

Insight World Aid eNewsletter



Volume 1

December 12, 2010

Announcing Insight World Aid

Gil Fronsdal and members of the [Insight Meditation Center](#) (IMC) have created a new non-profit called [Insight World Aid](#) (IWA) in order to provide medical and humanitarian aid to impoverished communities worldwide. This is an exciting extension of the Buddhist practice of our community.

IWA's First Proposed Project:

We are currently organizing a volunteer medical and humanitarian aid mission to Cambodia for late 2012. The project will establish a temporary medical clinic, provide nutritional and hygiene support and education, and assist with repair/construction of local infrastructure of a small community in Cambodia. Volunteers will have the opportunity to help people in need overseas while learning more about this ancient culture. The trip will be of 2 week duration and will include teachings and practice of insight meditation. Organization for this project currently includes identifying communities in need in Cambodia, exploring partnerships with organizations and individuals, recruiting volunteers, and fundraising.



Angkor Wat, Cambodia at Sunset

An IWA Special Event at IMC:

Launching Insight World Aid: A Presentation on its Mission

Sunday, March 13 11:00 a.m. - 12:00

At Insight Meditation Center of Redwood City
108 Birch Street Redwood City, California 94062

Gil Fronsdal and other members of IWA will be introducing its mission and its upcoming Cambodian project. There will be a slide show and discussion about socially applied Buddhist practice. This event will be held after the regular Sunday morning services at IMC. Please come and participate in what is sure to be an interesting and important presentation on our organization.

Who we are:

Board of Directors:

Gil Fronsdal, PhD (President) is a Buddhist teacher at the [Insight Meditation Center](#) in Redwood City, California. He directs the [Sati Center for Buddhist Studies](#) where he teaches programs in Buddhist Chaplaincy. Gil has been active in establishing guidelines and procedures for Buddhist organizations to resolve conflict and ethical issues. He has a Ph.D. in Buddhist Studies from Stanford University and has authored several books on Buddhism.

Nancy Smee, PhD, CNM, MPH (Secretary) is a university professor, researcher, and certified nurse-midwife. She teaches epidemiology, community health, and healthcare policy and ethics. Her research areas are HIV/AIDS with a special emphasis on the prevention of mother to child transmission, and the healthcare of vulnerable populations. She has worked in Zimbabwe and Tanzania with HIV/AIDS prevention and treatment programs. Nancy has practiced meditation in the Zen and Vipassana traditions since 1993. She is on the board of [Insight Meditation Center](#) in Redwood City and teaches and practices yoga in Palo Alto.

Jeff Hardin MD, PhD (Treasurer) is an emergency medicine physician who has been practicing vipassana since 2000. He has participated in several medical aid volunteer missions in Latin America and Asia. He is on the board of the [Sati Center for Buddhist Studies](#), a mentor for the [Sacramento Insight Meditation](#) group, and a student in the [Spirit Rock](#) Community Dharma Leaders program. He is also the West Coast Coordinator for [Buddhist Global Relief](#).

Board of Advisors:

Ven. Bhikkhu Bodhi is an American Buddhist monk originally from New York City. After living as a monk in Sri Lanka for twenty-four years, he now resides at Chuang Yen Monastery in upstate New York. Ven. Bodhi is a prolific writer of Buddhist essays and books and has translated and commented extensively on the Pali suttas. He is now in the final stages of a complete translation of the Anguttara Nikaya, to be published by Wisdom Publications. In 2008 he founded [Buddhist Global Relief](#) (BGR), a non-profit organization that provides relief from poverty and hunger among impoverished communities worldwide. In just two years, BGR has launched over fifteen projects in Asia, Africa, and the U.S.

Basil Stamos, MD is the former chairman of Sterling Stamos Corporate Philanthropy. He currently serves on the Board of Directors of two non-profits, [Friends Without a Border](#), which funds and supports the Angkor Hospital for Children in Cambodia, and [FACE AIDS](#), a global youth movement to fight

HIV/AIDS. A licensed general internist, Basil worked for 10 years at the Tom Waddell Clinic in San Francisco, serving a predominantly homeless population.

Beth Goldring is an American Zen nun in the Japanese Rinzei tradition. She is the founder and director of [Brahmavihara/Cambodia AIDS Project](#) which has been providing Buddhist chaplaincy services to destitute AIDS patients and their families in Phnom Penh, Cambodia since 2000. She is a former ballet dancer, university humanities teacher, and human rights worker. She was ordained in 1995. Currently she studies vipassana with Gil Fronsdal. Beth has received a number of awards for Brahmavihara's work.

How to get involved:

1. **Volunteer** - Insight World Aid is in need of volunteers. We need both people with medical training and qualifications and also people with non-medical skills. If you would like more information regarding donating your time and skills to IWA please contact us at the email below.
2. **Donate** - Insight World Aid is now accepting donations. We have filed for 501 (c) 3 status but do not yet have non-profit approval. At this point we cannot guarantee that any donations made to IWA will be tax-deductible under IRS and California tax code. If you would like to make a donation at this time please send your check to our mailing address below.
3. **Spread the word** – If you know someone who may be interested in our work, please forward this email to them or give them the link to our website. Also, please bring a friend to our IMC event on March 13, 2011.

How to contact us:

Our Website: insightworldaid.org

Our Mailing Address:

Insight World Aid

108 Birch Street
Redwood City, CA 94062

Phone: (650) 599-3456

Email address: insightworldaid@gmail.com

For more information about IWA or to be **added** to or **removed** from this email list write: insightworldaid@gmail.com

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