



Triangle Insight Meditation Community

March 2017

triangleinsight.org

Greetings to all!

As you may recall from last month's newsletter, Tricycle Magazine has offered a series titled "Teachings for Uncertain Times" during February in honor of Black History Month. These talks by 13 teachers of color can be found on [TrikeDaily](#), and each has shared their thoughts on this topic from the perspective of a person of color rooted in the Dharma.

In this series Ruth King described her depiction of racism as a "heart disease" and the need for a "heart transplant," sharing six practices as a prescription for what ails us. Lama Rod Owens disclosed his personal dilemma of coming out of the conflict of his root identity as it was merging into his new identity as a lama, and the healing he found in the practices on "intersectionality" and "radical presence." Larry Ward explored the topic of America's racial karma and the repeating cycles of denial, bitterness, pain, fear, and many forms of violence, offering the healing that can come through dharma study, sangha participation, and continuous contemplative practice as we reinvent society itself. Larry also shared his poem of transformation to begin his teachings, and with significant

impact.

In his book, *The Mindful Brain*, Daniel Siegel describes the power of poetry that "creates a new balance of memory and moment. We see with fresh eyes through the poet's artistry, which illuminates with words a new landscape that before was hidden beneath the veil of everyday language...By presenting ambiguities, by using words in unfamiliar ways, by juxtaposing elements of perceptual reality in new combinations, by evoking imagery, poets and their poetry offer us fresh, novel possibilities of experiencing life." Since this limited space does not lend itself to share all of these rich teachings in the series, we thought we would include the poem by Larry Ward that seems to capture their essence. His words also point to the universality of our struggles in their various forms and offer profound inspiration for healing:

I have been hurt by falling dreams, tumbling down like great stones from the mountain of hope, cracking open my heart. I have had the feeling of losing everything and the sound of being ground up by the world of endurance. Tired, sad and weary my heart overflows with tears. I have met my own fury coursing through my veins as a silent illness, because life did not go my way. I even thought the moon stole my shoes. I searched everywhere, over the green countryside, the crowded city streets, the brown deserts, the snow-capped mountains, and even the dust of stars. I found myself wrapped in clouds of doubt. In the softness of one holy night the dharma rain fell, the sky cleared, I looked down and discovered that my shoes had been on my feet all along. My pure heart and pure mind have not been crushed or destroyed by this world's experiences of disappointment, hatred, violence, and discrimination. My deepest desire at this moment is to be a poem and to live a prayer that encourages more love in this world.

As we were reminded in this recent series of talks, all times are uncertain. In these particular times of uncertainty, as well as division and derision, may we be inspired by Larry Ward's words of healing and transformation. Let us take them into our hearts and discover new possibilities for experiencing and navigating our lives, opening to whatever emerges with greater wisdom, love, and compassion.

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



[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](#)

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

How Mindfulness Can Defeat Racial Bias with Rhonda Magee

March and April Media Night Doc Film Screen

Mindful Self-Compassion Workshop: 8 Weeks

Mindful Self-Compassion Classes: 6 Weeks

Safe Harbor in the Storm: An Embodied Life Seminar

A Time to Heal A One Day Workshop

Organizing Against Racism/Dismantling Racism Works Workshops

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.

Schedule:

Wednesday Evenings

6:30 - 8:00 PM

([Insight Dialogue](#) from 6:30 - 8:30 PM)

March 1: Ron Vereen
March 8: Scott Bryce
March 15: Jeanne van Gemert
March 22: Phyllis Hicks (Insight Dialogue)
March 29: Dave Hughey

April 5: Ron Vereen
April 12: Scott Bryce
April 19: Phyllis Hicks (Insight Dialogue)
April 26: Ron Veren

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**

Rhonda Magee at Duke University speaking on Race, Mindfulness and Justice:

Addressing Bias through Awareness and Compassion Practices

How can mindfulness help defeat racial bias? How can it help ameliorate the harm suffered by each of us as potential targets of discrimination? Professor Magee is a national thought and practice leader in the work of bringing mindfulness to bear on the interpersonal dimensions of social injustice. In this session, she provides a research-grounded overview of the intersections between mindfulness and the reduction of social bias and its harms, demonstrates concrete methods and practices proven to ameliorate aspects of the social suffering caused by bias in our social and professional lives, and facilitates discussion/Q & A.

