



# *Triangle Insight Meditation Community*

*November 2017*  
*triangleinsight.org*

Greetings to all -

As we move toward this season of gratitude and generosity, we want to thank Lama Rod Owens and all of you for co-creating the illuminating and transformative activities during the week of Lama Rod's recent visit to the Triangle. He was moved by our generosity and our willingness to show up and ask deep and challenging questions. This enabled him to go deeper into understanding the sources of our collective suffering as well as the healing practices that can facilitate our collective liberation.

Committed to his expression of the Bodhisattva vow for our time, Lama Rod embodies the teachings of Radical Dharma -- to move us beyond personal transformation so as to affect and transcend the fundamental social structures that keep all of us from being free. If you were unable to attend some of these activities, or if you would like to review what you may have heard, we are able to include these links to two of his public talks:

[TriangleInsight.10.18.17](#) and [DukeMemorialUMC.10.20.17](#)

Lama Rod's vision of Radical Dharma and his message for us is to embrace "Radical Presence," by which he means to show up and fully be ourselves -- warts and all. Rather

than bypassing those parts of us that we would rather relegate to the shadows, we include everything. — the mature spiritual path is one in which nothing is excluded. We then use the teachings to expose our tendency to seek comfort that can give rise to a kind of violence toward ourselves and others. Only by mining the depths of our individual suffering with a willingness to expose our investment in the very identities that perpetuate our pain will we then be able to engage in divesting from these strategies. We can then see the existing parallel as to how the roots of social structures come into play that reinforce the collective desire for relative comfort and an avoidance of our collective pain. Rather than privileging racism, sexism, heterosexism, misogyny, classism, ableism, ageism, and any other ism that involves a negative prejudice whose purpose is to maintain control and power, we instead practice privileging justice, equality, courage, and integrity. In so doing we are then divesting from control, power, and domination and investing in wisdom, love, and compassion.

Lama Rod also invited us to examine how the dominant cultural and societal structures can be reflected in our own sangha. He suggested that we continue to create a space to explore the Buddhist teachings so as to bring them into a new way of being understood on a collective level. We embrace the Noble Eightfold Path as a way to turn us toward a wiser and wider view that can both hold and examine the suffering that exists within community, allowing us to join in the work of divesting from the ways we have attempted to perpetuate a "comfortable community." Lama Rod refers to this approach as taking on "the goal of justice." This work can then transform our intentions and actions toward the goal of justice rather than the goal of comfort. It is in this spirit that we undertake the journey toward increasing the capacity of our own community to welcome and embrace the voices of all as a means of investing in discernment over division, comprehension over control, and justice over just being comfortable. Perhaps Lama Rod's blending of warmth, humor, openness, and vulnerability enables us to receive and be moved by his courage and fierceness when he boldly gives voice to the following:

"I want us to all join in the work of radically divesting from the ways in which we have created comfortable communities. We may call that 'justice.' I know that scares people, and I understand that. Absolutely. But to say that you are not invested in justice is actually a statement of privilege. So, if we are interested in being Bodhisattvas in the world then you are actually interested in justice. If not, then don't ever say you are interested in being a Bodhisattva."

May we all invest in justice; may we embrace this as an investment in a radical understanding of the Dharma; may we all become Bodhisattvas along the Path.



## Sitting Opportunities

[TI Wednesday Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

[TI Morning Meditation](#)

[Mindful Families of Durham](#)

[Duke Cancer Center](#)

[Recovery Group](#)

[Other Resources](#)

## Upcoming Classes and Events

[Media Night Music and Meditation with Erica Alexander](#)

[Transforming our Website with Leah Rutchick](#)

[Equity Training Workshop for Triangle Insight](#)

[MINDED Classes in Carrboro &](#)

## Triangle Insight Meditation Groups

All levels of meditation experience are welcome and the teachings are offered free of charge, with donations accepted to cover costs of using the facility and to support the study of the teachers. Please review our [sangha guidelines](#) before arriving. We also wish to maintain a hypoallergenic space, so please avoid wearing scents, colognes or perfumes. If you would like to submit items for inclusion in this newsletter, please review the [newsletter guidelines](#).

