



Issue 39 • October 2013

In Memoriam



Our beloved Dhamma father, Mr. S.N. Goenka passed away peacefully at the ripe age of 90 at his residence on Sunday, September 29, 2013 at 10:40 PM, Bombay, India.

His funeral was held quickly, as is the Indian tradition, on Tuesday, October 1, 2013 at 10:30 AM in Mumbai, India.

Goenkaji devoted more than half of his life to the practice and spread of Dhamma, attracting hundreds of thousands of people to the teachings of the Buddha. He has enabled householders around the world to practice Vipassana on ten-day courses just like monks and nuns, and to develop into devoted meditators as lay people fulfilling their responsibilities to their families and society. We will forever be grateful for his vision and mission to spread Dhamma and for our good fortune to have learned from him. Our lives have been ever changed and improved because of the technique he so lovingly enabled us to learn.

May he be happy, peaceful and liberated. Despite this loss we will carry on his mission uninterrupted, with enthusiasm and commitment to preserving it just as he envisioned it.

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NEWS & EVENTS

Dhamma Manda

Northern California Vipassana Center

Dhamma Manda Gets a Facelift!

New Landscaping, Nicer Accommodations & More

From September 3rd through the 24th Dhamma Manda held its annual Fall Service Period to work on larger center projects. Old students worked side by side to make many improvements to the center. Old students who attended had three group meditations each day, the chance to meet with assistant teachers, and delicious food.

The following improvements are underway at Dhamma Manda and will be completed within the next month or so:

New Bathroom & Individual Rooms for Building 4

A new full-service bathroom has been added onto Building 4, which will make this accommodation for women quieter and more convenient. Building 4 is also being converted from one large open room into four separate rooms to allow for more private, quieter rooms. These improvements to Cabin 4 are paving the way for providing more comfortable facilities for students, servers and/or long-term servers at Dhamma Manda.



Additional Residences for Course Managers

A storage room is being converted into individual residences for male and female course managers to allow managers greater privacy and at the same time make them more available to students.

Landscaping, Cleaning & More

Walking paths were cleared, irrigation systems were added, accommodations were deep cleaned, kitchen and dining areas were organized and painted, new furniture was added to the dining rooms, building maintenance was taken care of and much more.





The Benefits of Service

The following is a personal story from an Old Student about her experience giving Dhamma service.

In one of the final discourses on a 10-day course with Goenka, Goenkaji shares a metaphor that U Ba Khin (Goenka's teacher) used. "Just as molasses is a byproduct of a sugar factory, the positive results of meditation in the mundane world are a byproduct—not the main purpose—of meditation. When I think about service and the role it has played in my life, I am so grateful for the molasses that I sometimes forget about the sugar!"

Service has many shapes and sizes beyond simply serving on a ten-day course. Last year I began helping with food orders for the December non-center course which takes place in Occidental. This requires months of planning and a certain amount of guesswork since one never knows how hungry one group of 300 people might be compared to another! Balancing food quality, price, and quantity - having enough but not so much that any is wasted - is a balancing act that I took very seriously. Patterns of worry and perfectionism that plagued me in my professional life came up in this context. However, through working with other old students, I found it easier to observe myself and put equanimity into practice even as the challenges came up.

Just as serving a course provides an opportunity to put Dhamma into action - practicing right speech among other things - serving from home on projects like these has given me the opportunity to develop all ten paramis (especially right effort), developing my capacity to work without ego. As a result, I find my professional relationships are better because my ego is less involved.

I know daily meditation practice contributes to these improvements as well, but more and more I find that integrating service into my life supports both my daily practice and my professional work. It brings who I am in daily life into alignment with my Dhamma practice.

The list of benefits goes on: the community I have become part of through service has been supportive through the ups and downs of life. Some tech skills I use in serving have been useful in my professional life. Serving on children's courses has made me more comfortable in leadership roles - and the list continues.

