



November 2024

Dear sangha member,

Another year... another move... another reason to support VIMC!

After our third move in as many years, we feel grateful for our new home at 28 Vernon Street in Brattleboro. The new meditation hall is twice as large as our last space. It's quiet. It's warmed with dependable heat. And for our growing number of Zoom friends, we now provide better connection with those in the hall through fiber optic internet and a new microphone.

Your gift today can help us continue expanding our practice offerings in this supportive space.

The generosity of the sangha has allowed Vermont Insight teachers to offer retreats and courses on rich themes like poetry, freedom, the self, emptiness, ill will, and self-compassion.

Donors like you have also given the sangha chances to deepen our practice this year with visiting teachers Leigh Brasington, Winnie Nazarko, Bodhipaksa, and many others. As a special treat, we even hosted a two-day retreat in Marlboro with Rachael O'Brien this fall!

As a participant of two VIMC retreats said: **“My practice has a sense of direction now, and a path for cultivating the qualities I want to act in the world with.”**

Thanks to you and other donors, VIMC helps sangha members benefit themselves and the world around them regardless of their ability to pay.

While our recent level of dana easily covered the very low rent of this past year, our new, larger home comes with higher rent and internet costs, similar to what we paid prior to our time at the church.

Your gift will help us maintain our capacity for deep practice in our new home, both for local sangha members and those Zooming in.

With gratitude,

Steve Wangh, Board Chair
Vermont Insight Meditation Center

P.S. Help VIMC thrive with varied practice opportunities in our spacious new home! Thank you for giving in whatever way also contributes to your well-being.