### Please note:

We are now asking that once the meeting begins at 6:30 PM, any latecomers, those leaving early, or those going outdoors for walking meditation, please enter and exit the building using the side doorway facing Alexander Ave. The side door is accessible via the walkway to the right as you are facing the main entrance. Once in the building, please follow the hallway to access the Great Room. Thanks for your cooperation to help reduce noise and distraction during the meeting. Note that this request is intended only for those who are physically able to navigate the front steps.

### Schedule:

#### Wednesday Evenings

**6:30 - 8:00 PM**

**([Insight Dialogue](#) from 6:30 - 8:30 PM)**

November 1: Ron Vereen  
November 8: Scott Bryce  
November 15: Jeanne van Gemert  
November 22: No Meeting (Thanksgiving Holiday)  
November 29: Phyllis Hicks (Insight Dialogue)

December 6: Ron Vereen  
December 13: Scott Bryce  
December 20: Phyllis Hicks (Insight Dialogue)  
December 27: No Meeting (Holiday break)

#### Monday and Thursday Morning Meditation

**7:00 - 7:45 AM** (click [here](#) for more info)

Note: No meeting on Mon., 12/26, Thurs., 12/28, or Mon., 1/1

### Episcopal Center at Duke

**505 Alexander Ave.  
Durham, NC 27705**

Chapel Hill

Mindful  
Self-Compassion  
Workshop

An Eight-Week Course  
with Half-day Retreat

Inner Resiliency for  
Healthcare  
Professionals  
with Cornelia Kip Lee

## Retreats

Touching the Possible:  
Living Peace New  
Year's Insight  
Dialogue

## Goings on in the Sangha

(activity quick list)

Triangle Insight  
Meditation Group  
on Facebook

Spiritual Friends  
Groups

Organizing Against  
Racism Workshops

Continuing the  
Conversation

## The Shramadana Project

A Volunteer Initiative  
of Triangle Insight

Caring Circles

## Spiritual Friends Groups

## Media Night

Friday Evenings at the Episcopal Center

**Music and Meditation, with Erica Alexander**

**7:00 - 9:00 PM**

Plan to join us on Friday, November 10, for a hands on evening of meditation joined with learning and playing the Native American inspired flute. We will start with a guided meditation to be followed with a presentation on the flute and structured playing.

Erica Alexander, a member of our community is a flutist, a teacher of music and meditation who looks forward to sharing this with us. She will bring flutes but if you have a flute plan to bring it especially if it is in the key of A.

**There is no cost for this event, but dana will be gratefully accepted. Refreshments will also be provided. All are welcome, and feel free to invite others. Helping with set up and cleanup will be much appreciated.**

**Friday, November 10, 2017**

**7 pm - 9 pm**

**Episcopal Center at Duke**

**505 Alexander Ave.**

**Durham, NC 27705**

If you have any questions about this event, or would like to suggest a film or other activity for a future Media Night, please contact Gerri McGuire, [gmcguire04@gmail.com](mailto:gmcguire04@gmail.com)

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## Transforming Our Website:

An Exploration for the Next Meeting of the  
Shramadana Project with Leah Rutchick

Whether or not you participate in the meetings and activities of the Shramadana Project, you are all invited to attend our next meeting. Leah Rutchick will present a variety of options that she has created so as to enhance the current functions and accessibility of the website for Triangle Insight.

This presentation will be particularly illuminating for all who may have an interest in participating in and learning about the technical support that is required to maintain a web presence that can better serve the needs of the community. If you have been wondering how you may give back to the community, this may be the opportunity you've been waiting for.

**Wednesday, November 15th, 2017**

**Episcopal Center at Duke**

Kalyana Mitta

Racial Affinity

## Ongoing Classes and Events

[SITTING TOGETHER](#)  
A Curriculum  
for Mindful Families

[The Self-Compassion Workbook for Teens](#)  
by Karen Bluth, PhD

[Organizing Against Racism/Dismantling Racism Workshops](#)

[Mindfulness Awareness Training with Tamara Share PhD](#)

[Mindfulness Programs at Duke Integrative Medicine](#)

[Mindfulness Programs at UNC Integrative Medicine](#)



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## Equity Training Workshop

with Kathleen Crabbs Clark and Sterling Freeman

You are invited to participate in a workshop designed to help Triangle Insight develop and meet racial and other equity and inclusivity goals. With the help of two facilitators from [OpenSource Leadership Strategies](#), we will explore changes to the sangha intended to support our aims of greater equity around race, power, gender, and other potential fault lines where dominance and control are located. All are welcome and encouraged to attend, regardless of meditation experience or previous involvement at Triangle Insight.

