



Triangle Insight Meditation Community

triangleinsight.org

Winter Greetings to All!

Having now explored the first two aggregates of the Noble Eightfold Path, wisdom and ethical training, we now come to its third and final aggregate, the training in the practice of meditation and concentration. This month's focus will be on the first of three path factors, wise effort, and we'll later follow with a look at wise mindfulness and wise concentration.

The positioning of wise effort most likely relates to its role in preparing us for the task of meditation itself, which as you may have noticed, usually has simple instructions but can be a very challenging endeavor. As stated in the opening "formula" of the ***Satipatthana Sutta***, The Four Foundations of Mindfulness, the practice of mindfulness requires the establishment of four particular mental qualities, the first of which is diligence or ardency, synonyms for effort (the other three being clear knowing, mindfulness, and freedom from desires and discontent,

i.e., the hindrances). So, what did the Buddha say about wise effort?

In various discourses of the ancient texts the Buddha divided wise effort into four divisions, or four "great endeavors":

1. to prevent the arising of unwholesome states;
2. to abandon unwholesome states that have already arisen;
3. to arouse wholesome states that have not yet arisen;
4. to maintain and perfect wholesome states already arisen.

For the sake of accomplishing the above he gave this additional instruction with each, perhaps as a way of emphasis: one "...generates desire, endeavors, arouses persistence, upholds and exerts one's intent." So, it takes a bit of effort, and the balance between what is too much and what is not enough is for us to figure out in our own practice through discernment and from wise counsel. From the above we see that wise effort serves as a very comprehensive instruction for preparing us for the practice of mindfulness meditation.

As is the case for this newsletter format, space does not allow for going into greater detail, and that is best left to the more scholarly explications, which for those who are interested, can be found in Chapter 5 of Bhikkhu Bodhi's ***The Noble Eightfold Path***, and in Part II.C of Thanissaro Bhikkhu's ***The Wings to Awakening***. We will add this caveat from Thanissaro: "Perhaps the most important point in developing right exertion is to realize that the effort to abandon unskillful qualities and to develop skillful qualities must be skillful itself." And, thankfully, the Buddha skillfully offered a shorthand for remembering this formula: 1) guarding, 2) abandoning, 3) developing, and 4) maintaining, adding that one "...who endeavors ardently at them reaches the end of stress." Perhaps he felt we needed some encouragement.

On that note, we will close with these words of wisdom and inspiration from the revered Dharma teacher, Joseph Goldstein, found in "Ardency: The Long-Enduring Mind," the first chapter in his book, ***Mindfulness: A Practical Guide to Awakening***: "Spiritual ardency is the wellspring of a courageous heart. It gives us the strength to continue through all the difficulties of the journey. The question for us is how to practice and cultivate ardency so that it becomes a powerful and onward-leading force in our lives." He then goes on to offer and further explain

these aids for undertaking the practice of ardency: 1) reflect on the preciousness of the Dharma, 2) reflect on impermanence, and 3) reflect on karma.

May each of us engage the training in wise effort with a courageous heart. May we garner the strength to continue through whatever difficulties we encounter, always remembering that we have the sangha to support us in this endeavor.

Phyllis Hicks, Cynthia Hughey, Jeanne van Gemert, and 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

Consider the Conversation 2
with Betsy Barton

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**.

Schedule:

Wednesday Evenings

6:30 - 8:00 PM

(Insight Dialogue from 6:30 - 8:30 PM)

February 3: Ron Vereen

February 10: Betsy Barton: *Consider the Conversation 2*

February 17: Phyllis Hicks (Insight Dialogue)

February 24: Jeanne van Gemert

March 2: Ron Vereen

March 9: Jeff Brantley (Guest Teacher)

March 16: Jeanne van Gemert

March 23: Phyllis Hicks (Insight Dialogue)