Although serving can sometimes seem a burden - as with any other task I must accomplish during my work week - I find that devoting at least a little time to service each week supports my other responsibilities rather than interfering with them. It has given me a sense of community in the broadest sense - and along with it, freed me just a bit more from ego. That's the sugar, but the molasses has been just as sweet.



Graphic Designer Needed for Metta Day Display Re-Design

The Metta Day Display is getting updated. Four to five panels of information and one electronic display are in need of design expertise. This is a great way to do Dhamma Service from home. If you are interested please contact

dhamma-service@manda.dhamma.org

Upcoming 10-Day Courses at Dhamma Manda, Kelseyville

October 9 – 20

October 23 – November 3

November 8 – 17 **Satipatthana Sutta**

November 20 - December 1

Servers are needed on all upcoming courses. Old students are welcome to serve full or part-time. Register at

<http://courses.dhamma.org/en-US/schedules/schmanda>.

Upcoming 10-day Course in Occidental, CA – 90-min from SF

Dec. 22, 2013 – Jan. 2, 2014

Registration began September 15th for this non-center course that will be held approximately 90 minutes from San Francisco in Sonoma County at a quiet rented site surrounded by redwood trees. To register to sit or serve, visit <http://courses.dhamma.org/en-US/schedules/schmanda>.

Large offsite courses require an abundance of servers to help with facility set up and break down. Unlike Vipassana meditation centers, offsite locations have to be adapted to meet the needs of the course.

Supporting large, non-center courses provides old students with a wonderful opportunity to work hard and truly benefit themselves by selflessly serving the students. You can help in various ways, including setting up the meditation hall, cooking in the kitchen and preparing the accommodations. There will be accommodations available for those helping with pre-course set up to stay overnight.

Interested in Serving Last Minute?

If you want to hear about upcoming service opportunities and center needs, please send a blank email to announce-subscribe-manda.dhamma.org.



Committee Highlight

Administration Committee

The bulk of the work at Dhamma Manda gets accomplished by various committees. The Administration Committee works on a variety of projects which include oversight of necessary amenities for students during their stay at the center, maintaining supplies of household items, and general upkeep of the center

The Administration Committee also plans the annual work period and collaborates with the Development and Maintenance Committees for the improvement of the center. Recently completed projects include new tent platforms to accommodate additional students during the summer, addition of cubbies and shelves to the cabins to make more storage room, and new paint on walls.

Recently, the committee has set up a canopy tent outside the dining room to provide more space for female students during dining hours. New and ongoing projects are underway to give students added comfort and support during the courses.

All students are welcome to get involved. Please send an email to: dhammaservice@manda.dhamma.org if you are interested in serving on this committee.

Wish List

NCVC is currently in need of the following items. If you are interested in donating one of these items, please contact NCVC by sending an e-mail to info@manda.dhamma.org

- *Laptop computer*
- *Floor mats for cabins*
- *Nice wooden bookshelves*
- *New chainsaw*
- *New weed wacker*

NEWS & EVENTS

Dhamma Vaddhana

Southern California Vipassana Center

What's Going On at SCVC?

At Dhamma Vaddhana, the period of intense summer heat is broken up by the monsoon season, which has brought some heavy rain and thunderstorms along with some much welcomed cooler weather. The students have appreciated the rainbows and dramatic cloudscapes, and the cropping up of little plants and flowers. With the shift to cooler months, there is the opportunity to start working outside again, tidying up the landscaping and doing extra cleaning around the buildings.



First Bilingual English/Burmese Satipatthana Sutta Course Outside of Burma Held at Dhamma Vaddhana

In 2005 Goenkaji expressed his wishes to spread Dhamma among the Burmese communities abroad. The first bilingual English/Burmese ten-day course in California was held at CVC in 2006, and has continued to be held on an annual basis. In 2011, SCVC hosted its first bilingual Burmese course, and planned for it to be an annual event at the Center.



