



Feed the Homeless in San Francisco

Join us on **Sunday, July 14, 2013** when we participate with the Saranaloka nuns on their monthly walk through the Tenderloin, handing out food and coffee to the homeless.

Volunteers prepare meals consisting of sandwiches and soft fruit the night before on their own, and bring them to distribute to homeless people in this neighborhood. The group meets at 7:30 a.m. at the Starbucks at the Whitcomb Hotel, 1231 Market (between 8th and 9th).

If you are interested in joining this local service mission please RSVP with coordinator **Judith Ross**, JudithRoss7@gmail.com. Judith will be organizing a carpool from the Daly City Bart station.



Jeff Hardin tending an injury on site in Cambodia

Calling All Volunteers!

Insight World Aid is pleased to announce **Beverly Spiker** as our new Volunteer Coordinator. Thank You Bev!

Our volunteer teams are on the move with engaging new projects. We continue to welcome new community member volunteers who want to get involved by reaching out and providing services for people in need.



Insight World Aid Gains Two New Board Members

Insight World Aid welcomes two new board members this month: **Bonnie Goodman** and **Therese Strum**.

Bonnie Goodman, MA, CT is a grief counselor, with over 30 years of counseling experience in both private practice and non-profit agencies. She has practiced Vipassana meditation at Insight Meditation Center since 1989. Bonnie has traveled extensively around the world, and volunteered at a children's center in Cambodia, during Insight World Aid's first medical/humanitarian mission.

Therese Strum, JD, is an Investigator and has over 25 years of experience in the field of Social Work. She has practiced meditation for the past ten years. Therese traveled abroad as a member of the Insight World Aid 2013 medical mission in Cambodia.

Sock Drive Kickoff

The *Just Do It Sock Drive* is kicking off to help with foot protection for adults with diabetes and alcoholism. Socks will be distributed at the **Friendship House**, a Native American residential treatment program in San Francisco.

Please contribute new, clean socks by placing them in the Sock Drive bin at Insight Meditation Center in Redwood City.

Just Do It runs through August 24.

We have four volunteer teams:

- **Resource Development:** grant writing and fund raising
- **Communications Design:** publications, media, newsletters, website, social media
- **Local Service Projects:** planning and support for one-day service fairs, food and clothing drives
- **International Service Projects:** planning and support for international mission trips

If you are interested in joining any of our projects, please contact Bev Spiker, our volunteer coordinator at volunteer@insightworldaid.org.

Please help us build IWA into a great service organization that demonstrates *Wisdom and Compassion in Action*.

Cambodia Mission Blog: Wat Opot – It's Hard to Say Goodbye

from *Emily Girschick's Cambodia Mission blog*

There were many teary eyes as we got on our bus to leave Wat Opot this afternoon. Saying goodbye is never easy, but in a community that is so used to saying goodbye, I was surprised that it was still this hard.

Over the past week, I convinced myself that this resilient community had developed the super-human ability to defend against suffering. To protect my own fragile heart, I imagined their past loss would help make our departure quick and painless. Of course, I wasn't aware of this imagined story until I witnessed the very human suffering that everyone was experiencing. The shared human condition. There is no escaping it.

As the bus pulled away, it became clear that it is the authenticity that makes this community so special. The children experienced the loss of the IWA team fully, but as they do after each loss, they returned to their routine to experience joy just as fully. Knowing this, I opened to the loss I was trying to protect myself against and began to cry.

The ride back to Phnom Penh was silent, but we warmly shared in the joy and the loss, as well as the extreme gratitude for all of our little teachers that we fell in love with. Thank you, Watopotians, you will be in our hearts forever.

How to contact us

Our Website: insightworldaid.org/

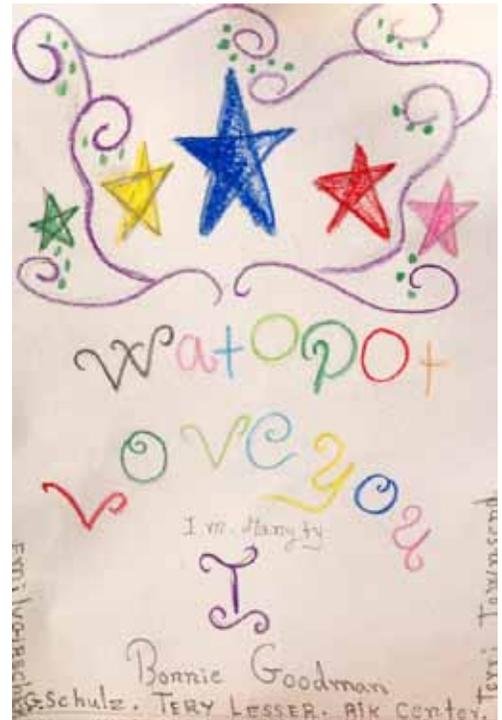
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Insight World Aid Tweets

Check out our twitter feed:

<https://twitter.com/InsightWorldAid>

Support Insight World Aid

1. **Volunteer:** Insight World Aid (IWA) 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.