Reference articles for this presentation can be found [here](#):

Upcoming Retreats

Awareness and Release: Practicing with Difficult Emotions

The Heart of Awakening

Goings on in the Sangha

Triangle Insight Meditation Group on Facebook

Continuing the Conversation

Shramadana Notes

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

How Mindfulness Can Defeat Racial Bias The Way of ColorInsight

Rhonda Magee, JD, is Professor of Law at the University of San Francisco. She is also Chair of the Board of the Center for Contemplative Mind in Society, a member of the Project for the Integration of Spirituality, Law and Politics, and a contributor to Mindful.org. At USF, she teaches Contemplative Lawyering, Immigration Law, Insurance Law, Race Law and Policy, and Torts. She is an expert in Contemplative Pedagogy, Race Law, Identity-Sensitive Pedagogy, Critical Race Perspectives on the Intersection of Race and Immigration.

Wednesday, March 8th, 2017

3:00 - 5:00 PM

Westbrook 0013

Duke University Divinity School

407 Chapel Dr., Durham, NC 27708 (click link for directions)

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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.

Awareness Training
with Tamara Share
PhD

Mindfulness
Programs at Duke
Integrative Medicine

Mindfulness
Programs at UNC
Integrative Medicine



March 31st - April 5th, 2017

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

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Media Night

Friday evenings at the Episcopal Center

Plan to join us for our next Media Night! **We will be screening the documentary *Overburden*** directed by Chad Stevens, an award winning local film maker who is also a professor in the School of Media and Journalism at UNC-CH. The film seeks to humanize those who live near the site of the Upper Big Branch coal mine disaster in West Virginia in 2010. It explores complicated issues and provides an intimate portrait of life in the community as it follows two brave women who form an unlikely bond and take action. For information about the filmmakers and a trailer, visit the documentary's [website](#).

There is no cost, but dana will be gratefully accepted.
Refreshments provided. All are welcome, and feel free to invite others.

Helping with set up and clean up will be much appreciated.

Friday, March 3, 2017

7 - 9 PM

Episcopal Center at Duke
505 Alexander Ave.
Durham, NC 27705

Plans are also underway for our next screening in April, which will be the documentary ***Even Though the Whole World is Burning***. It is a portrait of the life and work of Poet Laureate (2010) W.S. Merwin, and traces his dedication to the preserving and regenerating of native plants along with major events in Merwin's life. He moved to Hawaii to study with a Zen Buddhist master who lived there. Environmental activism and land stewardship informed his work. His poetry, that he reads throughout, speaks of a stillness and an awareness of gratitude for the earth while surrounded by destruction.

As with the above Media Night, there is no cost, but dana will be gratefully accepted. Refreshments provided. All are welcome, and feel free to invite others.

Helping with set up and clean up will be much appreciated.

Friday, April 14, 2018

7 - 9 PM

Episcopal Center at Duke
505 Alexander Ave.
Durham, NC 27705

If you have any questions about this event, or would like to suggest a film or other activity for a future Media Night, please contact Gerri McGuire,

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Mindful Self-Compassion Workshop: An Eight-Week Course with Half-day Retreat with Cornelia Kip Lee, MEd

Mindful Self-Compassion (MSC) combines the skills of mindfulness and compassion to enhance our capacity for emotional well being. Most of us feel compassion when a close friend is struggling, but we're much less sympathetic with ourselves. What would it be like to receive the same care and support from ourselves when we need it the most? Burgeoning research shows that self-compassion is strongly associated with emotional wellbeing, lower levels of anxiety and depression, and more satisfying personal relationships.

The class combines experiential exercises, discussion, presentation, and home practices, and includes an afternoon retreat and a 50-page booklet of handouts.

MSC was developed by Christopher Germer, PhD, a leader in the integration of mindfulness and psychotherapy, and Kristin Neff, PhD, a pioneering researcher in the field of self-compassion.

Cornelia Kip Lee, the instructor, is a Trained Teacher of MSC and public health training developer who has studied and practiced mindfulness meditation since 1998.

March 7 to April 25, 2017

Tuesdays: 6:45-9:15 pm

Half-day retreat on Saturday, April 8, 1-5 pm

Location: Durham (location to be finalized).

COST: \$260

For more information or to register, please contact Cornelia Lee at ckip@icloud.com or (919) 428-3335.

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Mindful Self-Compassion Classes--6 Weeks with Anne Mader, LMFT

Anne Mader has been studying Compassion-Focused Therapy with leaders in the field since 2013. She draws from a variety of compassionate-self and mindful self-compassion theories and materials in creating this [Self-Compassion Skills Class](#).

We all experience painful moments. Sometimes it's a difficult emotion or situation; often it's our own negative self-judgments causing deep internal suffering. Learning how to meet such moments from a compassionate self stance, to lean in with kindness rather than self-criticalness, is the focus of this

6 wk self-compassion skills class.

Class participants will learn:

- The 3 Circle Compassion Model of Emotions - why what we feel isn't "our fault"
- Myths of Self-Compassion - what self-compassion is, and what it isn't
- Self-Compassion Skills for everyday living - soothing rhythm breathing, mindful checking in, self-compassion break, compassionate friend
- Specific ways to work with painful emotions
- Ways to motivate ourselves from kindness, rather than self-criticism

Handouts and worksheets provided.

