



# *Triangle Insight Meditation Community*

*triangleinsight.org*

Happy New Year to All!

" 'Tis the season..." goes the saying at this time of year. And whether by serendipity or synchronicity, we enter 2016 with our exploration of Wise Livelihood, the remaining factor within the aggregate of *sīla*, ethical training, within the Noble Eightfold Path. As many of us may be making those perennial New Year's resolutions, the teachings on wise livelihood help to underscore the need for continued skillfulness in organizing and living our lives, always guided by the preceding factors of wise view, intention, speech, and action. How do we then approach wise livelihood as a layperson, especially in this day and time?

First, the Buddha specified that we are not to engage in five types of business: 1) weapons, 2) living beings, 3) meat, 4) intoxicants, and 5) poison (Anguttara Nikaya 5.177). Second, and more generally, he stated that any trade that includes any of the following is wrong livelihood: trickery, cajolery, insinuating, dissembling,

rapacity for gain upon gain (Majjhima Nikaya 117). Andrew Olendzki, in his current online course, "**Living with Integrity**," expands on the theme by adding that there are four things that lead to the welfare and happiness of a layperson:

1) accomplishment in initiative in whatever means by which a layperson makes a living; 2) accomplishment in the protection of one's resources; 3) good friendship in associating with those who are accomplished in faith, integrity, generosity, and wisdom; and 4) balanced living in which one is not too extravagant nor too frugal (Anguttara Nikaya 8.54).

A few more details on this teaching from the Buddha are provided by Bhikkhu Bodhi in Chapter 4 of his book, **The Noble Eightfold Path: the Way to the End of Suffering**. Of interest, however, is the brevity that he devoted here to wise livelihood (two paragraphs), compared to wise speech and action (13 pages). That was in 1984 (reissued 1994, 1999). Fast forward to the present, where we face the ongoing crisis of climate change amidst the "rapacity for gain upon gain" within the culture of greed of the corporate world. The Buddha's teachings are no less relevant now than 2500 years ago, and Bhikkhu Bodhi recently broadened the topic of wise livelihood to include implications for social justice.

In "**Climate Change as a Moral Call to Social Transformation**," his recent article for **One Earth Sangha**, Bodhi argues that we face a moral imperative if we are going to repair the damage we have inflicted upon our planet. In his inimitable style, he "delineates two specific moral obligations entailed in the climate crisis: one is to act swiftly to avert the unprecedented disasters that are bound to strike if climate change spirals out of control. The other is to overcome the deep underlying causes of climate change, a project that will require the emergence of new social systems and a new paradigm of the good life." In short, we need to examine how we are living, both individually and on a global scale.

We have now clearly moved from the agrarian society of the Buddha's time to our current and complex world. Adding to Bhikkhu Bodhi's contribution, Olendzki offers this guiding summary: "The basic practice here is to pay attention to the impact of our actions upon the world around us, and to take care that we cause as little harm as possible. As a baseline practice, let's at least try hard to arrange our life in such a way that our livelihood -- what we do again and again each day to earn a living -- is not fundamentally oriented toward harming living beings."

May we all conduct ourselves in such a way as to limit the harm on each of us and all beings, as well as the planet on which we live. May we all find wise counsel in the teachings from both ancient and contemporary times.

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

Reflections on Self-Kindness, Self-Compassion, and Self-Esteem with Scott Bryce

## [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)**

January 6: Ron Vereen

January 13: Scott Bryce (Guest Teacher)

January 20: Jeanne van Gemert

January 27: Phyllis Hicks (Insight Dialogue)

February 3: Ron Vereen

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

February 17: Phyllis Hicks (Insight Dialogue)

