



Insight Meditation Community of Western Massachusetts

(formerly known as Insight Pioneer Valley)

IWM Sangha News - 8/25/22

Exciting News - Save the Date - November 12th

Online benefit for IWM with **Joseph Goldstein** -- Nov 12th from 3:30-5pm

Ajahn Brahm's Generosity

The Board wanted the sangha to know about Ajahn Brahm's most generous act when he gave a dharma talk on July 6th. As many of you know, our teachers have historically received 60% of the dana given for dharma talks, and while this is still true, since the pandemic, we do make sure teachers receive a minimum guaranteed amount. On July 6th, Ajahn Brahm requested that our center keep all the dana given that evening and this resulted in \$759 coming to the center. His generosity is inspiring and the Board wants to acknowledge our deep gratitude.

Sangha Leadership Gathering

As described in last month's News, on September 10 the Board is planning an outdoor in-person gathering of the leadership of our community, focused on sangha building and planning. So far this gathering includes past and present Board members, teachers, members of various IWM committees, Community Dharma Stewards who lead group practice sessions, facilitators, and others. If you support the Sangha by volunteering in one of those categories and didn't receive the doodle poll, or if you would like to step up to volunteer in a leadership role and are interested in attending, please contact the Board at leadership@insightwma.org and we will send you information.

The Board is holding a heartfelt intention to raise up and support the cultivation of a Beloved Community at IWM. This will lift up practices that center our values of inclusivity and radical welcoming, highlighting the ways we already connect in spiritual friendship and exploring new opportunities to find refuge in community. After all the difficulties of the past two years and amid ongoing crises of various kinds in the world we

live in, we look forward to bringing IWM's stewards together in this intentional way. We will share more with the whole community following the event.

Stewarding Our Sangha - Opportunities to Express Generosity with Your Time

There are many ways to contribute to our sangha - below are just a few. If you'd like to hear about other opportunities, or have ideas of your own about how you'd like to steward our sangha, please email us at leadership@insightwma.org.

- **Hosts/Greeters:** Over the summer, with a few lovely exceptions, members of the Board served as the in-person hosts for IWM offerings (and air purifier schleppers). It would be great to have a few more sangha members who would volunteer for this task from time-to-time. Serving the sangha with a few hours of time every month (or once every two or three or four months) would be a wonderful and welcomed expression of generosity.
 - **Fall Zoom Hosts and In-Person Greeters:** We have a couple of openings for hosting and greeting in September. 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.
- **Grant Research:** A member of the sangha recently asked if IWM has applied for any special grants during the pandemic. We haven't - if you're interested in doing some research to see if there are any opportunities IWM should consider, please do! (A Board member reports that pre-pandemic, IWM found that many funders shy away from religious non-profits.)

Opportunity for Generosity

We are grateful for all the ways that members of our sangha give of their time, talents, and financial resources. We welcome any and all contributions. If you're inspired to give - we'd be delighted to grow our numbers of Friends/recurring contributors and always welcome one-time donations anytime - please [click here](#) to choose the amount you'd like to contribute as well as the frequency. Thank you for practicing generosity in this way.

Downloadable Flyers

Below are downloadable flyers in case you want to share them with a friend or post them on a public bulletin board:

- For the September offerings flyer [click here](#).
- Fall Courses & Retreats (watch for updates):
- [WiseKind Speech in a World of Conflict](#) with Manny Mansbach
- [Discovering Dharma Ease](#) with Michael Grady
- [Wise Effort: Keeping on with Love and Wisdom](#) with Shelly Graf
- [Death, Impermanence, and Climate Change](#) with Nick Boutros
- [Generosity/Dana](#) with Manny Mansbach

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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