

A Community for all Traditions

Every one of all backgrounds is warmly invited to participate in all our events - no prior experience, no commitments.

Summer Program, Aug 21, Sat, 9am-Noon: Insight Meditation Morning

Join us for a morning meditation session, including both seated and walking meditation. Brief instruction will be given with a talk or tape and reading as well as a group discussion. Led by our local facilitators, John Sykes and Nick Edge. A wonderful time to come together to practice in a group. Both for new meditators as well as a good way to deepen your practice.

Suggested dana: \$5

Contact: Nick at 302-945-4094 or e-mail us at info@imc-lewes.org.

Location: St Peter's Episcopal Parish Hall, 2nd & Mulberry Sts, Lewes, DE.

Challenge: Try our One Minute an Hour Meditation Challenge, at least one day, for one week in August. See reading of the month below with instructions, from a great book being read by our Dharma Study Group, "The Eight Mindful Steps to Happiness: Walking the Buddha's Path" by Bhante Gunaratana. Nothing to loose and everything to gain.

Jusst Sooup Fundraiser in June: We raised about \$2000 and had a wonderful diverse crowd, great food, great site and fabulous music by Bare Feet (our local modern/classic rock band with our own Nick Edge).

Our host Billy was very accommodating and really knows how to host events. He does catering and has a fellowship cook out on every other Saturday in the summer. See his web site <http://schaefferpavilion.synthasite.com/>.

Thanks to everyone who helped – so many people volunteered from our group and from Rehoboth Beach Yoga. Since we had no administrative costs, all donations went directly to Jusst Sooup. Jill Roberts helped with publicity and Teresa Rodriguez designed an amazing flyer. We had several generous checks mailed to us as a result.

And of course much appreciation to Rev. Dale Dunning for her work in our community (<http://jusstsooup.org/>).

Thanks to Eric Montgomery for both designing and now volunteering to manage our web site. Really appreciated by all of us and a very kind and generous service to our community.

Volunteer: Our Planning Group (Nick Edge, Kathryn Harris, Kathy Idziak, Fran Rachles, and Joe Roche) could use another volunteer.

We also need two volunteers to help with our Friday night Public Talks - if you can help just e-mail us at info@imc-lewes.org.

Neither requires that much time since we are a small informal group.

Electronic Suggestion Box: Any suggestions, comments for our group or to add something to the e-newsletter, simply e-mail us at info@imc-lewes.org.

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/>.

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

Dharma Study Group continued study on the eight-fold path with the book, "The Eight Mindful Steps to Happiness: Walking the Buddha's Path" by Bhante Gunaratana.

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.

COMING in SEPTEMBER

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. Led by Frani Rachles and Joe Roche, two of our local meditation instructors.

Suggested Dana: \$5.00

Contact: Frani at frani14@aol.com or 302-947-9212.

Location: St Peter's Episcopal Parish Hall, 2nd and Mulberry, Lewes

READING OF THE MONTH from "The Eight Mindful Steps to Happiness" by Bhante Gunaratana

Practice One Minute Mindfulness: Make a determination to meditate for one minute every hour throughout the day... You may wonder what you can do in a minute... Stay where you are, sitting, standing, lying down, it doesn't matter... For one minute of every hour stop whatever you are doing and meditate. You might set your wristwatch or computer to beep every hour as a reminder. When you hear the beep, put whatever you are doing out of mind and close your eyes. Stay focused on your breathing. If you think you do not know what a minute is, breathe in and out fifteen times giving undivided attention to the breath. If you spend longer than a minute, don't worry about it. When the minute is up, resolve to meditate a minute at the end of the next hour. Look forward to that minute and build up your enthusiasm for it... If you repeat this simple method, by the end of the day, you will have done 10-15 minutes of additional meditation. Moreover... your wish to sit in meditation is strengthened...

AREA INSIGHT MEDITATION GROUP SESSIONS

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.

IMC- Easton, MD: 1st & 3rd 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 lkitenko@yahoo.com.

IMC- Salisbury, MD: 2nd 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, lkitenko@yahoo.com.

Salisbury Buddhist Community: Mondays, 7-8:30pm: Unitarian Universalist Fellowship, 2812 Old Ocean City Rd, Salisbury, MD 21804. Contact: ashogue@salisbury.edu. Web: 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://dharmaseed.org/talks/> and <http://www.buddhanet.net/insight.htm>