March 30: Dave Hughey

Monday and Thursday Morning Meditation

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

Episcopal Center at Duke

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

An Evening with Jeff Brantley

An Evening with Janet Surrey

Organizing Against Racism Workshops

Awakening Joy Online Courses with James Baraz

Upcoming Retreats

The Path of Awakening Together

Dwelling in the Dharma

Spirit Rock Retreat Scholarships for POC

Goings on in the Sangha

Spiritual Friends Groups

Organizing Against Racism Workshops

The Shramadana Project

A Volunteer Initiative of Triangle Insight

Spiritual Friends Groups

Racial Affinity and Kalyana Mitta

Consider the Conversation 2: An Evening with Betsy Barton

Triangle Insight recently hosted a screening of the film, *Consider the Conversation: A Documentary about a Taboo Subject*. Afterwards, there was a lively discussion that was skillfully facilitated by Betsy Barton about the issues raised in the film. One interest of the group was to continue the conversation, and we will be screening the next documentary, *Consider the Conversation 2: Stories about Cure, Relief, and Comfort*, which will again include time for discussion.

This next documentary explores some of the unintended consequences of American medicine's success, shedding light on the important role of the patient/doctor relationship and patient/doctor communication when living with severe chronic disease. The goal of these films is to inspire dialogue -- so let's keep going! For more information on the films, please visit their website:

www.considertheconversation.org.

Betsy Barton is currently a participant in the first two-year Heavenly Messengers Program at Spirit Rock Meditation Center. She conducts trainings nationally for congregations of all faiths about illness, end of life, caregiving, and grief.

Wednesday, February 10th, 2016
Episcopal Center at Duke
6:30 - 8:30 PM

[^ Top](#)

An Evening with Jeff Brantley Being the Knowing: Discovering the Transformative Power of Resting in Awareness in Everyday Life

This talk will focus on the naturalness and immediacy of mindfulness, and the power for liberating insight to emerge when one meets the constantly changing sensory experience of everyday living from the position of awareness.

Jeff Brantley, M.D., is one of the founding faculty members of Duke Integrative Medicine, where he started the Mindfulness-Based Stress Reduction program in 1998. He is also a member of the Community of Scholars of the Center for Spirituality, Theology, and Health at Duke

Ongoing Classes and Events

Mindfulness Awareness Training with Tamara Share PhD

Mindfulness Programs at Duke Integrative Medicine

Mindfulness Programs at UNC Integrative Medicine



University. He is a Consulting Associate in the Department of Psychiatry and Behavioral Sciences at Duke Medical Center, and teaches intensive courses on mindfulness meditation and conducts extensive experiential programs and group lectures.

Dr. Brantley is the author of *Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic* and is the co-author, with Wendy Millstine, of the *Five Good Minutes* series and *Daily Meditations for Calming Your Anxious Mind*, and most recently, *Calming Your Angry Mind: How Mindfulness and Compassion Can Free You from Anger and Bring Peace to Your Life*.

Wednesday, March 9, 2016

**Episcopal Center at Duke
505 Alexander Ave.
Durham, NC 27705
6:30PM-8:00PM**

[^Top](#)

An Evening with Janet Surrey on The Buddha's Wife

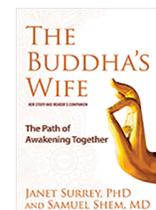
Jan will be introducing the fictional story of ***The Buddha's Wife: The Path of Awakening Together***, published in 2015. What do we know of the Buddha's young wife Yasodhara and their newborn son Rahula after he left home, it is told, on the night of his son's birth, to seek liberation? We will explore this question and more as we dive into the potential for our relationships and how we, as a community and individuals, can awaken together. For more information about the book, click on the title above.

Janet Surrey, Ph.D., is a recognized teacher of Insight Dialogue as taught by Gregory Kramer. She lives in the Boston area and is on the Faculty and Board of the Institute for Meditation and Psychotherapy. She is also a Founding Scholar of the Jean Baker Miller Training Institute at the Wellesley College Stone Center. Jan taught the New Year's Retreat with Phyllis in 2015. We are delighted to welcome her back.

