

# InterSangha 2015

Aug 5-9

Insight Retreat Center

**Conference Theme: *Leadership: Buddha, Dhamma, and Sangha***

## Wednesday Aug 5

(silent periods in blue)

- 1:30 Check-in begins
- 3:45 Opening Circle and Orientation to IRC
- 4:30 Group sitting
- 4:45 Intentions and Aspirations
- 5:30 Supper
- 6:15 Work meditation for some
- 7:30 **Opening session: The Many Faces of Leadership in Insight Sanghas (Kim Allen)**
- 8:15 Sitting
- 8:45 Sleep / enter silence until after breakfast

## Thursday Aug 6

(silent periods in blue)

- 6:00 Wake up
- 6:30 Sitting (meditation hall)
- 7:10 Sangha Service
- 7:30 Breakfast
- 8:00 Work meditation for some (talking allowed in public spaces if not working)
- 9:00 *Morning Session:*
  - 9:00-9:15 Short sitting and announcements for the day
  - 9:15-10:15 **Session 1: Community as Practice (Wynn Fricke)**
  - 10:15-10:45 Break
  - 10:45-11:45 Two Parallel Sessions:
    - Session 2a: How the Buddha Led and Taught (Diana Clark)**
    - Session 2b: Dharma in Spanish (Andrea Castillo)**
  - 11:45-12:10 Sitting (community room)
- 12:15 Lunch
- 12:45 Work meditation for some
- 1:45 *Afternoon Session:*
  - 1:45-2:00 Sitting and brief announcements
  - 2:00-3:15 **Session 3: Choosing and Developing Volunteers and Leaders (Ines Freedman)**
  - 3:15-3:45 Break
  - 3:45-5:00 Two parallel sessions:
    - Session 4a: Leadership in Peer-Led Sanghas (Shelley Gault)**
    - Session 4b: Creation Session: Sangha Start-Up Kit (Led by Mary Stancavage)**
- 5:00 Break / optional sitting in meditation hall

5:30 Supper  
6:00 Work meditation for some  
7:00 *Evening Session:*  
7:00-8:30 **Session 5: Panel: The Dharma in Society (Liz Powell, Lloyd Burton, Leanna Stoufer / Moderator: Vicky Mattson)**  
8:30-9:00 Sitting  
9:00 Sleep / Enter silence until after breakfast

### **Friday Aug 7**

(silent periods in blue)

6:00 Wake up  
6:30 Sitting (meditation hall)  
7:10 Sangha Service  
7:30 Breakfast  
8:00 Work meditation for some (talking allowed in public spaces if not working)  
9:00 *Morning Session*  
9:00-9:15 Short sit and announcements for the day  
9:15-10:30 **Session 6: Compassion and Common Suffering (Sue Taylor and Lori Wong)**  
10:30-11:15 Sitting  
11:15-11:30 Break  
11:30-12:15 **Three options: Facilitated Discussion on Diversity (Sue Taylor and Lori Wong) / Movement (Wynn Fricke) / or Rest Time**  
12:15 Lunch  
12:45 Work meditation for some  
1:45 *Afternoon Session: Practice Period*  
1:45-1:50 Brief announcements  
1:50-2:30 Sitting  
2:30-3:00 Walking  
3:00-3:30 Sitting  
3:30-3:45 Break (Talking resumes)  
3:45-5:00 **Session 7: Financial Models for the Insight Movement (Anushka**

### **Fernandopoulle)**

5:00 Break / optional sitting in meditation hall  
5:30 Supper  
6:00 Work meditation for some  
7:00 *Evening Session:*  
7:00-8:30 **Session 8: Heart Qualities in Leadership (Robert Cusick and Kim Allen)**  
8:30-9:00 Sitting  
9:00 Sleep / Enter silence until after breakfast

### **Saturday Aug 8**

6:00 Wake up  
6:30 Sitting

- 7:10 Sangha Service
- 7:30 Breakfast
- 8:00 Work meditation for some (talking allowed in public spaces if not working)
- 9:00 *Morning Session:*
  - 9:00-9:15 Short sitting and announcements for the day
  - 9:15-10:15 **Session 9: Ethical Responsibilities in Sangha Leadership (Rich Howard and Matthew Brensilver)**
  - 10:15-10:45 Break
  - 10:45-12:00 **Session 10: Handling Conflict (Members of East Bay Meditation Center's Restorative Justice Council)**
  - 12:00-12:15 Short sitting and introduction to Open Sessions
- 12:15 Lunch
- 12:45 Work meditation for some
- 1:45 **OPEN SESSIONS**
- 3:00 Re-gather in community room
- 3:15 IRC Work Meditation session
- 4:00 **Integration Session (Kim Allen)**
- 4:30 **Community Circle**
- 5:15 *Session Phase of Conference Ends*
- 5:30 Supper
- 6:00 Work meditation for some
- 7:00 **Optional evening outing into Santa Cruz**
- 8:30 Optional sitting in meditation hall
- 9:00 Sleep / Enter silence until beginning of breakfast

### Sunday Aug 9

- 6:00 Wake up
- 6:30 Sitting (meditation hall)
- 7:10 Sangha Service
- 7:30 Breakfast (talking OK)
- 8:00 Work meditation for some / room cleaning for others
- 8:45 Gather in Community Hall
- 9:00 Cleaning of IRC
- 10:00 Depart