# Triangle Insight Meditation Community

#### Greetings to all!

As we enter 2011, how many of us have made New Year's resolutions? Perhaps you are one who dutifully decides what you want to change as of January 1, and then sets out on the course to do so, only to find your resolve weakening as the days or months roll by. Or, you vow not to make any resolutions, which is in itself, an action that could be considered a form of resolve. And if it is a vow not to change anything, would this be considered unwise?

It may be helpful to reflect on what the Buddha laid out for us with respect to this issue, and to put this teaching in proper perspective. As part of the Eightfold Path, Wise Resolve (renunciation or restraint, good will and harmlessness) is but one factor of eight in the path of development, informed by Wise View and followed by the factors relating to ethical conduct (Wise Speech, Wise Action, Wise Livelihood) and the practice of meditation (Wise Effort, Wise Mindfulness, Wise Concentration). With due diligence, this practice bears the fruit of wisdom and compassion, leading ultimately to freedom from suffering. It does not appear to be restricted to one part of the year, but rather was intended to encompass the whole of our lives.

So, as we embark upon this new year, we are reminded to take up the practice in a comprehensive way, not limiting it to a particular season, or for that matter, to a single factor of the path, and to utilize whatever supports we can to maintain our resolve. It is our hope that Triangle Insight and the sangha of practitioners can be such a support so as to reveal the wisdom and compassion inherent within each of us. You are invited to join us for our ongoing exploration of these ancient teachings and to discover their relevance for contemporary times.

Our warm wishes to each of you for the New Year!

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

#### Sitting Opportunities

Wednesday Meditation Group

Buddhist Families of Durham

> Neighborhood Sitting Group

Chapel at Duke Hospital

**Recovery Group** 

# The Alice Project

Sarnath, India

www.aliceproject.org

Follow the outstanding school for which our sangha raised funds last year!

### Upcoming Retreats

**Recovery Retreat** 

Yoga Body Buddha Mind

Loving Kindness and the Path of Peace

Insight Dialogue Retreat

Exploring the Wanting Mind

Yoga and Mindfulness Workshop

#### Wednesday Meditation Group

All levels of meditation experience are welcome, and the teachings are offered free of charge, with donations accepted for the facility and 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

January 5th: Ron Vereen
January 12th: Cynthia Hughey
January 19th: Jeanne van Gemert

January 26th: Phyllis Hicks (Insight Dialogue)

Wednesday Evenings

7:00-8:30PM

(Insight Dialogue is now 7:00-8:30PM) Duke University Episcopal Center (EC) 505 Alexander Avenue

Durham, NC 27705

#### Daylong Recovery Retreat

with Jeffrey Schneider

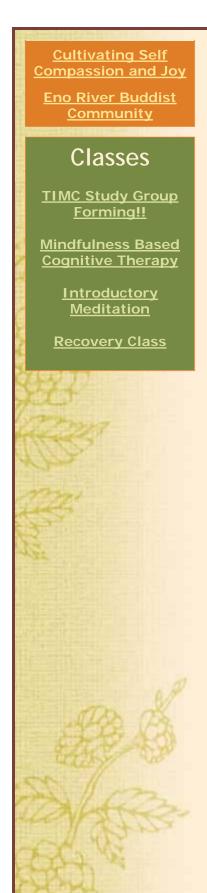
This day-long retreat will include meditation instruction for those new to the practice, several periods of sitting and walking meditation, a talk and discussion, and a silent lunch. The retreat will end with a Twelve Step meeting. Suggested donation \$25. Bring your own lunch. Tea and coffee provided.

January 15th, 2011 9:00 AM - 5:00 PM Chapel Hill Zen Center 5322 NC Hwy 86 Chapel Hill, NC 27516

#### Yoga Body Buddha Mind

with David Nichtern & Cyndi Lee

Join OM yoga center Director Cyndi Lee and senior Shambhala Buddhist teacher David Nichtern as you embark on a journey to invite your body and mind back into balance. ALL LEVELS WELCOME! For more information visit <a href="https://www.bluepointyoga.com">www.bluepointyoga.com</a>.



January 21-23, 2011 Blue Point Yoga Center 2816 Erwin Rd Durham, NC 919-381-6419

### Loving Kindness and the Path of Peace

with Sharon Beckman-Brindley and Phyllis Hicks

The teachings on loving kindness speak of goodwill toward all beings, without exception. Loving kindness is not about "being good". Still less is the practice about craving some different or exalted state. Rather, loving kindness is a manifestation of the natural care that emerges when the mind is at peace. In this retreat we will practice both silent meditation and Insight Dialogue. More information can be viewed at <a href="https://www.phyllishicks.com/offerings">www.phyllishicks.com/offerings</a>.

January 22, 2011 Charlottesville, VA

# New Year Insight Dialogue Retreat: Opening to Life with Phyllis Hicks and Mary Burns

In our efforts to fix things and improve we often miss the wisdom of pausing and listening deeply. Mesmerized by doing, we fail to cultivate moments of letting go and opening to experience just as it actually is. A simple pause into mindfulness and wisdom can shift our thoughts and perceptions yielding insight and release from stress. Join us for a day of cultivating the qualities of mind that blossom naturally into open, wise and compassionate presence in our daily lives. More information can be downloaded here or visit <a href="https://www.phyllishicks.com/offerings">www.phyllishicks.com/offerings</a>.

