

A Community for all Traditions.

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

Electronic Suggestion Box: Any Suggestions, Comments, or other or to add something to the e-newsletter, simply e-mail us at info@imc-lewes.org

June 4, Fri Talk, 7:30– 9:00pm and June 5, Sat Retreat, 10am – 4pm with Anne Briggs. Details below.

Fri Talk: The Four Foundations of Mindfulness and Sat Retreat, Mindfulness of the Body at St Peter's Episcopal Parish Hall

Sat, June 19 - Noon to 4pm: Fundraiser Event: to support Jusst Sooup Ministries. Our first effort to support our local community - jointly sponsored with the Rehoboth (Svaroopaa) Yoga Center. Join us for food, music, and fun. Please let us know if you can help with set up, cooking and donating a side dish, picnic style. More info below. Flyers are available electronically and at our Monday night meditation sessions.

Report on the IMC-Lewes Questionnaire: Here are the highlights. Results by question are below. High interest in Monday sittings, Friday events, and having an introductory class. Mixed interests for the book and study groups with comments that having both was a lot (we currently are only doing the study group, per the March community meeting). Mixed interest in both day long and half day retreats with strong suggestions that we do two full days and maybe three half days including one self staffed focusing on meditation. Our donation/dana for programs is ok for most. There were a few comments and suggestions ending with expressions of gratitude and having a low keyed group welcoming to everyone of all traditions. Although we had 13 overall responses, our core group consists of less than 20 and the responses reflect what we have observed over the last year plus.

Report on May Education Committee (now renamed Planning Group): On May 17, we had a brief meeting to review the community questionnaire, to review the remaining schedule for 2010, and plan to find two coordinators for Friday night public talks. Much appreciation to Betty Kirk and Teri Munz for their hard work over almost two years. **We are looking for two coordinators, so let us know if you are interested.** Teri is also leaving as our webmaster; Nick Edge, Joe Roche, and John Sykes will help. To volunteer, e-mail us at info@imc-lewes.org.

The Planning Group currently consists of Nick Edge, Kathryn Harris, Kathy Idziak, Fran Rachles, and Joe Roche. Full meeting report is below.

DC's First Buddhist Film Festival - June 17 – 20 For details and tickets go to: <http://www.buddhafest.org/>

A dozen films plus talks and meditation present a unique mix and fresh take on the principles of Buddhism. Highlights include a world-premiere film, an Academy Award-nominated documentary, talks by Tara Brach, Lama Surya Das and Sharon Salzberg, and a Picnic for Peace. Sponsored by the Insight Meditation Community of Washington; American University Office of the Chaplain; and Washington Buddhist Peace Fellowship. Enjoy the list and descriptions.

Another Film to add to your list, best film winner of Palme d'Or in Cannes this year, "Uncle Boonmee Who Can Recall His Past Lives" by Thai director Apichatpong Weerasethakul, described as an utterly beguiling film, bewitchingly mysterious and unselfconsciously yet unapologetically spiritual. The film is loosely inspired on a pamphlet the director found in a monastery in north-east Thailand, about an old man called Uncle Boonmee who helped at the temple and told gentle tales of his past lives and past incarnations as humans and animals. The best screenplay went to another

Looking for a longer Insight retreat: Philadelphia Insight Meditation Community is hosting Matthew Daniell leading a Residential Weekend Retreat in Haverford, PA on Aug 13, 14, 15. For details: http://www.philadelphiameditation.org/Matthew_Daniell.html And also Awakening the Heart of Love & Wisdom: summer women's retreat led by Arinna Weisman & Mushim Ikeda-Nash (two outstanding teachers). Fri-Sun, Aug 20-22, New Windsor Conference Center, New Windsor, MD, Registration opens May 20, Contact: La Sarmiento, 202.997.1399. <http://www.imcw.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 - Mondays from 5:00- 6:00pm at St. Peter's Parish Hall

Dharma Study Group. New study started Monday, April 26, on the eight-fold path will work with the book, "The Eight Mindful Steps to Happiness: Walking the Buddha's Path" by Bhante Gunaratana. Sessions in June: 7 & 21.

JUNE EVENTS

EVENTS with Anne Briggs, Open to Everyone, No Experience in Meditation Necessary

.Anne Briggs, a Community Dharma Leader (Spirit Rock Meditation Center, 2008), leads the Insight Meditation Community of Chestertown, MD. She has practiced meditation in the Theravada tradition for about 10 years.

