



Since 2013, The North Fork of Long Island [NOFOLI] Insight Meditation Sangha has been offering a weekly sitting group and a sitting one Sunday each month to support its members' practice through meditating and exploring together the mind/heart journey of the Buddha's Noble Eightfold Path. Beginning and experienced meditators are welcome and invited to participate.

With the intrusion of the COVID-19 virus into our lives, in-person sittings became neither practical nor safe. The availability of video conferencing software provides an opportunity for the Sangha to continue practicing and studying the dharma together.

Beginning June 14, 2020, the Sunday sittings will be offered online using the Zoom app. On Sundays the sitting will begin at 10:00 am and end at 12:00 pm. There will be a meditation for 30-45 minutes. Instruction is offered at the start of the sitting for those new to meditation or the way it is practiced in the Insight tradition. The Sangha's guiding teacher, Charmaine Henderson, will offer a dharma talk and lead a discussion about applying the teachings to our formal practice and daily life.

Beginning June 16, 2020, the weekly Tuesday night sittings will be offered online using the Zoom app. Each sitting will begin at 7:00 p.m. with a meditation of 30 minutes with guidance at the outset. The meditation will be followed by a dharma talk with time for reflections, questions and sharing about the practice. The sitting will close with a guided meditation and dedication of merit.

Those wishing to participate in the Tuesday or Sunday sittings will need to download the Zoom app and send an email asking to be included on the mailing list to www.nofoli.ims@gmail.com. Further information for using the Zoom app will be provided in a reply email.

* * * * *

Charmaine Henderson has been practicing insight and metta (lovingfriendliness) meditation for over 25 years and teaching for the last 19 years through New York Insight Meditation Center and other venues. Her primary teacher has been Matthew Flickstein, who trained with Bhante Gunaratana. Charmaine is a graduate of the Spirit Rock Community Dharma Leaders Program and other teacher training programs. She is a member of the New York Insight Meditation Center's Teacher's Council. Charmaine emphasizes the integration of contemplative practice into daily life. Charmaine is available for individual meetings to discuss and guide your practice.

NOFOLI

**North Fork of Long Island
Insight Meditation Sangha**

**Insight Meditation
(Vipassana) Sittings
online from the East End
of Long Island for 2020**

**Third Sunday of the Month
from 10:00am to Noon
June 14, July 19, August 16
September 20, October 18
November 15 & December 20**

**Weekly on Tuesdays from
7:00 pm to 8:30 pm
June 16-December 17, 2020**

For further information:

**E-mail:
nofoli.ims@gmail.com**

**917.734.2506
631.734.8582**