

Resident Volunteer Description

Being a Resident Volunteer (RV) at IRC

Being a Resident Volunteer (RV) is a path of service. The spirit is that of supporting the other RVs, supporting the retreatants & teachers, and deepening one's own practice in doing so. There are usually between 6-8 Resident Volunteers at a given time. RVs are committed to the Dharma Program that is offered including practicing together daily and participating in community activities.

Time Commitment: One year. Depending on circumstances, it may be extended up to three years.

Pre-requisite: All applicants must have participated in at least one (often more than one) 7-day retreat with Gil Fronsdal teaching, **at IRC**, and 2 years of regular practice. Online retreats do not qualify. Work Day participation is helpful for applicants living in the Bay Area who are newer to the IRC/IMC community.

Tasks: Most RV tasks are related to maintaining IRC's buildings and landscaping, and doing administrative tasks to support retreats. We find that an average of 20 hours a week of volunteer time is needed from RVs. That includes weeks when they might volunteer close to 40 hours, and others when their load is very light. The type of tasks varies depending on a Resident Volunteer's skills, though some tasks, in particular Retreat Support, are shared by all. Even though there is time for outside activities, the priority for RVs is their volunteer service to the Center. The goal is to do one's tasks in a relaxed, easeful way, and to be an active participant in the RV community.

Task Areas: Depending on skills and IRC's needs, most RVs have "specialized" roles, such as in: Administration, Facilities, Housekeeping, Kitchen, Landscaping, Technology. Others may be "generalists", supporting the various areas or focusing on two different areas. Some tasks are shared by all.

Retreats: We have retreats about 16 days per month. An RV may participate in one of the following ways:

1. **As a registered retreatant**, just like the other retreatants. To be able to share in the responsibilities of the RV community in supporting retreats, it's helpful that RVs only register for about 7-8 retreats per year.
 2. **If not registered**, they may participate as much as they would like, but it is assumed that they will continue their regular duties as needed during the retreat. Most RVs are able to attend all the instructional periods and dharma talks and go to many of the sits.
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Food: Meals are provided during retreats (about half the month). IRC staples (grains, beans, legumes, nuts, seeds, granola, left-overs) can be used during the rest of the month, including dairy, eggs and some produce. One can receive an **optional** \$250/mo stipend, but this may not cover all personal needs.

Resident Volunteer (RV) Application Process

1. Fill out a [Resident Volunteer Application](#)
2. If it looks like the applicant is a good match for IRC's needs, meet with the RV Mentor, Matthew Brensilver (via phone call and/or video).

3. Meet in person with Gil Fronsda, the IRC founding teacher.
4. If those meetings suggest a good fit between applicant and the Center's needs, spend about 7-10 days at IRC between retreats living and working with the RVs -- to make sure it's a good fit for both the applicant and for the RV community.

Question? Contact newrvteam@insightretreatcenter.org