



THE INSIGHT MEDITATION COMMUNITY OF WASHINGTON

IMCW People of Color 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**

Aspirations of the People of Color Sangha

- To explore our identity as People of Color in the light of the dharma, across multiple and intersecting lines of difference that include, but are not limited to: race, ethnicity, sexuality, gender, socio-economic class, age, and dis/abilities.
- To provide a safe and intimate space where People of Color 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 People of Color sangha and the larger IMCW sangha

Meetings are held on a monthly basis.

Check out our webpage: <http://www.imcw.org/people-color>

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

***La Sarmiento at la_sarmiento@yahoo.com or 202.997.1399
Renee Ater at aterhill@hotmail.com or 202.368.0308***

**May you and your practice grow and thrive.
www.imcw.org**