

**From:** [Sarah Kuh](mailto:Sarah.Kuh)  
**To:** [execsec@chilmarkma.gov](mailto:execsec@chilmarkma.gov)  
**Subject:** Re: waive CCC fee? +  
**Date:** Friday, July 14, 2017 7:55:04 AM  
**Attachments:** [image.png](#)  
[image.png](#)

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Hi,

The Island Insight Meditation Community has been meeting regularly for the past 10 years and practicing what is called Insight or Vipassana Meditation. "The teachings offer guidance in Buddhist meditations known as *vipassana* (insight) and *metta* (lovingkindness). While the context is the Buddha's teachings, these practices are universal and help to develop awareness and compassion." Our teacher, Chas DiCapua, is based at the Insight Meditation Society in Barre MA. When we meet, our meetings consist of a combination of instruction, meditation practice and discussion. The November retreat will be 2 days of this kind of practice. It's open to the public for anyone who wants to commit to at least one of the 2 days and there will be no charge.

**Please let me know if you want more info about that.**

**Re: Signage....I think the main paved roads need signs: Tabor House, Middle Road, the Crossroads, and North Road. It's a visual cue to drivers that cyclists have a right to be on the roads too ("it's the law"!). Please let me know if anyone in the town is working on bike issues (bike paths etc.) as I am supportive of anything we can do to increase safety.**



**THANKS TIM!!!!**

**Sarah**

On Thu, Jul 13, 2017 at 12:44 PM, <[execsec@chilmarkma.gov](mailto:execsec@chilmarkma.gov)> wrote:

Sarah

Nice to hear from you. Please send me an email explaining the meditation group and I will ask the Selectmen. Where were you thinking the signage needs to be put?

Tim

**From:** Sarah Kuh [mailto:[skuhmetta@gmail.com](mailto:skuhmetta@gmail.com)]  
**Sent:** Thursday, July 13, 2017 10:12 AM  
**To:** [execsec@chilmarkma.gov](mailto:execsec@chilmarkma.gov)  
**Subject:** waive CCC fee? +

Hi Tim,

I hope your summer's going well?

I have 2 separate questions, for you &/or the Selectmen:

1) Waiving the CC rental fee for the Island Insight Meditation group for November 4 & 5

2) Getting some "Share the Road" & other bicycle-safety signage on our roads.

Thanks!

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Sarah

Kuh

[508-566-9580](tel:508-566-9580)

*"Out beyond ideas of wrong and right there is a field. I'll meet you there. When the soul lies down in that grass the world is too full to talk about." Rumi .*

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Sarah

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