



*“ . . . what happens in that alive, open space called the patient-practitioner relationship demands such close attention. It is an embodiment, a direct expression of interconnectedness and interdependence. Beyond a doubt we work on ourselves as a means of helping others, and simultaneously, working with others is a way of working on ourselves.”*

*The simple truth of this is hard to open up to because it changes the entire nature of the healing relationship from one of fixing and rescuing, or authority and domination, to one of service, collaborative creativity, and inquiry. This alone is a cracking open of our imagined sense of self and position. For our work and our privilege is to assist and accompany others into the discovery of their own intrinsic wholeness existing behind illness, even when death is close at hand or when one faces living with chronic illness.”*

*from Saki Santorelli, **Heal Thy Self***

## Medicine and Compassion A Symposium

Sunday, October 7, 2012  
1pm - 4pm  
Insight Meditation Center  
108 Birch Street, Redwood City

Modern medicine offers a vast array of technical options to deal with the physical ravages of aging and illness. However, the most effective ingredients to inner well being and healing are mindfulness and compassion. As this is being increasingly recognized, the medical world is undergoing a revolution in having compassion serve a



IWA tote \$20.  
All proceeds benefit the 2013  
Cambodia Aid Mission.

---

## FRIENDS of the TRIP

Please join our Friends of the Trip Campaign to help purchase medical supplies for our Cambodia Aid Trip. All contributions are tax-deductible. Contributions of \$500 or more will receive a limited edition IWA T-shirt.

100% of your contributions will go towards medications and medical supplies for our patients in Cambodia.

Make a donation by cash, check, or paypal or Commit to a fundraising goal (\$500 suggested).

Find out more and sign up at:  
[insightworldaid.org](http://insightworldaid.org).

central role in patient care and self-care. We are discovering how important it is for both patients and medical providers to include caring attention as part of medical treatment.

This experiential workshop will explore mindfulness and compassionate care in working with illness and wellness. The program will include: Presentations on medicine and compassion, small group exercises, group discussions, and guided meditations on mindfulness and compassion. Please join us for what will be an interesting and informative afternoon.

#### Facilitators:

**Nancy Smee**, PhD, CNM, MPH is the Secretary for IWA and on the IMC board of directors. She is a university professor, researcher, and certified nurse-midwife. She teaches epidemiology, community health, and healthcare policy and ethics. 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 teaches and practices yoga in Palo Alto.

**Jeff Hardin**, MD, PhD is the Executive Director for IWA. He works as an emergency department physician and has traveled extensively and served on several volunteer medical missions to developing nations. He has been practicing insight meditation since 2000 and is a meditation instructor and practice mentor at the Sacramento Insight Meditation group. Jeff is also a student in the Spirit Rock Community Dharma Leader Program.

---

## Team IWA Participates in Buddhist Global Relief's Walk to Feed the Hungry

Support Team IWA on the **Buddhist Global Relief Walk to Feed the Hungry** in San Francisco on October 13th. You can join us on the walk and/or support us by donating to our special event fundraising page at **First Giving**.

All proceeds from this event will go to **Buddhist Global Relief**.

At 12 noon we will start this four mile walk at the oldest Buddhist temple in Chinatown and wend our way through to Japantown, home of the **Japan Center Peace Pagoda**, stopping at other temples along the way, and ending at the **San Francisco Zen Center**, where there will be an opportunity to meditate, congratulate each other on an afternoon well spent, and enjoy tea and cookies.

San Francisco has a rich Buddhist history. There will be opportunities to see beautiful shrines as well as beautiful

## Cambodia Aid Trip 2013

Our Cambodia Aid Trip 2013 will take place February 20 to March 7, 2013. The purpose is to provide medical and humanitarian assistance for an impoverished community in Cambodia.

We are forming a small group of health professionals and other individuals who are interested in serving others while practicing mindfulness and compassion. We will be working in temporary free clinics and at an orphanage in Takeo Province for the first week. We will be touring the country for the second week.

Applications to join the trip are due November 15, 2012. and are available on our website: [insightworldaid.org](http://insightworldaid.org).



### Cambodia Trip Volunteer Meeting

There will be a meeting for the volunteers going on the February Cambodia Aid trip at the Insight Meditation Center on December 2, 2012. Trip details and preparation will be discussed. Trip volunteers will receive notice on this individually.

### Insight World Aid Needs Volunteers

We are still in need of a Volunteer Coordinator, a Local Projects Team, fundraisers, grant researchers and grant writers

Opportunities to practice compassion in action continue to be available. All teams welcome volunteers. No experience necessary! Visit our website for details.

views as we visit some of the city's high spots (yes, there will be some hills to climb). Of course, the greatest opportunity of all is to express our compassion through helping the poorest of the poor around the globe.

Walkers are encouraged to join in or depart as they desire. Everyone is encouraged to set a personal intention before walking, and those who wish to walk mindfully in silence may do so, but it is not required. Feel free to walk at your own pace. It will be a time for practice, mindful walking, spreading loving kindness, making spiritual friends, and exercise.

Enjoy a pilgrimage of harmony amongst many as we visit interesting locations including: **Norras Temple, San Francisco Zen Center, San Bao Temple, Buddhist Church of San Francisco, Soto Zen Buddhism International Center, and the Vietnamese Buddhist Association of San Francisco.**

Part of the proceeds from the walk will go to **St. Anthony's Dining Room** where hot meals are given to the hungry in San Francisco. **Buddhist Global Relief** has also recently given a grant to **Glide Memorial's Daily Free Meals Program** in San Francisco.

Many groups are helping to support the event: **Berkeley Buddhist Monastery, SF Zen Center, Norras Temple, Institute for World Religions, Dharma Realm Buddhist University, Aloka Vihara and Karuna Buddhist Vihara.**

Participants are encouraged to wear white clothing if possible, such as a white T-shirt. Please bring a water bottle, sun-hat, and whatever else you may need for comfortable walking. San Francisco can be cooler than one expects.

Pre-register online to walk. A video explaining how to register on **FirstGiving** can be found on YouTube.

Registration/Check in for all participants begins at 12 noon at **Norras Temple** on October 13.

For more information and to sign up visit:

<http://www.firstgiving.com/fundraiser/IWA/san-francisco-walk>

## Support Insight World Aid

1. **Volunteer:** Insight World Aid is in need of volunteers. We appreciate help from both people with medical training and qualifications, and also people with non-medical skills.

IWA is seeking volunteers to help fundraise and research grants. No experience needed. Opportunities to volunteer are also available on the communications, local projects and international teams.

If you would like more information regarding donating your time and skills to IWA please visit our website and download a volunteer description list and application.

2. **Donate** - Insight World Aid is now accepting donations. As a non-profit 501 (c) (3) organization, donations made to IWA are tax-deductible. If you would like to make a donation at this time please send your check to our mailing address below or visit our website to donate through PayPal.

3. **Spread the word** – If you know someone who may be interested in our work, please forward this information to them or give them the link to our website.

---

## How to contact us

**Our Website:** [insightworldaid.org/](http://insightworldaid.org/)

**Our Mailing Address:**

Insight World Aid  
108 Birch Street  
Redwood City, CA 94062

**Phone:** (650) 241-9616 (voicemail)

**Email:** [insightworldaid@gmail.com](mailto:insightworldaid@gmail.com)

**Facebook:** [www.facebook.com/InsightWorldAid](http://www.facebook.com/InsightWorldAid)

---

Insight World Aid is a 501(c)(3) organization that provides volunteer aid to impoverished communities worldwide. IWA was started by members of the Insight Meditation Center of Redwood City to provide opportunities to practice compassionate action.