

Triangle Insight

Meditation Community

Greetings to all!

As we enter the month of March, our thoughts are with Jeanne van Gemert as she immerses herself in a month-long retreat with Leigh Braisington at the Cloud Mountain Retreat Center in southwest Washington state. We wish for her great fruits from this type of practice, and look forward to her return so that she may share some of her experiences with us.

It may be fitting to speak to the value of this type of intensive practice, whether for a day or many days strung together. The word "retreat" has several meanings, and in this context, it is in the spirit of deepening our meditation practice, with the intention to provide a place of safety or refuge for meditation and study with an experienced teacher. In a simplified environment, our usual responsibilities of lay life are set aside, allowing us to direct the energy of the heart toward the investigation of the mind and working with the obstacles that seem to get in the way. We also need to be careful so as to not give sway to the inhibiting view that long retreats are the only way to realize our true nature, as that will create a tendency to view our "regular life" as less than, rather than an equally spiritual domain for awakening. Within wise view we then don't begrudge the end of a retreat, but rather return to daily life with new insights, energy, and conviction for the practice.

So, we encourage each of you who may not have done any type of retreat to consider bringing this dimension into your practice, and for those who have, to certainly continue. Several local opportunities are usually listed in our newsletter, and each of us can provide suggestions should you wish to travel to other locations to study with a variety of teachers.

We also want to thank Dave Hughey for filling in for Jeanne while she is away, and we appreciate his recent erudite, concise, and inspiring talk on the Four Foundations of Mindfulness. Also, Phyllis Hicks will be filling in for Ron Vereen as he travels to NYC for a meeting, and the March 2 meeting will not be Insight Dialogue, which will take place on March 23.

May all beings be free!

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

Sitting Opportunities

[Wednesday Meditation Group](#)

[Buddhist Families of Durham](#)

[Neighborhood Sitting Group](#)

[Chapel at Duke Hospital](#)

[Recovery Group](#)

The Alice Project Sarnath, India

www.aliceproject.org

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

Upcoming Retreats

[Yoga and Mindfulness Workshop](#)

[Cultivating Self Compassion and Joy](#)

[Eno River Buddhist Community](#)

Classes

Wednesday Meditation Group

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

Schedule

March 2nd: Phyllis Hicks March 9th: Cynthia Hughey March 16th: David Hughey March 23th: Phyllis Hicks (Insight Dialogue)
March 30th: Ron Vereen Wednesday Evenings
7:00-8:30PM (Insight Dialogue is now 7:00-8:30PM)
Duke University Episcopal Center (EC)
505 Alexander Avenue
Durham, NC 27705

Yoga and Mindfulness Workshop with Frank Jude Boccio

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

March 18-20, 2011

Hillsborough Yoga and Healing Arts
1812 Becketts Ridge Dr
Hillsborough, NC 27278

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

with Jeanne van Gemert and Mary Brantley

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

TIMC Study GroupInterpersonal
Mindfulness
Program

of self-compassion and joy that naturally exist in us all.

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

March 25-27, 2011

**Duke Integrative Medicine
Center for Living Campus
3475 Erwin Road
Durham, NC 27705**

Upcoming Retreats with Eno River Buddhist Community

Avila Retreat Center

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

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

As a reminder, the Eno River Buddhist Community meets weekly on Mondays from 7:30-9PM in the Care Building at the Eno River Unitarian Universalist Fellowship on Garrett Rd. in Durham. There is also a morning retreat from 9AM - 12 noon every 2nd Saturday. For more information go to www.pgacon.com/erbc/ and for general questions contact Scott Bryce at stgb@earthlink.net.

Triangle Insight Study Group

The response to the proposed monthly study group on Rodney Smith's book, *Stepping Out of Self Deception*, has been very positive, and we are at the maximum number of 15 participants. However, a certain amount of attrition may occur, so if you would like to be placed on a waiting list for notification at a later date in the event a space opens up, please contact Ron at Ron@triangleinsight.org.

