



THE INSIGHT MEDITATION COMMUNITY OF WASHINGTON

## **IMCW Lesbian, Gay, Bisexual, Transgender & Questioning Sangha**

*" . . . forgiving oneself, moving away from shame and internalized oppression, is the beginning of spiritual practice, the beginning of personal integration, the beginning of the opening of the heart . . . and such forgiveness is possible only through uncompromising honesty and self-examination, humility, and a willingness to let go of belief systems and constructed point-of-view . . . so that we finally open to the marvelous journey in celebration and gratitude . . ."*

**-Caitriona Reed**  
**[www.manzanitavillage.org](http://www.manzanitavillage.org)**

### **Aspirations of the IMCW LGBTQ Sangha:**

- To explore our LGBTQ identities in the light of the dharma, across multiple and intersecting lines of difference that include, but are not limited to: sexuality, gender, race, ethnicity, socio-economic class, age, and dis/abilities.
- To provide a safe and intimate space where LGBTQs can deepen the practice of meditation and mindful dialogue
- To study the dharma from diverse perspectives and to inspire insightful discussions
- To cultivate a sense of belonging and community both within the LGBTQ sangha and the larger IMCW sangha

Meetings are held on a monthly basis in Woodley Park, DC.

Check out our webpage: <http://www.imcw.org/lgbtq>

*For meeting information or to join the IMCW LGBTQ e-mail list, please contact:*

*La Sarmiento at [la\\_sarmiento@yahoo.com](mailto:la_sarmiento@yahoo.com) or 202.997.1399*

**May you and your practice grow and thrive.**

**[www.imcw.org](http://www.imcw.org)**