Over the years, many maturing Burmese old students expressed their wish to attend a Satipatthana Sutta course in their own language. In July 2013, Dhamma Vaddhana was fortunate to host the first bilingual English/Burmese Satipatthana Sutta course in this tradition to be offered outside of Burma. The course provided an opportunity for Burmese students in the US who are becoming more serious in their practice to benefit from the Satipatthana Sutta in their mother language.

Among the 21 female and 19 male students attending the course were 17 Burmese old students and one Burmese server. Overall there was a very serious atmosphere as the students took advantage of the quieter, calmer environment provided by the smaller number of students, all of whom had taken at least three ten-day courses. They also appreciated the delicious Burmese food that was provided!





Children's One-Day Course and Children's Course Teacher Training

A total of 46 children ages 8 to 15 participated in a one-day children's course at Dhamma Vaddhana in September. Many parents expressed their joy and gratitude in being able to bring their children to the center to experience and learn Anapana Meditation. Parents and children represented many of the diverse communities within the Southern California area, including Indonesian, Sri Lankan, Cambodian, Indian, Eastern European and Latin American families.

Concurrent with the children's course was a Children's Course Teacher training, which drew more than 40 old students from Brazil, Venezuela, Mexico, Canada, Cambodia, California, Alabama, Georgia, New Jersey and Illinois. With more trained children's course teachers, the hope is that more children's courses can be offered to meet the great demand by children and parents. In 2012, U.S. courses served 1,100 children. Organizers intend to offer more courses across the Americas to give more children the opportunity to experience Anapana meditation.

SCVC Development Update

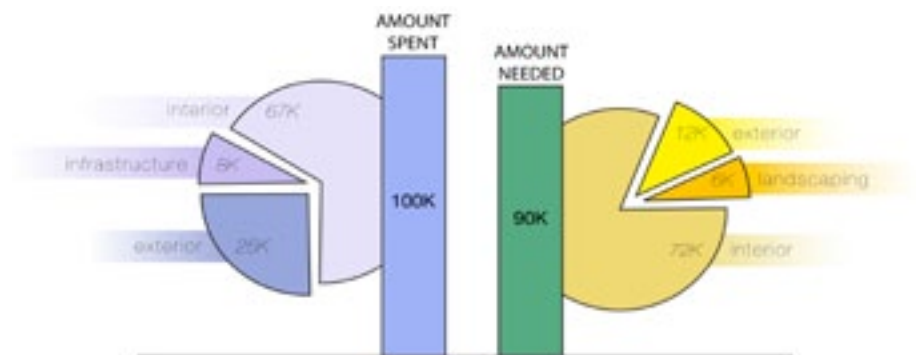
Roads: Caltrans has given final approval for the road work that is required by the city of Twentynine Palms. The road work will provide a right turn lane on Twentynine Palms Highway as it approaches Mantonya Road, as well as paving on Mantonya up to the Center gate. This will provide a safer entrance from the highway for arriving students. It is estimated that the road work will take approximately three weeks to complete once all the permits, contracts and bonds are in place.

Women's Server Building: Construction of the new Women's Server residence was completed on schedule and within budget. The new building has been in use since receiving its certificate of occupancy in mid-August. The building offers 10 private rooms to house female servers, plus the flexibility to provide overflow female student accommodation when enrollment is high. The Center will benefit greatly from this additional space, which brings the total number of available beds to 80.

Old House Renovations: Renovations are underway at the old ranch house at the corner of the Center property, which was the original structure on the property when purchased in 2002. The house served an important function as the headquarters for the planning of the campus, trust meetings and one-day courses for the seven years prior to the completion of the new buildings.



Now work has begun to convert that space into five separate apartments in order to provide comfortable accommodation for future long-term Center managers and caretakers. Having the space to house a much-needed consistent support team will be beneficial to the efficiency of Center operations and contribute to an even more peaceful atmosphere for the students. Two apartments have just been completed for male servers, and the additional three apartments for female servers are on hold until funds become available. (Please see the pie chart below for financials).



