

# Buddhist Lists

## *A Six Week Speaker Series*



Tuesday Evenings 7:30 pm to 9:00 pm

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<b>August 10</b>	Noa Ronkin	<b>Buddhist Lists, Memorization, and Mindfulness</b>
<b>August 17</b>	Margaret Gainer	<b>7 Factors of Enlightenment</b>
<b>August 24</b>	James Kempf	<b>4 Noble Truths</b>
<b>August 31</b>	Shaila Catherine	<b>5 Hindrances</b>
<b>September 7</b>	Shaila Catherine	<b>4 Right Efforts</b>
<b>September 14</b>	Shaila Catherine	<b>5 Precepts</b>

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*See the reverse side for speaker's biographies*

Edwards Hall of St. Timothy's Church  
2094 Grant Road  
Mountain View, CA 94040

Contact Information: Sharon at (408) 730-2293 or sharon@imsb.org

*Everyone is welcome. Chairs are provided.  
Bring a cushion if you prefer to sit on the floor.*

*Donations are encouraged to support the teacher and organizational expenses.  
No registration is required.*

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Presented by **Insight Meditation South Bay**  
[www.imsb.org](http://www.imsb.org)

## Speakers

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**Noa Ronkin, Ph.D.**            August 10            *Buddhist Lists, Memorization, and Mindfulness*

Noa Ronkin received her PhD in Buddhist Studies in 2003 from the University of Oxford and her BA and MA in Philosophy from Tel Aviv University. Her research interests include a range of issues associated with Theravāda Buddhist philosophy and psychology, and comparative Western and Indian philosophy. She is the author of *Early Buddhist Metaphysics: The Making of a Philosophical Tradition* (Routledge-Curzon, 2005) and several articles on the Abhidhamma tradition. Since 2003, Noa has been affiliated with Stanford University in a number of research, teaching, and administrative positions. She is currently a Research Fellow at the Ho Center for Buddhist Studies at Stanford.

**Margaret Gainer**            August 17            *7 Factors of Enlightenment*

Margaret Gainer began Buddhist meditation practice in 1995. She practices with San Jose Insight Meditation and teaches at several Bay area meditation groups. Margaret completed Sati Center Buddhist Chaplaincy Training. Since 2005 she has taught a weekly meditation class for women inmates at Elmwood Correctional Facility in Milpitas. Margaret is a member of First Congregational Church of San Jose and brings Buddhist teachings and understanding into the life of the church.

**James Kempf**            August 24            *4 Noble Truths*

James Kempf began his study and practice of Buddhism with a meditation course in 1972 at Wesleyan University. He ordained as a Zen priest (tokudo) with Yvonne Rand, a Zen teacher in the Suzuki Roshi lineage and cofounder of Zen Center in San Francisco. James' study combined Zen forms with basic mindfulness meditation and included a six week retreat at Insight Meditation Society in Barre in the fall of 1996. In 2002, James relinquished his tokudo vows, continuing his practice primarily with vipassana meditation. In recent years he sat three month-long retreats at Spirit Rock, dedicated a half year to daily metta practice, and has begun the study of concentration practice with Shaila Catherine.

**Shaila Catherine**            August 31            *5 Hindrances*  
September 7            *4 Right Efforts*  
September 14            *5 Precepts*

Shaila Catherine has been practicing meditation since 1980, with seven years of accumulated silent retreat experience. Shaila studied at the Sharpham College for Buddhist Studies in England and dedicated several years (1990-1996) to studying with masters in India, Nepal and Thailand. She has trained with such luminaries as H. W. L. Poonja, Buddhadasa Bhikkhu, Nyoshul Khen Rinpoche, Tulku Urgyen Rinpoche, and PaAuk Sayadaw. Shaila's current focus is the development of concentration and the deep states of absorption called jhana. She completed a one-year intensive meditation retreat focused on jhana as the basis for insight (2003-2004) at Insight Meditation Society in Massachusetts. Shaila founded Insight Meditation South Bay in California in 2006 to bring a continuity of Dhamma teachings to the south and west bay region. She is the author of the book [\*Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity\*](#), from Wisdom Publications.