Fri Talk, 7:30 - 9:00pm: The Four Foundations of Mindfulness

Anne will provide an overview of The Four Foundations of Mindfulness, one of the core teachings of the Insight Buddhist path which provide a full understanding of all aspects of mindfulness. The Buddha's teaching on applying mindfulness to different aspects of our experience, describing a direct path that leads to freedom. All parts of our experience are appropriate objects of mindfulness

Sat Retreat, 10:00am – 4:00pm: Mindfulness of the Body

Anne will focus on the first of the Four Foundations of Mindfulness, Mindfulness of the Body. "Within this very fathom-long body...lies the world, the cause of the world, the cessation of the world, and the path that leads to the cessation of the world." Bringing kind attention to our bodily experience can promote greater calm, compassion and insight, and lead to awakening. The retreat is suitable for beginners and for more experienced meditators

Chairs are provided, and attendees should bring their favorite floor cushions or blankets

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

Suggested donation / dana: for Talk - \$5 and for retreat, \$45 with lunch

Contact: Kathy at 302-703-2634 or kidz@comcast.net

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. You may also attend the morning only on Saturday, at half price.

June 19, Sat Noon – 4:00pm - Fundraiser for Jusst Sooup

Sponsors: Insight Meditation Community of Lewes and The Rehoboth Beach (Svaroopo) Yoga Center

Event: Cook Out and Live band - Bare Feet (our local modern/classic rock band with our own Nick Edge)

Donation: \$15. All proceeds go to Jusst Sooup.

Location: Pavilion is on Hunter Lane (a small road) off of Harbeson Rd / Route 5, Harbeson DE

From 9 West: Go about 9 miles; Left on Harbeson Rd/ Route 5 South; go about 2 miles. Left on Hunter Lane (after Martins Farm Rd and Rust Rd). After passing 4 houses/structures on your Left the pavilion is on your Left. Plenty of parking.

Help Needed: Billy, who owns the pavilion has a large grill and will barbeque chicken. Other food donations are needed (we will coordinate with a core group), and on site help for set up, cooking chicken and other food items on the grill, and clean up afterwards. Also we need help with distributing flyers. The pavilion is covered and there are benches and tables and port potties. Feel free to bring a folding chair.

Contact: Nick at 302.945.4094 or info@imc-lewes.org or Kathy at 302.703. 2634 or kidz@comcast.net

Want to Donate but Can't Attend: Send a check made out to "Jusst Sooup" to Kathy - Fundraiser, 17445 Taramino Pl, Lewes, DE19958. Your donation is tax deductible.

About Jusst Sooup: Rev. Dale Dunning started her soup ministry over 14 years ago with the support of her husband Ken and their four sons. Dunning travels around Sussex County in her RV, setting up soup kitchens at various churches and organizations to feed those in need as well as helping many in other ways. Using donations and whatever money she can scrape together, she continues her ministry. Local musicians created a CD called "Just Soup" and all the proceeds benefit the ministry. For more info: <http://jusstsooup.org>.

JULY: Summer recess for talks and retreats. Our regular meditation sessions will continue.

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>

IMC- Questionnaire Analysis 3/2010 --- Total responses 13

1. Meditation Sessions – Responses to question 12

Sessions	Very interested	Somewhat interested	Not that interested	
Monday 4-5 pm	10			
Tuesday 6-7pm	3	2	5	
Thurs 6:30am-7:30am	1	3	5	
Main interest is group meditation				3

Comments: Encourage class on Tues at UU; very few people come on Tues and need to do something else for UUs to be interested; maybe a different night or location may bring people

1a. Just happy to know you are here, keep me posted 2

2. Book Discussion Group and Study Group - Responses 11

	Very Interested	Somewhat Interested	Not that Interested
Book Discussion	5	3	3
Study Group	4	1	4

Comments: not have both – too much & unclear what differences are; schedule conflicts; like smaller groups; depends on book; add some other media - tapes, etc; book group goes on too long and rambles; can't do until 2011.

3. Friday Night Events / Talks - Responses 12

	Very interested	Somewhat interested	Not that interested
Talks by Teachers	6	4	1
Videos / Dvds & Discussion	7	2	1

Comments: DVDs with Pema Chodron

3a. Topics you would like to hear about

Impermanence; No Self; Metta for sure; Overview of Insight Meditation; Engaged Buddhism; 4 noble truths; More variety of topics such as koans, chants, yoga, humor, death, bodhichitta and bodhisattva, zen, Lojong slogans

4. Half Day Programs & Day Long Retreats - Responses 11

	Very interested	Somewhat interested	Not that interested
Half Day Programs	4	5	2
Day Long Retreats	5	4	1

Comments: some half days without teachers - sit & some discussion & maybe listen to a short talk on tape; favorite part of the sangha.

