

Rest of September offerings at IWM



Community Open Practice, via Zoom
[Determination \(resolution, resolve\)](#)
with [Holly Bishop](#) (Community Dharma Stewards)
Monday, September 18; 5:30 – 6:45pm ET



Course, via Zoom
[Living Dharma: Working With Difficult Emotions](#)
with [Michael Grady](#)
5 Tuesdays: September 19, 26, October 3, 10, and 17
7:00–8:15pm ET



Dharma Talk, via Zoom
[Resting in the middle of all things: a talk on Equanimity](#)
with [Kristina Baré](#)
Wednesday, September 20; 7:00 – 8:30pm ET



Dharma Talk, via Zoom
[A dharma talk on the Sacca Parami](#)
with [Aishah Shahidah Simmons](#)
Wednesday, September 27; 7:00 – 8:30pm ET



[Queer & Trans \(LGBTQIA2S+\) Affinity Group](#) (fourth Thursdays)
in-person/hybrid at IWM in Eastworks
Thursday, September 28; 7:15 – 8:45pm ET

Everyone is welcome at all of our offerings, regardless of ability to donate
For more information, please visit our website:

www.insightwma.org/offerings

Insight Meditation Community of Western Massachusetts