



# *Triangle Insight Meditation Community*

*January 2017*

*triangleinsight.org*

Happy New Year to all!

As we enter 2017, let's take a moment to reflect on 2016. What comes up in the mind?...in the body...? Of course, each person's subjective experience will be different, and yet there may be some commonalities arising due to events that affect us all -- the presidential election, racial injustice, climate change, Syria -- the list goes on. In reflecting on the past we tend to anticipate the future with an inclination determined by where the mind/body has been dwelling -- disbelief, fear, dread, uncertainty -- that list goes on as well. From a survival perspective, we're hard-wired toward the "negative;" so, we haven't done anything wrong. However, if left unexamined, such patterns can entangle and ensnare us and we're apparently left with two choices: we can feel either bewildered and overcome with pain, or, as the Buddha points out in the *Nibbedhika Sutta*, we begin to search for a way to deal with the inevitable vicissitudes of life. That you are reading these words suggests you are of the latter ilk, thus you may be more likely to turn to "one who knows a way or two to stop this pain." Here are just a few.

The Buddha, of course, is always a good source for information, as he faced similar challenges in his time and yet overcame his suffering while meditating under the Bodhi tree. Remember, however, that this was after six years of diligent searching! With his mind liberated, he then decided to share the knowledge of what he had learned, and as it says in the **Kalama Sutta**, "...he set forth the Dhamma, good in the beginning, good in the middle, good in the end, possessed of meaning and the letter, and complete in everything." Fortunately, his teachings were not only well-received but they also passed the Buddha's recommended test as others were liberated as well. Readily available to us in our own time of controversy and challenge, these teachings can still bring about the same result -- freedom from suffering.

The beloved Dharma teacher, Jack Kornfield, recently offered words of inspiration and hope in a recorded talk from Spirit Rock titled **Listening to the Heart: Practicing the Dharma in Uncertain Times**. Commenting that these are interesting and challenging times, and reminding us that everything is always uncertain, Kornfield offered some hope by saying that the troubles of life can have a purpose. By being mindfully present with a loving awareness, we can open into a vast space in which the troubled mind can untangle and unwind, inviting a profound and deep listening. He continued to emphasize the importance of listening -- to ourselves, to others, to the Earth -- so as to tune in to the universal truths of the causes of our suffering, which are none other than our collective greed, hatred, and delusion. At some point we embrace the spirit of wise intention -- generosity, good will, and harmlessness -- being able to turn *toward* one another rather than to turn *on* one another, and in so doing, letting go of the outcome of our actions. A certain trust is asked, and he then reminded us that we've been training for this period we're going through for a long time -- in steadiness, in compassion, and in our deep values -- doing so, all along, in times of uncertainty.

In his new book, **Untangling Self: a Buddhist Investigation of Who We Really Are**, Buddhist scholar and teacher, Andrew Olenski, also provides us with some encouragement in dealing with the restless mind. Regardless of how long it may take, he insists that one can learn the skill of deep relaxation, "...as peacefulness is a living experience that can be cultivated by holding still, letting go, and allowing oneself to settle down into the quiet depths of the mind, again and again, one moment after another." He describes this midpoint between sense desire and aversion as equanimity, a state of mind that is evenly balanced. When coupled with a mind that is both tranquil and alert, we then find the still center of the mind, "...a place of universal refuge that can be accessed again and again once one learns the way there." And the way there, Olenski says, is to engage the Buddha's teaching.

