

Donald Rothberg: Schedule of Talks, Retreats, and Classes: Late December 2007 to July 2008

December 26 (Wednesday morning class), Spirit Rock. 9 to 11 a.m. (see class description at end).

December 30 (Sunday evening), Benicia, 6 to 8 p.m. (see group description at end).

January 6–13, 2008 (Sunday to Sunday): Metta Retreat (with Sylvia Boorstein, Mark Coleman, and Heather Martin). 7-day retreat. Metta, or loving-kindness, is the practice of cultivating the intention of benevolence as the orientation of heart and mind. It is also a path to wisdom. We cultivate metta as a meditation (practiced steadfastly on retreat) in order for it to manifest in an ongoing way in our daily lives. In this retreat, the formal practice of metta will be taught along with its companion practices of compassion, joy, and equanimity. All four - known as the Brahma Viharas or Divine Abidings - strengthen self-confidence, self-acceptance, and steadiness of mind and heart, revealing our fundamental kindness. For more information, go to <http://www.spiritrock.org/calendar/display.asp?id=327R08>. *Waiting list only.*

January 23-28: Vajrapani Institute, Boulder Creek, CA: Socially Engaged Spirituality Retreat #2 (with Ann Masai). For Saybrook Graduate School, limited to participants in the program. See <http://www.saybrook.edu/academics/certificates.asp?strContent=Socially%20Engaged%20Spirituality>.

January 30 (Wednesday morning class), Spirit Rock. 9 to 11 a.m. (see class description at end).

February 6, 13 (Wednesday morning class), Spirit Rock. 9 to 11 a.m. (see class description at end).

February 9 (Saturday), Spirit Rock: The Noble Path and the Red Road, with Fred Wahpepah. Daylong retreat, 9 a.m. to 5 p.m. The way in which Native American sacred ceremonies, such as the sweat lodge, are used to purify and empower consciousness will be discussed from the perspective of Buddhist practices of purification. Intensive sitting and guided meditations in the morning help develop concentration for the traditional sweat lodge ceremony in the afternoon, which Fred will conduct. The fee charged goes to cover Spirit Rock operating expenses; there is no charge for the sweat lodge ceremony. Teaching fee is by donation. Pre-registration required. The sweat lodge ceremony is optional. Please bring a lunch and food to share at the potluck after the sweat. Please bring a towel and a bathing suit or t-shirt/shorts to change into for the sweat lodge ceremony. Code FW1D08.

Information for Spirit Rock Daylongs: Registration: For more information, call 415-488-0164, x 234 or go to the Spirit Rock web site www.spiritrock.org/. **Daylongs** cost \$45-75 sliding scale, plus a donation (*dana*) for the teacher. Spirit Rock is located at 5000 Sir Francis Drake Blvd, Woodacre, CA, 25 miles north of San Francisco.

February 10 (Sunday evening), Benicia, 6 to 8 p.m. (see group description at end).

March 9 (Sunday), Spirit Rock: Working with Judgments. Daylong retreat. 9.30 a.m. to 5 p.m. Judgments of a reactive and compulsive nature are very strong in most of our lives, and in the dominant culture. They can distort our perceptions, make relationships with others difficult, and undermine our work in the world. In this daylong, we will examine what judgments are and how to work with them, using mindfulness and lovingkindness practices, inquiry, dyad work, and role play. These will help us to transform the energy of judgments--preserving the intelligence often found in judgments, while working through judgments' destructive and compulsive aspects. Those attending the daylong will have an option of continuing with several monthly evening follow-up sessions. Code DR1D08. Please bring a lunch. See February 9 for general information about Spirit Rock daylongs.

March 14-15 (Friday, Saturday): Richmond, Virginia: For further information, call 804-359-0384 or go to www.thechrysalisgroup.com.

March 14 (Friday), 7 – 9, University of Richmond: “Creating an Engaged Spiritual Life.” Tyler Haynes Common, Room 313.

March 15 (Saturday), all day workshop on developing compassion in the context of our social engagement and global issues. Part of a series on developing compassion in the context of individual, community, and global concerns.

March 23-28: Vajrapani Institute, Boulder Creek, CA: Socially Engaged Spirituality Retreat #3 (with Ann Masai). For Saybrook Graduate School, limited to participants in the program. See <http://www.saybrook.edu/academics/certificates.asp?strContent=Socially%20Engaged%20Spirituality>.

April 2, 9, 30 (Wednesday morning class), Spirit Rock. 9 to 11 a.m. (see class description at end).

May 7, 14, 21 (Wednesday morning class), Spirit Rock. 9 to 11 a.m. (see class description at end).

May 10 – 11 (Saturday, Sunday), Reno/Carson City, NV: Sponsored by the Dharma Zephyr Sanghas. For further information, contact Christy, 775-882-1662 or go to <http://www.mtstream.org/dharmazephyr.html>.

