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Triangle Insight Meditation Community

triangleinsight.org

Greetings to all!

July is upon us, and as you prepare for your July 4th festivities, don't forget about our own celebration here at the Triangle Insight Meditation Community as this month marks our third birthday! As you may recall from the June newsletter, we'll be meeting on Wednesday, July 18 from 6:30 - 9:00 PM here at the Episcopal Center at Duke, beginning with a pot luck dinner, followed by a period of meditation, and then a forum with the guiding teachers to review and discuss the results of our recent survey with the intention of engaging the sangha in a dialogue around these issues. We trust this process will help us plan for the future direction of our sangha, and if you haven't completed the survey yet, it's not too late - just send it in! If you have not received one or need us to re-send it, let us know by writing us at info@triangleinsight.org. If you will be attending, in order to help

with planning this event, please send the type of dish/beverage you will be bringing, and whether or not you would be able to help with setup/clean-up to ticeventsplan@gmail.com (rumor has it that there will be a birthday cake, so not as much need for desserts!). For a more detailed schedule of the evening, click on "Triangle Insight's Third Birthday" in the "Suggestions from the Sangha" block below.

To entice you to come to this special gathering, we thought we would offer you a sneak preview of the survey results to date. As far as your overall satisfaction with TIMC, 13.7 % of you responded that you were extremely satisfied, 47 % very satisfied, and 23.5 % satisfied. As to whether your practice has benefited by TIMC, 15.6 % of you said extremely, 37.2 % very much, and 27.4 % somewhat. It thus appears that what we referenced in last month's newsletter about the importance the Buddha placed on the sangha is being confirmed by your participation in TIMC. In keeping with our mission to support your ongoing practice, we invite you join us on July 18th and bring your voice into the discussion and planning process. And in case you need any inspiration as to the importance of this path of practice that we are wanting to support, here are some words from Bhikkhu Bodhi from **The Noble Eightfold Path: The Way to the End of Suffering** (italics added by us!):

"The higher reaches of the path may seem remote from us in our present position, the demands of practice may appear difficult to fulfill. But even if the heights of realization are now distant, all that we need to reach them lies just beneath our feet. The eight factors of the path are always accessible to us; they are mental components which can be established in the mind simply through determination and effort. We have to begin by straightening out our views and clarifying our intentions. Then we have to purify our conduct - our speech, action, and livelihood. Taking these measures as our foundation, we have to apply ourselves with energy and mindfulness to the cultivation of concentration and insight. The rest is a matter of gradual practice and gradual progress, without expecting quick results. For some progress may be rapid, for others it may be slow, but the rate at which progress occurs should not cause elation or discouragement. *Liberation is the inevitable fruit of the path and is bound to blossom forth when there is steady*

and persistent practice. The only requirements for reaching the final goal are two: to start and to continue. If these requirements are met there is no doubt the goal will be attained. This is the Dhamma, the undeviating law."

May we all reach the goal of practice, and may our sangha support you along the way, whether it be in getting started or in continuing your practice.

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



Sitting Opportunities

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Classes and

Wednesday Meditation Group

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

Schedule:

July 4: Holiday - No meeting
 July 11: Cynthia Hughey
 July 18: Birthday Celebration & Forum (6:30 - 9 PM)
 July 25: Phyllis Hicks (Insight Dialogue)

Wednesday Evenings

7:00-8:30PM

**Episcopal Center (EC) at Duke
 505 Alexander Avenue
 Durham, NC 27705**

Insight Dialogue and Metta: Opening to Life as It Is with

Sharon Beckman-Brindley & Phyllis Hicks
 (retreat has filled but you could get on the wait list!)

Insight Dialogue is an interpersonal meditation form, based in Vipassana. It expands solitary meditation by extending the mindfulness, wisdom, and compassion of silent practice into speaking and listening in contemplation with others. To

Events

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[Sharon Salzberg at Duke](#)

learn more about the practice of Insight Dialogue go to www.metta.org and look under the "Practices" menu.

This retreat focuses on learning and practicing Insight Dialogue. There will be times of silent practice, walking meditation, and mindful movement interwoven with periods of structured Insight Dialogue. Through practice, we will see directly and clearly how confusion and ignorance sustain both personal and interpersonal suffering. We will practice metta, allowing our hearts and minds to open unconditionally to life and experience just as they actually are. As awareness deepens, we can experience for ourselves the profound Buddhist teachings on suffering and its cessation. An ongoing meditation practice or previous retreat experience would be useful as background for this retreat. Registration is available at www.southerndharma.org, and although this retreat has filled, you could be placed on a waiting list.