Finally, LionsRoar.com editor, Rod Meade Sperry, recently sent a holiday email titled **"Have a Very Buddhist Christmas"**, which he admits sounds a bit odd, but then offers that "the holiday season is

all about concepts we can agree on: peace on Earth, good will to all, giving, family." A variety of contemporary teachers -- a few writers/poets, a musician, a monk, and a lama -- then gave their own take on the topic of "yuletide Dharma." We thought we would close with some words from one of them, Mary Rose O'Reilly, author of [The Love of Impermanent Things](#), and a self-described Quaker-Buddhist who took the precepts in Plum Village. In the spirit of the manner of teaching of Thich Nhat Hanh, she offers these *gathas* (verses) for the season:

- In this season of holy longing, with the help of all beings, may I rest in the equanimity of practice.
- As the days become shorter and darkness deepens, may I honor the rhythm of rest and gestation the earth teaches me.
- May I walk mindfully amid distraction, attraction, neediness, and panic, remembering that peace is every step.
- In this season of high expectations, may I lovingly offer what is truly needed.
- In this season of hospitality, may I seek that of God in all encounters.
- I honor the wisdom of my ancestors and teachers. With the help of all beings, I vow to open my heart to illumination.

Wishing us all peace and harmony in the New Year, and offering continual ways to engage the Buddhas's teaching!

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



## Sitting Opportunities

[TI Wednesday Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

[TI Morning Meditation](#)

## [Triangle Insight Meditation Groups](#)

All levels of meditation experience are welcome and the teachings are offered free of charge, with donations accepted to cover costs of using the facility and to support the study of the teachers. Please review our [sangha guidelines](#) before arriving. We also wish to maintain a hypoallergenic space, so please avoid wearing scents, colognes or perfumes. If you would like to submit items for inclusion in this newsletter, please review the [newsletter guidelines](#).

**Please note:** We are now asking that once the meeting begins at 6:30 PM, any latecomers, those leaving early, or those going outdoors for walking meditation enter and exit the building using the side doorway facing Alexander Ave., which is accessible via the walkway to the right as you are facing the main entrance. Once in the building, please follow the hallway to access the Great Room. Thanks for your cooperation to help reduce the noise and distraction during the meeting. Note that this request is intended only for those who are physically able to navigate the front steps.

## Buddhist Families of Durham

Duke Cancer Center

Recovery Group

Other Resources

## Upcoming Classes and Events

Triangle SURJ  
Organizing Meeting  
\*Showing up for  
Racial Injustice\*

UNC 2-Day Mindful  
Self Compassion  
Wksp: Core Training

Organizing Against  
Racism/Dismantling  
Racism Works  
Workshops

## Upcoming Retreats

New Year's Insight  
Dialogue Retreat

Awareness and  
Release: Practicing  
with Difficult  
Emotions

## Goings on in the Sangha

Triangle Insight  
Meditation Group  
on Facebook

Continuing the  
Conversation

Shramadana Notes

## Schedule:

### Wednesday Evenings

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

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

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

February 1: Ron Vereen  
February 8: Scott Bryce  
February 15: Karen Ziegler (Guest Teacher)  
February 22: Phyllis Hicks (Insight Dialogue)

### New Year's Insight Dialogue Daylong Retreat

**Saturday, December 31st, 9:00 am - 4:30 pm (see below)**

### Monday and Thursday Morning Meditation

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

## Episcopal Center at Duke

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

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

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

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

**Spiritual Friends  
Groups**

**Organizing Against  
Racism Workshops**

**The  
Shramadana  
Project**

**A Volunteer Initiative  
of Triangle Insight**

**Caring Circles**

**Spiritual  
Friends Groups**

**Racial Affinity  
and  
Kalyana Mitta**

**Ongoing Classes  
and Events**

**Mindfulness  
Awareness Training  
with Tamara Share  
PhD**

**Mindfulness  
Programs at Duke  
Integrative Medicine**

**Mindfulness  
Programs at UNC  
Integrative Medicine**



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  
Saturday, December 31st, 2016  
9:00 AM-4:30 PM**

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**Triangle Chapter of SURJ : Organizing Meeting  
Showing Up for Racial Justice**

**January 8th 3-5:00 p.m. Southpoint area.**

At the conclusion of Rev. angel Kyodo Williams' recent workshop, several attendees spoke about their involvement in Triangle SURJ (Showing Up for Racial Justice). To find out how SURJ organizes white people to stand up against racism and for racial justice, and how to connect with others to take action, **attend the mass SURJ meeting January 8th 3-5:00 pm.** FMI: [TriangleSURJ@gmail.com](mailto:TriangleSURJ@gmail.com) **[You need to RSVP for final location.](#)**