Your input is a central feature of this work. To that end, facilitators Kathleen Crabbs Clark and Sterling Freeman will create a brief questionnaire for you to complete via email. Their questions have been informed by a meeting with an equity team from Triangle Insight that includes teachers Scott Bryce, Phyllis Hicks and Ron Vereen and TI community members Mary Grigsby, Jean Hamilton, Francesca Morfesis, Susan Orovitz and Barbara Shumannfang. Your responses will help inform the workshop content. The workshop, in turn, will help guide the way forward in continued consultation with Kathleen and Sterling.

At present it is uncertain as to whether we will be able to schedule the training for the community by December 1st, so more information about the final plans will be forthcoming.

And for more information on Open Source Leadership Strategies and the biographical information on Kathleen and Sterling, please go [here](#).

**Tentative Workshop Date:**  
**Friday, December 1st, 2017**

**Self-Help Temple Bldg.,**  
**302 W. Main St., Durham, NC**  
**9:00 am - 5:00 pm**

This all-day workshop is offered on a dana basis, and no one will be turned away; **If you would like to contribute funds to offset the costs, a suggested donation would be \$50-\$80**, or as you are able to give.

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Touching the Possible:

# Living Peace

## A New Year's Insight Dialogue Retreat with Phyllis Hicks and the Triangle Insight Practice Community

**January 4-7, 2018**

As humans we are exquisitely sensitive, every moment awash in a sea of contact. Touching and being touched, feeling, perceiving, and thinking, we create our world. Learning how to cultivate mindfulness in the flow of daily life and relationships is a profound resource for peace and wise action.

In this Insight Dialogue retreat we will practice taking refuge in awareness, wisdom, and spiritual friendship (Buddha, Dharma, and Sangha.)

We will investigate obstacles to friendship and beloved community, internally in the heart-mind, and externally in social constructions. Cultivating Loving-kindness, Compassion, Appreciative Joy, and Relational Equanimity.

We will explore foundations for peace, possibilities for courageous personal and collective action, and the benefits of deep companionship on the Noble Eightfold Path.

This retreat is both an introduction to Insight Dialogue and an opportunity to deepen practice. It will be held in Noble Silence except for the Insight Dialogue sessions. We will alternate periods of silent meditation practice, Insight Dialogue, mindful movement and time in nature.

**To register please click on [this link](#).**

If you wish to offer dana toward scholarships for this retreat so that no one will be turned away for inability to pay, you may [Donate Here](#). Thank you!

Your retreat fee covers the cost of meals and lodging only. The teachings are offered freely. At the close of the retreat there will be an opportunity to offer dana for the teacher.

For more information contact Mary Grisby at [maryg@triangleinsight.org](mailto:maryg@triangleinsight.org)

**January 4 - 7, 2018**

**Location: [Avila Retreat Center, Durham, NC](#)**

Fees:

Single: \$350 by 12/2, \$398 thereafter

Double: \$302 by 12/2, \$350 thereafter

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## MINDED Classes in Carrboro and Chapel Hill: **Adult, Pre-Teen and Teen**

MINDED is a new organization in the Triangle with the mission to provide Mindfulness classes to all sectors of the community. They offer classes to the general public for a fee. A large portion of the proceeds fund free or low cost classes to underserved populations and groups that may not know about the benefits of mindfulness meditation.

### **Chapel Hill** **Mindfulness Meditation Group**

This group is an opportunity for new and experienced meditators to practice meditation in an encouraging and friendly group. The leaders are experienced meditation instructors who will offer guidance and support as needed by those who attend.

Each session will begin with some basic instruction in mindfulness meditation and gentle guidance during a 20-25 minute period of sitting and 10 minutes of mindful movement. The session may have a suggested theme or be open ended.

