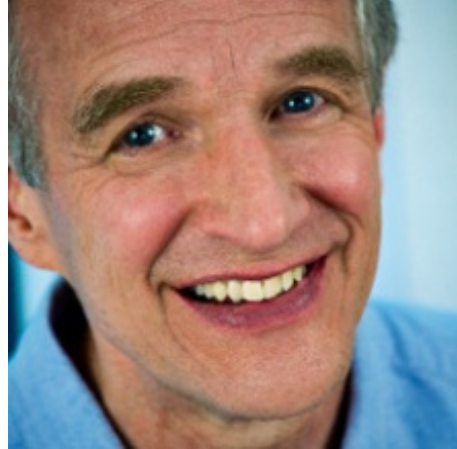




Retirement & 70th Birthday Celebration for Rodney Smith
Sunday January 8, 2:30–5:00 pm

We will celebrate Rodney's 20+ years of contributions to the Seattle Insight Meditation Society with potluck refreshments, snacks, and a short program at the SIMS Center. All are welcome!



Reflections on Teaching

By Rodney Smith

As he moves into a new era in his life, Rodney shares with us his plans, his hopes for the Theravadin lineage going forward, and some thoughts on what he has learned from more than 30 years teaching the Dharma.

[Read more](#)



Why the SIMS Death and Dying Support Project Works

By Tracy Bell

The Death and Dying Support Project doesn't really fit comfortably in any of the SIMS activity categories. Tracy tells us how this project, which started in 2008, has evolved over the years.

[Read more](#)



Board Report

By Joyce Michelson

Joyce, our Board President, keeps us up-to-date on new board members and board activities and reflects on her three years leading the Board.

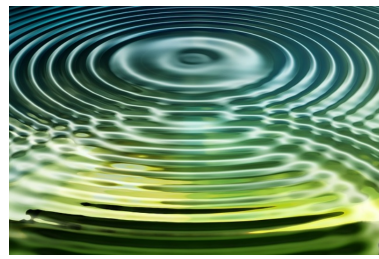
[Read more](#)

Upcoming Events



Refuges and Precepts

Annual Ceremony, Tuesday, January 3, 7:00-9:00 pm
Tuere Sala and Tim Geil will lead us in the annual ceremony renewing our commitment to the Buddha's Triple Jewels: Buddha, Dharma and Sangha and to the Five Precepts. At the SIMS Center.



Introductory Meditation Class Series

Mondays, January 9 to February 13, 7:00-9:00 pm
in *Seattle* and *Kirkland*
[Tim Geil](#) will lead the Seattle Class held at Nalanda West; [Steve Wilhelm](#) will lead the eastside class at the Northlake Unitarian Universalist Church in Kirkland. Both new and experienced students are welcome.

Visit the SIMS [website](#) for these and more events.



Vimalasara

Friday evening Dharma Talk, January 27, 7:00-9:00 pm.
Non-residential retreat, Saturday/Sunday, January 28/29, 9:00 am - 4:30 pm
Vimalasara, resident teacher at the Vancouver Buddhist Center, is a master trainer in conflict transformation, leadership and restorative justice. Both events are the SIMS Center.

