

To protect and care for the sangha as well as the larger community, for now, we will NOT meet on Tuesday evenings at JABA until further notice. Instead, we will hold a virtual meeting using ZOOM to which all will be invited.

Information about this change and how to join the ZOOM meeting using a computer or a phone will be sent to you by email and posted on our website ([imeditation.org](http://imeditation.org)). In addition, we'll offer a time TBD to practice using ZOOM on your computer or dialing in with a phone.

Please keep an eye on the IMCC website for the latest updates.

Meanwhile, when you must go out, please follow the guidelines from the CDC (<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>)

- Greet others with a smile, an elbow bump, kind words; maintain some social distance.
- Wash your hands frequently with soap and water for 20 seconds at a time; use sanitizer when washing isn't possible.
- Cover coughs with your elbow; avoid touching your eyes, nostrils, and mouth (ideally anywhere on the face)
- Stay home if you're feeling unwell or have any signs of a fever, cough, or difficulty breathing and/or if you have had contact with or have recently traveled to any affected countries.

May our practices of mindfulness and compassion, precious resources amid reactivity and suffering, strengthen us and bring peace. May we offer our practice for the benefit of all beings on this fragile, beautiful planet.

With lovingkindness,

The teachers, board and staff  
Insight Meditation Community of Charlottesville