[Visit their FB page for more information and to RSVP for location information](#)  
<https://www.facebook.com/trianglesur>  
**If you are not a FB member, click on [this link for RSVP info](#)**

**Sunday, January 8th  
3:00PM - 5:00PM  
RSVP for location**

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**Mindful Self Compassion, A 2-Day Core Skill  
Training Workshop**

**with Kristin Neff, PhD and Christopher Germer, PhD**

**[JAN 27 and 28, at the UNC-CH School of Social Work](#)**

Participants of this two-day workshop will learn the core skills of the 8-week Mindful Self-Compassion (MSC) training, an empirically-supported program designed to cultivate self-compassion using meditation, daily life practices, lecture, group exercises and discussion. . . .

Program activities include talks, meditation, experiential exercises, and group discussion. Participants will directly experience self-compassion and learn practices that evoke self-compassion in daily life. No previous experience with mindfulness or meditation is required to attend the program.

For a longer description, including information on Continuing Education credit and contact hours, and to register for this workshop, **[visit this website](#)**

**Friday-Saturday, JANUARY 27-28, 2016**

**UNC SCHOOL OF SOCIAL WORK, AUDITORIUM**

**325 Pittsboro Street, Chapel Hill, NC 27599**

**8:30-12:00 & 1:00-4:30 both days - lunch provided**

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## Caring Circles

### A Sangha Support Initiative

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

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

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

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

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## Awareness and Release:

### Practicing with Difficult Emotions

#### An Insight Dialogue Retreat

with Sharon Beckman-Brindley and Phyllis K. Hicks

Much of the time as humans we live, not so much in life as in our mental patterns, our conditioned views about life. When an internal or external experience arises, we meet it with a mind state, a thought, an emotion or a whole story that colors the actual experience and leads to distorted views of reality and, ultimately to suffering. The practice of mindfulness reveals this

process directly and opens the door to cultivating embodied awareness, spaciousness, non-identification, and release. In this Insight Dialogue retreat, we will develop wholesome practices that create a foundation for clarity and resiliency in our lives and the lives of our clients. In Insight Dialogue we cultivate the stillness of concentration and the brightness of mindfulness directly in contemplation with others, allowing the heart and mind to become clear and radically present. Practicing in this way, participants learn to integrate the relational aspects of mindfulness and wisdom into their personal experience and their professional work.

### **CONTINUING EDUCATION**

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

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

#### **Details:**

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

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

March 31st - April 5th, 2017

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

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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, organized to address some of the interests expressed within the sangha and for outreach to the community-at-large.

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

### **UPCOMING and ONGOING ACTIVITIES**

- The most recent meeting was held on **November 16** following the regular weekly meeting at the Episcopal Center. All who are interested in finding out more about the project are invited to join us for this meeting. Please **let Mary know** if you would like to be part of the planning committee
- Review the minutes of meetings on the TI website page for the **Shramadana Project**. You will learn more about the worthwhile and exciting SP initiatives of the sangha.
- Triangle Insight now has a **tiny library** in our meeting place at the Episcopal Center. Currently in the back "closet" with the cushions, the

TITL --Triangle Insight Tiny Library--may soon be relocated to the back hallway. To check out a book, just intend to bring it back when you're finished. To donate a book, simply add it to the collection. There is a tiny sign on the bookcase in the cushion closet that says, "Donate, Borrow, Return." Titles in circulation include Radical Dharma and Self-Compassion.

- NEW VOLUNTEER TIME ON THE FARM: A group from Triangle Insight recently volunteered at the **Piedmont Farm Animal Refuge** in Chatham Co. This animal sanctuary is a new initiative (2 years old) to provide a rescue area and home for farm animals in need, and they rely on volunteer help to thrive.
- Please visit their website by **clicking on the link above to** learn more about the refuge and how you can donate your time and/or money .

