



Triangle Insight Meditation Community

triangleinsight.org

Winter Greetings to All!

Upon arising in the morning, do you ever find yourself in a state of mind prompting you to crawl back in bed and pull the covers over your head? In your daily life do you tighten up and turn away from difficulties and challenges? If so, you're likely not alone, and you would probably agree that these reactions operate as some form of escape. We may not only seek this sort of refuge under the covers but also through our stock portfolio or other possessions, our image or appearance, our intelligence, even through substances and other forms of addiction. So, we might ask, is there a more skillful alternative with which to greet the vicissitudes of life? The Buddha would answer with a resounding "yes!"

There's an approach in Buddhism called "Taking Refuge in the Triple Gem" and it is a classic teaching for approaching the three refuges of the Buddha, the Dharma, and the Sangha in a way that enables us to open to life, to what is

present right now rather than turning away from it. In **Taking Refuge**, a talk by the meditation teacher, Gil Fronsdal, he refers to the various forms of escape as attempts at taking refuge, but speaks to how they are not a secure refuge. The truly secure refuge, he says, ties together the Four Noble Truths and the Triple Gem, and is something we enter into through our determination or intentionality with respect to the teachings, our understanding of the principles, and our heartfelnness or emotional connection. Something then begins to resonate inside of us that brings meaning to our lives and becomes a source of great potential.

We begin to orient our lives around a movement towards freedom from suffering, realizing unbounded peace and love. We have a deeper, non-conceptual knowing arising from the process of change. We sense a lightness and spaciousness of being rather than heaviness and contraction. We ultimately trust that we have the qualities and the potential for awakening, what Fronsdal says in the Theravada tradition is you, the fourth and ultimate refuge.

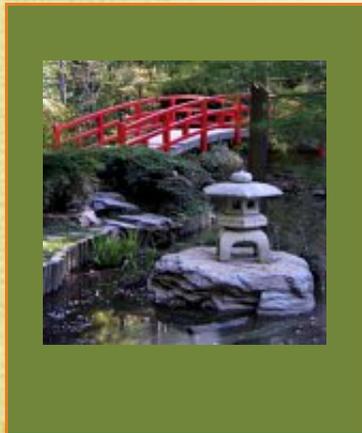
In a recent talk from Tara Brach, **Finding True Refuge**, she refers to these three aspects as our gateways or portals to our own awakened nature (Buddha), the truth of our being (Dharma), and our loving awareness (Sangha). She invites us to consider that this gem, this treasure we are seeking, our own peace and happiness, is closer than we think. It becomes available when we inhabit the fullness of who we are without trying to be someone we're not, nor somewhere else other than where we already are. We find this refuge through our own inquiry into what each of these aspects of the Triple Gem mean to us, and in so doing discover the timeless, the changeless, the limitless, and the deathless about which the Buddha spoke. Rather than being trapped in what she refers to as "if only...mind," where we think "if only _____ (fill in the blank with false refuges or substitutes), then I'll be happy," we discover true freedom through paying attention to this moment, this love, this awareness.

Tara explores in depth this teaching in her recently released book, **True Refuge**, wherein she says that "beneath the turbulence of our thoughts and emotions exists a profound stillness, a silent awareness capable of limitless love." She calls this awareness our true refuge because it is available to every one of us, at any moment, and offers a practical guide to finding our inner

sanctuary of peace and wisdom in the midst of difficulty.

May we all open fully to our lives to discover the true refuge within.

Phyllis Hicks, Cynthia Hughey, Jeanne van Gemert, and Ron Vereen



Sitting Opportunities

[Wednesday Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

[Buddhist Families of Durham](#)

[Neighborhood Sitting Group](#)

[Duke Cancer Center](#)

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[Classes and](#)

Wednesday Meditation Group

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.