Interpersonal Mindfulness Program: *Awakening Presence in Relationship*



with Phyllis Hicks

Stress is often the source of health problems, anxiety, and general unhappiness. Relationships are a major source of stress.

This program is designed to improve the quality of life by helping us be more conscious and calm in our interactions and introduces strategies to pause, relax, and wake up in the midst of contact with others. Becoming more relaxed and accepting of themselves and others, participants learn to listen deeply and speak with awareness and integrity. People will leave the program with a reawakened sense of inquiry and enhanced feeling of relatedness and compassion.

The Center for Mindfulness at the University of Massachusetts and The Metta Foundation have teamed together to create a graduate class on Interpersonal Mindfulness for people who have completed a foundation course in Mindfulness Based Stress Reduction or who have prior meditation experience. This class is based on the practice of Insight Dialogue and will be taught locally by Dr. Phyllis K. Hicks. The class will meet for six weeks on Thursdays, March 31-May 5, 2011 with a daylong practice of Insight Dialogue on April 16th. For more information please go to www.phyllishicks.com/offerings or to register, email phyllishicks@mindspring.com.

Thursdays (6 weeks)
March 31 - May 5, 2011

Traditional Japanese Tea Gatherings at Duke Gardens

You are invited to come to the Duke Gardens teahouse, where, as a guest to Tea, you will experience the warmth of a traditional Japanese tea gathering. Enjoy the aesthetics, poetry, and serenity of this rich tradition over an enticing bowl of whisked green tea and a Japanese confection. Guests will meet at the Doris Duke Center to be escorted to the teahouse for these intimate gatherings.

On Saturdays, children 6 years and older are welcome with an accompanying adult at the family rate.

March 5th, 2011 (Sat) - Dolls Festival Tea

April 22nd, 2011 (Fri) - Spring Blossoms Tea
 May 6th, 2011 (Fri) - Boys Day Tea
 May 7th, 2011 (Sat) - Mother's Day/Children's Day Tea

10:45 AM - 12:00 PM

Doris Duke Center

**Fee: \$30; Friends: \$25, Family: \$35 per adult/child
 Participant Limit: 10**

Cherry Blossom Festival

Co-sponsored by the Asian/Pacific Studies
 Institute at Duke University

Celebrate the cherry blossoms at our annual Grand Tea Gathering. Guests will enjoy a presentation of the tea tradition in an open-air garden setting. Festivities will feature Japanese taiko drumming and a display of traditional Japanese arts. Please feel free to contact Nancy Hamilton at nhamiltn@gmail.com with any questions regarding these gatherings or regarding Tea programs in general at the Duke Gardens!

Sunday, April 3rd, 2011

11:30 AM - 2:00 PM

Angle Amphitheater behind the Doris Duke Center

Fee: \$10; Friends: \$5; Children: \$5.

Participant Limit: 50

Buddhist Families of Durham

A group of currently about ten families dedicated to creating a warm, loving community for parents and children to learn and practice together. Adults meet for one hour for meditation and discussion, while the children learn about community, conduct, meditation, and Buddhism in the parent-led Children's Dharma Program. We meet in the spacious home of a member near Duke's East Campus.

Sunday Mornings

10:30AM-12:00PM

please contact Sumi Loundon Kim for details

email: simplysumi@gmail.com

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

Neighborhood Sitting Group

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

Please Note: There will be no meeting on Thursday, March 3rd.

Monday and Thursday Mornings

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

Chapel at Duke Hospital

This open meditation period begins with 10 min. of instruction, 15 min. of silent practice, and 5 min. of discussion/reflection. Various meditation practitioners from the community are invited to come and lead these weekly sessions. For more info contact Jon Seskevich at 681-3989 or Annette Olsen at 684 -2843.

Thursday Afternoons

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

Recovery Group

a Buddhist Perspective on the Twelve Step Program

The meetings begin and end with silent meditation. For more information call 919-265-7600, email zensetter@gmail.com or 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

[Forward email](#)



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