**1st and 3rd Tuesdays of the month**  
**Time: 6:00 - 7:00 pm**  
**Location: Unity Center for Peace**  
**8800 Seawell School Road, Chapel Hill**

**Suggested donation for each class is \$5 - \$15, sliding scale.** No one will be turned away for lack of funds. Donations will be split between Minded and Unity Center for Peace. For more information, visit our website:  
<http://www.getminded.com/>

**Additional MINDED Classes** with Laura Prochnow Phillips and Karen Bluth

**For more information and to register for these classes, visit [www.getminded.com](http://www.getminded.com).**

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## Mindful Self-Compassion Workshop: An Eight-Week Course with Half-day Retreat with **Cornelia Kip Lee, MEd**

Mindful Self-Compassion (MSC) is an evidence-based program that cultivates the skills of mindfulness, self-kindness

and self-compassion to enhance our capacity for emotional wellbeing.

Most of us feel compassion when a close friend is struggling, but we're much less sympathetic with ourselves. What would it be like to receive the same care and support from ourselves when we need it the most? Burgeoning research shows that self-compassion is strongly associated with emotional wellbeing, lower levels of anxiety and depression, and more satisfying personal relationships.

MSC was developed by Christopher Germer, PhD, a leader in the integration of mindfulness and psychotherapy, and Kristin Neff, PhD, a pioneering researcher in the field of self-compassion. The practical program integrates experiential exercises, discussion and home practices; meditation experience is not required.

Cornelia Kip Lee, the instructor, is a Trained Teacher of MSC and public health training developer who has studied and practiced mindfulness meditation since 1998.

The Half-day retreat will be held on a Saturday, 1-5 pm, date TBD.

**Oct 19 to Dec 14, 2017** (no class Nov 23)

**Thursdays: 7:00-9:15 pm**

Location: 3815 Cambridge Rd, Durham NC 27705

**COST:** Sliding Scale: \$180 - \$250

For more information or to register, please contact Cornelia Kip Lee at [ckip@icloud.com](mailto:ckip@icloud.com) or (919) 428-3335.

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## Inner Resiliency Training for Healthcare Professionals

### A Mindful Self-Compassion program

with Cornelia Kip Lee, M. Ed.

*A moment of self-compassion can change your entire day. A string of such moments can change the course of your life.*

- Christopher Germer, PhD

Mindful Self-Compassion (MSC) Inner Resiliency Training for Healthcare Professionals is a new program by Kristin Neff, PhD, adapted specifically for healthcare settings. This brief training aims to improve wellbeing and decrease burnout among healthcare professionals by cultivating skills to deal with distressing emotional situations as they occur.

MSC practices can be used on the spot while at work with patients, clients and colleagues. Participants of the program

will learn tools and skills to care for yourself while caring for others; to listen with compassion; to handle difficult emotions with greater ease; and to reconnect to the values that give your life and work meaning. Cornelia Lee is offering this program locally starting in November this year.

## Programs available starting November 2017

The program consists of four, 90-minute sessions; the number and length of sessions can be customized for staff needs.

**Location:** Your facility, institution, or other location to be arranged

**Cost:** \$100-\$140 per participant (TBD with the facility or organization, based on number of participants and number/length of sessions)

**Contact:** For more information about MSC Inner Resiliency Training, please contact Cornelia Kip Lee, M.Ed., at **919-428-3335** or [ckip@icloud.com](mailto:ckip@icloud.com)

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## *Spiritual Friends Groups*

Having admirable people as friends, companions, and colleagues is actually the whole of the holy life.  
~ The Buddha

One of the many challenges we face when we experience injustice, fear, or loss is to respond with skill from a place of compassion. As Sharon Salzberg notes in her 2009 Tricycle article, *A More Complete Attention*, "If we have lost any recognition of the truth of change in someone, and have fixed them in our mind as "good," "bad," or "indifferent," we've lost touch with the living essence of that person." She goes on to say that when action is rooted in compassion and connection, we can respond, "...from a place that allows people to be as textured as they are, and that admits our feelings to be as varied and flowing as they are. A place open to surprises. A place that listens, that lets the world come alive."

Our Kalyana Mitta and Racial Affinity groups offer a special opportunity to practice with reactivity and fixed views. In a small group of trusted spiritual companions, we can safely share our experiences and deepen our understanding. Separation is reduced, our hearts soften, and our view becomes more open and spacious. This enables us to respond to our own and others' suffering skillfully, grounded in wisdom and compassion. This is the gift of the jewel of the sangha.