Schedule:

February 6:	Ron Vereen
February 13:	Cynthia Hughey
February 20:	Jeanne van Gemert
February 27:	Phyllis Hicks (Insight Dialogue)

March 6:	Ron Vereen
March 13:	Cynthia Hughey
March 20:	Jeanne van Gemert
March 27:	Phyllis Hicks (Insight Dialogue)

Wednesday Evenings

6:30 - 8:00 PM
(Insight Dialogue from 6:30 - 8:30 PM)
Episcopal Center (EC) at Duke
505 Alexander Avenue
Durham, NC 27705

Mindfulness, Stress Reduction, and Transforming Your Relationship with Food:

An Eight-week Course in the Art of Conscious Living

Classes and Events

[Transforming Your Relationship with Food](#)

[Mindfulness for Adolescents](#)

[Buddhism: The American Experience](#)

[Living Realization: A Weekend with Scott Kiloby](#)

[Stepping Out of Self Deception](#)

[MBSR Classes Forming Now](#)

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[Experiencing Mindfulness](#)

[Japanese Tea Gatherings](#)

Upcoming Retreats

[Mindful Yoga Retreat](#)

[Exploring the Magnitude of Mindfulness](#)

[Insight Dialogue & Therapeutic Presence](#)

Goings On in the Sangha

[Meditation](#)

with Sasha Loring

Learning to handle stress is an important aspect of enhancing physical and emotional well-being, and is a foundation for achieving and maintaining a healthy body weight. This program gently trains participants to slow down, recognize the warning signs of stress reactions, and stay focused and relaxed in ways that enhance the body's natural abilities to reduce stress, and the mind's ability to choose healthy responses.

Participants will learn mindfulness skills to reduce emotion-driven eating, explore food craving, increase body awareness, experience the power of self-kindness in the process of change, and create a healing partnership between mind and body. Class size will be limited, so register early.

Course cost: \$370. Discounts available for UNC employees. To register or for more information contact: 919-966-8586, and see the flyer [here](#).

Sasha Loring, M.Ed., LCSW, is a psychotherapist and meditation teacher who has been leading mindfulness programs nationwide for over 30 years. As a leader in the field of mindful eating she has developed programs for major medical and diet centers in Durham, NC. She has also taught the Mindfulness-Based Stress Reduction course, led weight management support groups and worked individually with many people struggling with their weight. Sasha Loring is the author of the book *Eating with Fierce Kindness: A Mindful and Compassionate Guide to Losing Weight*. More information at: sashaloring.com

Wed., Feb. 6th - Wed., March 27th, 2013
6:30 - 8:00 PM

**Program on Integrative Medicine
UNC-CH School of Medicine (pim.med.unc.edu)
Chapel Hill, NC**

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Who Says Adolescents Can't Be Mindful?

with Karen Bluth, Ph.D.

For the first time at UNC, a mindfulness class will be offered for adolescents, age 12-18. Based on Mindfulness-Based Stress Reduction (MBSR) and tailored to

ExplorationDharma
Contemplation Group**The Alice
Project**

Sarnath, India

www.aliceproject.org

Follow the outstanding
school for which our
sangha has provided
support



adolescents, the empirically-based curriculum for this course, entitled Learning to BREATHE, was developed by mindfulness expert/clinical psychologist Dr. Patricia Broderick and has been endorsed by Jon Kabat-Zinn. Research in mindfulness indicates that this program may help students improve focus, enhance self-confidence, and provide a basis for developing positive coping and time-management skills.

"These skills can help teenagers navigate effectively through a time in life that can be confusing, filled with uncertainties, and exceedingly stressful. These life-skills form the basis for building successful relationships, beginning with oneself." - Jon Kabat-Zinn, founder of MBSR, from forward of Learning to BREATHE

The cost of this six-week program will be \$295, and will be taught by **Dr. Karen Bluth**, who is an experienced mindfulness instructor and educator with 18 years of formal classroom teaching experience with children and adolescents. Dr. Bluth's research is focused on improving adolescent and family well-being through mindfulness interventions. She began practicing mindfulness when she was an adolescent.

For more information and to register, go to the [flyer](#) for this offering.

Wednesdays, February 13 through March 20
Tate-Turner-Kuralt Bldg., Room 500
UNC School of Social Work, Chapel Hill, NC
5:15 - 6:45 PM

