



Triangle Insight Meditation Community

August 2016
triangleinsight.org

Greetings to all!

As we have continued with our exploration of *satipatthana*, we have seen this term translated into various phrases -- the Four Foundations of Mindfulness, the Four Abidings of Mindfulness, or the Four Frames of Reference for Mindfulness Contemplations -- depending on the teacher or scholar and the subtle nuances they may be offering. For the sake of simplicity we'll henceforth stay with *satipatthana* as we unpack these important instructions from the Buddha on how to wake up. If you have yet to read the original text of this *sutta*, you may want to do so by going [here](#).

By way of review, recall that Thanissaro Bhikkhu described the first three frames of this *sutta* (body, feelings, mindstates) as "the givens" or "the what" to which we are attending, and the fourth frame (mental phenomena/categories of experience/*dhammas*) as "the how" of the practice of mindfulness -- either developing or abandoning certain mental qualities so as to see phenomena as they really are. Elsewhere, the Buddha referred to these frames as "pastures" for our practice, where we "hang

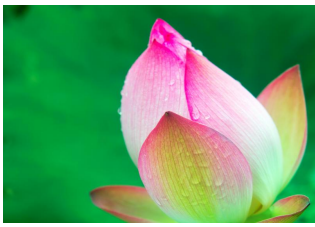
out" in the course of developing mindfulness and other wholesome mental factors in order to explore the nature of these phenomena more clearly.

Taking the contemplations progressively and sequentially as presented in the *sutta*, we start with the first *satipatthana* --the body -- and its various aspects, e.g., breath, postures, activities, anatomy, properties or elements, and its stages of decay in death. We then shift from the physical nature of experience to more subtle and refined feelings -- either pleasant, unpleasant, or neither, i.e., neutral. Feelings, or *vedana*, are not to be confused with emotions, which more precisely would fall under the next contemplation, the mind or mindstates, where we simply note the presence or absence of lust, anger, delusion, and distraction, to contemplating the presence or absence of four higher states of mind -- exalted, surpassed, concentrated, and liberated. The fourth *satipatthana* lists five types of phenomena, or *dhammas*, for contemplation: the hindrances, the aggregates, the sense spheres, the awakening factors, and the four noble truths. As we practice to abandon the hindrances and develop the awakening factors, we gain more proficiency in staying present with our examination of the aggregates of clinging, the sense gates and their fetters, and the four noble truths, all of which comprise the core of the Buddha's doctrine. One gets a sense that the Buddha is helping us train the mind so as to tackle the practices that are the most challenging and yet also bring the greatest opportunity for insight and unbinding from the very suffering created through craving.

As we can see, *satipatthana* is fairly comprehensive, containing at least 22 forms of mindfulness practice that one may undertake, even more if you consider that some of them have a variety of aspects and components. And there's even more to its structure, as we have not fully explored the important aspects of what is referred to as the "definition" and the "refrain," which together play a central role in the discourse. We will delve more deeply into this structure next month, and until then you may want to become familiar with a schematic of the above discussion which can be found [here](#) and then used as a reference for practice. Note that the *satipatthanas* are arranged from bottom (first) to top (last) in the sequence as it is presented in the *sutta*, with the definition appearing at the beginning. The refrain at the bottom is repeated in the text after each *satipatthana*, the importance of which will be explained when we continue next month. For now we invite you to let the refrain direct your attention to those aspects of *satipatthana* that are essential for proper practice, and then see what you may discover for yourself.

Wishing each of us greater ease and clarity in our practice,
Phyllis Hicks, Cynthia Hughey, Jeanne van Gemert, and Ron Vereen





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 enter and exit the building using the side doorway facing Alexander Ave., which 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 the noise and distraction during the meeting.

Schedule:

Wednesday Evenings
6:30 - 8:00 PM
([Insight Dialogue](#) from 6:30 - 8:30 PM)

August 3: Scott Bryce (Guest Teacher)
August 10: Phyllis Hicks (regular format with practice and talk 6:30 - 8 PM)
August 17: Jeanne van Gemert
August 24: Phyllis Hicks/Ron Vereen (Birthday Celebration)
August 31: Dave Hughey

September 7: Scott Bryce
September 14: Phyllis Hicks (Insight Dialogue)
September 21: Jeanne van Gemert
September 28: Ron Vereen

Monday and Thursday Morning Meditation
7:00 - 7:45 AM (click [here](#) for more info)
Note: The group will not meet on August 1st or August 4th

