Dear Friends,

We'll meet in-person at our regular 10:00am – 12:00 noon time, Mountain time, this Saturday morning, November 14, at St. Paul's United Methodist Church in south Boulder. This is a drop-in group so there is no need to register in advance.

David Chernikoff will offer a dharma talk entitled *Essential Spirituality: The Heart of the Matter.*

The format for this week's gathering and for our 11/21 weekly meeting will be a modified version of our usual format.

We'll begin with an opening recitation and a 30 minute period of silent sitting meditation. There will then be some brief meditation related announcements.

At that point, we'll have about 25 minutes for the first part of our annual book and calendar sale, as well as some social time with tea and coffee available, followed by the dharma talk and another 15 minute period for some additional time for people to browse the books and calendars that will be for sale.

The church is located at 4215 Grinnell Ave. in south Boulder, on the corner of Gillaspie Dr. and Grinnell Ave. Directions can be found on the church website. Please arrive between 9:50 and 10:00 so that we can start on time. We'll meet in the Fellowship Hall of St. Paul's. After entering the building, go through the door on the right side of the entryway to enter the room we'll be using. *Please support our practice community by silencing your cell phone during our time.*

I'd like to thank those of you who made dana offerings after our previous in-person Saturday gathering. Our Saturday morning practice community is completely supported by voluntary donations (dana— from the Pali language: "generosity freely offered.")

If you would like to help support our ongoing activities, know that donations of any size are deeply appreciated. To make a dana offering, please:

—Use the following link to donate via credit card, debit card, or a PayPal account: http://www.davidchernikoff.com/online-sangha.

—mail a check made out to **IMCC** to: IMCC c/o David Chernikoff, 255 Pawnee Dr., Boulder, CO 80303. **Please write** Saturday sangha **in the memo line** so your offering is used in accordance with your intentions.

IMCC is a 501c3 nonprofit organization. Donations are tax-deductible to the fullest extent of the law.

If you need additional information about the weekly Saturday morning sangha, please email me at davidchernikoff@icloud.com.

Peace and Blessings,

David

David Chernikoff
303-499-7592
davidchernikoff@icloud.com
www.davidchernikoff.com