Orientation for Parents and Teens:
Wed., Feb. 6, 5:15 - 6:15 PM

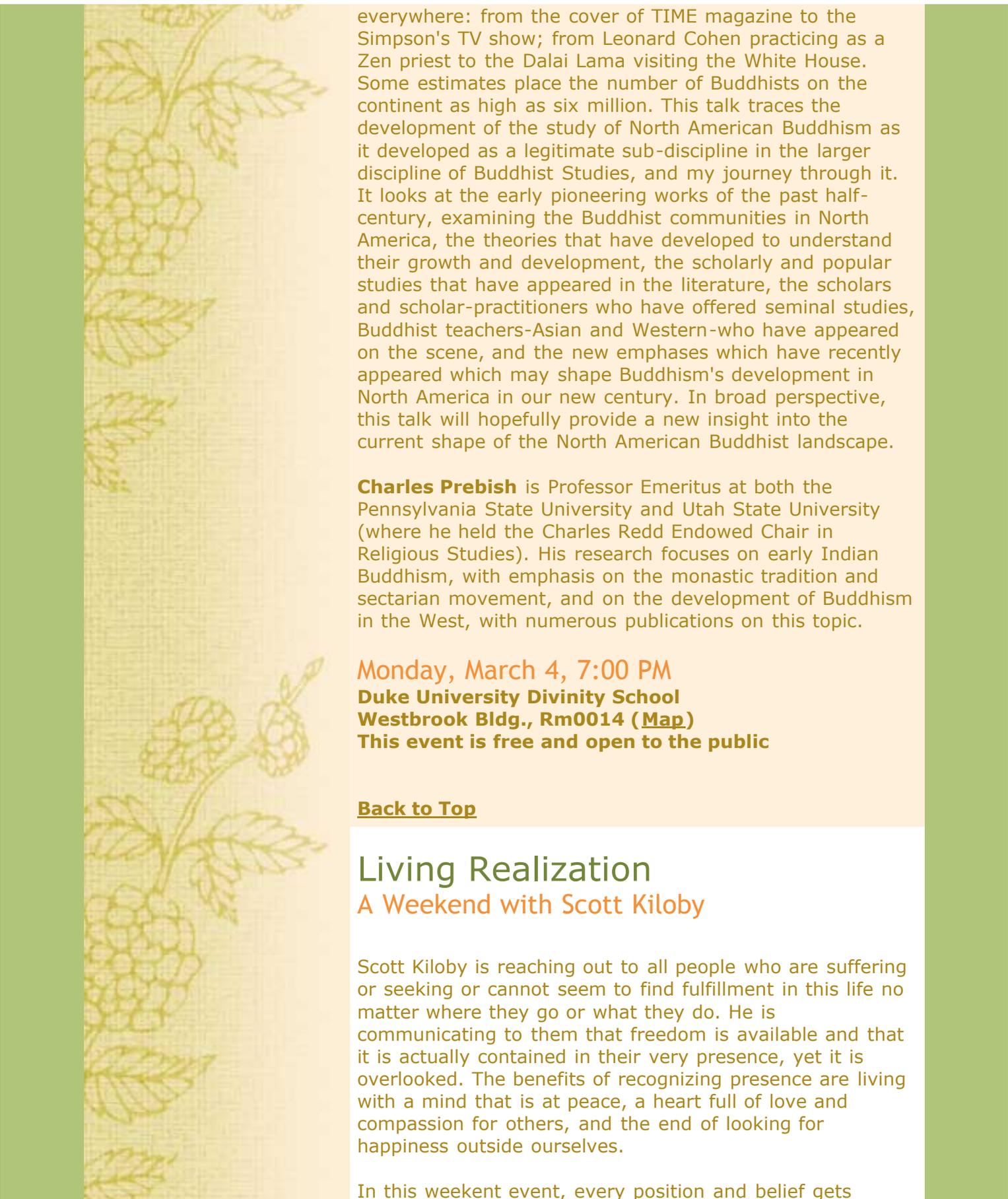
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Buddhism: The American Experience

A talk for a general audience
with Prof. Charles S. Prebish

Sponsored by the Department of Religion at Duke University
and co-sponsored by the Buddhist Meditation Community

Following the change in immigration law in the United States in the mid-twentieth century, Buddhism exploded on the North American continent. Buddhism is now found



everywhere: from the cover of TIME magazine to the Simpson's TV show; from Leonard Cohen practicing as a Zen priest to the Dalai Lama visiting the White House. Some estimates place the number of Buddhists on the continent as high as six million. This talk traces the development of the study of North American Buddhism as it developed as a legitimate sub-discipline in the larger discipline of Buddhist Studies, and my journey through it. It looks at the early pioneering works of the past half-century, examining the Buddhist communities in North America, the theories that have developed to understand their growth and development, the scholarly and popular studies that have appeared in the literature, the scholars and scholar-practitioners who have offered seminal studies, Buddhist teachers-Asian and Western-who have appeared on the scene, and the new emphases which have recently appeared which may shape Buddhism's development in North America in our new century. In broad perspective, this talk will hopefully provide a new insight into the current shape of the North American Buddhist landscape.