Master Planning: A Master Planning sub-committee has been formed with the goal of providing the Trust with a template for future growth at the center. Over the next decade, the Center hopes to expand to twice its current size in order to provide the benefits of Dhamma to more and more students.

To donate online toward the continuing development of Dhamma Vaddhana, please visit <http://www.vaddhana.dhamma.org/os/contributions.htm> (login: *oldstudent*; password: *behappy*).

If you are interested in offering a loan or making a monthly pledge to support SCVC, please contact the treasurer at treasurer@vaddhana.dhamma.org

Dhamma Service News for SCVC

Between Course Service Coordination Training

From August 18th to 21st, about 15 old students participated in the Center's first training for between-course service coordination. The purpose of the training was to inform interested old students about the different routine tasks that are necessary to complete between courses - such as accommodations checking, spot cleaning, laundry, and kitchen preparation - and to provide more people the opportunity to help with course set-up, either as between-course coordinators or as more knowledgeable servers.



Special landscaping and maintenance sessions gave a taste of other forms of between-course service. Old students involved in Center landscaping gave an inspiring tour of the plants around the campus, so that interested participants could become familiar with the many species at SCVC.

There were also demonstrations of skills that are useful between courses, such as how to prune various plants and trees and how to check irrigation valves. A brief maintenance tour also showed participants how to change various filters around campus.

There was great enthusiasm to continue this type of training and to continue cultivating service leadership at the Center.

New! Apply online to help at the Center between courses

Starting with the October 20th to 23rd between-courses interval, old students will be able to apply to serve between courses through the online course schedule.

Staying at the Center between courses is a peaceful experience with fewer people on site and a more relaxed schedule. There is much to do preparing the Center for the next course, but also time to enjoy and get to know Dhamma Vaddhana better. Servers attend three group sittings daily during between-course service, and follow the Code of Conduct for Dhamma Servers.

Old students may apply to serve between courses for one or more days, according to their availability. Most courses end at 6:30 am on a Sunday, with the next course starting at 8:00 pm on a Wednesday. (The Satipatthana Sutta courses start at 8:00 pm on a Friday.) Note: if you wish to serve between courses before October 20, please contact dhamma-service@vaddhana.dhamma.org.

Dhamma Service Period, October 6-11

The next scheduled service period for general cleaning and maintenance will take place October 6 - 11. If servers register with some particular maintenance, landscape or cooking skills, specific projects can be prepared for them. To apply, please go to <http://www.dhamma.org/en/schedules/schvaddhana.shtml>





Dhamma Service Contact List

SCVC is in the process of updating our Dhamma Service contact list. If you would like to let us know about your Dhamma service interests, skills, and availability, please take a moment to fill out this online form.

<https://docs.google.com/spreadsheet/viewform?formkey=dEhXUFJCQktHOU8tSWxSbnV5bncxVmc6MA#gid=0>

If you would like to find out about service opportunities as they come up, you can join SCVC's Dhamma Service listserv by sending an email request to dhamma-service@vaddhana.dhamma.org

WWW.VADDHANA.DHAMMA.ORG

Please visit the website for the calendar of events, service opportunities, and development news.

Please check the old student pages at the site regularly to stay informed.

username: *oldstudent*

password: *behappy*

Ongoing Service Opportunities

Regionally & in Twentynine Palms

- Serve a course
- Serve between courses
- Join a committee
- Come to a Trust meeting
- Serve a children's course
- Attend a service period
- Become a Long Term Server
- Serve a One-day course in your area



NEWS & EVENTS

Dhamma Mahavana

Califonia Vipassana Center

The Pagoda's Architectural Elements: A Source of Inspiration

For the past few years, CVC has been collaborating closely with artisans in Myanmar to manufacture the architectural elements for the new Pagoda at Dhamma Mahavana. Installation of these elements on the structure began last May, when a three-week sea voyage brought the first container of moldings from Thailand to CVC.