Southern Dharma Retreat Center

Hot Springs, NC
July 6 - 11, 2012

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Upcoming Retreats

[Insight Dialogue & Metta](#)

Suggestions from the Sangha

[Free Awareness Retreat](#)

[Sutta Study Group](#)

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Sharon Salzberg at Duke Public Talk and Day-long Workshop

Sharon Salzberg, the well-known and beloved meditation teacher and author, will be coming to Duke this Fall for a public talk on Friday evening, Sept. 7, followed by a day-long workshop on Saturday, Sept. 8. On Friday evening she will explore "Real Happiness: The Power of Meditation," followed on Saturday with the workshop on "Equanimity." This event is being sponsored by Jon Seskevich, RN, and for more information or to purchase tickets, go to sharonatduke.com

The Bryan Center at Duke University

Durham, NC

Friday, September 7

7:30 - 9:30 PM

(\$15 advance/\$20 day of)

Saturday, September 8

9:30 AM - 4:00 PM

(\$75 advance/\$80 day of)

(both events together, \$80)

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The Alice Project

Sarnath, India

www.aliceproject.org

Follow the outstanding school for which our sangha has provided support



Suggestions from the Sangha Goings-on in the Community

In response to suggestions that have been submitted from sangha members, we decided to add this section in the newsletter where we would list a variety these activities for everyone to view. These events could be study groups, social gatherings, and any classes or other events that you consider relevant to the mission or our sangha. If you would like something included, please submit your request to info@triangleinsight.org. Also, please feel free to give us feedback about this addition to the newsletter.

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A Weekend with Bentinho Massaro Free Awareness Retreat sponsored by Alice Hall

"All the seeking that colors the look and feel of our personal lives is the universal search for happiness. What we really strive to find is a state of perfection. Since an early age we are mistakenly taught that this perfection, or at least a near-perfection compatible with our conditioned desires, needs to be found circumstantially: in what we do, think, feel and achieve. Nothing is more corruptive of our natural joy. The freedom of getting to know our natural state of innate perfection is that it frees us up from having to seek for it in a conditional future, and this end of seeking perfection in turn empowers us to benefit ourselves and others in a truly immediate and clear way. Join the fun of discovering unconditional freedom. You're not alone in this quest."

- Bentinho Massaro, [Free Awareness](#)

Friday, August 24, 7 - 9 PM

Saturday, August 25, 10 AM - 5 PM

Sunday, August 26, 10 AM - 5 PM

Costs:

\$15 - Friday night

\$120 - for both Saturday and Sunday

\$65 - for either just Saturday or Sunday

No one will be turned away for lack of funds.

Please indicate if you will need a partial or full scholarship.

Registration contact:

Alice Hall - tigrclause@mindspring.com

Episcopal Center at Duke

505 Alexander Ave., Durham, NC 27705

August 24 - 26, 2012

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Sutta Study Group:

I would like to know if anyone is interested in forming a small group of 8-10 people to meet monthly and discuss the suttas as it relates to personal practice of the dharma? The text that I would propose using is *Satipatthana: The Direct Path to Realization* by Analayo, which has been suggested by one of our teachers here at Triangle Insight. This text is a comprehensive exploration of the Satipatthana Sutta, The Four Foundations of Mindfulness. I would like to have the first meeting in September, so, I would like to meet with all interested persons before or after a TI meeting in late August to decide the day, time, and place of our group meetings. You could also email me at beverly143@frontier.com.

Beverly Brooks

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Mindful Yoga Teacher Training with Frank Jude Boccio

The Mindfulness Yoga Training provides instruction and guidance to yoga teachers (from any tradition, lineage, or style) wishing to integrate mindfulness practice into their yoga teaching, as well as to cultivate a deeper, broader approach to yoga practice, and for the cultivation of sangha (a network of communities of practice). The training is open to all yoga teachers, certified at least at the 200-hour level, as well as for all yoga practitioners who have been practicing a minimum of two years. This training assumes knowledge of the basic traditional yoga postures, and competency in body awareness, including proper alignment. This is NOT a training program in how to teach postures.

Hillsborough Yoga and Healing Arts Friday - Tuesday, August 10-15

Cost: \$500 (\$435 by 5/1, \$450 by 6/10, \$475 by 7/10)

HillsboroughYoga.com

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Social Gatherings, Pot Lucks, etc:

Several of you have expressed a desire for more events within which sangha members might have the opportunity for socializing, commenting on how the holiday and Triangle Insight birthday parties have thus far facilitated more of this type of interaction. We welcome this idea and would invite any of you who are interested to consider forming a social committee for the sangha as a way to plan and coordinate these events. If you are interested, email us at info@triangleinsight.org and we will connect you with one another. On a more informal basis, some members are already gathering together before or after the meetings. If you would like to invite others using this forum, we can include your announcement as well.

