



Insight Meditation Community of Washington

Visioning Fact Sheet

WHAT: The Insight Meditation Community of Washington (IMCW) is engaging in a deep visioning process aimed at creating the container and structure for the organization's next stage, ultimately to support its promise of collective awakening. The process is designed to be highly inclusive, so that together, we may all unearth IMCW's future possibilities.

WHY: IMCW is a 22-year-old organization whose current structure is not set up to manage what is currently asked of us as an organization. It is time for IMCW to grow and evolve.

WHO'S INVOLVED: The Visioning team is facilitated by Rob Creekmore, an IMCW teacher, and Stacey Guenther, vice president of the board of directors. They are advised and supported by two members of the Diversity, Equity, and Inclusivity (DEI) committee, Heather Berthoud and Kathleen Gless. The DEI committee helps IMCW foster inclusive and safe environments for all members of the communities IMCW serves and could serve. Kathleen is also acting as project manager of the effort.

Twenty-five volunteers who are teachers, board and staff members, dedicated practitioners, and aspiring teachers make up the visioning team, and the team is playing a crucial role in facilitating conversations in the community to learn what is important to those who make up the community now and in the future. The vision will emerge from the feedback of the community.

PROCESS: The visioning process is multi-stage and includes the following:

- Listening Tour – facilitating conversations with stakeholders in the community (Summer 2019);
- Analyzing the Information and Input – studying the stakeholder conversations for themes, emerging needs and wants, and

possibilities for the future (Fall 2019);

- Formulating a Vision – based on themes and wants and needs discovered during the listening tour, formulating a new vision for the organization (Winter 2019/2020); and,
- Moving Vision into Action – moving the new vision into action by creating new teams and efforts to move toward our vision (Winter 2020)

TIMELINE:

We imagine this process of moving toward a new vision and structure will be a multi-year project. This phase of the project, creating a new vision for the organization, runs spring 2019 through the end of the year.

**BACKGROUND
INFORMATION:**

IMCW is a spiritual community that teaches and practices Insight (Vipassana) meditation in the Washington, DC metro area. Tara Brach founded the organization in 1998, and it has since grown to an extensive program of ongoing meditation classes, day-long, weekend, week-long residential meditation retreats and special classes throughout the Washington DC area led by a growing IMCW teacher body of over 50 teachers in Maryland, Washington, DC, and Northern Virginia.

**FOR MORE
INFORMATION:**

Contact the core team – Rob, Stacey, Kathleen, and Heather – at: visioning@imcw.org

Learn more about IMCW by visiting our website at imcw.org.