February 24: Jeanne van Gemert

#### Daylong Practices

**January 1 & 2:** Insight Dialogue Retreat (click [here](#) for more info)

#### Monday and Thursday Morning Meditation

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

### Episcopal Center at Duke

*Consider the  
Conversation 2  
with Betsy Barton*

Organizing Against  
Racism Workshops

Koru Mindfulness  
Teacher Certification

Koru Classes in  
Carrboro

Mindfulness-Based  
Recovery Group

Awakening Joy  
Online Courses with  
James Baraz

## Upcoming Retreats

**New Year's Insight  
Dialogue Retreat**

**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

## Ongoing Classes and Events

Mindfulness

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

## New Year's Insight Dialogue Non- Residential Retreat: Step by Step, Aware and Awake with Phyllis Hicks

Please join Phyllis and the community for this nonresidential one half-day and one full-day retreat, **Friday and Saturday, January 1st and 2nd, 2016**. Insight Dialogue brings the dynamic stillness of silent practice into relationship through dialogue. We will continue to explore the six Insight Dialogue guidelines as a practice of awakening moment by moment, step by step. Through the exploration of the guidelines and the wisdom teachings of the Buddha we walk the walk, finding the opportunity to awaken in the joys and challenges of everyday life. Together we find courage and a great heart for awakening. This 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](mailto:tamara@triangleinsight.org)** (when registering, please include your full name and telephone contact information in the email).

Episcopal Center at Duke  
**505 Alexander Ave., Durham, NC 27705**  
**Friday, January 1st , 1:00 PM - 5:00 PM**  
**Saturday, January 2nd, 9:00 AM-5:00 PM**

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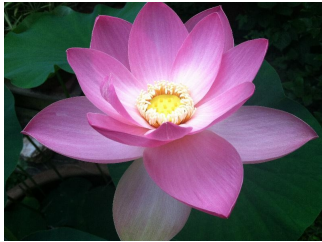
## An Evening with Scott Bryce Reflections on Self-Kindness, Self-Compassion, and Self-Esteem

Please join Scott for this evening of reflections on self-

**Awareness Training  
with Tamara Share  
PhD**

**Mindfulness  
Programs at Duke  
Integrative Medicine**

**Mindfulness  
Programs at UNC  
Integrative Medicine**



kindness, self-compassion, and self-esteem. For over fifty years, self-esteem has been the dominant measure of psychological wellbeing in the American context. Today an alternative, Buddhist-inspired paradigm is emerging that emphasizes self-kindness and self-compassion rather than self-esteem, with transformative implications for Western psychology and psychotherapy. Guest teacher Scott Bryce, a meditator and therapist for twenty years, considers some of the ways these two practices -- Buddhist practice and the practice of psychotherapy - are intersecting in this time and place.

**Wednesday, January 13th, 2016**

**Episcopal Center at Duke**

**6:30 - 8:00 PM**

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## 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](http://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**

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## The Shramadana Project

### A 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, recently chaired a meeting 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 [here](#) so as to learn more about these ongoing opportunities to serve in the evolution of these worthwhile and exciting initiatives of the sangha, one of which is the formation of a listserv so as to connect among ourselves in a more efficient way. 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 move into 2016, many activities are on the horizon that will need the sangha's support for implementation, including the January Insight Dialogue Retreat, the Spring Retreat in May, Days of Practice, 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](mailto:mary@triangleinsight.org). The next meeting is scheduled for January 13th following the regular meeting of Triangle Insight.

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## 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](mailto: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**

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## 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

During this season of giving and receiving gifts, we pause to reflect on our Kalyana Mitta and Racial Affinity groups and the ways they support and enrich our spiritual journey. As Jack Kornfield writes in *A Path with Heart*, "To give of our own spirit, to serve, is a wonderful and fulfilling part of joining a spiritual community. This giving and receiving heart, this honoring of the sacred, creates the spirit of sangha or satsang that characterizes those who are gathered together in the name of that which is holy."

He goes on to say that spiritual community is created when people, "come together bringing honesty, respect, and kindness to support an awakening of the sacred. True community arises when we can speak in accord with truth and compassion. This sense of spiritual community is a wondrous part of what heals and transforms us on our path."

These inspiring words reflect the beautiful intention of our spiritual friends groups and the heartfelt commitment of their members.

### **Racial Affinity Groups**

We've made much progress in developing our RA groups, and we anticipate their beginning early in the new year. Those who've expressed interest will be hearing more from us about getting started, and we encourage you to read our newly revised **Racial Affinity Group Guidelines**. As noted in the guidelines, our RA groups are open to those who participate in Triangle Insight and committed Buddhist practitioners who attend another sangha.

Our RA groups are an outgrowth of our sangha and are integrated with our dharma talks, practice, and study. This integration helps deepen connection among group members and the sangha as a whole, and participation in Triangle Insight is a valuable part of this process. Those who attend another sangha and join one of our RA groups might find it beneficial to experience our teachers and sangha, and they're welcome to attend Triangle Insight on Wednesday evening as convenient.