Episcopal Center at Duke
505 Alexander Ave.
Durham, NC 27705

Triangle Insight Turns Seven! Come Join in Our Annual Birthday Celebration Aug 24th

All are invited to join in celebrating our seventh year together as a sangha. The evening will begin with a period of meditation, followed by reflections from Phyllis Hicks and Ron Vereen that will invite us into an exploration of how Insight Dialogue informs insight practice, then moving into the integration of mindfulness practice into daily life, or "walking the talk." In response to

Sitting Opportunities

[TI Wednesday
Meditation Group](#)

[Insight Dialogue at
Triangle Insight](#)

[TI Morning
Meditation](#)

[Buddhist Families of
Durham](#)

[Duke Cancer Center](#)

[Recovery Group](#)

[Other Resources](#)

Upcoming Classes and Events

**Triangle Insight
Turns Seven!**

**Rev. angel Kyodo
williams Sensei in
Durham**

**Organizing Against
Racism/Dismantling
Racism Works
Workshops**

**Awakening Joy
Online Courses with
James Baraz**

**Eno River Buddhist
Community Sutta
Study Group**

Upcoming Retreats

Leigh Brasington Retreat

Goings on in the Sangha

Triangle Insight
Meditation Group
on Facebook

Continuing the
Conversation

Shramadana Notes

Spiritual Friends
Groups

Organizing Against
Racism Workshops

The Shramadana Project

A Volunteer Initiative
of Triangle Insight

Spiritual Friends Groups

Racial Affinity
and
Kalyana Mitta

Ongoing Classes and Events

Mindfulness
Awareness Training
with Tamara Share
PhD

Mindfulness

several inquiries for clarification, please note that this will not be an evening of Insight Dialogue practice.

There will be time for small group sharing to recollect the fruits of practice this year. Following an opportunity for Q&A and discussion, we will then celebrate with good food and great fun!

If you plan to attend, please bring a sweet or savory dish to share. Triangle Insight will provide tea/beverages and birthday cake!

Wednesday, August 24th, 2016

Episcopal Center at Duke
505 Alexander Ave., Durham, NC 27705
6:30 PM - 8:30 PM

[Top ^](#)

Streams of Dependently Arising Phenomena Interacting Endlessly A Residential Retreat with Leigh Brasington

This retreat combines the two main elements of the Buddha's model of liberation: cultivating the meditative absorptions (jhanas), which lead to calm and clarity, and insight into the dependent co-origination (paticca-samuppada) of phenomena. In such a short time, no one should expect to actually learn the jhanas, but there will plenty of opportunity to learn about them. And dependent co-origination is also such a broad topic that it cannot be covered in great detail, but this course will certainly serve as an introduction to the topic and to the deep implications of the teaching of dependent co-origination.

This course is suitable only for those participants who have an established meditation practice. As you may recall, a lottery was conducted during the month of July, and there are still some spaces available. Registration will be open for these spaces on 8/15, and if you would like to register, **[please go here](#)** on or after 8/15.

Leigh Brasington has been practicing meditation since 1985 and is the senior American teacher of the late Ven. Ayya Khema. Leigh began assisting the Ven. Ayya Khema in 1994, and was authorized to teach in 1997. He teaches throughout Europe and North America.

Avila Retreat Center

711 Mason Rd., Durham, NC 27712

Friday, October 7th, 5:00 PM - Sunday, October 9th, 4:00 PM

Retreat Fees: Double occupancy -- \$185

Small single -- \$195

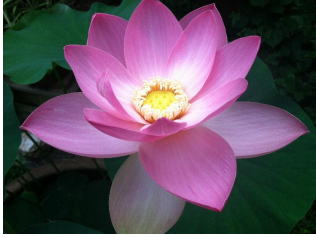
Large single -- \$235

Note: Leigh Brasington receives only travel expenses for this retreat from the registration fees, and depends solely on the generosity of the retreat participants for his livelihood. An opportunity to offer dana for Leigh will be provided at the end of the retreat.

[Top ^](#)

Programs at Duke
Integrative Medicine

Mindfulness
Programs at UNC
Integrative Medicine



Save the Dates!

Rev. angel Kyodo williams Sensei in Durham for EMBRACE Power Awareness: A Third Way Training (Embodied Race and Power Awareness)

"Love and justice are not two. Without inner change, there can be no outer change. Without collective change, no change matters."