5. Number of Programs – Responses, some partial 11

	Too Many	Would Like More	Seems ok	Interested in some	Not for me

Half Day Programs - 2		3	5	4	2
Day Long Retreats - 3	2	2	3	2	2

Comments: good to have just 2 all days with really good teachers, people just are not coming and many leave before the retreat is over; two all days is enough; on half days, do some on our own – no teacher needed, just sit and have a discussion; not there yet, but may be interested; recommend 3 half and 3 full days

6. Dana (Donations) for Half Days and All Days. Responses 12

	OK with me	Too high for me
Half Day Program Dana	11	1
Day Long Retreats Dana	11	1

Comments: consider a membership fee, willing to pay; amazing low prices – best bargain in town and dana policy is extremely flexible

7. Introduction to Insight Class. Responses 8

	Very interested	Somewhat interested	Not that interested
Intro Class	7		2

Comments: think this is needed so people understand more and have some systematic training; good to do at UU on Tues

8. Suggestions and Additional Comments: Please include any thoughts you may have – topics you would like us to cover, new ideas for programs, etc. Responses: 4

Express my gratitude for IMC existing – big thanks to all; want KM groups; hope we can expand our core; add some day trips – community activities like hikes, kayaking, birding, and going to other sangha groups; look at more ways to bring meditation to other groups; need to be clear on our identity as an Insight Group or other; IMC Lewes is such a gift – a very heart felt group and low keyed, glad not to have any heavy admin.

Report on May 17, 2010 Education Committee Meeting

Reviewed Questionnaire Analysis (see below)

Discussed the following: strong support of Monday sittings mainly and also Friday Talks/Events; mixed on interest in full days and half days as well as number of each a year; mixed interest on Book and Study groups, comments doing both too much; strong ok on our dana/donation amounts for programs; strong interest in an Intro Class. Comments of appreciation.

Agreed: In 2011, have two full day retreats only and really focus on them with good topics, teachers, etc. No decision on number of half days, but experiment with one half day self led; stay with decision from Community Meeting to have just the Dharma Study Group and re-clarify the commitment to the group rather than coming and going as we did in the book group (Kathryn); work on an Intro Class (Kathryn and Kathy).

Reviewed Remaining Schedule for 2010 - Confirmed the following from July through Dec:

July/ Aug: Summer Recess Basically. Will hold a half day meditation session, self led with a facilitator including practice – sitting, walking, a review of the instruction, a short talk / reading and discussion. (Frani will check with St Peters on Sat Aug 21 from 9am- Noon - done). We also need to identify a facilitator (s).

Sept: Labor Day weekend, Sept 3-6, no 1st Friday Talk. Agreed to add an Intro to Meditation. Frani and Joe will lead this one. (Frani checked on and Sept 25 was set.)

Oct: Fri Talk Oct 1 & Sat Oct 2, Full Day Retreat with Luisa Montero-Diaz, Topic TBD (Nick will confirm with Luisa and obtain a short write up)

Nov: Fri Nov 5, Talk and Sat Nov 6, half day program, *Sound Meditation and Healing* with Carol Colacurcio (Nick will confirm – we have the write up)

Dec: holiday recess, no programs scheduled; no 1st Friday event, St Peters is unavailable – holiday events

Added the following: Half Day in house Meditation Session in August and Intro to Meditation in Sept

Added a Discussion Group one time a month on a Monday after sitting, open to everyone. Frani and Kathy will help with this and Kathryn will get an ok from the Study Group to set aside one Monday a month eg. 2nd Monday for the Discussion Group Monday.

Identify coordinators for Friday nights (Terry and Betty can no longer do it)

It was agreed to continue with two coordinators for Friday night talks/events and find two who will at least coordinate until the end of 2010. This means only Oct and Nov since no Fridays are planned for other months, due to summer and holiday recesses. Frani, Kathy, and Kathryn will work on this.

Ed / Planning Committee name, make up, and role

Discussed options – one is making us a Steering or Planning Group / Committee or other and adding 1-2 more people After a discussion we decided to rename our group the more appropriate Planning Group (since that is what we do), add a few more members and invite everyone to our planning sessions.

It was agreed not to have an administrative organization with lots of committees. We are simply a meditation community open to everyone of all traditions. We have no formal organizational status as a non profit religious group nor are we a membership group. The issue of our organization and how it works will be brought up in the next annual community meeting.

Concerns were raised about our organization, planning etc groups not really agreed upon by the community at large. This will be addressed in the next community meeting or annual meeting.

Pointed out that the structure of a few committees was established per one of our early Community Meetings and everyone was invited to participate in any one. Only the Education Committee remains and perhaps Finance, made up on one person, Nick serves as our Treasurer.

Our Planning Group is now made up of Nick Edge, Kathryn Harris, Kathy Idziak, Fran Rachles, and Joe Roche. It was agreed we should add more formal members of the Group and discussions are underway on best way to do this. Due to time constraints we did not get to this nor revisit our role nor discuss how to bring on formal members.

Agreed to invite everyone to our Planning Meetings

Discussion of Fundraising efforts and June event and Finances (including review dana policy for teachers): We did not get to these last two items due to time constraints.

Other: Need to start planning for 2011, at least the first six months. Nick suggested we meet in August or so, maybe in Sept after the new half day session. Note: We did ask Jon Waterman to come again in March 2011 for a Fri and all day retreat.