



Triangle Insight Meditation Community

December 2016

triangleinsight.org

Greetings to all!

As this newsletter arrives in your email box, three weeks have come and gone since the presidential election and the next administration is steadily taking form. We have celebrated (or survived) Thanksgiving and are perhaps now busily moving into the holiday season. Some of us are likely finding all of this a bit stressful, and the sense-of-self may become reactive. No need to be self-critical about this -- we are hard-wired this way, so, it's not really our fault. However, it is our responsibility. See if you can become curious and interested in this phenomenon we call "self," using awareness to both hold what is seen with compassion and then discern as to what is needed. At this point we usually land on a form of practice that might be helpful, one that will engender more wholesome states that lead to greater wisdom and compassion. And remember, no need to take any unskillfulness personally -- it's universal!

James Austin, neurologist, author, and Zen practitioner, attempts to normalize our reactivity by describing a common sequence of events that is a product of what he terms the I-Me-Mine Triad:

"Our I is arrogant and aggressive. Our Me is its vulnerable partner, trembling with fear. It feels besieged and gets battered. Finally, our Mine is easily captured. It covets and craves material goods. It clutches at other people. An especially pernicious habit is the way our Mine cherishes and clings to old biased opinions. These are the kinds of 'a-b-c's' that suggest the everyday liabilities of our I-Me-Mine." If this sounds familiar, then again, drop the self-criticism and let curiosity be your guide. Remember, too, that we have the Buddha on our side, having left us with a vast collection of teachings on how to skillfully approach our stress.

If we turn to the *Nibbedhika (Penetrative) Sutta*, the Buddha says that "Stress should be known. The cause by which stress comes into play should be known. The diversity in stress should be known. The result of stress should be known. The cessation of stress should be known. The path of practice for the cessation of stress should be known." Within all of this knowing the Buddha points to an intriguing divergence that can occur with regard to the potential result of stress: "There are some cases in which a person overcome with pain, his mind exhausted, grieves, mourns, laments, beats his breast, & becomes bewildered. Or one overcome with pain, his mind exhausted, comes to search outside, 'Who knows a way or two to stop this pain?' I tell you, monks, that stress results either in bewilderment or in search. This is called the result of stress." Which fork in this road would you prefer?

If you are reading these words we assume that, although you may have felt bewildered over these past weeks, you are now searching for "a way or two to stop this pain." So, it may be reassuring to know that the Buddha went on to say that "just this noble eightfold path - right view, right resolve, right speech, right action, right livelihood, right effort, right mindfulness, right concentration - is the path of practice leading to the cessation of stress." Having explored this path of practice in depth in previous newsletters, including the Four Foundations/Abidings of Mindfulness, we here want to focus on the first of these as the discourses repeatedly emphasize the great value of mindfulness of the body. In addition, choosing to practice with something that is grounding, tangible, and readily available is not only a healing balm but also provides valuable information.

In addition to bringing about insights, mindfulness of the body is a gateway to the development of deep concentration. This can become the basis for tranquility of the body and can then lead to an application of mindfulness to feelings and mental phenomena. Analayo, in *Satipatthana: the Direct Path to Realization*, says that "the fact that a firm grounding of awareness in the body provides an important basis for the development of calm and insight may be why, of the four *satipatthana*'s, body contemplation has received the most extensive and detailed treatment in the discourses and commentaries." One of these discourses includes the *Kayagata-sati Sutta* on mindfulness immersed in the body, wherein the Buddha describes ten benefits that will be realized

with this practice, including the meditative absorptions and the ending of the effluents of sensuality, views, becoming, and ignorance. Elsewhere in the *suttas* he offers this contemplation as an antidote to destructive and discursive thought, stating that mindfulness of breathing, one of many phenomena from which to choose with our exploration of the body, is a "noble and divine" way of practice. And according to the Buddha his awakening took place based on mindfulness of breathing.

So, as we proceed through the holidays and into the uncertainty of 2017, let us remember that the body never leaves us, is always in the present moment, and is a reliable resource for calm, insight, and the evolution of wisdom. Let us all practice mindfulness of the body, taking to heart these additional words of the Buddha: "Those who do not taste mindfulness of the body do not taste the Deathless; those who taste mindfulness of the body taste the Deathless." This is truly a taste to cultivate as it is the "taste of the purification of consciousness," the end of stress!