Charles Prebish is Professor Emeritus at both the Pennsylvania State University and Utah State University (where he held the Charles Redd Endowed Chair in Religious Studies). His research focuses on early Indian Buddhism, with emphasis on the monastic tradition and sectarian movement, and on the development of Buddhism in the West, with numerous publications on this topic.

Monday, March 4, 7:00 PM

**Duke University Divinity School
Westbrook Bldg., Rm0014 ([Map](#))**

This event is free and open to the public

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Living Realization

A Weekend with Scott Kiloby

Scott Kiloby is reaching out to all people who are suffering or seeking or cannot seem to find fulfillment in this life no matter where they go or what they do. He is communicating to them that freedom is available and that it is actually contained in their very presence, yet it is overlooked. The benefits of recognizing presence are living with a mind that is at peace, a heart full of love and compassion for others, and the end of looking for happiness outside ourselves.

In this weekend event, every position and belief gets

challenged, including every belief about the self, others, the world and all of our ideas about spirituality. This leaves those attending completely open to allow the present moment to unfold in a new way, free of identification with thought and secure in an unshakable peace, clarity, and freedom. The intention is to allow each person attending to go home and discover for themselves the freedom Scott's message is pointing to. The live meetings are spontaneous, open, and unpredictable. You never know what is going to pop up.

Come and find out what we're talking about!

Scott Kiloby is a noted author, teacher, and international speaker who gives talks and meetings around the U.S. and internationally. He is the creator of Living Relationship, a book and set of inquiries called "The Living Inquiries" (www.livingrelationship.org), as well as the author of several other books: ***Love's Quiet Revolution: The End of the Spiritual Search***; ***Reflections of the One Life: Daily Pointers to Enlightenment***; *Living Realization: Your Present Experience As It Is*; and *Doorway to Total Liberation: Conversations with What Is*. He is also the creator of an addiction/recovery method called **Natural Rest for Addiction** that is scheduled for release in 2013.

March 8 - 10, 2013

The Episcopal Center at Duke

Details/Registration: www.scottkilobytalks.com

Durham contact: Alice Hall

(tigrclause@mindspring.com)

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Boundless Body, Immeasurable Heart: A Mindful Yoga Retreat with Frank Jude Boccio

The sublime states of friendliness, compassion, joy, and equanimity are collectively known as the Brahma Viharas, or the Four Immeasurables.

Advocated by both the Buddha and the yoga-sage Patanjali, these qualities of true love lead to a deep, abiding sense of intimacy and inner peace. In this Mindfulness Yoga retreat, we explore the practices taught



by these two masters, cultivating our inherent capacity to receive and offer unconditional love first to ourselves, and then to all beings. When suffused with this love, our true body is seen to be the unbounded universe itself with no separation. This is the fruit of authentic yoga.

Mindfulness Yoga incorporates posture practice, meditation, relaxation, pranayama, and dharma discussion to deepen and expand your connection with the unbounded body of love.

This retreat is for everyone wishing to deepen and expand their capacity for true intimacy, beginning with the self. Through easily accessible practices, everyone can learn to overcome conditioned limitations and whatever wounds they may have suffered to find the deep, healing source of love that abides within. The retreat is open to all levels of experience, including beginners.

Frank Jude Boccio is a certified Yoga Teacher, Interfaith Minister, member of Thich Nhat Hanh's Order of Interbeing, and Dharma Teacher ordained by Korean Zen Master, Samu Sunim. His critically acclaimed book, *Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind* presents the only comprehensive application of the Buddha's Mindfulness Meditation teachings to yogasana practice. Based in Tucson, he travels throughout the world, leading workshops, retreats and trainings. Please contact him through www.mindfulnessyoga.net.