- Rev. angel Kyodo williams

Triangle Insight will be partnering with other Buddhist groups in the area to host **Rev. angel Kyodo williams Sensei**, who will be bringing her message of "love and justice" to Durham for a public talk on Friday, Oct. 28, at Duke Memorial United Methodist Church, and a two-day workshop Saturday & Sunday, Oct. 29 & 30 at the Self-Help Credit Union.

Far from depending on mere altruism, the only real path to a true culture of welcoming & inclusivity is committing to your own wholeness. Rev. angel looks at the conventional wisdom of inclusivity then turns it on its head and returns "disruption" to its rightful place as an act of bravery. Abandoning "being good" as motivation and guilt as distraction, she points to uncovering our natural desire to be connected as the source of living and leading from the the heart.

In these weekend activities we explore the connection between personal and social transformation through the lens of race and power in the United States. Through practices of centering, contextualization, conversation and community, we prepare ourselves to recognize and disrupt limiting habit-patterns as a gateway to love and liberation -- of self and society. We learn to embody wholeness, reclaiming parts of ourselves that we may have cast away in seeking a sense of belonging. With daring, we can cultivate the internal resources to respond to our life and world, developing the resilience necessary to truly begin creating an enlightened society.

If you would like to volunteer to help out in some way, please do not hesitate to contact us at info@triangleinsight.org .

Rev. angel Kyodo williams Sensei has been called "the most intriguing African-American Buddhist" by *Library Journal*, and is an author, maverick spiritual teacher, master trainer and founder of the Center for Transformative Change. She has been bridging the worlds of personal transformation and justice since the publication of her critically-acclaimed book, ***Being Black: Zen and the Art of Living With Fearlessness and Grace***. This book was hailed as "an act of love" by Pulitzer Prize winner Alice Walker and "a classic" by Buddhist teacher Jack Kornfield. Her newly released book is ***Radical Dharma: Talking Race, Love, and Liberation***.

Friday, October 28th, 2016

"Talking Race, Love, and Liberation" (open to the public)

Duke Memorial Methodist Church

504 W. Chapel Hill St., Durham, NC 27701

Specific time TBD

Saturday & Sunday, October 29th & 30th, 2016

"Embrace Power Awareness: A Third Way Training" Workshop
Self-Help Credit Union

301 W. Main St., Durham, NC 27701

Cost: \$150 for both days (scholarships/sliding scale available)

Specific times TBD

[^ Top](#)

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 for connection beyond Wednesday meditation and for outreach to the community-at-large.

Mary Mudd, the current coordinator of the SP, is currently convening quarterly meetings of this group to explore ways to meet the needs of our growing sangha and to assess the group's interest in outreach to the community-at-large.

We encourage you to review the minutes of these meetings on the TI website page for the **[Shramadana Project](#)** where you will learn more about these worthwhile and exciting initiatives of the sangha. The next meeting is planned for July/August, so contact **[Mary Mudd](#)** if you would like to be notified of the exact date.

A group of us from Triangle Insight recently volunteered at the **[Piedmont Farm Animal Refuge](#)** in Chatham Co., where a door was hung, nails were pulled from recycled

wood, fence posts were sunk, a tool shed was reorganized, and weeds were whacked. After several hours of rewarding work, we received a lovely tour of the facilities by Lenore Braford. We met the "more than humans," including the sheep, goats, turkeys and chickens that have all been taken in to live out the rest of their lives in peace and harmony with the wonderful humans who care for them and who also come to visit

and help support them. We also devoured a delicious vegan chocolate cake made from scratch by Howard Staab! Please visit their website by clicking on the link above to learn more about the refuge and how you can donate your time and/or money .



Tired but happy volunteers!!

Several other ideas have begun to take shape:

1) COMMUNITY WORK. **[A list of community organizations](#)**, is available. Compiled by Barbara Shumannfang, who organized the above activity, these organizations are seeking volunteers to further their missions of nonviolence, racial and social equity, and supporting youth. The hope is this will be a way to connect us, both within the sangha and in the community, in a variety of volunteer efforts. If you know of other groups to add to this list, please send to **[Mary Mudd](#)**, and consider joining the SP group.