Scott Bryce, 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. 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](#))

December 7: Ron Vereen

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

Holiday Party

*The Mindful Twenty
Something*

Awakening Joy:
Online Courses with
James Baraz

Organizing Against
Racism/Dismantling
Racism Works
Workshops

December 14: Scott Bryce (Holiday Party)
December 21: Jeanne van Gemert
December 28: No meeting (Holiday Break)

January 4: Ron Vereen
January 11: Scott Bryce
January 18: Jeanne van Gemert
January 25: Phyllis Hicks (Insight Dialogue)

New Year's Insight Dialogue Daylong Retreat
Saturday, December 31st, 9:00 am - 4:30 pm (see below)

Monday and Thursday Morning Meditation
7:00 - 7:45 AM (click [here](#) for more info)
Note: There will be no meeting on Dec. 26th and 29th

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

Upcoming Retreats

**New Year's Insight
Dialogue Retreat**

**Awareness and
Release: Practicing
with Difficult
Emotions**

Holiday Party at Triangle Insight

It's that time of year when the holiday season brings us another opportunity to come together and celebrate the warmth in gathering as a sangha for food and fellowship. We plan to begin our festivities following our regular meeting of Triangle Insight on Wednesday, December 14th. This gathering is open to all who would like to participate, even if you don't regularly attend the Wednesday night meetings. If you plan to come, please bring a sweet or savory dish to share, and Triangle Insight will provide the beverages (refrigeration and a microwave are available if needed).

Wednesday, December 14th, 2016
Episcopal Center at Duke
8:00 - 8:30 PM

[^ Top](#)

New Year's Insight Dialogue Retreat: Embracing Change with an Open Heart with Phyllis Hicks

Insight Dialogue brings the dynamic stillness of silent practice into relationship, both with the environment and with others, through dialogue. We will be exploring the six Insight Dialogue guidelines as the means of embracing change. Insight Dialogue practice is practical. We have the possibility of turning towards our challenges with tenderness, and of opening to our joys with mindfulness, knowing the truth of changing experience.

Phyllis's warm-hearted presence, and years of teaching experience offer us the wonderful opportunity of embracing change with an open heart. This day

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

Caring Circles

retreat is both an introduction to Insight Dialogue, and an opportunity to deepen practice.

This activity is being offered free of charge, with donations accepted to cover the cost of using the facility and to support the study and practice of the teacher. Please bring your own lunch on Saturday. Refrigeration and a microwave are available as needed. Coffee, tea, and snacks will be provided by Triangle Insight.

To make our preparations we are asking you to pre-register if you plan to attend. Upon registering, you will then receive guidelines on how to approach the retreat, along with a proposed schedule. For more information or to register, please contact Tamara at tamara@triangleinsight.org (when registering, please include your full name and telephone contact information in the email).

Spiritual Friends Groups

Racial Affinity and Kalyana Mitta

Ongoing Classes and Events

Mindfulness Awareness Training with Tamara Share PhD

Mindfulness Programs at Duke Integrative Medicine

Mindfulness Programs at UNC Integrative Medicine

Episcopal Center at Duke
505 Alexander Ave., Durham, NC 27705
Saturday, December 31st, 2016
9:00 AM-4:30 PM

[^Top](#)

New Book: *The Mindful Twenty Something* by Holly Rogers, M.D.

On Thursday, Dec. 8th at 7 PM, Holly Rogers will be reading from her new book, *The Mindful Twenty Something*, at the Regulator Bookshop on Night St. in Durham. *The Mindful Twenty Something* is a meditation guide for young adults who are seeking better ways to manage stress, but more importantly, enhance their lives and develop the wisdom that will guide them as they make important life decisions.

This event is free and open to the public, and for more information, please check out the [Regulator website](#).

Holly B. Rogers, MD, is a psychiatrist and mindfulness teacher at Duke University's student counseling center. Along with Margaret Maytan, MD, she developed **Koru Mindfulness**, a popular mindfulness training program for college-aged adults. Rogers is also coauthor of *Mindfulness for the Next Generation*. She lives in Durham with her family.



Regulator Bookshop
720 Ninth St., Durham, NC 27705
Thursday, Dec. 8, 2016
7:00 PM

[^ Top](#)

Caring Circles

A Sangha Support Initiative

Caring Circles is a new Triangle Insight Shramadana program whose purpose is to connect community members needing temporary assistance in such forms as meals, rides, housework, lawncare or childcare with volunteers willing to provide help.

