

Dear Friends,

We'll meet online at our regular 7:00-9:00, Mountain time, this Tuesday evening, May 28. The Zoom meeting room will be open at 6:50pm and the silent meditation period will begin at 7:00pm. After the sitting meditation period we'll have a guest speaker. *Barry Gillespie* will give a talk entitled *The Three Modes of Practice: In the World, On the Cushion and On Retreat*.

Barry Gillespie was introduced to formal meditation practice in 1978, through the Sivananda Yoga Vedanta Ashram. In 2003 he began exploring Theravada Buddhist practice, sitting many long retreats at the Insight Meditation Society in Barre, MA and Spirit Rock in Woodacre, CA. Barry is an affiliated teacher with the Insight Meditation Community of Colorado (IMCC). He teaches in Boulder, in Zoom Land, and at the Rocky Mountain Ecodharma Retreat Center. www.barrygillespie.com

You must download the Zoom app ahead of time if you haven't already. For instructions on how to use Zoom, please go to: <http://www.davidchernikoff.com/online-sangha>. If you would like assistance using Zoom, please email me by 9am Tuesday and someone who can help will contact you.

To join the Zoom meeting:

To join the Zoom meeting: You can either click this link to join the Zoom Meeting
<https://zoom.us/j/7656871211?pwd=MmlyV2tQNnNXZW9kZWZPcEd6VFAwZz09>

Or, you can open the Zoom app and enter this information:

Meeting ID: 765 687 1211

Password: 944333

I'd like to thank those of you who made dana offerings after our previous online gathering. Our Tuesday night practice community supported by voluntary donations (*dana*— from the Pali language: “generosity freely moved to make a donation of any size, please:

—Use the buttons at the **bottom** of the page you'll find at the following link to donate via PayPal or credit / debit card: <http://www.davidchernikoff.com/online-sangha>.

—mail a check made out to **IMCC** to: IMCC c/o David Chernikoff, 255 Pawnee Dr., Boulder, CO 80303

Wishing you safety, good health, and a clear, open mind.

David

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