



Insight Meditation Community of Western Massachusetts

(formerly known as Insight Pioneer Valley)

Sangha News - 6/30/22

Community Dharma Stewards

For many years the center has relied on volunteer leadership of various kinds to maintain all our community offerings, including affinity groups, Kalyana Mitta groups and the open community practice sessions. We have decided to recognize and highlight all these leaders under the rubric Community Dharma Stewards. This includes the facilitators of our drop-in community practice sessions, who in the past have been called “Practice Leaders.” We are grateful to Tara Mulay for mentoring and assisting us in this transition, supported by IWM to do so. We hope to create the community practice sessions, particularly the Monday evening one, into a more welcoming and intentional space, where people new to the Center and/or to the practice of Insight Meditation can join our community, and people who have already been practicing with us can feel a part of the sangha we are making together. As with all of the open practice sessions, it will still be fine for people to drop in.

Deep Bow to IWM Community Dharma Stewards

On behalf of the sangha, the Board wishes to express our gratitude to everyone over the center’s almost 25 years for all of your generous service. Deep bow to each of you!

Stewarding Our Sangha: Seeking Summer Zoom Hosts and In-Person Greeters

We have a couple of openings for hosting and greeting in July. Each month a list of volunteer hosting opportunities is sent out, and if you're on the list of recipients, you simply sign up to host (in-person or via Zoom) as your schedule permits. Sangha member Cathy Repetti is taking a turn at coordinating Zoom and in-person hosts/greeters. To learn more or to volunteer, please email volunteer@insightwma.org.

Downloadable Flyers

Below are downloadable flyers in case you want to print one out and put it on your fridge or share them with a friend or post them on a public bulletin board:

- [Kindfulness](#) with Ajahn Brahm - July 6th - Zoom: [click here](#)
- July Offerings: [click here](#)

- August Offerings: [click here](#)

In-Person/Hybrid Update

IWM has found a way to keep our virtual doors open throughout the pandemic. And, now we're finding creative ways to offer hybrids when we can, as well as Zoom-only and in-person only offerings.

In July (on the 20th) and August (thus far, the 17th, 26th, and 31st), our in-person/hybrid Dharma talks will be held in downtown Northampton, as will our in-person only half-day retreat on July 24th. The Group Room at 40 Center Street is a lovely space with air conditioning (with an improved, updated air filtration system) and opportunities to open windows for cross ventilation.

At this time, we are not trying to run courses or retreats as hybrids -- just Dharma talks.

The center (Eastworks, Suite 242) is available for in-person use if sangha members wish to meet there. The earliest the Board is considering reopening the center itself for Dharma talks is mid-September. At this time, it looks like generous earmarked donations will have funded all but \$240 of IWM's off-site rental fees from May through August.

Things keep changing so please keep an eye out on our website and email blasts for the latest. For now, each offering will list if it's in-person, Zoom, or hybrid. At this time, our COVID protocols require proof of vaccination and N95/KN95 masks. To read more about our COVID protocols and the set up at 40 Center Street, please [click here](#).

In Case You Missed It

- A note from Hal Fales about Ajahn Brahm's July 6 Dharma Talk - [link here](#)
- Cathy Vollinger's family invites sangha members to join a Celebration of Life on 7/15 - [link here](#)

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Feedback and Reflections

If any member of the sangha would like to share Dharma reflections in a future newsletter, or has comments, questions, or ideas you'd like to share with the Board, please contact us: leadership@insightwma.org.

With much care and metta,
trellis, Lucy, Hal, Lauren, Holly, and Bernadine