It will work approximately like this: Sangha members who want to provide help as a "volunteer" member of the Caring Circles group will send an email of interest to Caring Circles coordinators at [**caring_circles@triangleinsight.org**](mailto:caring_circles@triangleinsight.org).

Beginning in November 2016, a sangha member requesting help (a "requestor") will send an email to the same address, [**caring_circles@triangleinsight.org**](mailto:caring_circles@triangleinsight.org), or contact a Caring Circles coordinator in person or by note, specifying the sort of help that is needed and when. (To receive help, a sangha member need not be a Caring Circles volunteer). A Caring Circles coordinator will then forward the request by email to all Caring Circles volunteers. Any volunteer who would like to meet the given request will respond directly to the requestor (e.g., by email or phone) with an offer of help. It will then be up to the requestor to choose a Caring Circles volunteer or volunteers and work out details with them. If necessary, a coordinator will help a volunteer set up a Web arrangement such as Meal Train, which was used during Ron's post-operative period this past summer.

Caring Circles coordinators are: Gordy Livermore, Betsy Barton, Cathy Cole, Leslie Killeen, Mary Mudd, Howard Staab and Karen Ziegler.

[**^Top**](#)

Awareness and Release: Practicing with Difficult Emotions An Insight Dialogue Retreat with Sharon Beckman-Brindley and Phyllis K. Hicks

Much of the time as humans we live, not so much in life as in our mental patterns, our conditioned views about life. When an internal or external experience arises, we meet it with a mind state, a thought, an emotion or a whole story that colors the actual experience and leads to distorted views of reality and, ultimately to suffering. The practice of mindfulness reveals this process directly and opens the door to cultivating embodied awareness, spaciousness, non-identification, and release. In this Insight Dialogue retreat, we will develop wholesome practices that create a foundation for clarity and resiliency in our lives and the lives of our clients. In Insight Dialogue we cultivate the stillness of concentration and the brightness of mindfulness directly in contemplation with others, allowing the heart and mind to become clear and radically present. Practicing in this way, participants learn to integrate the relational aspects of mindfulness and wisdom into their personal experience and their professional work.

CONTINUING EDUCATION

24.5 hours of Continuing Education credits awarded for Psychologists, Social Workers, Nurses and Licensed Professional Counselors.

TO REGISTER: click [**here**](#)

Details:

- \$630 early registration: \$675.00 - Price on or after February 27, 2017.
- Retreat fee includes shared accommodation, continuing education credit, and all meals. Additional \$100 for optional private accommodation, if space allows

Dana: This professional continuing education opportunity is offered in the Buddhist tradition of dana.

March 31st - April 5th, 2017

Shalom House Retreat Center, Hanover Co., Virginia
(about 25 miles northwest of Richmond)

[^ 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 and for outreach to the community-at-large.

The SP meets on a quarterly schedule, and is convened by sangha-member, Mary Mudd.

UPCOMING and ONGOING ACTIVITIES

- The most recent meeting was held on **November 16** following the regular weekly meeting at the Episcopal Center. All who are interested in finding out more about the project are invited to join us for this meeting. Please **let Mary know** if you would like to be part of the planning committee
- Review the minutes of meetings on the TI website page for the **Shramadana Project**. You will learn more about the worthwhile and exciting SP initiatives of the sangha.
- Triangle Insight now has a **tiny library** in our meeting place at the Episcopal Center. Currently in the back "closet" with the cushions, the TITL --Triangle Insight Tiny Library--may soon be relocated to 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. There is a tiny sign on the bookcase in the cushion closet that says, "Donate, Borrow, Return." Titles in circulation include Radical Dharma and Self-Compassion.
- NEW VOLUNTEER TIME ON THE FARM: A group from Triangle Insight recently volunteered at the **Piedmont Farm Animal Refuge** in Chatham Co. This animal sanctuary is a new initiative (2 years old) to provide 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 time and/or money .

OTHER ACTIVITIES

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 offers films and other media.

