

A Community for all traditions.

- **Every one of all backgrounds is warmly invited to participate in all our events - no prior experience, no commitments.**
- Please remember Mike Forster and his family in your thoughts and practices. His wife Rita recently passed away after a long illness. Mike was a regular on Monday sittings.
- **Sound Healing Talk and Program** with Carol Colacurcio, cancelled twice due to our winter weather, is tentatively being rescheduled for the first weekend in November; our best date based on her and our schedule.
- **Tibetan Bon Practice Sessions:** Some of us are meeting one time a month for a practice session facilitated by Sue Greer. Everyone is welcome – no prior experience needed. If interested, contact Kathy at 302.703.2634 or kidz@comcast.net.
- **March 5, Fri Talk and March 6, Sat retreat:** You are invited to our first talk and retreat of the year with Jon Waterman on *Unconditional Presence*. Jon did a great, inspiring teaching last year and we are happy to have him return. This is one of our big events of the year and a great way to support our community. Please consider the all day Saturday retreat and the option of coming to the morning session only.
- **Community Meeting and Social on Sun, March 14, 4pm-6pm (details below).** Everyone is welcome.
- **Sat, March 20, 8:30am-1:00pm, a Delaware Ecumenical Contemplative Morning:** in Wilmington, see details below.
- **E-Newsletter:** If you have any items to add, suggestions, ideas or comments, please e-mail Kathy directly at kidz@comcast.net.

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/>.

MARCH EVENTS

March 5, Fri Talk, 7:30pm – 9:00pm and March 6 Sat Retreat, 9:00am – 4:00pm
***Unconditional Presence* with Jon Waterman**

Our suffering is rooted in not realizing who we are. When we experience how the mind really is, underneath all the mental “junk” we carry, we can bring pieces of the luminous calm mind back into our daily lives, we can undermine our negative habits, and live fully in the present. Jon will explore how the practices of unconditional presence and compassion can awaken us and free us to live from love and awareness.

Jon Waterman began practicing yoga and meditation in the 70s. His retreats focus on strengthening continuity of present moment awareness by combining mindful movement, insight dialogue & meditation techniques. Jon has a personal coaching practice and is a founding partner of Mind Body Health Associates, a group providing mindfulness based stress reduction programs.

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

Location - Sat Retreat: Biden Center in Cape Henlopen State Park, Cape Henlopen Dr. located 1 mile east of Lewes, 1/2 mile past the Cape May-Lewes Ferry Terminal.

***Suggested dana / donations:** \$5.00.

***Suggested dana for programs:** full day \$45, with lunch. You may attend only the morning session, at half-price.

***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.

Contacts:

Friday Talk: Betty at 302-645-9061 or ejkirk@verizonnet

Saturday Program: Nick at 302-945-4094 or info@imc-lewes.org.

March 14, Sunday 4:00-6:00 pm: Community Meeting & Social

Everyone is warmly invited to join us for an update on our activities, to share inspirations and ideas, and to celebrate our sangha. We will have appetizers and beverages, feel free to contribute a non-dessert appetizer or a favorite beverage to share. Please bring canned or boxed food items that we will donate to a local cause.

Location: Home of Nick Edge and Sharon Forrest, 17019 Bristol Rd., Lewes, DE 19958

Contact Nick at 302-945-4094 or info@imc-lewes.org.

Sat, March 20, 8:30am-1:00pm, a Delaware Ecumenical Contemplative Morning will be held at Resurrection Parish, 3000 Videre Drive, Wilmington, DE; a gathering of contemplative prayer practitioners from all over Delaware. The agenda will include two prayer periods, two DVD sessions, as well as group discussion and fellowship. The DVD sessions will feature Father Thomas Keating, co-founder of Contemplative Outreach (CO). CO is an international community of individuals and Centering Prayer groups committed to living the contemplative dimension of the Gospel in everyday life. Although CO identifies with the Christian contemplative heritage, it also affirms solidarity with the contemplative dimension of other religions and sacred traditions; contemplatives of all faiths are welcome. Please pre-register. Contact Jesus House at 302-995-6859 or angie2501@comcast.net. Please come with a brown bag lunch and a friend

IMC - Lewes Book / Discussion Group and IMC - Lewes Dharma Study Group

We have two groups: *The Book / Discussion Group* selects different dharma / Buddhist oriented books to read or a related topic and has a facilitator who leads a discussion. *The Dharma Study Group* focuses on a particular Insight Buddhist teaching and studies it in depth. The groups meet on alternate Mondays from 5:00- 6:00pm at St. Peter's Parish Hall. For inquiries, please e-mail us at info@imc-lewes.org

Book / Discussion Group: Mondays, March 8 and March 22: 5:00-6:00pm: (Jelaluddin) Rumi, mystical poet, Sufi scholar and teacher, a three session series. We will work with the handout on Rumi containing background information and several poems. This handout is available to everyone via e-mail or hard copy. Contact Kathy at kidz@comcast.net.

READING OF THE MONTH

.... (Rumi's) poems are not monumental in the Western sense of memorizing moments; they are not discrete entities but a fluid, continuously self-revising, self-interrupting medium. They are not so much *about* anything as spoken from within something. Call it enlightenment, ecstatic love, spirit, soul, truth, the ocean of *ilm (divine luminous wisdom)*, or the covenant of *alast (the original agreement with God)*. Names do not matter. Some resonance of ocean resides in everyone. Rumi's poetry can be felt as a salt breeze from that, traveling inland. From *The Essential Rumi*, translations by Coleman Barks

THE GUEST HOUSE

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.
Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

COMING in APRIL

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

Erik has guided several programs here. He has practiced and taught deep silent retreats since 1972. Erik 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

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>