The specific intention of Racial Affinity (RA) Groups is to deepen self-awareness around issues of race in small, racially homogeneous groups that integrate the dharma into members' personal and collective exploration. Development of this deepened self-awareness is essential and underlies wise action. As stated by the Insight Meditation Community of Charlottesville, "The main focus of the groups will be on sharing personal experiences related to race within the context of a mindfulness practice."

Our **RA group guidelines**, along with **Ruth King's Group Guidelines**, will provide structure and guidance for this important and challenging work. 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**

Since KM groups began meeting this past spring, close to sixty individuals have participated in one of our four groups, and each group now has a waiting list. This is a



heartwarming expression of the dedication of our community. 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 visit our **KM web page** or contact Sara at **sarah@triangleinsight.org**.

As we approach a new year, the KM Coordinating Team of Sarah Tillis, Tamara Share, Tom Howlett, and Jeanne van Gemert wants to express our deep gratitude for our spiritual community and our best wishes for each of you. May our Kalyana Mitta and Racial Affinity groups be of great benefit to all.

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## 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.

### **Retreat Dates:**

February: January 30 - February 27, 2016 (28 nights)

March: February 27 - March 26, 2016 (28 nights)

Two-Month: January 30 - March 26, 2016 (56 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.

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## 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**

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## Koru Mindfulness Teacher Certification Training

Holly Rogers, MD, Libby Webb, LCSW,  
Jennie Dickson, LCSW

**The Center for Koru Mindfulness** offers a unique, evidence-based curriculum and teacher certification program that was specifically developed for teaching mindfulness, meditation and stress-management to college students and other young adults.

This training intensive is the first phase of the Koru Mindfulness teacher certification program. The training will lay the foundation for teaching the Koru Mindfulness curriculum, the first and only evidence-based mindfulness curriculum designed specifically for young adults. CE credits will be available for attendees. You must be accepted into the Koru Mindfulness teacher certification program to register for a training.

To apply for teacher certification please visit the Center for Koru Mindfulness website at [\*\*www.korumindfulness.org\*\*](http://www.korumindfulness.org)

Tuition for Three Phase Teacher Certification Training is \$1595.

**January 21-23, 2016**

MDC Center  
307 West Main St.  
Durham, NC 27701-3215

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## Koru Mindfulness and Mediation Classes in Carrboro

taught by Bree Kalb, LCSW

Koru is a concise, structured approach to learning

mindfulness and meditation. This introductory class will help students establish or revive a meditation practice and to develop a mindful approach to life. Classes are small (6-8 people), relaxed and enjoyable.

For more information:

[www.thewellnessalliance.com/BreeKalb.html](http://www.thewellnessalliance.com/BreeKalb.html)

<https://www.facebook.com/carrborokorumindfulness>

email: [bree@mindspring.com](mailto:bree@mindspring.com)

call: 919-932-6262 ext 216

## The Wellness Alliance

**301 W. Weaver St., Carborro, NC 27510**

**Wednesdays, 5:30-6:45 PM**

**January 28; Feb 4, 11, 18.**

**\$65 for all 4 classes.**

**Please sign up before January 20.**

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## 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**

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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](http://www.metta.org).

The evening begins with silent meditation practice, followed by gentle mindful movement, and then shifting into dyad practice where interpersonal mindfulness is explored with a partner in response to a contemplation that is offered. The dyad practice is optional so that anyone who chooses to remain in silent practice may do so, rather than shifting into dyad practice. One can investigate the guidance of the contemplation internally, noticing the moment by moment unfolding of internal experience. Also note that the ID practice goes from 6:30 to 8:30 PM to allow for more spaciousness and time for questions. We hope you will be able to join us.

## Fourth Wednesdays

(unless otherwise indicated)

**Triangle Insight, Episcopal Center at Duke**

**6:30 - 8:30 PM**

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## 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](mailto:info@triangleinsight.org).**

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### Kaliyana 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 for more information and registration. In Durham and Chapel Hill. Scholarships may be requested.

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## 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**

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## 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.**

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## 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.

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# 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](mailto:admin@buddhistfamiliesofdurham.com)**

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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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## 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

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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 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)**

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## 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)**.

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### [Forward email](#)



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*Try it FREE today.*

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