Wednesday, April 6th, 2016

**Episcopal Center at Duke
6:30 - 8:30 PM**

[^Top](#)



The Path of Awakening Together An Insight Dialogue Retreat

with Janet Surrey and Phyllis Hicks

This day long retreat will introduce the meditation guidelines of Insight Dialogue and offer an opportunity to experience the possibilities of a fully engaged co-meditation practice. We will explore the origins of suffering within relationship as well as the great potential for cultivating the mental factors of awakening while in relationship, including mindfulness, concentration, equanimity, and loving kindness. We will investigate Speaking and Listening as meditative practices held and nourished by the deep foundation of silent practice.

The retreat will be held in Noble Silence with periods of silent practice and Insight Dialogue practice in dyads and small groups. Contemplations from Jan's book, ***The Buddha's Wife: the Path of Awakening Together***, will be offered. Devotional practice to particular relationships in our lives as parents, friends, partners and adult children will be explored as whole life relational practices and a part of the Eightfold Path.

Beginners for Insight Dialogue are welcome, and some prior meditation experience is recommended. 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 teachers. 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 Mary at [**mkgrigsby28@gmail.com**](mailto:mkgrigsby28@gmail.com) (when registering, please include your full name and telephone contact information in the email).

Saturday, April 9th, 2016
Episcopal Center at Duke
9:00AM-5:00PM

[^ Top](#)

Dwelling in the Dharma:
[**Integrating Study and Practice**](#)
A Memorial Day Weekend Residential Retreat
with Jeanne van Gemert and Ron Vereen

In one sutta from the ancient texts, **AN 5.73**, the Buddha

was asked "to what extent is one who dwells in the Dharma?" After enumerating the intellectual dimensions of study, teaching, recitation, and examination of the Dharma, the Buddha emphasized the practice of "seclusion." He stated that when committing oneself to "internal tranquility of awareness, ...this is one who dwells in the Dharma." So, how do we find and maintain a balance between study and practice? It appears the Buddha is telling us that if we're going to study, it must be informed by practice.

This residential retreat offers the opportunity to explore this balance in more depth, and to see for ourselves why the Buddha placed emphasis on practice. Time will be devoted to study and practice, the bulk of which will focus on forms of mindfulness meditation that can lead to the direct experience of internal tranquility of awareness, of dwelling in the Dharma, of opening to the formless. We will also see how the very suttas from which these teachings have emerged can be used as guided meditations for practice.

Open to participants with all levels of meditation experience, this retreat will be conducted in Noble Silence, guided by wise view and intention so as to create a container to support wise effort, mindfulness, and concentration. In addition to the forms of practice, group interviews with the teachers will provide further opportunity to integrate study and practice.

The Registration process is not yet open, and details on that and costs will be available for the retreat in the coming month, all of which will be found in this newsletter as well as via email from Triangle Insight.

Jeanne van Gemert and **Ron Vereen** have many years of meditation experience and are co-founders of the Triangle Insight Meditation Community, graduates of the Spirit Rock Community Dharma Leader Program, and instructors in the Duke Mindfulness-Based Stress Reduction Program.

Avila Retreat Center

711 Mason Road, Durham, NC

Friday, May 26th - Sunday, May 29th, 2016

[^Top](#)

The Shramadana Project

A Recent Update on the Volunteer Initiative of Triangle Insight

The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community that has been organized to address some of the needs within the sangha, as well as to provide outreach to the community-at-large.

Mary Mudd, the current coordinator of the SP, has recently convened two 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 both meetings: **11/18/15** and **1/13/16**, where you will learn more about these worthwhile and exciting initiatives of the sangha, one of which is the formation of a listserv so as to connect more efficiently among ourselves. Barbara Shumannfang has compiled **a list of community organizations** 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.

As we are now into 2016, many activities on the horizon will need the sangha's support for implementation, including Media Night, the retreats in May and October, Days of Practice (the next one is April 9th), and others that pertain to our recent exploration of issues around diversity in the sangha and end-of-life concerns.

If you would like to experience the fruits of service to the sangha, and are not already on the member list of the SP, please contact Mary at **mary@triangleinsight.org**. The meetings will be held quarterly, with the next one to be scheduled in April, so stay tuned!

