



## RIGHT ACTION IN THE ANTHROPOCENE: A BUDDHIST RESPONSE TO GLOBAL WARMING

**Bhikkhu Bodhi and Guests**

Friday, September 6th, 2019 from 7pm - 9pm  
Saturday, September 7th, 2019 from 10am - 5pm

Join us as we explore the causes that have brought us to climate crisis and solutions for this critical time in our world.

## THREADING THE HEART SUTRA

**Sally Boon Matthews**

Fridays, September 6th to October 4th, 2019 from 2:00pm - 6:00pm

Threading the Heart Sutra is a group project designed as a contemplative aid to encourage and explore the idea of visual meditation.

## WISDOM, LOVE AND PRESENCE: AWAKENING THE THREE CENTERS OF HEAD, HEART AND BELLY

**Martin Aylward**

Sunday, September 8th, 2019 from 10:00am - 5:00pm

A day of teachings for activating and exploring the 3 centers of experience: of embodiment, love, and intuition.

## THE POWER OF FORGIVENESS

**Elaine Retholtz**

Mondays, September 9th-23rd, 2019 from 9:30am - 11:30am

Examine forgiveness and how it can allow us to come more fully into our hearts and be a catalyst that transforms bitterness, anger, and grief into compassion.

## MINDFULNESS FOR CAREGIVERS: AN INTRODUCTION

**Joan Griffiths Vega**

Thursday, September 12th, 2019 from 1:30pm - 3:30pm

This program offers a set of teachings to help us learn how to reduce daily stress and well-being in our caregiving relationships.

## MONTHLY COMMUNITY POTLUCK

Friday, September 13th, 2019 from 7:00pm - 9:00pm

Join us for New York Insight's Monthly Community Potluck.

## BEGINNER'S WORKSHOP

**Lani Miller**

Saturday, September 14th, 2019 from 10:00am - 1:00pm

This comprehensive three-hour workshop will provide fundamental instruction in insight meditation.

## MINDFULNESS-BASED STRESS REDUCTION (MBSR) COURSES

with Elaine Retholtz beginning Fri, Sept 20th from 9:30am - 12:00pm  
OR with Jon Aaron and Savanna Jo (Upayadhi) Luraschi beginning Wednesday, October 2nd, 2019 from 6:30pm - 9:00pm

The 8-week MBSR course has helped thousands of people decrease the effects of stress in their lives, and to live their lives with more ease, vitality, and enjoyment.

## MINDFULNESS & TRAUMA: HEALING OUR WOUNDS WITH WISDOM AND COMPASSION

**Dr. Paul Epstein**

Sunday, September 22nd, 2019 from 10:00am - 5:00pm

In this retreat, we'll explore the pain and suffering that arises from unresolved, unprocessed trauma.

## THE TRUE PROMISE OF MINDFULNESS

**Mark Coleman**

Wednesday, September 25th, 2019 from 7:00pm - 9:00pm

In this evening talk, we will explore the aspects of Coleman's new book *From Suffering to Peace - The True Promise of Mindfulness*.

## THE WAY OF EFFORTLESS MINDFULNESS BOOK TALK

**Loch Kelly**

Friday, September 27th, 2019 from 7:00pm - 9:00pm

This evening of meditation and book signing is based on Loch Kelly's new book, *The Way of Effortless Mindfulness*.

## SHIFTING FROM HEAD TO HEART-MIND

**Loch Kelly**

Saturday, September 28th, 2019 from 10:00am - 5:00pm

Learn contemporary versions of effortless mindfulness that help you live from your heart-mind.

## DAY OF MINDFULNESS MEDITATION: SPIRITUAL FRIENDSHIP

**Bart van Melik and Rosemary Blake**

Sunday, September 29th, 2019 from 10:00am - 5:00pm

On this day of silence we'll reflect on how friendship can support us in cultivating a kind heart.

## INSIGHT AND RESILIENCE IN TIMES OF CHANGE

**Oren Jay Sofer**

Monday, September 30th, 2019 from 7:00pm - 9:00pm

Explore how our spiritual practice can be a source of healing

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## REGULAR SITTING GROUPS AT NEW YORK INSIGHT

NYI's ongoing meditation groups are offered to all people who wish to start, support, or deepen their meditation practice. Check [nyimc.org/events/month](https://nyimc.org/events/month) for the most up-to-date information on our sitting groups schedules.

## COMMUNITY OPEN HOURS

The center is open for community use Tuesday - Friday, 2:00-6:00pm  
The small room is available for self-guided meditation.

## QUEENS SANGHA

**Lani Miller**

Two Mondays a month, 7:00-8:30pm

Location: Church hall of the First Presbyterian Church of Forest Hills, 7035 112th St. Entrance on 112th St. between 71st Ave. & 70th Rd. (North side of Queens Blvd.)

