



## ***News from the Board, 3/31/22***

### **Reopening Update**

In April, our Dharma talks will be offered on Zoom. Please note that two guest teachers are scheduled to give Dharma talks in April on nights other than Wednesdays: [Bart van Melik](#) on Friday, April 1st; and [Greg Scharf](#) on Monday, April 18th.

The [Freeing the Heart](#) retreat offered by Jean Esther and trellis stepter on April 9-10th will be held on Zoom. Manny Mansbach's [Introduction to Insight Meditation](#) course that begins on April 25th will be in-person (our first since the pandemic started!). You can read more [here](#) about Manny's course and our COVID protocols. As you'll see, we're requiring proof of vaccination and masks; enrollment will be limited to 13.

### **Looking Ahead - Dharma Talks**

We're looking into renting larger space for some talks in hopes that some of our offerings might be in-person. Please keep an eye on [IWM's offerings page](#) for updates to our schedule and whether the following will be in-person or on Zoom.

- May Dharma Talks: [Mark Nunberg](#) (Thursday, May 5); [Michael Grady](#) (Wednesday, May 11); [Roxanne Dault](#) (Wednesday, May 18); [Tara Mulay](#) (Wednesday, May 25)
- June Dharma Talks: [Rebecca Bradshaw](#) (Wednesday, June 1); [Kristina Baré](#) (Friday, June 10); [Nakawe Cuebas Berrios](#) (Wednesday, June 15); [Jill Shepherd](#) (Wednesday, June 22); [Manny Mansbach](#) (Wednesday, June 29)
- July Dharma Talks: [Ajahn Brahm](#) (Wednesday, July 6)

## New Board Member

Please join us in welcoming Holly Bishop to the IWM Board of Directors.



Holly joined the Board in March of 2022. She has been practicing Vipassana meditation since the early '80s, and has participated in several long retreats, mostly at Insight Meditation Society. She is a student in the two-year Mindfulness Meditation Teacher Certification Program taught by Jack Kornfield and Tara Brach and others. She is committed to building sangha and working to make our meditation spaces and organizations more inclusive, and understanding how the "ideology of whiteness" has influenced these. Holly is a retired clinical social worker and trauma therapist. She finds that the practice is crucial to staying sane in troubled times, and loves sharing it with others.

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## Circle of Care

Over the past several months, members of our sangha have been working with others locally in support of a recently resettled family from Afghanistan. The family has been able to secure employment and housing, and last month, through the generosity of support from members of a local synagogue, a car so that they no longer have to spend 3-4 hours daily commuting on public transportation. If you would like to be a part of providing ongoing support to the family, please email [general@insightwma.org](mailto:general@insightwma.org) and Lauren Isherwood will be in touch about our Circle of Care and the variety of ways you can help.

Relatedly, the Catholic Charities Agency Refugee Resettlement Project is moving eight Afghan families into their new homes this week and could use help! Please email [k.pyle@diospringfield.org](mailto:k.pyle@diospringfield.org) if you're able to help a family move in, or if you have any of the following items to donate (new or gently used). Thank you.

- Dressers; Small dining tables; Dining chairs; Coffee tables; Lamps; Floor rugs; Wash cloths; Hand towels; Bath towels; Twin sheet sets; Full sheets sets; Silverware sets; Silverware holders (for inside drawers); Large cooking pots; Large baking dishes; Pressure cookers; Electric kettles; Mops; Vacuums; Kitchen and bathroom trash cans; Toilet brush with holder; Walmart/Target gift cards.
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## Annual Summary Statements

We are grateful to everyone who contributed to IWM in 2021. Insight Western Mass operates entirely on the sangha's acts of generosity. We truly appreciate

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your support and your presence! Because the standard tax deduction is now much higher, we did not generate an annual summary statement for everyone in 2021 who registered for an IWM offering, gave teacher dana, or made a contribution to the center. If you would like us to generate a statement for your 2021 contributions, please write to us at [general@insightwma.org](mailto:general@insightwma.org).

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Please feel free to contact the Board at [leadership@insightwma.org](mailto:leadership@insightwma.org) with any comments, questions, or ideas.

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