January 29, 2011 9:30 AM - 4:00 PM 2517 Perkins Rd Durham, NC 27705

Exploring the Wanting Mind



#### with Sasha Loring

A one day meditation workshop. Please see the retreat **flyer** for more information.

February 26th, 2011 9:00 AM - 4:00 PM Chapel Hill Zen Center 5322 NC Hwy 86 Chapel Hill, NC 27516

### Yoga and Mindfulness Workshop with Frank Jude Boccio

Hillsborough Yoga will be sponsoring a workshop with Frank Jude Boccio, The Four Foundations of Mindfulness: The Awakened Union of Breath, Body and Mind. For more information go to <a href="https://www.hillsboroughyoga.com">www.hillsboroughyoga.com</a>.

March 18-20, 2011
Hillsborough Yoga and Healing Arts
1812 Becketts Ridge Dr
Hillsborough, NC 27278

#### The Power of Meditation: Cultivating Self Compassion and Joy in Mindfulness

with Jeanne van Gemert and Mary Brantley

Meditation teaches us how to more skillfully work with ourselves. Compassion and joy are inner states we can turn toward, cultivate and rest in. In the busyness and fast pace of our lives, we often overlook moments and opportunities of self-compassion and joy that naturally exist in us all.

All levels of experience and practice traditions are welcome. This non-residential retreat is open to new meditators and to experienced practitioners. Please register early as retreats at DCIM tend to fill early. For more information see the **flyer**, call 919-660-6826 or visit www.dukeintegrativemedicine.org.

March 25-27, 2011

Duke Integrative Medicine
Center for Living Campus



3475 Erwin Road Durham, NC 27705

# Upcoming Retreats with Eno River Buddhist Community

Avila Retreat Center

May 6-9, 2011, Fri-Mon, with Gregory Scharf Dec 7-12, 2011, Wed-Mon, with Richard Shankman

Save the dates and we will keep you posted as more details become available.

#### Triangle Insight Study Group

Several people have asked about the possibility of a study group forming to explore in more depth Rodney Smith's book Stepping out of Self Deception. The proposed idea at present would be to meet on a Saturday morning once monthly for two hours, with a period of meditation included, with the specific day and location to be decided. If you are interested, please contact Ron at Ron@triangleinsight.org.

#### **Recovery Classes**

with Jeffrey Schneider

During these three evenings, the group will explore the connections between Buddhism and recovery work. For more information contact 919-967-0861 or pphelan@nc.rr.com.

January 15th-17th (Sat-Mon nights) 7:30 PM until Chapel Hill Zen Center 5322 NC Hwy 86 Chapel Hill, NC 27516

# Mindfulness-based Cognitive Therapy (MBCT) Program

with Dr. Lori Ebert and Dr. Phyllis Hicks

MBCT is an evidence-based group designed to prevent relapse in people who have experienced multiple episodes of depression. At



the heart of this work is developing a new relationship to modes of mind that are associated with depressive relapse (e.g. rumination) through the cultivation of mindfulness. Information can be downloaded **here** or viewed at: <a href="https://www.phyllishicks.com/offerings">www.phyllishicks.com/offerings</a>

Thursdays, February 3 - March 24, 2011 8 Week Course Meetings will be in Durham Contact Dr. Hicks for further information

### Introduction to Mindfulness Meditation Course

For a comprehensive introduction to the practice of mindfulness meditation, you may want to consider enrolling in one of the eight-week courses of the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine. The winter cycle will begin the week of January 18, with several class options offered. For more information go to <a href="https://www.dukeintegrativemedicine.org">www.dukeintegrativemedicine.org</a> and click on "classes & events," or call 919-660-6826.

#### **Buddhist Families of Durham**

A group of currently about ten families 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 community, conduct, meditation, and Buddhism in the parent-led Children's Dharma Program. We meet in the spacious home of a member near Duke's East Campus.

#### **Sunday Mornings**

10:30AM-12:00PM

please contact Sumi Loundon Kim for details

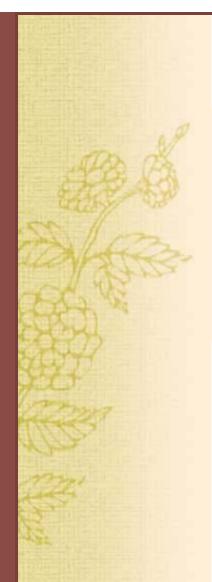
email: simplysumi@gmail.com

phone: 617-501-3877(c) or 919-613-0160(h)

#### Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:00-7:45AM. For more info contact Ron at Ron@triangleinsight.org

Monday and Thursday Mornings



7:00-7:45AM Yoga in the Hood 2205 Wilson St Durham, NC 27705

#### Chapel at Duke Hospital

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 681-3989 or Annette Olsen at 684 -2843.

Thursday Afternoons 3:00-3:30 PM The Chapel 6th Floor of Duke North

#### Recovery Group

a Buddhist Perspective on the Twelve Step Program

The meetings begin and end with silent meditation. For more information call 919-265-7600, email <u>zensetter@gmail.com</u> or call/email Ed at 919-636-2889/<u>spaceferrets@yahoo.com</u>.

Monday Nights 7:00 PM Chapel Hill Zen Center 5322 NC Hwy 86 Chapel Hill, NC 27516

SafeUnsubscribe®

Email Marketing by

Constant Contact

Triangle Insight | www.triangleinsight.org | Durham - Chapel Hill - Raleigh | NC | 27705