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**Save the Date!
Triangle Insight's Third Birthday Party
Wednesday, July 18, 2012, 6:30 - 9 PM**

Please join us for the celebration of our third year as a sangha! We will gather at the Episcopal Center for a pot luck dinner with great food and fellowship, followed by a period of silent meditation, after which there will be a forum with the four founding and guiding teachers to discuss issues relevant to our mission of supporting the study and practice of insight meditation. This will be an opportunity for inquiry and investigation into our deepest intentions as a sangha, drawing on the collective wisdom of the group. Let us know if you would like to help in the planning and implementation by writing to ticeventsplan@gmail.com, or if you have any other suggestions for this meeting by emailing us at info@triangleinsight.org. And don't forget to complete the Triangle Insight Forum Survey which you should have received last month, which will be of great assistance in letting us know the needs and wishes of our community.

Schedule for the evening:

- 6:00 PM Arrive and set-up
- 6:30 Pot-luck meal and fellowship
- 7:30 Meditation
- 8:00 Sangha forum and meeting
- 9:00 Closing and clean-up

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Book Study Group on "Stepping Out of Self Deception"

This study group led by Ron Vereen has been meeting since February 2011, and has completed reading Rodney Smith's book, "Stepping Out of Self-Deception." Many in the group expressed interest in taking the exploration further using this same text, and the group was open to additional enrollment for September 2012 and has now filled. If you would like to be placed on a waiting list, or have other questions, please contact Ron at rlvereen@aol.com.

One Saturday Morning Monthly
Schedule determined by participants
10:00 AM - 12:00 noon

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Mindfulness-Based Stress Reduction Classes Duke Integrative Medicine

For those of you who would like to have a progressive and systematic instruction in a variety of mindfulness practices from the healthcare perspective, you may want to consider taking one of the classes of the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine. This is an eight-week class that uses a variety of forms of practice to examine the stress in one's life and to help bring about a more skillful way of relating to it. The next cycle will begin with an orientation session the week of September 17, with classes beginning the week of September 24, and running through the week of November 12, with a Day of Mindfulness on November 10. A variety of class times are offered in both Durham and Raleigh/Cary, and financial assistance in defraying some of the cost is available for those who may have that need. In addition, a distance learning class is now offered for those who are unable to attend on site, as well as a research class for qualified participants. For more information or to register, call **919-660-6826** or go to <http://www.dukeintegrativemedicine.org>. Classes often fill, so you may want to register early.

Week of Sept. 17 - Week of Nov. 12, 2012
Various class times and locations available

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Opening the Heart to Difficulty

Monthly class with Ron Vereen

Ron Vereen leads a monthly class on "Opening the Heart to Difficulty" at [Duke Integrative Medicine](#). There is no charge for the class, with donations accepted and will go toward support for the fund for financial assistance. The class is open to the public, with all levels of meditation experience welcome.

First Thursdays
10:30 AM - 11:45 AM

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Experiencing Mindfulness

Weekly class with Jeff Brantley

Join Jeff Brantley, Director of the Duke Mindfulness-Based Stress Reduction Program, for a weekly class on "Experiencing Mindfulness" at [Duke Integrative Medicine](#). There is no charge for the class, with donations accepted and will go toward support for the fund for financial assistance. The class is open to the public, with all levels of meditation experience welcome.

Wednesdays
12:00 PM - 1:00 PM

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Buddhist Families of Durham

Currently consisting of 74 beings in 22 families, this group is dedicated to creating a warm, loving community for parents and children to learn and practice together. Adults meet for one hour for meditation and discussion, while the children learn about meditation and Buddhism in Bodhi School with our three marvelous (non-parent-member) teachers.

For more information, visit:
[Buddhist Families of Durham](#)

Sunday Mornings

10:30AM-12:00PM

please contact Sumi Loundon Kim for details

email: simplysumi@gmail.com

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

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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 681-3989 or Annette Olsen at 684-2843.

Monday Afternoons

12:30 - 1:00 PM

The Quiet Room, Main Level

Duke Cancer Center

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Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:15-8:00 AM. For more info contact Ron at rlvereen@aol.com.

