



Cambodia Medical Mission 2013

## What's In a Name?

By Gil Fronsdal

In the name Insight World Aid, *world* rests between *insight* and *aid*. The world is the bridge between our insight and our compassion; it is where the two can join as partners supporting each other. Insight World Aid exists as an organization where insight and compassionate aid are consciously brought together. The function of insight is to free us from clinging and fear; the function of compassion is to respond to the suffering of the world. Bringing the two together helps us find inner freedom and peace in the midst of serving others. In doing so, we serve not only others but also ourselves.

Since its inception in 2010, Insight World Aid has become a vehicle for offering generosity and compassionate care to those who would not otherwise receive adequate health care. So far we have traveled on a medical mission to Cambodia, participated in free health clinics in the Bay Area, and held drives to collect supplies for people in need. These initial projects have given us a strong foundation and direction for our ongoing work.

Many people have stepped forward to support the mission of Insight World Aid. We are a growing number of volunteers who,

## Volunteer Meeting

Sunday, January 19, 11:30-1:30  
(after the temple cleaning)

Insight Meditation Center  
108 Birch Street, Redwood City, CA

Please join members of Insight World Aid in a discussion of our local and international projects and find out how you can get involved. No experience is necessary. All are invited to attend.

## Volunteers Needed

Two teams have important openings that would be good to fill as soon as possible.

**Communications/Design has four pressing needs:**

- **Web Editor/Webmaster:** Makes periodic changes to the website, polishes blog posts (adding links and photos), and manages the site layout. Approximate time involved: 1 - 2 hours per month.
- **Social Media Manager:** Posts updates to Facebook, Twitter, and YouTube, responds to comments, and answers or refers questions to appropriate teams. Approximate time involved: 1 hour per week.
- **Bloggers for local projects:** Document our participation through writing, photographs, videos, and other media. Post updates on the blog. Approximate time involved: 1 - 10 hours per project.
- **Graphic Designer:** Creates brochures and logos; edits and manages images library. Approximate time involved: 1 - 2 hours per month.

**Resource Development has one important volunteer opportunity:**

- **Tech-Savvy Fundraiser:** Investigates online fundraising sites, such as Kickstarter and Chipin, and works with project leaders to set up online fundraisers as needed. Approximate time involved: several hours investigating online fundraisers, then 1 - 5 hours per project.

in addition to participating in service projects, help with behind-the-scenes tasks such as bookkeeping, preparing the newsletter, and researching future projects. We are also fortunate in having a talented board of directors.

We are very grateful for the financial donations we have received. Because Insight World Aid is run completely by volunteers, our overhead is very low. That means almost all our money goes to service projects directly benefiting those we serve.

Insight World Aid is a start-up with lots of potential. As projects, volunteers, and funding continue to appear, I am confident we will bring much-needed benefit to many people.



Insight World Aid Volunteer: Christine Bitonti

## Volunteer Profile: Christine Bitonti

**Inspiration to volunteer:** I had a rewarding experience on the Cambodia mission and wanted to contribute more to Insight World Aid. I offered to do some grant writing and Jeff asked me to chair that committee. Belonging to a Buddhist service organization appeals to me because service is an important part of my practice.

**High point so far:** Getting to know other Buddhists on the Cambodia mission and making a few new friends. I live in a rural area and have to drive more than two hours round trip to practice with other people. The relationships I formed on the Cambodia trip are very special to me.

**Low point:** Haven't had one yet!

**Role in Cambodia:** I mostly assisted the medical personnel in the pediatrics/women's health area, finding supplies, keeping order in the waiting area, escorting patients, and the like. As a licensed clinical social worker, I also helped in the psychiatric area.

**Who we served:** The Cambodians we served were very poor with little or no access to medical care. Often they had to come long distances to stand in line — for hours sometimes — to get into our clinics. Entire families would sit together, talk, eat whatever food they had brought, and sometimes laugh and play. They were

If you are drawn to any of these roles, please contact **Beverly Spiker** at [volunteer@insightworldaid.org](mailto:volunteer@insightworldaid.org).



Volunteer Coordinator: Beverly Spiker

## Meet Our Volunteer Coordinator

Hello! My name is **Beverly Spiker** and I am the new volunteer coordinator for Insight World Aid. I'm extremely excited to begin working with this wonderful organization. I have been sitting at the **Insight Meditation Center** in Redwood City for more than five years and am one of the main registrars for its residential retreats.

Being a volunteer coordinator is new for me—and for Insight World Aid—so we will all be defining, and perhaps redefining, it for a while. My goal is to match the strong volunteer energy I've seen here with the needs of the organization as we grow and evolve. I look forward to getting to know each of the many volunteers already committed to Insight World Aid, as well as helping bring in new volunteers and finding a good fit for them within our group.

Insight World Aid volunteers are organized into four major teams: **International Service Projects, Local Service Projects, Resource Development, and Communications/Design**.

We hold frequent volunteer meetings where those already engaged and those who may be interested in getting involved explore good fits for the newcomers and work together on goals for the four teams.

If you are drawn to any of Insight World Aid's volunteer opportunities, please contact **me** at [volunteer@insightworldaid.org](mailto:volunteer@insightworldaid.org). And please feel free to email me with any questions or suggestions related to volunteering. I also attend Sunday morning and Monday evening sittings (wearing a

extremely appreciative of the attention we gave them, even when their medical treatment was not substantive. Almost everyone went away with at least a bottle of vitamins!

**Coping with challenges in service work:** I try to notice how I am feeling and pay attention to my breathing. I stay in the moment as best I can and try to avoid embellishing whatever is happening with a "story."

