

**A Community for all Traditions.**

- **Every one of all backgrounds is warmly invited to participate in all our events - no prior experience, no commitments.**
- **E-Newsletter:** If you have any items to add, suggestions, ideas or comments, please e-mail Kathy directly at [kidz@comcast.net](mailto:kidz@comcast.net)
- **New Dharma Study Group Topic & Book: Starting Mon April 5** – “The Eight Mindful Steps to Happiness: Walking the Buddha’s Path” by Bhante Gunaratana.

**April 30, Fri Talk, 7:30– 9:00pm and May 1, Sat Half Day, 9:00am – Noon: The Dharma of the Here and Now with Erik Knud-Hansen**

**March Community Meeting and Social (Report below)**

Very warm hearted event with wonderful food and gracious hospitality from Nick Edge and Sharon – thank you so much for opening your home to us. We had a good deal of discussion and good companionship.

- **IMC-Lewes Directory:** Please provide your name, address, e-mail and primary telephone number for our directory. Only for internal use so we can contact each other as needed. You can also sign up for the directory on Mondays.
- **Feedback Questionnaire:** We want to hear from you on what you value, what works for you and what doesn’t, and any suggestions and comments. The Questionnaire is below and available at Monday sessions.
- **Fundraiser Event:** Music and food for a local cause. If you have a local group or local situation in need, please let us know. We have two possibilities so far – Jusst Sooup Ministry and the Home of the Brave, vets shelter. Something you are involved with would be great. This is our first effort working with engaged Buddhism and we want a situation where our small group could make a difference and we could give back to our community.
- E-mail for above: [kidz@comcast.net](mailto:kidz@comcast.net) . Please reply by the end of April.

**MEDITATION SESSIONS**

- Meditation Mondays: 4:00pm - 5:00pm (3:50 opening with singing bowls) at St. Peter's Episcopal Parish Hall (next to the Church), 2nd & Mulberry Sts in Lewes
- Meditation Thursdays: 6:30am - 7:30am, St. Peter's Episcopal Parish Hall.
- Meditation Tuesdays: 6:00pm – 7:00pm at our new location, Unitarian Universalists of Southern Delaware (UUSD) Church, 33739 Marsh Rd. #2 (off Rt 1& Wescoats Rd - behind Toddy’s Sunoco station), Lewes. Web site for map & directions: <http://uusd.org/>.

**APRIL EVENTS**

**April 30, Fri Public Talk, 7:30– 9:00pm and May 1 Sat Program, 9:00am – Noon**  
**The Dharma of the Here and Now with Erik Knud-Hansen**

It is essential to sit still and foster more stillness of being rather than allowing the desiring mind to chase after what is inherently unsatisfying. This is the door to awakening insight and compassion, to understanding and strengthening the observing power of mind to better look within and see for oneself the nature of human beings. Eric will include some guided meditation, explanation of the topic, and time for questions, particularly in the Saturday program.

**Erik Knud-Hansen** has practiced and taught deep silent retreats since 1972. He has experience and knowledge of a broad range of Buddhist traditions, as well as Taoism and Advaita Vedanta.

Location: St. Peter’s Episcopal Parish Hall

**\*Dana / Donations for our programs and events:** In our tradition, participants express their gratitude for teachings by offering donations or dana (dana means generosity) that support our program expenses. **Limited income discounts** are available for all our programs – 50% off all our suggested donations or any amount that you are able to offer. If your budget does not allow for any dana, we welcome your attendance. Simply show up, no explanations are needed or requested.

**IMC-Lewes Study Group - Mondays from 5:00- 6:00pm at St. Peter's Parish Hall**

We are combining the book group and study group into one group called the Dharma Study Group. Starting Monday, April 5, study on the eight-fold path will work with the book, “The Eight Mindful Steps to Happiness: Walking the Buddha’s Path” by Bhante Gunaratana. At times, we will offer special short studies as we just did on Rumi, for example. For inquiries, please e-mail us at [info@imc-lewes.org](mailto:info@imc-lewes.org) You may order the book directly from Amazon.com or e-mail Betty at [ejkirk@verizon.net](mailto:ejkirk@verizon.net).

## **READING OF THE MONTH from “The Eight Mindful Steps to Happiness” by Bhante Gunaratana**

“The Buddha’s message was simple but profound. Neither a life of self-indulgence nor one of self-mortification can bring happiness. Only a middle path, avoiding these two extremes, leads to peace of mind, wisdom, and complete liberation from the distractions of life. The message of the Buddha is traditionally known as the four noble truths. The last of these four truths sets out eight steps to happiness. He taught us to cultivate skillfulness in our understanding, thinking, speech, action, livelihood, effort, mindfulness, and concentration”.