### **OTHER ACTIVITIES**

1) COMMUNITY WORK. **A list of community organizations**, is available. Compiled by Barbara Shumannfang, who organized the above activity, these organizations are seeking volunteers to further their missions of nonviolence, racial and social equity, and supporting youth. The hope is this will be a way to connect us, both within the sangha and in the community, in a variety of volunteer efforts. If you know of other groups to add to this list, please send to **Mary Mudd**, and consider joining the SP group.

2) MEDIA NIGHT, powered by Gerri McGuire, Karen Ziegler, and Tom Howlett offers films and other media.

- For our second Media Night we screened the film *Being Mortal* as part of an ongoing initiative for exploring end of life issues. The well-attended program included members of the community who shared their thoughts and experiences. Betsy Barton provided information on various resources that are available in the community.
- Our next event will be scheduled early next year. **If you would like to see a particular film, or have an idea for a program to share with Dharma friends, please contact Gerri McGuire, at gmcguire04@gmail.com**

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

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

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

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

5) CARING CIRCLES, an exchange for giving and receiving to meet the ongoing needs of the sangha. For information, please see the **separate announcement** in this newsletter. If you would like to experience the fruits of service to the sangha, and are not already on the SP member list, please contact Mary at **mary@triangleinsight.org**.

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

**the Buddha**

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## **Organizing Against Racism NC and Dismantling Racism Works Workshops Being Offered**

In response to our efforts to engage the Buddhist teachings around the issues of Racial Justice and Diversity, we would like to recommend the training opportunities available through **OARNC** (Organizing Against Racism NC) or **dRworks** (Dismantling Racism Works) as a first step in this investigation.

Eighteen of us from Triangle Insight have already participated in these workshops and they come highly recommended, so you are encouraged to participate if interested. If three or more attend an event from our sangha, you will each get a discount on the fee for being a part of the Triangle Insight Meditation Community.

TI is contributing \$500 to start a scholarship fund for this purpose, and the community is invited to join the initiative by contributing specifically to the scholarship fund. The fund will be available to support TI community members in attending OARNC, dRworks, or other similar trainings. The goal of the initiative is to help individuals and the community to deepen their understanding of the way the mind and human systems are limited by unexamined views of race. The scholarships will be available on a case by case basis to help supplement the cost of registration. To contribute now through PayPal, please donate **here**.

Sarah Tillis has graciously volunteered to keep a log of those from our sangha who participate in these trainings, and/or are a member of a Racial Affinity Group. At some point we plan to convene a meeting of this core group of individuals to discuss ideas about the best way forward.

Both OARNC and dRworks offer two phases of training, and the latter trainings are designed to assist us in bringing this knowledge back to our community so as to guide us more skillfully in addressing these issues in Triangle Insight. Please visit their websites by clicking on the links above for descriptions of

these phases of training.

Please contact us at [info@triangleinsight.org](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/dRWorks**

**A variety of times and dates in Durham & Chapel Hill**

**Each workshop is two days, 8:30 AM - 5:30 PM**

**Cost: \$275 (\$225 with 3+ discount; student \$175)  
and includes breakfast and lunch**

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## **Spiritual Friends Groups**

*[Having admirable people as friends, companions, and colleagues is actually the whole of the holy life.](#)*

*[~ The Buddha<sup>xx</sup>](#)*

We are in a season of many transitions--the winter solstice, the start of a new year, and changes in our social and political worlds, to name just a few. It is a season of generosity, peace, and hope...and also one of anxiety, craving, anger, and confusion. As noted last month, during such challenging times, spiritual friends help us hold all that we're experiencing so we can move from contraction to compassion, from reaction to response. In his lovely essay, **[Making Friends on the Buddhist Path](#)**, Norman Fischer states, "That we and our friends can communicate intimately with one another and support each other unselfishly come what may--this truly is a masterpiece of Nature, and one of our brightest human achievements. It is also, I believe, our best hope in troubled times." He goes on to note that, "Emerson and the Buddha both believe that spiritual friendship requires two elements: truth and tenderness." These two elements are among the gifts of Kalyana Mitta and Racial Affinity Groups, gifts that open us to the generosity and love that can awaken us all.

