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Board Report

By Barbara Erwine

Barbara's report shares some significant news about a new part-time position at SIMS, Program Director. Read more about this, our expanding dharma offerings, and our new home search in Barbara's report.

[Read more](#)



How do I meditate when I can't meditate?

By Keri Pederson

A welcome reflection from Keri on how to work our way through hard times in our practice. Keri draws on her experiences with the old and the young, to show us ways to stay with our practice when the going gets tough.

[Read more](#)



Dana... embodied

By Anne Trench

In the last newsletter, our Volunteer Coordinator, Susan Alotrico, described our gifts of time and commitment to the sangha as *Dana in Action*. Dysa Kafoury, an avid hiker and outdoors woman, tells us how action led her to embody *dana in action* at SIMS and to grow in her practice and in her life by volunteering, Dysa style.

[Read more](#)

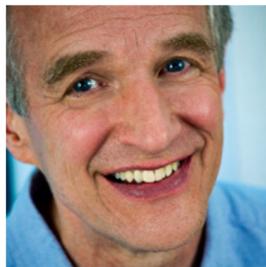
Upcoming Events



[Christina Feldman](#)

Dharma Talk, Friday, October 20, 7:00-9:00 pm.
Non-Residential retreat, Saturday/Sunday, October 21/22, 9:00 am-4:30 pm.

Christina is offering *At the Crossroads: A reflection on how we choose the paths we follow in our relationship to the world in every moment* as her Friday night talk. *Befriending the Mind/Heart* is the offering for her retreat, which will have a study/practice format with periods of formal practice and teaching interspersed. The teachings are rooted in several of the early discourses that focus upon what it means to cultivate a mind/heart that is a friend and what obstructs the clarity and spaciousness possible for us.



[Rodney Smith](#)

Dharma Talk, Saturday, November 18, 12:30-3:30 pm; *Book Signing*, 3:30-4:30 pm.

A chance to sit with our Founding Teacher -- don't miss it! Rodney will offer a "mini-retreat" centered around his new book, *Touching the Infinite: A New Perspective on the Four Foundations of Mindfulness*. The theme will mirror the book - Rodney's sense that the Buddha's teachings on the Four Foundations of Mindfulness both help us establish mindfulness and point us to the final destination of his teaching, a complete shift in perspective. The registration fee for the afternoon includes a copy of Rodney's book. At 3:30 others are welcome for the actual book signing.

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



[Phillip Moffit](#)

Dharma Talk and 3-Day Non-Residential Retreat, *Dharma Talk*, Friday, December 1, 7:00-9:00 pm. *3-Day Retreat*, Friday, December 1, 10:00 am to 4:00 pm, Saturday/Sunday, December 2/3, 9:30 am-4:30 pm.

Phillips visit and retreat coincide with the publication of his new book, *Awakening Through the Nine Bodies*. He will share his understanding of the Nine Bodies teachings, as taught to him by Himalayan yoga master, Swami Sri Premvarni Balyogi. There will be specific instruction in how to access the various Bodies and more. Although his offering is not a substitute for our lineage practice, it may help us deepen our practice.

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