



Insight Meditation Community

OF WESTERN MASSACHUSETTS

January Sangha News - 12/27/23

Stewarding Our Sangha - Financial Resources

End of Year Generosity - There's Still Time to Give

We deeply appreciate your generous contributions to our year-end appeal. Thus far, we have raised a total of \$12,020 and have added one new Friend of IWM (recurring contributor). All gifts of all sizes matter.

As we approach the end of the year, as you reflect on the meaning of IWM in your life, might you join us in a one-time or recurring contribution? Financial donations make possible the infrastructure from which we offer the refuge of Buddha, Dharma and Sangha in a tumultuous world. Here's what sangha members [Adam Cohen](#), [Sue West](#), [Diane Nassif](#) had to say. Please consider joining them with a one-time or recurring donation. Those who donate more are helping to make the center accessible to all.

[Year End Donate Now](#)

[Monthly Donate Now](#)

If you would like to donate with a check you can mail it to: Insight Western Mass, 116 Pleasant Street, Suite 242, Easthampton, MA 01027.

Exciting News - Website Upgrade

A member of our sangha has anonymously donated a substantial gift that is making possible a major upgrade to IWM's website. We're working with a developer to move to new platforms and improve how things look and are organized as well as to provide more ease in how IWM manages registration, donations, and communications. We look forward to implementing new and streamlined processes that will also save time for staff and volunteers. This project will take some time – we'll keep you posted.

Stewarding to Our Sangha - Volunteer Time

Cathy Repetti – Deep Bow

We want to extend our heartfelt gratitude to Cathy Repetti for her service on the Board in 2023. Cathy served on the Board as an interim member this past year and offered a sterling contribution, always thoughtful, generous, and helpful. We will miss her warm presence at our meetings! Cathy will continue to steward our sangha as IWM's Volunteer Coordinator.

Seeking Sangha Stewards (Board and Other Volunteers)

If you are interested in bringing practice into everyday life through sangha service, we'd welcome hearing from you.

- For more information about the roles and responsibilities of the Board and the application process, click [here](#).
- If you would like to discuss how you might serve our sangha or want to learn more about other volunteer opportunities, please reach out to us at leadership@insightwma.org.

Gratitude for Sangha Service

We deeply appreciate all who shared the Dharma with us and those who volunteered their time and care to the sangha from July through December.

Board: Suzanne A, Lucy B, Holly B, Hal F & Cathy R.

Community Dharma Stewards: Suzanne A, Holly B, Jennifer D, Hal F, Ruth F, & Jaya K.

Day-to-Day Operations: Lucy B, Anne F, Adam C, Cathy R.

Facilitators (KM groups, White & Awakening in the Dhamma): Holly B, Jen C, Jennifer D, Lore D, Ruth F, Bernadine M, & Melissa T.

Finance Committee: Lucy B & Jen G (staffed by Fariba G).

Green Metta: Betsy H, Rick H, Diana R & Andrea Z.

Peer-led practice: Thanks to all who hold the space on Tuesdays and Fridays.

Programming Committee: Michael G, Hal F, & Vaughn F (staffed by Casper L & Bernadine M).

Teachers Council: Candace Cassin, Jean Esther, Michael Grady, & Manny Mansbach (Guiding Teachers Council). Adi Bemak, Devin Berry, Rebecca Bradshaw, Peggy Gillespie, Bernadine Mellis, Tara Mulay.

Zoom, In-Person, Hybrid Hosts/Schleppers: Catalina A, Suzanne A, Lucy B, Holly B, Adam C, Chi Chi C, Lore D, Eliana F, Hal F, Ruth F, Vaughn F, Cheryl K, Doug K, Lesley M, Cathy R, Sarah S, Rebeca T-R, Sue W.

Justice & Belonging

Engaged Dharma

[IWM's Land Acknowledgement](#) is intended to be a living document and a resource which encourages sangha members to learn and take meaningful action. Two new links have recently been added which we're highlighting here:

- [MA Indigenous Agenda](#) which outlines five priorities in 2023-2024: Remove Racist Mascots, Honor Indigenous People's Day, Celebrate and Teach Native American Cultures & History, Protect Native American Heritage, and Support the Education and Futures of Native Youth.
- [Native Land Conservancy](#) is an indigenous-led organization which focuses on land rescue and cultural preservation.

Dharma Dialogue With Jennifer D.

Dharma Practice in Everyday Life

Given how much time we spend “off the cushion” compared to how much time we spend “on,” we can begin/continue to look at what our Practice is when we are up and in the world. For me, it is being aware of what I am doing and how I am doing in the moment, coming back to the present with my full attention. It could be a number of activities, such as typing on the keyboard (what my fingers and eyes are doing to allow that to happen “successfully”.) Not without mistakes, as these are part of life, but with full attention for as many moments as I can (these will increase with Practice.) And something to consider: is there such a thing as a mistake? I can type the wrong letter, or two or three, on the keyboard. Then I can notice, hopefully, that I have done that and proceed. Part of noticing for me is asking the question: is the experience pleasant, unpleasant, or neutral? [Click here to read more](#) from Jennifer and Rachel's response.

Downloadable Flyers

- [*January Offerings*](#)
- [*New Year's Day Retreat with Rebecca Bradshaw*](#)
- [*Taking Refuge Together in the Dharma with Rebecca Bradshaw and Jean Esther*](#)
- [*Establishing Mindfulness: A Class for Beginners with Bernadine Mellis*](#)
- [*Meditative Investigation: A Class For Experienced Meditators with Michael Grady*](#)

Feedback

If you have comments, questions, or ideas you'd like to share, please contact us:
leadership@insightwma.org.

With much care and metta,
IWM Board