### **Kalyana Mitta Groups**

***Young Adults Kalyana Mitta Group*** for those their 20s and 30s has meetings in Durham and Chapel Hill-Carrboro, and



there are still openings for new members. The group offers an opportunity to explore the dharma in our practice and daily lives with peers in the same phase of life.

***Insight Dialogue KM Group*** has openings for individuals with Insight Dialogue experience.

***Chapel Hill-Carrboro KM Group*** and ***Secular Buddhism KM Group: Study Group*** both have openings for new members.

***Raleigh KM Group*** has a waiting list.

For details about any of these groups, please visit our **List of KM Groups** web page, talk with Sarah Tillis, KM Coordinator, or email Sarah at [sarah@triangleinsight.org](mailto:sarah@triangleinsight.org).

If you would like to join a group, be on a waiting list, or start a group, please send us a **KM-RA Questionnaire**. For information about our KM program, please visit our KM web page or contact [Sarah Tillis](#), KM Coordinator

### **Racial Affinity Groups**

**New Racial Affinity Group:** Members of our Racial Affinity groups continue to deepen self-awareness around issues of race in small, racially homogeneous groups that integrate the dharma into members' personal and collective exploration. To support this process, groups follow Triangle Insight's [Mindful Sharing Guidelines](#) and [Ruth King's Guidelines for Cultural Affinity Groups](#). Others are eager to participate in this important work, and we're currently developing a new Racial Affinity Group for those who identify as white, which will be meeting in the Durham area.

Racial Affinity group members share a commitment to racial equality, and while many in RA groups are involved in social justice community work, there is no expectation that participants will take any particular action.

Development of deepened self-awareness underlies wise action, and we're encouraged to take the time needed to do our own work. With shared intention, each group develops and evolves in its own way.

If you're interested in joining our new group, would like to start a group in another community or a group for People of Color (POC), or would like more information, please talk to Sarah Tillis, KM Coordinator, [email Sara](#), or visit our Racial Affinity Groups web page, which also contains a list of helpful resources. Members of our sangha have a deep commitment to social justice, and group members are finding that exploration in a Racial Affinity Group is a rich and valuable path.

The KM Coordinating Team of Sarah Tillis, Tamara Share, Tom Howlett, and Jeanne Van Gemert expresses deep gratitude for the dedication of our sangha. May our Kalyana Mitta and Racial Affinity groups be of great benefit to all.

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## Caring Circles

### A Sangha Support Initiative

Caring Circles is a Triangle Insight program whose purpose is to connect community members needing temporary assistance with volunteers willing to provide help. Assistance can take as many forms as there is need, such as meals, rides, housework, lawn care or childcare.

This exchange pairs needed service with volunteers to match. If you wish be notified when another member needs and requests support, send an email to [caringcircles@triangleinsight.org](mailto:caringcircles@triangleinsight.org) asking to be added to the list of potential volunteers. Thereafter, you will receive email notifications of care requests. You decide if you can and want to respond to any request. There is no obligation on your part by signing up to receive these notifications.

You can find this information plus details on how to request support on the [Shramadana webpage](#). You can also speak with Gordy Livermore, [Mary Mudd](#) or Howard Staab for more information.

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## The Shramadana Project

### A Volunteer Initiative of Triangle Insight

The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community, organized to address some of the interests expressed within the sangha and for outreach to the community-at-large. [Visit the SP website](#).

Mary Mudd is the current SP coordinator.

#### UPCOMING and ONGOING ACTIVITIES

- [Meetings](#). Meetings are held on a quarterly schedule. Please [email Mary](#) if you would like to be part of the planning committee. The next meeting is being planned for some time in October.
- [Minutes](#). You can review the minutes of prior meetings on the TI website page for the [Shramadana Project](#).

You will learn more about the worthwhile and exciting SP initiatives of the sangha.

- Caring Circles. an open exchange for requesting and providing aide within the sangha. For more information on this Initiative, see the **announcement** above.
- Media Night. Join us to relax, have fun with sangha members, and enjoy films, music, improv, dance, art making--you name it!

Our next event is **Music and Meditation with Erica Alexander on November 10**. Find more information in the **announcement** above.