Over the past summer, the filigreed panels, lotus capital and base elements for the exterior columns, and Dhamma wheels for the south side railings were installed. During the bilingual Burmese course, eight small eyen-zedi were moved into place atop their pedestals on the roof of the Pagoda.

Meanwhile at the factory in Burma, steady progress has been made in manufacturing the dozen or so sections that will make up the major zedi. It is a laborious multi-step process to make each section. Using age-old techniques as well as modern materials and design processes, the resulting molds can be used repeatedly to create exact replicas of each section of the zedi. Over the summer, the sections for the Pagodas at both Dhamma Dhara in Massachusetts and Dhamma Mahavana were manufactured using this set of molds.

At the beginning of September, the final and largest sections of the major zedi were completed. This led to an unforeseen problem at the factory in Myanmar – there was not enough space for all the sections! An additional cement pad had to be poured outside the factory, to not only store the pieces but also serve as a platform to assemble all the sections, ensure they fit together properly and work out any final details on the assembly process that will be used when the pieces are delivered to the U.S. Once the test assembly is finished, the sections will be disassembled and coated with gold paint before leaving Myanmar for California.

For the past two years CVC's Pagoda has already been serving its primary purpose of providing individual meditation cells to participants on both 10 day courses and long courses. The architectural elements of the Pagoda are not only a tribute to Myanmar for preserving this technique in its pure form, but also a source of inspiration to many old students to deepen their meditation practice.





Recent Improvements at CVC

CVC is in the midst of making many improvements to the center for the greater comfort of students who come here to learn Vipassana and deepen their practice through sitting and serving.

Women's Dining Hall

Most recently, the development committee completed an expansion of the women's dining hall. This expansion allows for all female students on a course to be accommodated inside the building for meals, which is especially important during the winter and rainy periods.

Laundry Facilities

Other recent improvements at CVC include the addition of more laundry facilities for students sitting long courses, and facilities upgrades and maintenance projects designed to promote more efficient and comfortable Dhamma service on courses.

These center upgrades were made possible by the generosity of grateful old students. To learn more about current and future development projects and financing needs at CVC, take a look at our short video on the following web page of the old student web site:

<http://www.mahavana.dhamma.org/os/mahavana/lending-options.html>

login: *oldstudent*

password: *behappy*

Or, please contact the Trust at treasurer@mahavana.dhamma.org.

There are many ongoing projects at CVC - all old students are welcome to get involved. Please contact the Dhamma Service Committee at dhamma-service@mahavana.dhamma.org.

Seeking Server with American Sign Language Skills

Dhamma Mahavana is seeking old students who are able to communicate well in American Sign Language. If you are interested, please send an email to registration@mahavana.dhamma.org.



Update on East Bay Vipassana Hall

Efforts are underway to establish a meditation hall in the San Francisco East Bay. Old students are volunteering to help with finding a suitable location, going to visit prospective sites, helping improve the space when a lease has been signed, and pledging monthly contributions.

If you would like to volunteer or learn more about the search efforts, feel free to complete this online interest form:

<https://docs.google.com/forms/d/10gJCQZarOgA2H5cMOGotGrTGRxY2hTVRwU25Gv48ATw/viewform>



If you would like to receive announcements about EBvH, please also write to the email address below.

info-east-bay@mahavana.dhamma.org

South Bay Vipassana Hall

The South Bay Vipassana Hall serves the old students in the Bay Area by hosting one-hour group sittings, three-hour sittings, one-day courses, and trust meetings.

For more information, to view the schedule of activities at SBvH and to find directions, click here:

<http://www.mahavana.dhamma.org/offsite/sbvH.php>



Dhamma Mahavana on Facebook

Please visit <http://www.facebook.com/DhammaMahavana> and become a friend of CVC!

Regular updates, pictures and interesting news are posted on this page.