Monday and Thursday Mornings

7:15-8:00AM

Yoga in the Hood

2205 Wilson St., Durham, NC 27705

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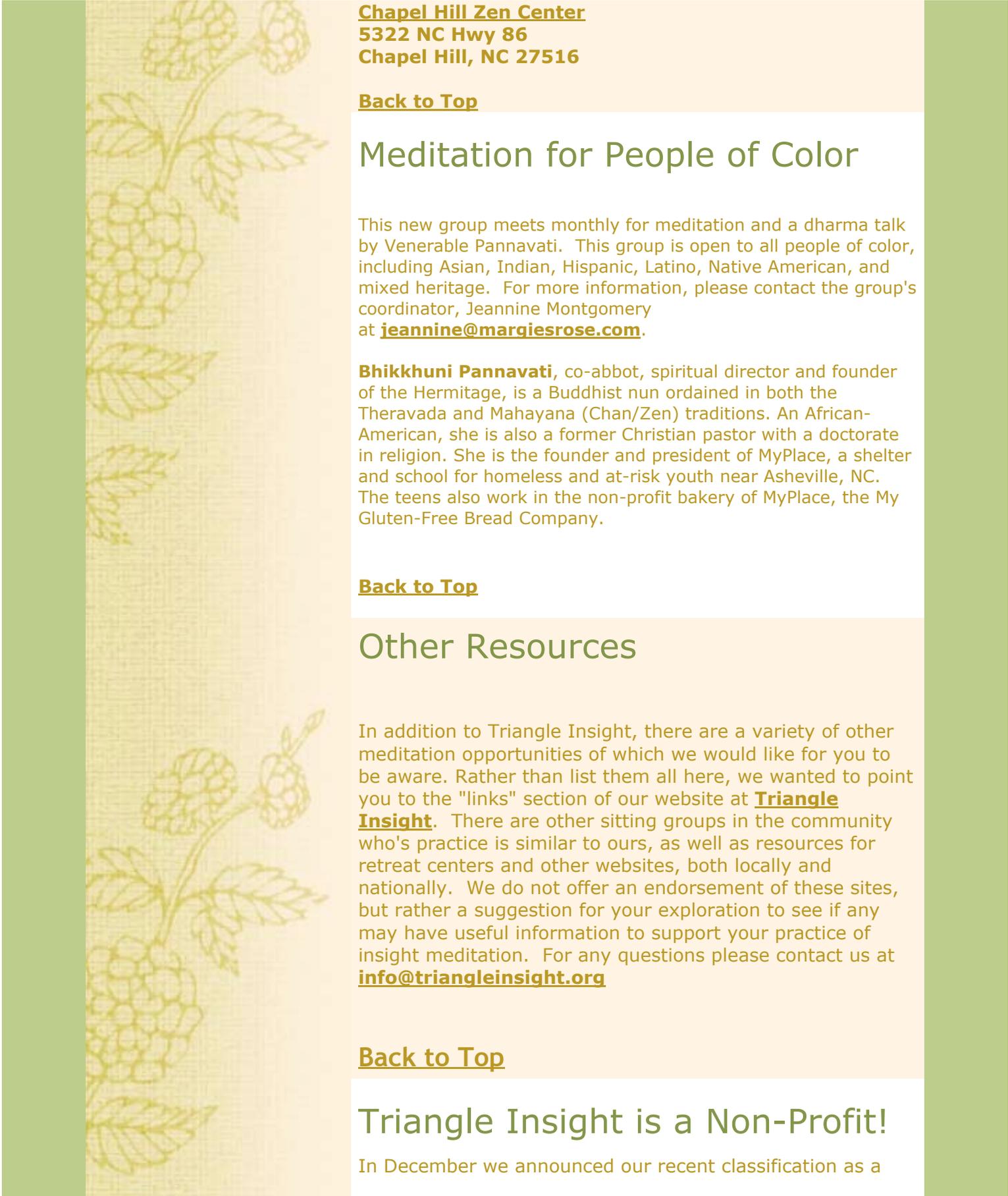
Recovery Group

a Buddhist Perspective on the Twelve Step Program

The meetings begin and end with silent meditation. For more information call/email Ed at 919-636-2889/spaceferrets@yahoo.com.

Monday Nights

7:00 PM



Chapel Hill Zen Center
5322 NC Hwy 86
Chapel Hill, NC 27516

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Meditation for People of Color

This new group meets monthly for meditation and a dharma talk by Venerable Pannavati. This group is open to all people of color, including Asian, Indian, Hispanic, Latino, Native American, and mixed heritage. For more information, please contact the group's coordinator, Jeannine Montgomery at **jeannine@margiesrose.com**.

Bhikkhuni Pannavati, co-abbot, spiritual director and founder of the Hermitage, is a Buddhist nun ordained in both the Theravada and Mahayana (Chan/Zen) traditions. An African-American, she is also a former Christian pastor with a doctorate in religion. She is the founder and president of MyPlace, a shelter and school for homeless and at-risk youth near Asheville, NC. The teens also work in the non-profit bakery of MyPlace, the My Gluten-Free Bread Company.

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Other Resources

In addition to Triangle Insight, there are a variety of other meditation opportunities of which we would like for you to be aware. Rather than list them all here, we wanted to point you to the "links" section of our website at **[Triangle Insight](#)**. There are other sitting groups in the community who's practice is similar to ours, as well as resources for retreat centers and other websites, both locally and nationally. We do not offer an endorsement of these sites, but rather a suggestion for your exploration to see if any may have useful information to support your practice of insight meditation. For any questions please contact us at **info@triangleinsight.org**

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Triangle Insight is a Non-Profit!

In December we announced our recent classification as a



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

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