- For our second Media Night we screened the film *Being Mortal* as part of an ongoing initiative for exploring end of life issues. The well-attended program included members of the community who shared their thoughts and experiences. Betsy Barton provided information on various resources that are available in the community.
- Our next event will be scheduled early next year. **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**

3) RETREATS. Thanks to the diligent work of the retreat planning committee (Gordy Livermore, Mary Mudd, Leah Rutchick, Howard Staab, and Karen Ziegler), two weekend retreats were organized:

- "Dwelling in the Dharma" was held May 26-29 at Avila Retreat Center with teachers Ron Vereen and Jeanne van Gemert.
- "Streams of Dependently Arising Phenomena Interacting Endlessly," took place October 7-9, also at Avila Retreat Center. Leigh Brasington, the planned teacher, was unable to lead this retreat due to illness. In his absence the sangha practiced silent mediation guided by a video recording of Leigh speaking on the *jhanas*, and another video recording of his teacher, Ayya Khema, speaking on the Path of Purification. We also practiced early morning chanting, mindful movement, and were skillfully connected through comments by Ron Vereen and Jeanne van Gemert, and in the heartfelt metta offered by several members of the sangha.

4) OPENING TO DIVERSITY activities around diversity in inclusion in the sangha and the world:

- **REAL Durham** is an anti-poverty initiative in Durham whose mission is to improve economic stability for everyone through a program of building relationships across the lines of privilege, race and class. It is part of the larger organization, **End Poverty Durham**, created by a group of interfaith leaders and community-based organizations working collaboratively to eliminate poverty in Durham. **REAL Durham** has specific Volunteer roles for aiding people in poverty in East Durham.
- Please **check out their website** for more information.

5) CARING CIRCLES, an exchange for giving and receiving to meet the ongoing needs of the sangha. For information, please see the **separate announcement** in this newsletter. 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**.

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

[^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

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

~ The Buddha^{xx}

As our country undergoes a major transition, spiritual friends help us hold all that we're experiencing so we can move from reaction to response, from contraction to compassion. This facilitates wise intention, which leads to wise action. As Larry Yang states in his article, **This Nation Needs our Awakening Together**, "...we can be inspired to change the world because we love it so dearly, because it reveals its precious value each and every moment, because we hold it with such wondrous awe in its resiliency, creativity, and courage. And with our hearts open as wide as they can be, we cannot do anything else but alleviate suffering in the world and pursue further freedom for as many beings as possible." Our Kalyana Mitta and Racial Affinity Groups offer the precious jewel of refuge in the sangha, not refuge to escape the world, but a jewel that will light our path in the world.

Racial Affinity Groups

New Durham Racial Affinity Group: The response to forming another Durham Racial Affinity Group has been heartwarming, and we hope a new group will begin very soon. If you're interested in participating or would like more information, please talk to Sarah Tillis, KM Coordinator, or email her at **sarah@triangleinsight.org**. Our other Racial Affinity Groups continue to meet, and members from all four RA groups participated in the recent workshop given by Rev. angel Kyodo williams. Some sangha members who aren't in RA groups were also at the workshop, seventeen sangha members have taken racial equity training, some have done advanced training, and many are involved in community work for racial justice. This is an inspiring expression of the deep commitment our sangha has to engaged Buddhism and the liberation of all. Information about our RA groups and a list of resources are on our Racial Affinity Groups **web page**.

Kalyana Mitta Groups

We currently have openings in the Insight Dialogue KM Group. There are waiting lists for three groups: Buddhism for a Secular Age; Chapel Hill-Carrboro; and Raleigh. A Year to Live KM Group is now closed, but if there is continued interest, we can work with you to start a second section. 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 group, please send the **KM-RA Questionnaire**. 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**.

As we approach the season of giving thanks, 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.

^Top

Triangle Insight Morning Meditation Group

NOTE: There will be no meeting on Dec. 26th and 29th

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 & Awakening 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.

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).

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 **above**.

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

For info please contact 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**](mailto:Zensetter@gmail.com).

Tuesday Nights
7:30 - 8:45 PM
Chapel Hill Zen Center
5322 NC Hwy 86
Chapel Hill, NC 27516

[^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**](mailto: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**](mailto:info@triangleinsight.org).

[^Top](#)

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

[SafeUnsubscribe™ rlvreen@aol.com](#)

[Forward email](#) | [Update Profile](#) | [About our service provider](#)

Sent by info@triangleinsight.org in collaboration with

Constant Contact 

Try it free today