Dear Friends,

The weekly Tuesday night online sangha will meet at its regular 7:00-8:30pm Mountain Time, November 10. The Zoom meeting room will be open at 6:50pm and the silent meditation period will be beginning at 7:00pm. Chuck Langdon will give a talk on the sixth factor of the Noble Eight-Fold Path entitled: **Right Effort.**

Chuck Langdon leads the Boulder Tuesday evening online Sangha for the Insight Meditation Community of CO. He has been meditating for more than 30 years and has attended more than 50 residential retreats at centers and monasteries throughout the United States and England. He graduated from the two-year Mindfulness Meditation Teacher Certification Program (led by Jack Kornfield & Tara Brach) in 2021. He began formally teaching the Dharma in 2017. His teachings have been primarily informed by the Pali Canon and his experience with Theravada teachers, both lay and monastic.

To join the Zoom meeting, please use this link:
https://us06web.zoom.us/j/88309184311

Meeting ID: 883 0918 4311

I'd like to thank those of you who made dana offerings after our previous online Tuesday sangha gathering. Our Tuesday evening meditation group is completely supported by voluntary donations (dana— from the Pali language: "generosity freely offered.")

If you would like to help support our ongoing activities, know that donations of any size are deeply appreciated. To make a dana offering, please use the following link to return to the Weekly Meetings page of our community website and scroll to **Tuesday Night** where you'll find a PayPal button that allows you to donate with a credit card, debit card, or PayPal account: https://insightcolorado.org/Pages/V2_weekly_meetings.html **or**

—mail a check made out to **IMCC** to: IMCC c/o David Chernikoff, 255 Pawnee Dr., Boulder, CO 80303. **Please write** Tues.pm Sangha **in the memo line** so your offering is used in accordance with your intentions. IMCC is a 501c3 nonprofit organization. Donations are tax-deductible to the fullest extent of the law.

If you need additional information about the weekly Tuesday night online sangha, please email Chuck Langdon at blueskydharma@gmail.com

Peace and Blessings
David

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