- If you would like to see a particular film, or have an idea for a program to share with Dharma friends, please contact Gerri McGuire at **[gmcguire04@gmail.com](mailto:gmcguire04@gmail.com)**.
- Lending Library. Triangle Insight now has a **tiny library** in our meeting place at the Episcopal Center. The Triangle Insight Tiny Library is located in the back hallway. To check out a book, just intend to bring it back when you're finished. To donate a book, simply add it to the collection. "Donate, Borrow, Return." Titles in circulation include Radical Dharma and Self-Compassion.
- Volunteer Time on the Farm. Groups from Triangle Insight volunteered on two occasions at the **Piedmont Farm Animal Refuge** in Chatham Co. This animal sanctuary provides a rescue area and home for farm animals in need, and they rely on volunteer help to thrive. Please visit their website by clicking on the link above to learn more about the refuge and how you can donate your your time and/or money.

OTHER OPPORTUNITIES for COMMUNITY ACTIVITY may be found on the **[Shramadana Project webpage](#)**

- list of community organizations seeking volunteers to further their missions of nonviolence, racial and social equity, and supporting youth. *If you know of other groups to add to this list, please send a note with their contact information to **Mary Mudd**, and consider joining the SP group*
- Retreats. Several weekend retreats were organized in 2016. Other TIM sponsored retreats will be announced in future newsletters, including Days of Silence at the Episcopal Center.
- REAL Durham builds relationships across lines of privilege, race and class to improve economic stability for everyone. It uses a racial equity lens to connect

those with and without privilege for the purpose of transferring power and better positioning those without privilege to achieve financial stability. **Volunteer training is held several times a year - the next training is in September, 2017.** Check out their [website](#) for more information.

*If beings knew, as I know, the results of giving and sharing, they would not eat without having given...*  
-the Buddha

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## Organizing Against Racism NC Workshops Being Offered

In response to our efforts to engage the Buddhist teachings around the issues of Racial Justice and Diversity, we would like to recommend the training opportunities available through **OARNC** (Organizing Against Racism NC) as a first step in this investigation.

Eighteen of us from Triangle Insight have already participated in these workshops and they come highly recommended, so you are encouraged to participate if interested. If three or more attend an event from our sangha, you will each get a discount on the fee for being a part of the Triangle Insight Meditation Community.

TI is contributing \$500 to start a scholarship fund for this purpose, and the community is invited to join the initiative by contributing specifically to the scholarship fund. The fund will be available to support TI community members in attending OARNC or other similar trainings. The goal of the initiative is to help individuals and the community to deepen their understanding of the way the mind and human systems are limited by unexamined views of race. The scholarships will be available on a case by case basis to help supplement the cost of registration. To contribute now through PayPal, please donate [here](#).

Sarah Tillis has graciously volunteered to keep a log of those from our sangha who participate in these trainings, and/or are a member of a Racial Affinity Group. At some point we plan to convene a meeting of this core group of individuals to discuss ideas about the best way forward.

OARNC offers two phases of training, and the latter trainings are designed to assist us in bringing this knowledge back to our community so as to guide us more skillfully in addressing these issues in Triangle Insight. Please visit their website by clicking on the link above for descriptions of these phases of training.

Please contact us at [info@triangleinsight.org](mailto:info@triangleinsight.org) if you:  
1) have any questions about this initiative; 2) would like to be considered for a scholarship; 3) want to contribute toward a scholarship; and 4) wish to be a part of the core group to discuss our plans after completing the trainings.

### OARNC

**Meeting at a variety of times & dates in Durham & Chapel Hill**

**Each workshop is two days, 8:30 AM - 5:30 PM  
Cost: \$275 (\$225 with 3+ discount; student \$175)  
and includes breakfast and lunch**

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## Mindful Families of Durham

Currently consisting of ~ 16 families, this group is dedicated to creating a warm, loving community for parents and children to learn and practice together. Adults meet for one hour for meditation and discussion, while the children learn about meditation and Buddhism in Sati School with our marvelous (non-parent-member) teachers.

