

WOODLEY PARK SANGHA

By Hugh Byrne

The Woodley Park Sunday morning meditation group, led by Hugh Byrne, has been meeting for about four years. The class includes two 30-minute

sittings (with instructions), a ten-minute period of walking meditation between the sittings, and about half an hour at the end of the session to focus on a particular area of sitting or daily-life practice, or for questions or checking in.

The group—which averages 10-12 participants—includes practitioners who have been attending for 2-3 years as well as people who are new to meditation. It is a welcoming and supportive group and the Sunday sessions are for many an oasis in a busy week—a regular opportunity to share Dharma teachings and practices in a supportive community. After the sitting, those with the time and inclination often adjourn to a nearby coffee shop to continue the Dharma discussion or for more informal sharing or exploration of the state of the world.... Participants may bring a cushion/zafu for sitting meditation

Class meets Sunday mornings from 10:00 am - 12:00 noon.

Led by Hugh Byrne

WASHINGTON, DC - ALL SOULS SANGHA

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All Souls Unitarian Church is located in one of the most diverse and vibrant neighborhoods in Washington, DC — amidst African-American, Latino, and Anglo communities, and with a socioeconomically diverse population, and a significant Gay and Lesbian community. All Souls Church itself has a rich history of engagement in social justice and civil rights activism going back to the struggle against slavery in the 19th Century that continues today in its emphasis on social justice and the creation of a diverse and welcoming community at the core of its mission.

Since the beginning of 2004, IMCW has offered meditation classes on Sunday evenings at All Souls. Kevin Berrill helped launch the Class, which is now led by Hugh Byrne in a spacious room with a wood floor and soaring high ceiling. The sounds of the city come through the high windows in the urban setting. Class consist of two periods of sitting meditation (each of 20-25 minutes), a short Dharma talk, a period of walking or moving meditation between the sittings and time for questions. The size of the group averages 15-20 and includes people new to meditation and experienced

practitioners, drawing from both the immediate neighborhood, parishioners and some who attend other IMCW classes as well. There is a sweet intimacy in this small gathering. From time to time guest teachers lead the class, including Tara Brach, Sharon Salzberg, and members of the IMCW Teachers' Council.

The class is preceded by an hour of Qigong and moving meditation led by Peter Mosher and Ken Yamaguchi-Clark. The movements are simple, rhythmical and centering and can be entered into without any previous experience. This moving meditation provides wonderful preparation for sitting meditation. Both sessions are offered on a dana basis and one can attend one or both.

Class meets Sunday evenings from 6:00-7:30 pm. Qigong from 5:00-6:00 pm.
Led by Hugh Byrne