2) MEDIA NIGHT, powered by Gerri McGuire, Karen Ziegler, and Tom Howlett,

will offer films and other media entertainment on a quarterly basis. Our "opening night" was held on April 15th with a documentary about the Black Power Movement in the 1960s and 70s. **The next film/event will be scheduled in early fall. If you know of a film you'd like to see with Dharma friends, contact Gerri McGuire: gmcguire04@gmail.com.**

3) RETREATS. Thanks to the diligent work of the retreat planning committee (Gordy Livermore, Mary Mudd, Leah Rutchick, Howard Staab, and Karen Ziegler), "Dwelling in the Dharma" was held May 26-29 at Avila Retreat Center with teachers Ron Vereen and Jeanne van Gemert.

- Another residential retreat is planned for October 7-9. **Streams of Dependently Arising Phenomena Interacting Endlessly**, with Leigh Brasington, at Avila Retreat Center. More information is available both **in this newsletter** and on our **website** (please scroll down for this event).

4) ADDITIONAL IDEAS are being considered that pertain to our recent exploration of issues around diversity in inclusion in the sangha, end-of-life concerns, and in meeting the ongoing needs of the sangha through developing of Caring Circles.

- Related to diversity, please see the announcement regarding the planned visit of **Rev. angel Kodo williams Sensei** in this newsletter, and more will be coming on the formation of Caring Circles.
- We have recently been made aware of an organization in Durham whose mission is to build relationships across the lines of privilege, race and class to improve economic stability for everyone. Please check out their website at **RealDurham** for more information. A training session for those wanting to get involved is currently being planned for August.

If you would like to experience the fruits of service to the sangha, and are not already on the SP member list, please contact Mary at **mary@triangleinsight.org**. Meetings will be held quarterly, with the next one scheduled for July/August (exact date to be determined).

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

the Buddha

[^ Top](#)

Organizing Against Racism NC [and Dismantling Racism Works](#) 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) or **dRworks** (Dismantling Racism Works) 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, dRworks, 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.

Both OARNC and dRworks offer 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 websites by clicking on the links above for descriptions of these phases of training.

Please contact us at 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/dRWorks

A variety of times and 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

[^ Top](#)

Spiritual Friends Groups

[VVV](#)

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

~ [The Buddha_{xx}](#)

As we witness the individual and collective suffering created by hatred and delusion, we often struggle with reactivity and confusion. Spiritual friends can provide a safe container for our feelings, help us stay grounded in the dharma, and support us in responding from wisdom and compassion. In her article, **Belonging: Polishing the Third Jewel - Sangha**, Ruth King notes that, "...we need each other to wake up, to know intimately whether our practice is actually our practice. We discover this from our relationship to life and to each other." She goes on to say, "Your practice is not just about you or your individual awakening; your practice is about how you benefit (or not) the quality of our collective - of sangha." This is the heartfelt intention of our Kalyana Mitta and Racial Affinity groups, in which we are committed to our own path, to the spiritual growth of all members, and to the awakening of the larger community.

Kalyana Mitta Groups

Two KM groups are open to new members: The Insight Dialogue Group and The Durham Meditation Collective, for individuals aged 24-36.

There are currently waiting lists for four groups: A Year to Live; Buddhism for a Secular Age; Chapel Hill-Carrboro; and Raleigh.

Details about all these groups are on [our website](#). If you'd like to join a group that's open, be on a waiting list, or start a new group, please send the [KM-RA Questionnaire](#) to Sarah Tillis, KM Coordinator. For more information about any of our KM Groups, please talk with Sarah, visit our [KM web page](#) or email Sarah at sarah@triangleinsight.org.

Racial Affinity Groups

The Chapel Hill-Carrboro RA group will begin meeting soon but still has openings for new members. We have a waiting list for one of our Durham groups, which might be able to add members later this year.

Over twenty individuals have already joined an RA group, and eighteen have done training with [REI](#), [dRworks](#), and/or [Ruth King](#). Some will soon be taking an advanced, Phase II training, and others are volunteering to help these organizations in their important work. We are inspired by this commitment to addressing issues of racial injustice in groups that integrate the dharma into members' personal and collective exploration. Information about our RA groups and a list of resources are on our Racial Affinity Groups [web page](#). If you have questions or suggestions, please talk to Sarah Tillis, KM Coordinator, or email her at sarah@triangleinsight.org.

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

[^Top](#)

Triangle Insight Morning Meditation Group

Note: The group will not meet on August 1st and August 4th

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.