Camp New Hope (www.newhopeccc.org)
Chapel Hill, NC

April 12 - April 14, 2013

Fri., 7 - 9 P; Sat., 9 A-12 N, 2-5 P; Sun., 9 A- 12 N

Fee: \$180 (\$150 if registered and paid by 1/31)

To Register go to www.hillsboroughyoga.com

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The Power of Meditation: Exploring the Magnitude of Mindfulness

with **Jeanne van Gemert and Ron Vereen**

Jeanne and Ron invite you to join them for this two-day non-residential retreat in San Miguel de Allende, Mexico. Consider combining a June vacation with an opportunity to



deepen your mindfulness practice in this lovely Spanish colonial city in the mountains of central Mexico. A thriving artist and ex-patriot community, San Miguel offers a rich cultural history to savor and explore. The retreat will be offered during mid-week, with plenty of time on either side to take in the sights or just stroll leisurely around the centro district.

In this retreat we will be looking more closely at the skillful mental factor that is mindfulness, along with other factors that co-arise with it as well. We will undertake this contemplative journey in exploring the magnitude of mindfulness so as to discover greater balance of mind, generosity of heart, and a stronger conviction for the practice of meditation. All levels of meditation experience are appropriate for this retreat.

The retreat will be held at the **LifePath Center** in the heart of San Miguel de Allende, where five well-appointed rooms are available for lodging. One may also explore a variety of other accommodations nearby in B&B's, very affordable casita rentals, and local hotels. More detailed information will be forthcoming in the next few months.

LifePath Center for Learning, Healing and Retreat in San Miguel, Mexico

Public Talk on June 11, 2013, from 7:30 - 9 PM

Non-Residential Retreat June 12-13, 9 AM - 5 PM

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Insight Dialogue and Therapeutic Presence with Sharon Beckman-Brindley and Phyllis Hicks

This Insight Dialogue retreat, developed by and for mental health professionals, offers a dynamic and practical dialogue between Buddhist psychology, mindfulness meditation, and western psychotherapy. 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. This event provides 25 contact hours of Continuing Education. For more information, please go to <https://metta.org/program/insight-dialogue-therapeutic-presence/>.

**Shalom House Retreat Center
near Richmond, VA
October 3 - 8, 2013**

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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.

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

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Goings-on in the Sangha

This section in the newsletter is where sangha members

may list a variety activities or announcements for everyone to view, e.g., study groups, social gatherings, and any classes or other events that you consider relevant to the mission of our sangha. If you would like something included, please submit your request by the 20th of each month to info@triangleinsight.org.

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Meditation Exploration with Janice Marie Durand

Quiet the mind and ground the body through this seven week experiential Meditation Exploration. We will cultivate being present and gentle with ourselves while exploring a variety of approaches and techniques to sitting, standing and moving meditations. Discover and practice tools that bring ease and centering through breath, body awareness and observing our minds. We will learn about the different states of our autonomic nervous system and its connection with stress levels and what can best help and support each individual with any challenges they may encounter. Janice will guide this experience by holding a sensitive, compassionate space that invites a deepening and quieting of 'Self' and a slowing down of life's busy pace. Come away with a more calm and peaceful sense and state of wellbeing.

Thursday Evenings, 6:30 - 8:00 PM

January 24 - March 7, 2013 (no meeting February 21)
Hillsborough Yoga and Healing Arts
(www.hillsboroughyoga.com)

Cost: \$115 (\$90 if taken series prior)

9 NCBTMB CE's available for Massage/Bodyworkers

Register by calling 919-732-3051

More information: jmdchi@mindspring.com or call
919-563-4454

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Dharma Contemplation Group

Interested in "preparing for a meeting with the unknown?"

Dharma Contemplation is a companion practice to Insight Dialogue. Like ID it was developed by Gregory Kramer. In Dharma Contemplation we immerse ourselves in a short excerpt of the Buddha's words and allow them to transform us. By first hearing and then repeatedly reading the text, it saturates our minds. Layer after layer, joined in mindfulness and inquiry, we deepen our understanding and

experience of the teachings as we contemplate them together in a small group.

Join us on the fourth Sunday of every month from 3:30 - 5:00. Email **Beverly** at beverly143@frontier.com, or call **Tamara** at **919-493-2674, x 114** for more information. In 2013 the following dates have been set: 2/24, 3/24, & 4/28.

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Book Study Group on *Stepping Out of Self-Deception*

This study group led by Ron Vereen has been meeting since February 2011, and has completed reading Rodney Smith's book, *Stepping Out of Self-Deception*. Many in the group expressed interest in taking the exploration further using this same text, and in view of the robust response, Ron has decided to have two groups so as to accommodate as many as possible, one in the morning and one in the afternoon. There is now a wait list for participation, so if interested in being placed on the list in the event space opens up, or if you have questions, please contact Ron at rlvereen@aol.com.