Fee by donation; no pre-registration required

These sittings provide an opportunity for sangha members in Queens to meet for meditation, a Dharma talk, and discussion.

## PEOPLE OF COLOR SANGHA

Every 1st and 3rd Monday, 7-9pm

Fee by donation; no pre-registration required

**Please Note:** POC Sangha is not meeting on 9/2 due to Labor Day

This sitting group provides instruction in insight meditation and fosters mutual support among people of color who find nourishment and inspiration in the practice of meditation.

## LIVING URBAN DHARMA: MONDAY DAYTIME SIT

Every Monday, 12:30-2pm

Fee by donation; no pre-registration required

**Please Note:** LUD is not meeting on 9/2 due to Labor Day

Each meeting includes sitting and walking meditation, a Dharma talk, and a group discussion. Dharma talks evolve out of the needs of the participants.

## AGING AS A SPIRITUAL PRACTICE

Every Tuesday, 1:00-2:30pm

Fee by donation; no pre-registration required

This sitting group meets every Tuesday afternoon and is focused on aging as a spiritual practice and source of great wisdom. Open to all levels of practice and ages!

## BROOKLYN SANGHA

Every Tuesday, 7:00-9:00pm

Location: 386 First Street (between 6th and 7th Avenue)

Fee by donation; no pre-registration required

Led by NYI Teachers or Peer-Leaders, these sittings provide an opportunity for sangha members in Brooklyn to meet for meditation, a Dharma exploration and discussion to address practice issues. Every 3rd Tuesday is a teacher-led sitting.

## INSIGHT OUT REFUGE: LGBTQI SANGHA

Every fourth Monday of the month from 6:30pm-8:30pm

Fee by donation; no pre-registration required

Come join us for meditation and discussion to meet and socialize with other LGBTQI practitioners at New York Insight.

## TUESDAY DHARMA GATHERING

Every Tuesday, 7:00-9:00pm

Register online or pay what you can in person

This teacher-led gathering provides an introduction to insight meditation, as well as an opportunity to meditate in a supportive environment, meet teachers, hear a dharma talk, and participate in a dialogue about how to apply the principles of Buddhist meditation to our daily lives. If you are new to Insight Meditation, you can attend the Beginner's Orientation for guided meditation instruction from 7-8pm.

## HARLEM INSIGHT

Every first and third Wednesday of the month, 7:30-9:00pm

Location: 2211 Frederick Douglass Blvd (on 119th Street), Manhattan

Fee by donation; no pre-registration required

A team of Harlem meditation teachers will offer a period of guided sitting meditation, a walking meditation, and a talk and discussion.

## NEW JERSEY SANGHA

Every Wednesday, 7:00pm-9:00pm

Location: Ridgewood United Methodist Church, 100 Dayton St, Ridgewood, NJ

Enter the administration building to the left of the church to meet in the Hardenbergh Lounge.

Fee by donation; no pre-registration required

This sitting group provides an opportunity for sangha members in New Jersey to meet together for meditation, a Dharma reading, and discussion.

## THURSDAY NIGHT PEER-LED SITTINGS

Every Thursday, 7-9pm

Fee by donation; no pre-registration required

Peer-led sittings include a brief Dharma reading and time for a peer discussion.

## INSIGHT DIALOGUE SANGHA

**Bart van Melik**

Every 2nd and 4th Monday, 6:30-8:30pm

Location: 28 West 27th Street, 7th Floor (Room 704)

Fee by donation; no pre-registration required

Insight Dialogue Sangha is the merging of two sits – Monday night Dharma2 and the occasional Sunday Insight Dialogue.

These evenings will provide an opportunity to apply the teachings of mindfulness and compassion directly to interpersonal relationships and communications as well as within the context of daily life situations and universal themes.

## SACRED EARTH SANGHA

Every 2nd Monday of the month, 7:00pm-9:00pm

Fee by donation; no pre-registration required

Please join us for an evening of teaching, meditation, and discussion as we create a community around deep practice and conscious engagement of the challenges of the climate crisis.

## GENERATION MEDITATION

Every second and fourth Sunday of the month, 6:00-8:00pm

Fee by donation; no pre-registration required

This community meets on Sunday evenings to meditate, discuss Buddhist teachings, and provide mutual support in applying these practices to the specific challenges of early adulthood. This sangha welcomes those aged 15-35.

## DEDICATED PRACTICE SANGHA

Every Sunday, 6:00-8:00pm

Fee by donation; no pre-registration required

Sit and share with a friendly peer-led group of practitioners with a variety of Dharma study and practice experience.

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