

# Insight Meditation Circle of Cape Cod

<https://imcofcapecod.org/>

Save the Date

June 20th

9am-4pm

Cape Cod Village, Orleans, MA

A day of Metta practice together  
Metta is the Pali word for *Lovingkindness*

*"When you are fully loving, aren't you also mindful?  
When you are fully mindful, is there not also the  
essence of love?" ~Dipa Ma*