One Saturday Monthly
Schedule determined by participants
10:00 AM - 12:00 noon
1:00 PM - 3:00 PM
One Heart in Durham

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Mindfulness-Based Stress Reduction Classes Duke Integrative Medicine

For those of you who would like to have a progressive and systematic instruction in a variety of mindfulness practices from the healthcare perspective, you may want to consider taking one of the classes of the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine. This is an eight-week class that uses a variety of forms of practice



to examine the stress in one's life and to help bring about a more skillful way of relating to it. The next cycle will begin with an orientation session the week of March 18, with classes beginning the week of March 25 and running through the week of May 20, with a Day of Mindfulness on May 4. A variety of class times are offered in both Durham and Raleigh/Cary, and financial assistance in defraying some of the cost is available for those who may have that need. In addition, a distance learning class is offered for those who are unable to attend on site, as well as a research class for qualified participants. For more information or to register, call **919-660-6826** or go to <http://www.dukeintegrativemedicine.org>. Classes often fill, so you may want to register early.

Week of March 25 - May 20, 2013

Various class times and locations available

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Opening the Heart to Difficulty

Monthly class with Ron Vereen

Ron Vereen leads a monthly class on "Opening the Heart to Difficulty" at **Duke Integrative Medicine**. There is a \$15 charge for the class, which is open to the public, with all levels of meditation experience welcome.

First Thursdays of the Month

10:30 AM - 11:45 AM

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Experiencing Mindfulness

Weekly class with Jeff Brantley

Join Jeff Brantley, Director of the Duke Mindfulness-Based Stress Reduction Program, for a weekly class on "Experiencing Mindfulness" at **Duke Integrative Medicine**. There is a \$15 charge for the class, which is open to the public, with all levels of meditation experience welcome.

Wednesdays

12:00 PM - 1:00 PM

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Buddhist Families of Durham

Currently consisting of 74 beings in 22 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 Bodhi School with our three 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: sumi@buddhistfamiliesofdurham.com

phone: 919-613-0160

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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

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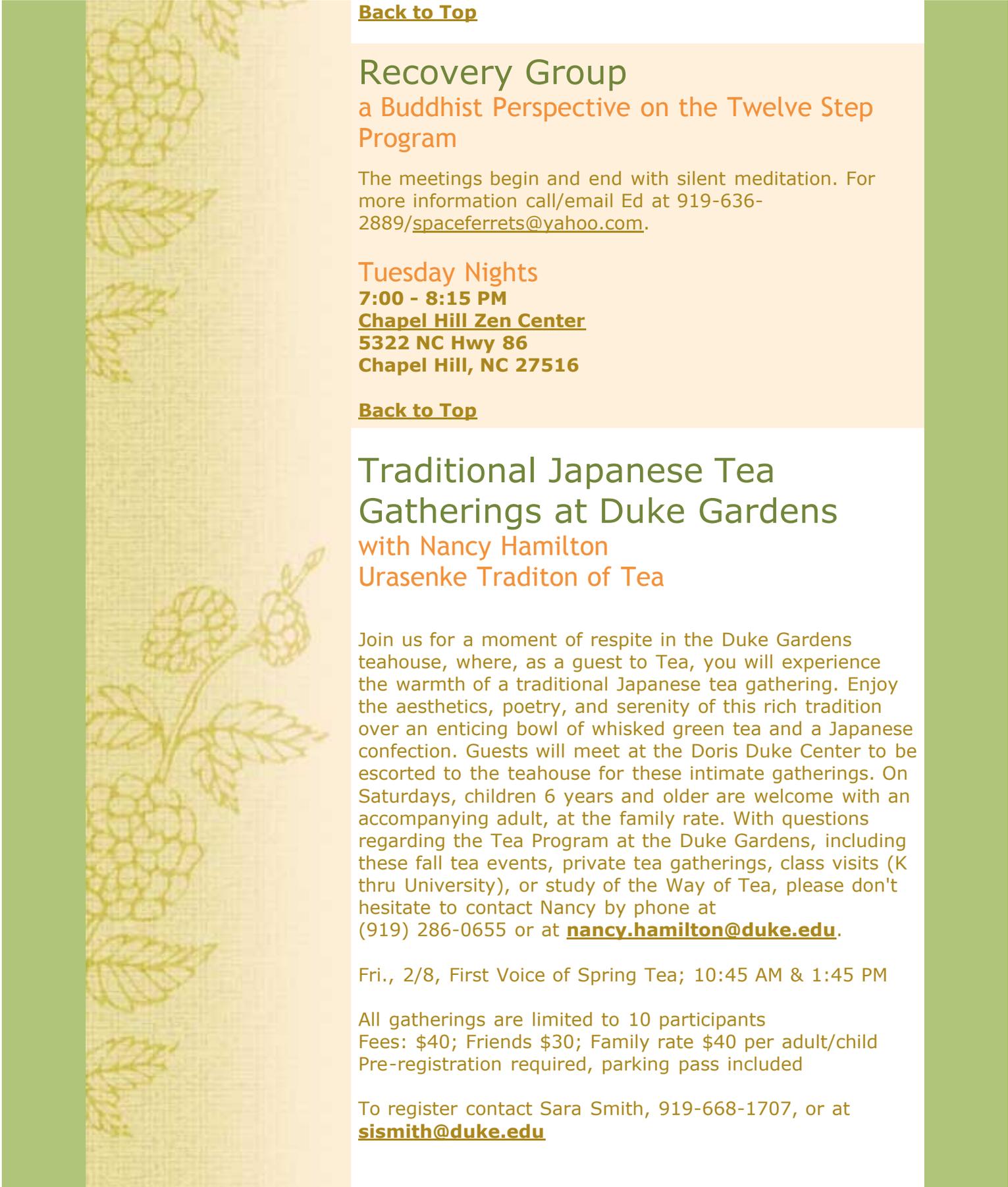
Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:15-8:00 AM in the Watts-Hillandale Neighborhood. There is no charge for participation, and donations are accepted to support the use of the space. For more info contact Ron at rlvereen@aol.com. Please note that there will be no meeting on Thurs., 2/28 and Monday, 3/4.