May 10 (Saturday): Cultivating Wise Speech. A retreat day integrating periods of sitting and walking meditation with talks, discussion, interactive practices, and poetry. It will cover three main areas: (1) the basic teachings of the Buddha on wise speech, and foundational mindfulness practices for our speech; (2) practicing wise speech in difficult conditions; and (3) expanding our practice of wise speech--in the larger context of our culture; in understanding the limits of concepts; and in speaking more and more out of kindness and compassion.

May 11 (Sunday): Cultivating Inquiry and Investigation in Our Practice: Inquiry (or investigation) is one of the seven factors of awakening in the teachings of the Buddha, one of the factors which both expresses the nature of an awakened being and, when cultivated, helps us to awaken. Inquiry can energize our practice in a powerful way, leading to a deepened interest in our experience and in learning. Yet inquiry is often not taught in a prominent way, in part because it can be confused with that kind of repetitive, discursive thinking that is not helpful for deepening practice. In this daylong, we will develop practical skills in inquiry, understanding how inquiry depends on a relatively silent mind, and particularly focusing on five methods of inquiry: (1) inquiry in the context of mindfulness practice; (2) deep listening "beneath" the surface of experience; (3) using a teaching as a lens through which to look more deeply; (4) radical questioning; and (5) deconstructing core habitual beliefs. We will combine short talks with experiential practice in these methods.

May 20-27, Spirit Rock: Path of Engagement Retreat #3. Limited to participants in program.

June 4 (Wednesday morning class), Spirit Rock. 9 to 11 a.m. (see class description at end).

June 22-27: Vajrapani Institute, Boulder Creek, CA: Socially Engaged Spirituality Retreat #4 (with Ann Masai). For Saybrook Graduate School, limited to participants in the program. See <http://www.saybrook.edu/academics/certificates.asp?strContent=Socially%20Engaged%20Spirituality>.

July 11-13, Vancouver, British Columbia: "The Engaged Spiritual Life: A Weekend Non-Residential Retreat on Engaged Buddhist Practice. For further information, contact the Westcoast Dharma Society at info@westcoastdharma.org or go to www.westcoastdharma.org.

July 20 (Sunday), Spirit Rock: Cultivating Lovingkindness in Daily Life. Daylong retreat. 9.30 a.m. to 5 p.m. In lovingkindness (metta) practice, we cultivate a warm, open heart towards ourselves and others. We grow in self-acceptance and compassion, work through our judgments of self and others, and become better able to speak and act from our hearts in daily life. This day of lovingkindness practice will include complete instructions, alternating periods of silent sitting and walking meditation, talks, discussion, and a focus on supporting lovingkindness in the midst of our lives. Code DR2D08. Please bring a lunch. See February 9 for general information about Spirit Rock daylongs.

July 25, Spirit Rock (Friday evening): "Singles Sangha," 7.30 to 10 p.m. An evening of meditation, conscious communication, and connection. Requested donation \$15 at the door, plus a donation to the teacher. Call 415-488-0164, x402, for more details. Please bring a snack or beverage to share, if you wish.

Futher Spirit Rock Retreats:

September 5-12: Mindfulness, Wise Speech, and Nonviolent Communication (with Jean Morrison and Richard Shankman)

November 5-12, Spirit Rock: Path of Engagement Retreat #2. Limited to participants in program.

December 16-21: Insight Meditation at the Solstice: Embracing the Dark, Inviting the Light (with John Travis and others).

Ongoing Classes (all welcome, including "drop-ins")

--**Wednesdays, Spirit Rock, Woodacre, CA: 9 to 11 a.m. morning class: Co-teach with Sylvia Boorstein** (most Wednesdays, either Sylvia or I will teach): 45 minute meditation, talk and discussion. Class cost \$8, teaching is by donation (*dana*). On the second Wednesday of each month, there is precept renewal at 8 a.m. (sitting, short talk, renewal ritual, discussion). **I will be teaching December 26; February 6, 13; April 2, 9, 30; May 7, 14, 21; June 4.** For specific information on who is teaching on a given Wednesday, go to www.spiritrock.org/.

--**Sundays, Benicia: 6 to 8 p.m.:** 45 minutes sitting, 15 minutes tea, 60 minutes talk and discussion. *Location:* St. Paul's Episcopal Church at First and J Street (stairs down are on the NE end of the church). *Directions:* Get off 780 at E. 2nd Street, go towards downtown, i.e. left at first light, south to Military, right onto Military then next left, at light,

onto First Street. St. Paul's is 2 blocks south on 1st on left. **I will be teaching Dec. 30 and February 10** (website for Benicia Sangha at <http://www.bsangha.net/>).