For more information, visit:

[Mindful Families of Durham](#)

### Sunday Mornings

**10:30AM- 12:00 noon**

**For info please**

**contact [admin@buddhistfamiliesofdurham.com](mailto:admin@buddhistfamiliesofdurham.com)**

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## Sitting Together: A Family-Centered Curriculum on Mindfulness, Meditation, and Buddhist Teachings

### A three-volume book set for Mindful Families by Sumi Loundon Kim

**Sumi Loundon Kim**, the minister for the Buddhist Families of Durham, Buddhist chaplain at Duke, and longtime friend of Triangle Insight has published a series of books titled **Sitting Together**. It provides children's lesson plans, an activity book, and an adult study guide for parents and teachers.

More information about this new 3-volume book, mindfulness exercises for children, as well as other mindful parenting

resources can be found at this website:  
[www.mindfulfamilies.net](http://www.mindfulfamilies.net)

\*\*Read BOOK REVIEWS and more about the author on the [website](#) under the header "book" in the drop-down list.

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## The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are

by Karen Bluth, Ph.D.

Do you know teens who need mindfulness and self-compassion? If so, this new resource, scheduled for release on Dec. 1st, is a one-of-a-kind workbook that includes fun activities based in mindfulness and self-compassion to help teens deal with the challenges of day-to-day teen life.

**Karen Bluth, PhD**, is research faculty in the Department of Physical Medicine and Rehabilitation at the University of North Carolina School of Medicine. She conducts research, teaches mindfulness and self-compassion courses, and regularly gives talks and leads workshops at universities and schools.

For more information on the book and on how to order, please visit [Karen's website](#).

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## Goings-on in the Sangha

This space is where sangha members can announce timely activities for everyone to view. If you would like to post something here, please submit your request by the 15th of each month to [info@triangleinsight.org](mailto:info@triangleinsight.org).

### **Transforming the TIM website, a special meeting of the Shramadana Project.**

On Wednesday, Nov. 15., after the mediation session at the Episcopal Center, meet 8 pm - 8:45 pm. Leah Rutchick will show a prototype design of how we might make the website more interactive and responsive to our needs as a sangha. Come with ideas and suggestions, and consider how you might contribute skills to this on-going project.

### **Spiritual Friends Groups**

For information on our Kalyana Mitta and Racial Affinity

Groups, to join an existing group or to start your own, please click on the title link above.

### **Triangle Insight Meditation Group -- on Facebook**

TIM now has a **Facebook Group** where members can post information updates, ideas and articles pertaining to our practice, and events of interest to the Sangha. **Click here** to view the website, and request membership.

- This FB Group is built by its members, so everyone benefits when we contribute posts, offer comment, events of interest. Member requests are approved by the administrator for spam and troll-control. The current administrator is **Leah Rutchick**.

### **Racial Affinity work - OARNC**

Organizing Against Racism Workshops: Intensive, long-range preparation and outreach. See the announcement in this newsletter for more information and registration. In Durham and Chapel Hill. Scholarships may be requested.

### **Shramadana Project**

The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community to address some of the needs within the sangha for service and to provide outreach to the community-at-large. One aspect of this outreach is the development of **Caring Circles**. See **this section** of the newsletter for more information on this volunteer initiative of Sangha members.

### **Continuing the Conversation**

Based on the best-selling book, **Being Mortal: For more information on this volunteer initiative of Sangha members, see Medicine and What Matters in the End**, by Atul Gawande. If you would like to be on a mailing list to receive more information about Continuing the Conversation workshops or meetings, please let us know by writing to us at **info@triangleinsight.org**.

- If you wish to be involved in the further planning and development of this initiative, please include that in your email as well.

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## **Free Introductory Self-Compassion Workshops** **with Corneila Kip Lee, MEd**

Most of us feel compassion when a close friend is struggling, but we're much less sympathetic with ourselves. What would it be like to receive the same care and support from ourselves when we need it the most?

Burgeoning research shows that self-compassion is strongly associated with emotional wellbeing, lower levels of anxiety and depression, and more satisfying personal relationships.

Cornelia is offering free, 1- to 2-hour, interactive workshops to organizations and groups in Durham and Raleigh that introduce the theory, research and practice of self-compassion, including opportunities to:

- Discover how self-compassion could enhance your happiness and well-being at home and work
- Have a direct experience of self-compassion
- Learn simple skills for integrating self-compassion into daily life

To inquire about a free workshop for your group or organization, or for information about upcoming 8-week Mindful Self-Compassion classes this summer and fall, please contact Cornelia Kip Lee at [ckip@icloud.com](mailto:ckip@icloud.com).