**Other volunteer work:** I help **Catholic Charities** with a senior outreach program and volunteer with **Buddhist Pathways Prison Project**, taking the dharma into our local state prison.

**How volunteering relates to my career:** I just retired after 40 years in the health and mental health fields. My professional life has been all about service. During my career I also developed quite a few primary prevention programs and, in doing so, often wrote grant proposals. I now contribute those skills to Insight World Aid.

**How service fits into the bigger picture:** One of my core beliefs is that we are all interconnected. As a citizen of the world, I have an obligation to do what I can to help alleviate the suffering of others.

**Hopes for Insight World Aid:** I hope it will become a very stable, productive organization with a large cadre of volunteers. I hope it inspires members of Buddhist sanghas in the area to incorporate service into their practice in a substantial way.



Insight World Aid Joins *Walk to Feed the Hungry*

## Volunteers Walk for the Hungry

Two teams from Insight World Aid participated in recent **Walk to Feed the Hungry** events organized by **Buddhist Global Relief** in San Francisco and Sacramento.

The teams raised more than \$200, contributing to the \$10,000 plus raised in the two walks. The proceeds go to food relief in San Francisco and Sacramento and to **Buddhist Global Relief** food grants worldwide.

name tag) at the **Insight Meditation Center**, so feel free to come over and talk to me there about anything related to Insight World Aid. Thanks!

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## JUST DO IT! Book Drive for Redwood City Community Center Through December 15th

During November and the first half of December, Insight World Aid is joining with **Insight Meditation Center** to collect children's books for the annual book drive for the local **Redwood City Community Center** holiday giveaway. You can bring your books and deposit them in the marked bin at the **Insight Meditation Center**.

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## Two Successful *Just Do It* Projects

A big thank you to everyone who contributed to our local *Just Do It* projects this fall.

During the first project we were able to supply 377 pairs of new socks to a diabetic foot care program through **Friendship House Native American Healing Center** in San Francisco. This health-promotion project fosters awareness of foot care and helps lower the incidence of amputations among Native Americans with Type 2 diabetes. Having clean, dry socks is a good start to preventing and healing foot infections among this population.

Our second project, which finished November 4, supplied clothing for women and their infants at **Hope House** in Redwood City. These individuals are part of a court-mandated program for women with a dual diagnosis of substance abuse and mental illness. In lieu of jail, these women are involved in an all-inclusive residential treatment program lasting six months or more. Their hope is to retain or regain custody of their children and build successful parenting and employment skills while maintaining a clean and sober lifestyle and stable living situation.

Your enthusiasm and contributions made both of these projects a huge success. So thanks for taking the initiative to *Just Do It!*

Watch for more local projects after the first of the year.

**Buddhist Global Relief** is a nonprofit whose mission is to serve the needy throughout the world regardless of nationality, ethnicity, gender, or religion.

Bearing in mind the Buddha's statements that "hunger is the worst kind of illness" and "the gift of food is the gift of life," **Buddhist Global Relief** focuses especially on providing food to those affected by hunger and lack of food security. Its long-range goal, however, is to combat all the manifestations of poverty that detract from the inherent dignity of human life.

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## "When You Come Back?" A Cambodian memoir

By Bonnie Goodman

We were greeted by a flock of smiling children as we stepped out of the bus onto the grounds of **Wat Opot Children's Center** in Takeo, Cambodia. Within seconds, a girl named Channe took my hand, looked up into my eyes, and asked, "How long you stay?" After dinner that first night, she came back to me and inquired, "When you come back?"

It has been nine months since I tearfully parted from the 54 *Watopotioans*, and I still feel enormously blessed to have spent a week with these precious children and teens. A deep yearning lingers to see and work with them again, as they have left a profound and indelible imprint in my heart. I think of these children every day, recalling their wide eyes, smiles, and thirst for physical contact. I miss marveling at their jewelry-making skills, tutoring them in math, discussing their feelings, watching them meditate, and gleefully joining them in disco dancing as they release the final energy from each day.

I regularly visit the Wat Opot website and the co-director's blog, craving updates of events and tidbits of the children's lives. I'm committed to leaving comments after each entry, both to support the Wat Opot directors and share my admiration for their untiring efforts in parenting these children. Pictures posted on the site provide a glimpse of their development, as I gratefully examine changes in their faces.

"We hope to come back to Wat Opot some day," I told these loving children before we left.

There is a strong likelihood that Insight World Aid will return to Cambodia for a future mission. And have no doubt: I will be the first to sign up.

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## How to Donate

Insight World Aid welcomes donations. We are a nonprofit 501 (c) (3) organization. All donations are tax-deductible. If you would like to make a donation, please visit our website to donate through PayPal or mail your check to: Insight World Aid, 108 Birch Street, Redwood City, CA 94062.



Paul Lindenfeld

## Please Welcome Our Newest Board Member

Insight World Aid has added a new member, **Paul Lindenfeld, MD**, to its board of directors. Paul is a primary care physician and volunteer Buddhist chaplain living in the Bay Area, who has been a part of the **Insight Meditation Center** since 2009. He completed the yearlong Buddhist chaplaincy training at the **Sati Center for Buddhist Studies** last July.

On Insight World Aid's mission to rural Cambodia in February 2013, he served as the trip physician. Paul has prior experience traveling to Southeast Asia and Peru, and is a former board member of **Paracels**, a Seattle-based nonprofit that assists sustainable, local, community-focused nonprofits in Cambodia, Laos, and Vietnam. He enjoys hiking, whale watching, and playing the ukulele.

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## Connections

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

**Mailing Address:**

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

**Twitter:** <https://twitter.com/InsightWorldAid>

*Check us out on YouTube, too!*