

WBS Board of Directors

John Chowning, President
Mary McGovern, Treasurer
Pankaj Niroula, Secretary
Ben Thacker-Gwaltney, Teachers/Events
John Davis, Communications
Susan Walkley, Compassion in Action

(Currently Active Members)

WBS Teachers

Douglas Austin
John Chowning
Grace Cunningham
John Davis
Darrell Key
Mary McGovern
Asha McLaughlin
Pankaj Niroula
Ben Thacker-Gwaltney
Scott Varney

Special Acknowledgments

Social Committee: Pam Jensen (Chair), Frederic Tate, and Anita Piotrowski

Branding: Asha McLaughlin,

Bookkeeping: Jennifer Haynes

Events and Presentations

Just Sitting and Walking Mini Retreats with John Davis in June, August, September, and February

Pot Luck Dinners in August, November, and February

Mindfulness Mini-Retreat with Darrell Key in February

[37 Practices of a Bodhisattva With Lama Linda Jordan in May](#)

Gathering for Peace and Well-Being in June, September, and November

Pema Chödrön's only 2024 Public Talk (Video and Discussion) in June

"Of What are We Made?" the Five Heaps with Ben Thacker-Gwaltney in October

Intro to Buddhism with John Chowning, Scott Varney, and Ben Thacker-Gwaltney in October

Sangha Members to Lead WUU Service in November

Chair Yoga with Asha McLaughlin in November

WBS Survey of Meditation and Events in February and March

Introduction to Mindfulness with Grace Cunningham in March

Silent Mindfulness Retreat with Mark Edzards and Pankaj Niroula in April

Resources/Groups

The Sangha book cart located at WUU was replenished

WBS conducted approximately 240 regularly scheduled group meetings this past year

Membership:

119 Members (Increase of 33 members)

236 Email Subscribers