*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 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** as a first step in this investigation. Several members of Triangle Insight have already participated in these workshops and they come highly recommended. A few more from the sangha and other Buddhist communities in the Triangle are planning to attend the Phase I events scheduled for early 2016, and you are encouraged to participate if interested. If three or more attend an event from our sangha, you will each get a discount on the fee for being a part of the Triangle Insight Meditation Community.

TI is contributing \$500 to start a scholarship fund for this purpose, and the community is invited to join the initiative by contributing specifically to the scholarship fund. The fund will be available to support TI community members in attending OARNC or other similar trainings. The goal of the

initiative is to help individuals and the community to deepen their understanding of the way the mind and human systems are limited by unexamined views of race. The scholarships will be available on a case by case basis to help supplement the cost of registration. To contribute now through PayPal, please donate [here](#).

The plan at present is to keep a log of those from our sangha who participate in these trainings, and then to convene a meeting of this core group of individuals to discuss ideas about the best way forward. The Phase II 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 our own community. For a description of the Phase I & II trainings you may click [here](#).

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

**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

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

~ The Buddha

As we notice the increasing hours of daylight, we're reminded of the ways spiritual friends bring light into our hearts and help illuminate our path. In spiritual friends groups we find trust and compassion, allowing us to see more clearly and share our truth. As Thoreau said, "True friendship can afford true knowledge. It does not depend on darkness and ignorance." In this way, both Kalyana Mitta and Racial Affinity groups can deepen our awareness and support our spiritual journey.

Racial Affinity Groups

Over twenty individuals have expressed interest in being in a Racial Affinity Group. We are inspired by their dedication to this challenging and important work. One group will begin meeting in early February, and others are in the process of being formed. **Ruth King's Group Guidelines** will provide valuable guidance for each group's mindful sharing.

Additional information and 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.

Kalyana Mitta Groups

Interest in our KM groups continues to grow, and two new groups are now being developed. This is exciting and heartwarming. More information about both groups will be available soon. Our four ongoing groups continue to meet regularly, and each still has a waiting list. If you'd like to start a new group or be on the waiting list for an existing 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.

The KM Coordinating Team of Sarah Tillis, Tamara Share, Tom Howlett, and Jeanne van Gemert is very grateful for the commitment of our community. May our Kalyana Mitta and Racial Affinity groups be of great benefit to all.

[^Top](#)

Retreat Scholarships Available for People of Color from Spirit Rock Meditation Center

Spirit Rock has scholarship support available for individuals coming from communities of color in their one-month and two-month retreats! This is a beautiful opportunity for deep practice, healing, and the arising of insight.

Remaining Retreat Dates:

February 27 - March 26, 2016 (28 nights)

If interested, call Lynn Stanton at 415-488-0164 x 247, or email her at retreats@spritrock.org.

Prerequisite: You must have completed two previous silent 7-day Vipassana retreats led by Spirit Rock or IMS teachers, or the equivalent. You will need to provide the teachers' names, dates, location, length and style of the retreats when applying, along with a completed questionnaire.

[^ Top](#)

Triangle Insight Morning Meditation Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:00 - 7:45 AM. The group

begins with silent, unguided practice, with Ron giving a guided heart practice during the last 10-15 minutes. There is no charge for participation, and donations are accepted. For more info contact Ron at ron@triangleinsight.org.

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.

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 may announce timely activities for everyone to view, such as study groups, social gatherings, and any classes or other events that you consider relevant to the mission of our sangha.

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

The Shramadana Project

The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community to address some of the needs within the sangha for service and to provide outreach to the community-at-large. See [**the longer report**](#) in this newsletter for more information and links to the minutes of previous meetings.

[**Kalyana Mitta News**](#)

*Spiritual Friends Groups. In addition to current KM Affinity Groups, we are now forming Racial Affinity Groups. Please [**see the report**](#) in this newsletter for these developments. Committee: Jeanne van Gemert, Tom Howlett, Tamara Share and Sarah Tillis.

[**Organizing Against Racism Workshops**](#)

*Intensive, long-range preparation and outreach. See the [**announcement**](#) in this newsletter for more information and

registration. In Durham and Chapel Hill. Scholarships may be requested.

[^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**](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](#)

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