

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
- April 30, Fri Talk, 7:30– 9:00pm and May 1, Sat Half Day, 9:00am – Noon: The Wisdom of Compassion with Erik Knud-Hansen
- Sat May 8, 9am-Noon, Introduction to Meditation
- SAVE the DATE, Sat, June 19 - Noon to 4pm Fundraiser Event: Our first effort to support our local community - jointly sponsored with the Rehoboth (Svaroopaa) Yoga Center. Join us for food, music, and fun to support Jusst Sooup Ministry. More info below. We will have separate flyers out soon.
- We also will explore another such event in the near future supporting another organization.

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/>.

EVENTS with Eric Knud-Hansen, Open to Everyone, No Experience in Meditation Necessary April 30, Fri Public Talk, 7:30 – 9:00pm -- The Wisdom of Compassion... Meditation/Inquiry Eric will focus on understanding the power and importance of acceptance, tolerance and empathetic being in one's daily life as well as in one's personal meditation practice.

Suggested donation/dana: \$5.00

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

Contact: John at 302-945-0729 or info@imc-lewes.org

May 1, Sat half day Program: Compassion in a Difficult World.... Meditation/Inquiry

What is the hindrance to a liberated heart? Is it real or imagined? How can I know beyond doubt? How do I not be fooled in a foolish world? Suggested donation/dana: \$25.00

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

Contact: John at 302-945-0729 or info@imc-lewes.org

Erik Knud-Hansen is a Dharma Teacher in the Buddhist tradition, with experience and training in each of the major schools, as well as in Taoism and Advaita Vendanta. He has been devoted to the practice since 1972, and has been teaching since 1984. Erik lives in private refuge in Hawai'i and is turning his attention to writing. He makes few public appearances now, and is available for consultation and guidance via phone and internet.

*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.

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

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

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

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 May: May 10 & May 24

COMING in June

Events with Anne Briggs: Fri June 4, Public Talk and Sat June 5 Full Day Retreat Fri Talk, 7:30 - 9:00pm: The Four Foundations of Mindfulness Sat Retreat, 10:00am - 4:00pm: Mindfulness of the Body .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.

Location: St Peter's Episcopal Parish Hall. Suggested dana for Talk - \$5 and for retreat, \$45 with lunch

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

Sponsors: Insight Meditation Community of Lewes and The Rehoboth Beach (Svaroopaa) Yoga Center
Event: Cook Out and Live band - Bare Feet (our local modern rock/classic music band with our own Nick Edge)

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

Location: The private 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: 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 Idziak, 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> and a recent article, <http://www.coastalsussex.com/weekly/Issue42910/>

READING OF THE MONTH from "The Eight Mindful Steps to Happiness" by Bhante Gunaratana The Buddha himself said that he taught only four ideas: dissatisfaction, cause, end and path. "Dissatisfaction" refers to the unhappiness we feel in our lives. "Cause" is the reason for the unhappiness: our undisciplined, grasping mind. "End" is the Buddha's promise that we can end suffering by eradicating our craving. "Path" is the eight steps we must take to reach the goal.

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 Meditation 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>