## **COMING in MAY**

### **May 8, Saturday, 10am-Noon: Introduction to Insight Meditation**

An ideal way to learn or refresh your practice of Insight Meditation — a special two-hour session providing the basic view and the basic Insight meditation techniques including seated, standing, walking and laying down meditation. Suggested Dana: \$5.00  
Location: St Peter’s Episcopal Parish Hall

## **AREA INSIGHT MEDITATION GROUP SESSIONS**

- The Power of Presence - A One-Day Silent Meditation Retreat, led by Larissa Kitenko, The Easton Meditation Group Sat, April 17, 9:00am–4:00pm. Third Haven Friends Meeting, 405 S. Washington St., Easton, MD. Bring a bag lunch and drink. Contact: [ikitenko@yahoo.com](mailto:ikitenko@yahoo.com) or 410-430-2005
- **IMC-Chestertown, MD:** Tuesdays at 6 pm and Fridays at 9 a.m. A dharma talk is given every other week. Chester River Friends Meeting House, 124 Philosophers Terrace, Chestertown, MD. Web: <http://www.imc-chestertown.org>. Contact: Anne Briggs at 410-778-1746 or [info@imc-chestertown.org](mailto:info@imc-chestertown.org).
- **IMC- Easton, MD:** 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 7:00--8:00p. Dharma talk on the third Wednesday. Unitarian Fellowship Church, 7401 Ocean Gateway (Rt 50), Easton 21601. Contact: Larissa Kitenko 410-430-2005 or 410-479-9255 or [ikitenko@yahoo.com](mailto:ikitenko@yahoo.com).
- **IMC- Salisbury, MD:** 2<sup>nd</sup> Wednesdays of each month, 6:00-7:30pm with a Dharma Talk. Meditation Room, Peninsula Regional Medical Center, 100 E. Carroll St, Salisbury, MD. Contact: Larissa Kitenko 410-430-2005 or 410-479-9255, [ikitenko@yahoo.com](mailto:ikitenko@yahoo.com).
- **Salisbury Buddhist Community:** Mondays, 7-8:30pm: Unitarian Universalist Fellowship, 2812 Old Ocean City Rd, Salisbury, MD 21804. Contact: [ashogue@salisbury.edu](mailto:ashogue@salisbury.edu). Web: [www.salisburyzen.com](http://www.salisburyzen.com)

## **EVENTS AND RETREATS – IN THE INSIGHT BUDDHIST TRADITION**

- **Insight Retreats:** Both the Insight Meditation Center of Washington DC and Philadelphia regularly host weekend and week long retreats. Check their web sites and also sign up for their e-mail list.
- **Insight Meditation Center of Washington DC:** <http://www.imcw.org/>
- **Philadelphia Insight Meditation Center:** <http://www.philadelphiameditation.org/>
- **Bhavana Society,** A Theravada Buddhist Monastery and Mediation Center in rural West Virginia, hosts retreats for beginner and intermediate levels. <http://www.bhavanasociety.org>
- **Barre Center for Insight Studies,** Barre, MA hosts a variety of programs. <http://www.dharma.org/bcbs/index.html>
- **On line sites** - a variety of talks by many teachers: <http://dharmafeed.org/talks/> and <http://www.buddhanet.net/insight.htm>

## **Report: IMC-Lewes March 14 Meeting and Gathering**

Finance & Program Participation:

- We have \$1781 in our account.
- Jon Waterman’s program was the 1st in over a year that we had a profit, netting \$125.
- Fridays have really good participation with the March Talk having around 40 people.
- Although we are not about making a profit, it would be good to break even and also have more participants in our full day retreats as we did in the past. Over the last year plus participation in both full day and half days has fallen.
- In 2010, the Education Planning Committee decided to cut back, and have three full days and two half days, all with outside teachers.
- Discussed, many different perspectives including the growth in number of related events in the area and economy. We do offer our programs for whatever people can donate.
- Discussed partnering with other groups like yoga centers but it was pointed out these are businesses and higher financial needs with higher fees and have different practices.
- Suggestion: Hold an IMC local led half day, focusing on practice, a discussion and maybe a short talk from dharma seed or other.

IMC Feedback Questionnaire: The Education Planning Committee has created a questionnaire for feedback and suggestions.

- We want to hear what people feel is valuable to them about our group, what their interests are even if just want to come occasionally to meditation sessions and any suggestions.
- A copy will be included in the next e-newsletter and copies will be available at Monday sittings. We really want to hear from you.

Closing Policy: If Sussex schools are closed for snow or storm days, we are closed and no meditation sessions or vents will be held. In cases like weekends or off school season, we will send out e-mail to our list and post on the web. Policy will be in our schedule flyer and on our web site.

Study Group and Book Group: Explore the need to have both. Explore having a discussion group once a month or so for newer people to discuss practice etc. Follow up: Decided to have one group – the Dharma Study Group.

Class: The Education Planning Committee has been discussing the need to have an Intro to Insight Class to systematically present the background, views and practice of the Insight tradition.

