

Important Sangha Initiatives White Paper

The Heart of Awareness Steward Council has identified some key concerns that impact upon the vitality of our Sangha. Accordingly, we invite all committees and Sangha members to contribute ideas, plans, and actions to address these concerns.

Motivation

Our values and "identity" as a Sangha are realized through our actions. As we contemplate and plan our actions, we might ask ourselves, what will our legacy be? How can we best contribute to the life and continuity of our Sangha?

Key Concerns

1. Volunteerism
2. Community Building -- Sangha as a refuge
3. Well-being individually/collectively as a shared value
4. Spiritual Friends

Volunteerism:

Generosity and Volunteerism	Gil Fronsdal	2016.09.11	42:36
Details			

The Practice of Volunteering at IMC	Gil Fronsdal	2016.09.07	25:31
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The Practice of Volunteering at IMC	Gil Fronsdal	2016.09.07	25:31
On Community	Gil Fronsdal	2009.11.22	29:58

Community Building:

On Community	Gil Fronsdal	2009.11.22	29:58
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Dharma Is Service	Berget Jelane	2005.03.31	44:16
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Our Sangha: It's Future	Gil Fronsdal	1996.11.18	48:15
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Principles of Cordiality: Sharing and Generosity View Retreat	Ruth King	2015.10.21	58:00
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Practicing in Community	Gil Fronsdal	2015.03.08	40:38
Details			

- 026-01-28 [Responding to Our Times on the Basis of Our Practice 1: Developing Caring and Compassionate Responses](#) 62:58
- 2026-01-12 [The Nature and Challenges of Metta Practice and How It Deepens \(Retreat at Spirit Rock\)](#) 62:23
- 2025-10-15 [Bringing Our Practice to Challenging Conversations and Communications, Including with Those with Different Views and Perspectives](#) 1 62:35
- 2025-05-07 [Guided Meditation: Exploring Emotions and Thoughts Connected to Contemporary Social and Political Events 2](#) 40:16

Wellbeing:

2024-11-27	Gratitude: Entering Sacred Relationship	52:35
Tara Brach		

2024-08-23 [Guided Meditation - Metta - Radiating Wellbeing](#) 39:58

Spiritual Friends:
[Kalyana Mitta](#)

Kalyana Mitta is a Pali term, central to Buddhist practice, meaning admirable or spiritual friend. It refers to relationships that support ethical living, self-inquiry, and awakening. Admirable friendship encourages deep listening, presence, and compassion.

Kalyana Mitta Half-Day workshop with James Baraz and Elad Levinson	20:09
James Baraz	

Spiritual Friends	Gil Fronsdal	2009.11.02	39:30
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