



2023-24 Annual Report

WBS Board of Directors

John Chowning, President
Mary McGovern, Treasurer
Pankaj Niroula, Secretary
Ben Thacker-Gwaltney, Teacher Council Chair
John Davis, Communications Chair
Susan Walkley, Events Chair
Susan Childs, Archivist
John Thompson, Director

WBS Teachers

Douglas Austin
John Chowning
Grace Cunningham
John Davis
Darrell Key
Mara Kravitz
Mary McGovern
Asha McLaughlin
Ben Thacker-Gwaltney
Scott Varney
Shomer Zwelling

Special Acknowledgements

- Social Committee: Pam Jensen (Chair), Frederic Tate, and Anita Piotrowski
- Branding: Asha McLaughlin,
- Bookkeeping: Jennifer Haynes

Half-day Events and Presentations

- Just Sitting and Walking Mini Retreats with John Davis New!!
- Mini-Retreat in March with Shomer Zwelling
- Dharma Talk and Meditation in November with Eden Heffernan
- Back to Basics in September with John Chowning
- Buddhist Psychology in August with Dr. Joseph Garcia
- Buddhist Psychology & Building Resilience in June with Lorne Ladner
- Earth Day Morning Retreat in April with Mary McGovern and Grace Cunningham
- Learn to Meditate Workshop in March with Asha McLaughlin
- The Four Applications of Mindfulness in February with Ben Thacker-Gwaltney

Resources

- The Sangha has a new book cart located at WUU.
- Acquired liability insurance to cover the board, teachers and volunteers.

Outreach

- John Chowning gave talk at the Parkinson's Support Group in September.
- WBS lead a WUU service in August.

Participants

- 86 Members
- 280 Email Subscribers
- WBS conducted approximately 240 regularly scheduled group meetings this past year.