NEWS & EVENTS

Other Vipassana Resources

Hawaii Vipassana 10-Day Course Dates

Hawaii Vipassana is now under the umbrella of Dhamma Manda. There are courses still open in the Big Island of Hawaii near Pahoa:

Oct. 23 – Nov. 3

Nov. 29 – Dec. 10

You may sign up for those courses at <http://www.hi.us.dhamma.org> OR <http://courses.dhamma.org/en-US/schedules/noncenter/hi.us>

Pilgrimage to Burma - Winter

In Feb-Mar 2013 Pariyatti conducted a 21-day test pilgrimage for 30 pilgrims to the sites in India and Nepal related to the Buddha's life. Based on feedback from participants, the pilgrimage was considered a resounding success which motivates us to further develop this aspect of Pariyatti's services.

In winter 2013-14, Pariyatti will conduct a 21-day test pilgrimage to Burma. If there is sufficient demand we will offer three consecutive pilgrimages between December 2013 and March 2014. Each pilgrimage will be able to accommodate a maximum of 24 pilgrims.

The first half of the pilgrimage will focus mainly on sites related to Vipassana meditation as taught by S.N. Goenka, and in the latter half we will branch out to visit sites that we hope will inspire attendees as we expose them to the Dhamma infused Burmese culture.

Find out more about Pariyatti's pilgrimage program
<http://www.pariyatti.org/Pilgrimage/tabid/267/Default.aspx>

Pariyatti Learning Center

The Pariyatti Learning Center (PLC) is an online training and resource center provided by Pariyatti (pariyatti.org). The PLC courses are conducted via an online learning tool used by many universities today to communicate with students and to distribute notes and online class materials.





There are two Pāli language courses available.

Introduction to Pāli

The first is an Introduction to Pāli which includes a variety of tools to help the student learn grammar, pronunciation, and declensions as well as some lessons related to the Pāli used by S.N. Goenka during a 10-day Vipassana course.

Exploring the Path

The second course, Exploring the Sacred, Ancient Path in the Direct Words of the Buddha (ETP), is an applied Pāli course, involving working through select sutta translations. ETP presents suttas intended to enable readers to deepen their inspiration and practice. A Vipassana meditator may recognize these suttas from various discourses of S.N. Goenka. ETP includes weekly lessons expected to be posted regularly for the next few years.

Additionally, the PLC has discussion forums and an online chat functionality built in – the hope is that these interactive tools will bring a sense of community to the class and make it more engaging for participants.

You can learn more and enroll in the course at learning.pariyatti.org.

International Vipassana Newsletter

The online International Newsletter site is updated every few weeks as we have new material to post. Every three to four months, we publish some of that material in a printable PDF issue. Please check regularly for updates, or subscribe to our RSS feed to receive notification automatically whenever we post something. You can also subscribe to receive email notification when a PDF issue is published.

The International Vipassana Newsletter is available online at:

www.news.dhamma.org

username = *oldstudent*

password = *behappy*



International Vipassana Newsletter

Please also consider contributing material for posting. It could be a news story, photos, your own reminiscences or more.

Write to editor@news.dhamma.org.

With best wishes,
Editors
International Vipassana Newsletter

NEWS & EVENTS

Courses for Children

Children's and Teens' Courses in California

Children's and Teens' Courses offer young people an introduction to Anapana meditation, the practice of observation of natural breath to concentrate the mind. Young people who have started practicing this technique have realized many benefits. Their ability to concentrate is enhanced, their memory gets sharper, their ability to comprehend a subject improves, and they become calmer. In general, they feel they have a practical tool to use in the face of any type of adversity or challenge.