- We are working with a syllabus used by the larger Insight community.
- A suggestion was made to offer the class at the UUSD Tuesday sessions as an adult class.

Service: Discussed doing a fundraiser for a local group or family.

- Nick Edge has a band and one member has a pavilion where we can host a cook out, performance and fundraiser charging maybe \$15 or so with all proceeds going to the group we choose to support.
- Suggestions: Jusst Sooup Ministry and Home of the Brave, vets homeless shelter and asking the wider community for more suggestions, particularly some group the person is involved in and a small group where our help would go a long way. We may also look at hosting with a like related group as well.

Outreach: Consider doing our intro to meditation instruction to other groups in the area

IMC Directory: Agreed on having a directory so we can contact each other for local support.

Misc: Need a list of inexpensive lodging in the area since we have had inquiries. Follow up: Done. Will be on our web site.

To contemplate and sit with from the discussion in the meeting:

- It was pointed out as we do in our tradition to look at our intention when we offer help as we do in all situations in our life. Is it about me or is it about other? What would be helpful – good to ask the recipient what they need.
- We value our group open to anyone of any tradition who wants to sit in silence. We do call ourselves an Insight Meditation group focusing on that tradition which is one of the most accessible Buddhist traditions, particularly for Westerners but we welcome anyone with a meditation / silent prayer tradition to practice with us.
- So on the whole we do not want to have a heavy organization structure, lots of committees etc.
- We also have to look at spreading ourselves too thin, doing too many activities. There are numerous groups, volunteer organizations, etc. that we can participate in on an individual level. We are a small group and always need to look at how much we can take on.
- Also we offer Buddhist meditation as our core, how to tame and train our minds, based on a profound and a practiced tradition which can be of great value to many others. This in itself is a unique, powerful and transformative activity.
- Reflect on of our intention, be mindful and aware of our view as we decide on what we want to do. Remember the eight fold path, skillful action and speech and so on.

**IMC- LEWES QUESTIONNAIRE - FEEDBACK & INFORMATION**

We invite you to take 5-10 minutes to tell us what works for you and what you are interested in and as well as any suggestions you may have. Simply mark an X in areas that apply to you or that you want to comment on – just complete whatever works for you. No opinions etc. – simply leave the topic blank. We are grateful to hear from you and value your comments. All responses are confidential. --- IMC-Lewes – Education / Planning Committee

**1. Meditation Sessions**

If coming on Mondays or other day, is what you want and satisfies your needs, let us know that also. Or if you just happy to know we are here and at this time you come around, let us know that in the comment section.

Sessions	Very interested	Somewhat interested	Not that interested	My main interest is group meditation
Monday 4-5 pm				
Tuesday 6-7pm				
Thurs 6:30am-7:30am				

Comments \_\_\_\_\_

\_\_\_\_\_

**2. Book Discussion Group and Study Group**

We have a book discussion group and a dharma study group. The book group focuses on a particular book related to Buddhism or spirituality and the study group focuses on a particular Insight topic to study in depth. The groups meet after meditation on alternative Mondays.

	Very Interested	Somewhat Interested	Not that Interested
Book Discussion			
Study Group			

Comments \_\_\_\_\_

\_\_\_\_\_

**3. Friday Night Events / Talks**

	Very interested	Somewhat interested	Not that interested
Talks by Teachers			
Videos / Dvds & Discussion			

Comments \_\_\_\_\_

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**3a. Topics you would like to hear about**

\_\_\_\_\_

\_\_\_\_\_

#### 4. Half Day Programs & Day Long Retreats

We have Saturday half day programs, generally involving some practice but mainly a teaching and day long retreats focusing more on practice. Please share your interest.

	Very interested	Somewhat interested	Not that interested
Half Day Programs			
Day Long Retreats			

Comments \_\_\_\_\_

#### 5. Number of Programs

In 2010, we have the following scheduled. Let us know your opinion. Would you attend these programs?

	Too Many	Would Like More	Seems ok	Interested & can come to some	Not really for me
Half Day Programs - 2					
Day Long Retreats - 3					

Comments \_\_\_\_\_

#### 6. Dana (Donations) for Half Days and All Days

We have a suggested dana of \$25 for half day programs and \$45 for all day programs. Our policy is to accommodate everyone's financial circumstances; we gratefully accept whatever you can offer. Donations pay for the space rental, teachers, misc. expenses. We also offer a limited income discount of 50% or whatever you can give.

	OK with me	Too high for me
Half Day Program Dana		
Day Long Retreats Dana		

Comments \_\_\_\_\_

#### 7. Introduction to Insight Class

We are looking at having an Introduction to Insight Meditation class, which systematically provides the basic teachings of the Insight tradition. Does this interest you?

	Very interested	Somewhat interested	Not that interested
Intro Class			

**8. Suggestions and Additional Comments:** Please include any thoughts you may have – topics you would like us to cover, new ideas for programs, etc.