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SIMS Quarterly Newsletter



Scheduling updates: Due to an injury that temporarily restricts her travel, Kamala Masters has cancelled her nonresidential retreat. She sends regrets and a holiday "Aloha" to all. Also, a weekly Sunday morning sit, open to sangha members and teenagers and children ages 5 and older, starts Sunday, January 21st. [Read more](#)



Board Report

By Barbara Erwine

The year is drawing to a close and planning for 2018 is nearly complete. Barbara's report gives us a peek into how SIMS programming happens and a preview of the year ahead.

[Read more](#)



Living the Paramis

By Tuere Sala

For the last year, Tim and Tuere have taken as the focus of their teaching the ten Paramis: Generosity, Virtue, Renunciation, Wisdom, Energy, Patience, Resolve, Truthfulness, Lovingkindness, and Equanimity. Now Tuere shares with us her insight on how to incorporate these qualities into our lives.

[Read more](#)



Envisioning Our New Home

By Barbara Erwine

As part of planning for a move to a new home, our sangha Pre-Design Task Force gathered our thoughts and hopes for a new SIMS center via meetings and an on-line survey. Barbara shares that input with us.

[Read more](#)

Upcoming Events

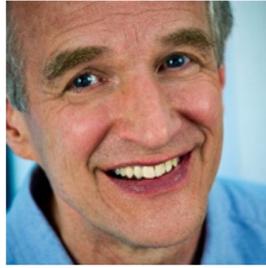


General Volunteer Training

Sunday, January 14, 11:00 am-1:15 pm, SIMS Center.

Volunteering is a great way to meet other sangha members and become part of our community. Plus it is an opportunity to give dana in a different way -- by giving to the sangha with your time.

This training session will provide you everything you need to know to be a confident volunteer. Jerry Harter will give a short Dharma talk on volunteering as dana and Peter Weertman will provide facilities training – the basics such as opening/closing procedures, lights, heat/AC, working with the microphone system, etc. Susan Alotrico will review our new task cards/descriptions that allow for "on-the-spot" volunteers to do their jobs. A lot of training packed into just over 2 hours.



Rodney Smith

Non-Residential Retreat, Saturday-Sunday, February 24-25, 9:00 am-4:30 pm.

Rodney, who retired in 2016 from full-time teaching, is our sangha's founding teacher. He spent 8 years in Buddhist monastic settings, both at the Insight Meditation Society (IMS) in Massachusetts and as a monk in Asia. Rodney ordained with Mahasi Sayadaw in Burma, then practiced for 3 years with Ajahn Buddhadasa in Thailand.

He disrobed as a monk in 1983 and, after returning to the West, started working in hospice care and teaching vipassana meditation throughout the U.S. Rodney has written several books, most recently, *Touching the Infinite: A New Perspective on the Four Foundations of Mindfulness*.

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



Venerable Pannavati

Dharma Talk, Friday, March 23, 7:00-9:00 pm.

Non-Residential retreat, Saturday-Sunday, March 24-25, 9:00 am-4:30 pm.

Ven. Dr. Pannavati, a former Christian pastor, is co-founder and co-Abbot of Embracing-Simplicity Hermitage in Hendersonville, NC.

An internationally acclaimed, black, female Buddhist monk, Pannavati is contemplative as well as empowered for compassionate service. She advocates on behalf of disempowered women and youth globally, and insists on equality and respect in Buddhist life for both female monastics and lay sangha. In 2008, she received the Outstanding Buddhist Women's Award.

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