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## Mindfulness Awareness Training with Tamara Share, PhD

Tamara Share will be offering an ongoing group for developing skills in mindfulness awareness practices. The group will meet twice monthly, and is open to those 18 years of age and older. A pre-group consultation is required, and you may contact Tamara at 919-442-1118. The cost is \$45/session if pre-paid in 6 session blocks (\$270), or \$60 if paid per session (sliding scale available).

**Tamara L. Share, PhD** is a Counseling Psychologist with more than 20 years of training and experience in human development, group facilitation, and personal growth. Tamara's diverse background includes education/training in physics, psychology, wellness, philosophy, and complementary approaches to healthcare.

**2nd and 4th Thursdays**

**HRC, Behavioral Health and Psychiatry**

**100 Europa Dr., Suite 260, Chapel Hill 27517**

**4:45 - 6:00 PM**

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## Mindfulness-Based Stress Reduction Classes & Events

## at Duke Integrative Medicine

Please click on the following link for a variety of programs related to the practice of mindfulness:

[Mindfulness-Based Stress Reduction Classes, Workshops & Events.](#) or call: 919-660-6826, for more information.

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## Triangle Insight Morning Meditation Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:00 - 7:45 AM. The group begins with silent, unguided practice, with Ron giving a guided heart practice during the last 10-15 minutes. There is no charge for participation, and donations are accepted. For more info contact Ron at [ron@triangleinsight.org](mailto:ron@triangleinsight.org).

**Important note:** Only four parking spaces in the parking lot at the Episcopal Center are designated for our use at this hour and are clearly marked. Overflow parking can be found on the west side of Alexander Ave.

### Monday and Thursday Mornings

**Episcopal Center at Duke  
505 Alexander Ave.  
Durham, NC 27705  
7:00 - 7:45 AM**

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## The Practice of Insight Dialogue at Triangle Insight

Insight Dialogue is an interpersonal meditation practice and is offered at Triangle Insight once monthly, usually on the fourth Wednesday of the month. It brings the mindfulness and tranquility of silent meditation directly into our experience with other people. The new website for Insight Dialogue is an excellent resource for learning more about the practice: [www.metta.org](http://www.metta.org).

The evening begins with silent meditation practice, followed by gentle mindful movement, and then shifting into dyad practice where interpersonal mindfulness is explored with a partner in response to a contemplation that is offered. The dyad practice is optional so that anyone who chooses to remain in silent practice may do so, rather than shifting into dyad practice.

One can investigate the guidance of the contemplation internally, noticing the moment by moment unfolding of internal experience. Also note that the ID practice goes from 6:30 to 8:30 PM to allow for more spaciousness and time for questions. We hope you will be able to join us.

## Fourth Wednesdays

(unless otherwise indicated)

**Triangle Insight, Episcopal Center at Duke**  
**6:30 - 8:30 PM**

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## Mindfulness Programs at UNC Integrative Medicine

Please click on the following link for a variety of programs related to the practice of mindfulness:

[UNC Program on Integrative Medicine](#)

or call **919-966-8586** for more information.

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## Recovery Group a Buddhist Perspective on the Twelve Step Program

The meetings begin and end with silent meditation. For more information contact [Zensetter@gmail.com](mailto:Zensetter@gmail.com).

## Tuesday Nights

**7:30 - 8:45 PM**

**Chapel Hill Zen Center**

5322 NC Hwy 86

Chapel Hill, NC 27516

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## Other Resources

In addition to Triangle Insight, there are a variety of other meditation opportunities of which we would like for you to be aware. Rather than list them all here, we wanted to point you to the "links" section of our website at [Triangle Insight](#).

There are other sitting groups in the community whose practice is similar to ours, as well as resources for retreat centers and other websites, both locally and nationally. We do not offer an endorsement of these sites, but rather a suggestion for your exploration to see if any may have useful information to support your practice of insight meditation.



For any questions please contact us at  
[\*\*info@triangleinsight.org\*\*](mailto:info@triangleinsight.org)

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