Upcoming Children's Courses, Ages 8-12

November 9, 2013 South Bay Vipassana Hall, Santa Clara, CA

To register:

http://courses.dhamma.org/en-US/student_apps/new_app?course_id=21280&location_id=1358

Upcoming Teens' Courses, Ages 13-17

None currently scheduled



NEWS & EVENTS

One Day Courses in California

Northern California

Berkeley Berkwood Hedge School 1809 Bancroft Way Berkeley, CA 94703 (415) 250-6727	(Varied Schedule) October 13 November 10 December 8	9 a.m. to 4 p.m.
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San Francisco 6555 Geary Blvd. San Francisco, CA 94121 (408) 425-6452	(3rd Sundays) October 27 November 24	10 a.m. to 4 p.m.
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Santa Clara South Bay Vipassana Hall Garrett Business Center 3375 Scott Blvd. Suite 432 Santa Clara, CA 95054	(1st Sundays and 3rd Saturdays) October 6 October 19 November 3 November 16 December 1 December 21	9 a.m. to 4 p.m.
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Southern California

Baldwin Park Dhammajoti Meditation Center 44436 Walnut Street Baldwin Park, CA 91706	(Saturdays) November 2	9 a.m. to 4 p.m.
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Santa Monica Quaker Meeting House 1440 Harvard St. Santa Monica CA 90404	(Saturdays) October 19 December 21	9 a.m. to 4 p.m.
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Orange County Orange County Vipassana Hall 13731 Olive Street Westminster, CA 92683 (714) 455-9337	(Saturdays) November 16 December 21	9 a.m. to 4 p.m.
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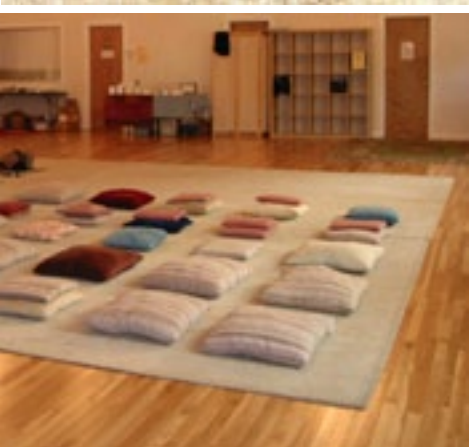
Updated schedules and directions are available online.

Northern California:

<http://www.mahavana.dhamma.org/public/courses/oneday/norcal-sched.htm>

Southern California:

<http://www.dhamma.org/en/schedules/schvaddhana.shtml>





Local Group Sitzings

CALIFORNIA & ARIZONA

In the 10-day discourses, Goenkaji explains that practicing Vipassana together with other old students provides support and encouragement in developing a regular meditation practice. For this reason, old students all over the world organize group sittings to practice together weekly. These sittings provide valuable opportunities to strengthen your Vipassana practice by sitting with fellow Vipassana meditators. Old students have group meditations in their homes throughout California and Arizona. Check the link below for the daily, weekly and monthly group sitting nearest you and contact the host for information. Official group sittings are only for those who have taken a 10-day course with Mr. S.N. Goenka or his assistant teachers.

<http://www.mahavana.dhamma.org/os/groupsit/index.htm>

Those old students who host group sittings have agreed to follow specific guidelines to ensure that the sittings will be most beneficial for those attending them. To view the guidelines, or if you would like to host a group sitting, click on this link:

<http://www.mahavana.dhamma.org/os/groupsit/guidelines.htm>

Subscribe to NCVC and CVC Email Listservs

Want to know what's happening at the nearest Vipassana center, keep up with Dhamma service opportunities, or attend group sittings in your area? Join our email listservs to receive occasional regional reminders.

Subscribing is easy! Just send a blank email to the addresses listed below and you will be added to the listserv. You may unsubscribe at any time by following the instructions at the end of listserv emails.

NCVC Announcements

announce-subscribe@manda.dhamma.org

CVC Announcements

announce-northfork-subscribe@mahavana.dhamma.org

CVC Dhamma Service Opportunities

service-announce-subscribe@mahavana.dhamma.org

San Francisco and Berkeley Events

announce-sf-subscribe@mahavana.dhamma.org

South Bay Vipassana Hall Events

announce-sbv-h-subscribe@mahavana.dhamma.org

Children's and Teens' Courses

announce-cc-subscribe@mahavana.dhamma.org