Monday and Thursday Mornings

7:15-8:00AM

2205 Wilson St., Durham, NC 27705



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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 call/email Ed at 919-636-2889/spaceferrets@yahoo.com.

Tuesday Nights

7:00 - 8:15 PM

Chapel Hill Zen Center

5322 NC Hwy 86

Chapel Hill, NC 27516

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Traditional Japanese Tea Gatherings at Duke Gardens

with Nancy Hamilton
Urasenke Traditon of Tea

Join us for a moment of respite in the Duke Gardens teahouse, where, as a guest to Tea, you will experience the warmth of a traditional Japanese tea gathering. Enjoy the aesthetics, poetry, and serenity of this rich tradition over an enticing bowl of whisked green tea and a Japanese confection. Guests will meet at the Doris Duke Center to be escorted to the teahouse for these intimate gatherings. On Saturdays, children 6 years and older are welcome with an accompanying adult, at the family rate. With questions regarding the Tea Program at the Duke Gardens, including these fall tea events, private tea gatherings, class visits (K thru University), or study of the Way of Tea, please don't hesitate to contact Nancy by phone at (919) 286-0655 or at nancy.hamilton@duke.edu.

Fri., 2/8, First Voice of Spring Tea; 10:45 AM & 1:45 PM

All gatherings are limited to 10 participants
Fees: \$40; Friends \$30; Family rate \$40 per adult/child
Pre-registration required, parking pass included

To register contact Sara Smith, 919-668-1707, or at sismith@duke.edu

Duke Gardens

**Meet at the Doris Duke Center
Dates and times listed above**

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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 who's 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**

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Triangle Insight is a Non-Profit!

In December we announced our recent classification as a non-profit with the State of North Carolina, and in June we completed our application to the IRS for designation as a 501(c)(3) religious organization. While we are now officially a non-profit moving towards our 501(c)(3) status with the IRS, we wanted to thank people who volunteered to help us with a Board. Since the most consistent advice we received was to "keep it simple," the Board will consist of the four founding teachers. However, to grow, nourish and support our sangha we need input, advice and energy from us all and we are looking into how to best do that. Your suggestions are always appreciated. Please contact us at **info@triangleinsight.org** with any ideas or recommendations.

[Forward email](#)



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