### **Racial Affinity Groups**

**New Durham Racial Affinity Group:** In response to the sangha's growing interest, we're continuing to develop another Durham Racial Affinity Group. If you're interested in participating or would like more information, please talk to Sarah Tillis, KM Coordinator, or email her at [sarah@triangleinsight.org](mailto:sarah@triangleinsight.org). Our other Racial Affinity Groups continue to meet, and new members were recently added to all our groups. Members of our sangha have a deep commitment to social justice, and group members are finding that exploration in a Racial Affinity Group is a rich and valuable path. Information about our RA groups and a list of resources are on our Racial Affinity Groups **[web page](#)**.

### **Kalyana Mitta Groups**

We currently have openings in the Insight Dialogue KM Group. There are waiting lists for Chapel Hill-Carrboro and Raleigh. A Year to Live and Rethinking Buddhism for a Secular Age are both currently closed, and the Durham Meditation Collective is in the process of transition. If you'd like to join a group that's open, be on a waiting list, or start a group, please send the **[KM-RA Questionnaire](#)**. For more information about any of our KM Groups, please talk with Sarah, visit our **[KM web page](#)** or email Sarah

at [sarah@triangleinsight.org](mailto:sarah@triangleinsight.org).

The KM Coordinating Team of Sarah Tillis, Tamara Share, Tom Howlett, and Jeanne van Gemert expresses deep gratitude for the dedication of our sangha and sends each of you warm wishes for a new year of peace and light. May our Kalyana Mitta and Racial Affinity groups be of benefit to all.

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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](mailto: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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## 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 can announce timely activities for everyone to view, such as study groups, social gatherings, and any classes or other events you consider relevant to the mission of our sangha.

**If you would like to post something here, please submit your request by the 20th of each month to: [info@triangleinsight.org](mailto:info@triangleinsight.org)**

### **NEW**

#### **Triangle Insight Meditation Group -- on Facebook**

**TIM now has a Facebook Group** where we can post information updates and announce events of interest to our Sangha. Visit here:

**<https://www.facebook.com/groups/triangleinsightmeditationgroup/>**

We are listed as a closed group, so anyone can find the group and see who's in it, but only members can see posts. To join the group click **Join Group** in the top-right corner. Member requests will be approved by the Group administrator, for spam and troll-control. Currently, the administrator is (email) [Leah Rutchick](mailto:Leah.Rutchick@triangleinsight.org).

This is a place where we can comment on Sangha goings-on: Ask questions, suggest things to do, check for what's next, remind us of meetings or events in the larger community that are relevant to our practice. **[Visit the website](#), join and add your comments. This group is built by its members, so everyone benefits when we contribute.**

#### **Continuing the Conversation**

As a continuation of our dialogue about Continuing the Conversation, we are planning to hold a hands-on Advance Care Planning workshop and a screening of the film *Being Mortal*, based on the runaway **[best-selling book](#)** by Atul Gawande. If you would like to be on a mailing list to receive more information about Continuing the Conversation workshops or meetings, **please let us know by writing us at [info@triangleinsight.org](mailto:info@triangleinsight.org)**. If you wish to be involved in the further planning and development of this initiative, please include that in your email as well.

#### **Shramadana Notes**

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

#### **Spiritual Friends/Racial Affinity Groups**

If you are interested in joining a Kalyana Mitta group or a Racial Affinity group, please **[see the report](#)** in this newsletter for groups that are now open, or have waiting lists.

### **Organizing Against Racism/Dismantling Racism Works Workshops**

Intensive, long-range preparation and outreach. See the **announcement** in this newsletter for more information and registration. In Durham and Chapel Hill. Scholarships may be requested.

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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**

**For info please contact [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**

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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**.

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Triangle Insight, [www.triangleinsight.org](http://www.triangleinsight.org), Durham - Chapel Hill - Raleigh, NC 27516

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