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

[^Top](#)

Awakening Joy & Awakeing Joy 2.0 Online Courses with James Baraz and Others

There are now two courses to awaken joy, taught by James Baraz along with renowned guest teachers. James has been offering Awakening Joy since 2003, and now offers Awakening Joy 2.0 in addition to the basic course, in which he will go deeper into three of the ten steps to awakening joy: Loving Ourselves, Connection with Others, and Compassionate Action.

For more information or to register, please visit the [**Awakening Joy Website.**](#)

**Begin Anytime in 2016
Every Two Weeks for Five Months**

[^ Top](#)

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

[^Top](#)

Goings-on in the Sangha

This space is where sangha members can announce timely activities for everyone to view, such as study groups, social gatherings, and any classes or other events you consider relevant to the mission of our sangha.

If you would like to post something here, please submit your request by the 20th of each month to: info@triangleinsight.org

NEW

Triangle Insight Meditation Group -- on Facebook

TIM now has a Facebook Group where we can post information updates and announce events of interest to our Sangha. Visit here:

<https://www.facebook.com/groups/triangleinsightmeditationgroup/>

We are listed as a closed group, so anyone can find the group and see who's in it, but only members can see posts. To join the group click **Join Group** in the top-right corner. Member requests will be approved by the Group administrator, for spam and troll-control. Currently, the administrator is (email) [Leah Rutchick](mailto:Leah.Rutchick@triangleinsight.org).

This is a place where we can comment on Sangha goings-on: Ask questions, suggest things to do, check for what's next, remind us of meetings or events in the larger community that are relevant to our practice. **Visit the website, join and add your comments. This group is built by its members, so everyone benefits when we contribute.**

Continuing the Conversation

As a continuation of our dialogue about Continuing the Conversation, we are planning to hold a hands-on Advance Care Planning workshop and a screening of the film *Being Mortal*, based on the runaway **best-selling book** by Atul Gawande. Look for more specific information in the August newsletter.

If you would like to be on a mailing list to receive more information about "Continuing the Conversation," please let us know by writing 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.

Shramadana Notes

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. Please **see the longer report** in this newsletter for its activities, including MEDIA NIGHT, and links to the minutes of previous meetings.

Spiritual Friends/Racial Affinity Groups

If you are interested in joining a Kalyana Mitta group or a Racial Affinity group, please **see the report** in this newsletter for groups that are now open, or have waiting lists.

Organizing Against Racism/Dismantling Racism Works 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.

[^Top](#)

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

[^Top](#)

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.](#)

[^Top](#)

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.

[^ Top](#)

Buddhist 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:

[Buddhist Families of Durham](#)

Sunday Mornings

10:30AM-12:00 noon

please contact Sumi Loundon Kim for details

email: admin@buddhistfamiliesofdurham.com

[^Top](#)

Duke Cancer Center

This open meditation period begins with 10 min. of instruction, 15 min. of silent practice, and 5 min. of discussion/reflection. Various meditation practitioners from the community are invited to come and lead these weekly sessions. For more info contact Jon Seskevich at 919-681-3989 or Annette Olsen at 919-684-2843.

Monday Afternoons

12:30 - 1:00 PM

The Quiet Room, Main Level

Duke Cancer Center

[^Top](#)

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**.

Tuesday Nights

7:30 - 8:45 PM

[Chapel Hill Zen Center](#)

5322 NC Hwy 86

Chapel Hill, NC 27516

[^Top](#)

Sutta Study Group

Facilitated by Steve Seiberling

The Eno River Buddhist Community will be restarting a sutta study group this fall, meeting on the 2nd and 4th Thursdays of each month beginning September 22nd. The group focuses on studying teachings found in the Sutta

Piṭaka. We are especially interested in understanding what the suttas have to teach us, rather than using the texts selectively to confirm our existing beliefs or ideas about practice. For more information, please contact Steve Seiberling at smseiberling@gmail.com or visit the Groups page of their [web site](#).

2nd and 4th Thursdays beginning September 22nd Sponsored by the Eno River Buddhist Community

[Top ^](#)

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

[^Top](#)

Triangle Insight is a Non-Profit

In December 2011 we announced our classification as a non-profit with the State of North Carolina, and in May 2013 we received our designation as a 501(c)(3) religious organization by the IRS. All contributions received by the Triangle Insight Meditation Community are tax-exempt to the extent of the provisions of this designation. If you would like to donate to our organization please contact us at info@triangleinsight.org.

[^Top](#)

Triangle Insight, www.triangleinsight.org, Durham - Chapel Hill - Raleigh, NC 27516

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