



Triangle Insight Meditation Community

triangleinsight.org

Greetings to all!

There is an oft-quoted interchange between the Buddha and his attendant, Ananda, in which Ananda says to the Buddha: "This is half the holy life, lord: admirable friendship, admirable companionship, admirable camaraderie." The Buddha replies, "Don't say that, Ananda. Don't say that. Admirable friendship, admirable companionship, admirable camaraderie is actually the whole of the holy life." (**Samyutta Nikaya, 45.2**). The Buddha went on to explain that with this type of support one can be expected to develop and pursue the noble eightfold path, that very path which leads to freedom from suffering.

This passage speaks to the importance the Buddha placed on the sangha, or the community of practitioners, and seems appropriate to offer as we approach the anniversary of our third year together as a sangha at Triangle Insight. As we reflect over the past three years our hearts warm as we recall the friendship,

companionship, and camaraderie that we have shared together. This was especially evident at our recent evening with Leigh Brasington, where about 80 were in attendance! It is truly special when we connect around the Dharma in this way.

It is in this spirit that we wanted to bring to your attention our plans to celebrate this three-year milestone of our sangha, and we hope you will consider attending this important meeting on **Wednesday, July 18, 2012, from 6:30 - 9 PM** here at the Episcopal Center. We plan to gather 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 provide an opportunity for inquiry and investigation into our deepest intention as a sangha, drawing on the collective wisdom of the group.

Since July is just around the corner, we wanted you to begin reflecting on those matters of the sangha which are important to you: what is working for you, what isn't working, and what you would like made available that currently is not in place. And you don't have to wait until our gathering, especially if you will be unable to attend, as all of you are invited to participate in our Triangle Insight Forum Survey, which will let us know the needs and wishes of our community and enable us to bring them into the discussion at the forum with a more deliberate response. The survey is anonymous and you will receive this invitation by email subsequent to receiving this newsletter. And 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.

May the fruits of our study and practice together, as well as our friendship, companionship, and camaraderie "be visible here and now" as we embark on what we hope will be many more enriching years together! And may these fruits be of benefit to all beings.

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



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:

- June 6: Cynthia Hughey
- June 13: Phyllis Hicks (Insight Dialogue)
- June 20: Jeanne van Gemert
- June 27: Ron Vereen
- July 4: Holiday - No meeting

Sitting Opportunities

[Wednesday Meditation Group](#)

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Wednesday Evenings

7:00-8:30PM

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

A Morning of Mindfulness in Duke Gardens with Ron Vereen

This Morning of Mindfulness in Duke Gardens is an opportunity to practice mindfulness in a natural setting and will be offered Saturday, June 30, from 9 AM - 12:30 PM (rain date Saturday, July 7). Our activities will consist of guided sitting and walking meditations, and the event is open to those with all levels of meditation experience. The morning is being offered free of charge, with donations accepted for both the facilitator and the Duke Gardens. If you would like to attend, please contact Ron at RLVEREEN@aol.com to register, as this activity will be limited to 20 participants. More detailed information about the morning will then be sent to those who intend to come. Also, if you have any questions, do not hesitate to ask.

Classes and Events

[Stepping Out of Self Deception](#)

[MBSR Classes Forming Now!!](#)

[Opening the Heart to Difficulty](#)

[Experiencing Mindfulness](#)

**Sara P. Duke Gardens
420 Anderson St., Durham, NC 27708
June 30, 2012
9:00AM-12:30PM**

[Sharon Salzberg at Duke](#)

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Upcoming Retreats

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[Insight Dialogue & Metta](#)

Suggestions from the Sangha

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[Triangle Insight's Third Birthday](#)

The Alice Project

Sarnath, India
www.aliceproject.org

Follow the outstanding school for which our sangha has provided support

Insight Dialogue and Metta: Opening to Life as It Is with Sharon Beckman-Brindley & Phyllis Hicks

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 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

Southern Dharma Retreat Center
Hot Springs, NC
July 6 - 11, 2012

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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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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 an in-depth, scholarly 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 receive which will be of great assistance in letting us know the needs and wishes of our community.

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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 have expressed an interest in taking the exploration further using this same text, and the group will be open to new participants when we resume in September 2012.

The group meets monthly on Saturday mornings in Durham for periods of both meditation and study/discussion, and is offered free of charge with donations accepted to cover costs of using the facility and to support the study of the teacher. If you would like to join the group, 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 June 25, with classes beginning the week of July 9, and running through the week of August 27, with a Day of Mindfulness on August 18. 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 June 25 - Week of August 27, 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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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

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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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Triangle Insight is a Non-Profit!

In December we announced our recent classification as a non-profit with the State of North Carolina. 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.

[Forward email](#)



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