Mid-March-April 2017 : 2 time options

Mondays, 12pm-1:30

Tuesdays, 6:15pm to 7:45

104 S Estes Dr. | Unit 301W, Chapel Hill, NC 27514

CLASSES LIMITED TO 7 PEOPLE

\$30 per class / \$180 total

For more information, or to register, call Anne at 1-919-968-0231 ext 3

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— A Safe Harbor in the Storm: Cultivating Grounded Presence and Warm-Heartedness in Challenging Times. An Embodied Life Seminar, with Russell Delman

The simple and reliable practices of The Embodied Life School help us to experience our basic groundedness and inter-connectivity. We grow the neural networks of: inner safety, joy, groundedness and natural empathy. In this seminar we will grow our capacity:

- to be the best friend of all our inner voices through deep listening
- to meet challenging moments with greater groundedness and confidence
- to sense the sacred joy of deconstructing the illusion of our separateness
- to become more aware of structural biases in our social systems and to stand up as voices for justice in the world that we share.

Through the simple, direct practice of Embodied Meditation, various awareness practices based in Focusing,[®] plus the powerful movement lessons of Moshe Feldenkrais called "Awareness Through Movement,"[®] we will deeply and--often joyfully--experience our potential to become an embodied expression of healing, connectedness and solace.

\$205 Early Bird Tuition (before March 18); \$235 after.

A few partial scholarships are available. **Optional catered lunch.**

More Information about this Seminar and Russell Delman may be found [HERE](#)

Main Office Contact: office@russelldelman.com 707.827.3536
Local Contact: Lisa Werness, lwerness@gmail.com 919.306.4340

For the online Registration Form, [click here](#), or call main office, above

Saturday April 8 - Sunday April 9, 2017

10:00am - 5:00pm

**Shared Vision Retreat Center
3717 Murphey School Rd
Durham 27705**

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A Time to Heal

A One-Day Workshop with

Paula Huffman BS, RN, ERYT, Mindfulness Instructor

Sasha Loring M.Ed., LCSW, LLC

We as humans have an amazing capacity for healing. Research has shown that this capacity can be engaged and enhanced by a range of healing modalities. This workshop will be an opportunity to learn ways of allowing your mind and body to awaken to new and healthier ways of being. It will be especially useful if you suffer from chronic conditions, or if you want to do all you can to stay healthy.

You will learn:

- * Healthier ways for your brain and body to communicate
- * How to quickly recognize and reduce the stress response
- * Gentle mindful yoga methods for enhancing body awareness and ease
- * Using sound as a healing tool
- * Guided healing imagery
- * Therapeutic mindfulness techniques including meditation and mindful eating

Saturday, May 6th, 9 am - 5pm

**Camp New Hope
Chapel Hill**

COST:

Early registration - sign up and pay by April 1 - \$80. After April 1 - \$95. Space is limited and registration is required

Contact:

paulahuffman@hotmail.com

for information and registration

[919 260 0255](tel:9192600255)

Sasha Loring, M.Ed., LCSW, LLC has led a wide range of workshops and classes nationwide on mindfulness and healing. She has taught the Mindfulness Based Stress Reduction course for UNC and Duke Integrative Medicine programs, and is the author of RELIEF: Release Stress and Harmful Habits and Awaken Your Best Self, and A Mindful and Compassionate

Guide to Losing Weight.

Paula Huffman BS, RN, ERYT, CCE has been an instructor of yoga for almost 20 years. Combining her life's work experience in the health care field with her yoga and meditation teaching, Paula's focus is on the healing and restorative aspects of the practices. Paula has also been teaching Mindfulness Based Stress Reduction classes with the UNC Program on Integrative Medicine and in the community to various organizations for 8 years.

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An IMCC Spring Residential Retreat: The Heart of Awakening

taught by Ajahn Thanasanti and Sharon Beckman-Brindley.

The Insight Meditation Community of Charlottesville, Va. offers a residential retreat in which participants will practice allowing hearts and minds to open unconditionally to life and to experience just as it is. There will be a deep inquiry into the forces that constrict the mind and heart and that keep one from resting in the natural kindness, care and compassion for all that arises when the mind is at peace. . . . This retreat will be an opportunity for participants to establish, re-discover, or deepen contemplative practice. It is suitable for beginners as well as seasoned meditators. Through the skilled guidance of the teachers, you will be supported in exploring, healing, and transforming your relationship with yourself and all of creation.

This residential, silent retreat includes question/answer periods and meetings with teachers. The schedule will alternate sitting practice with walking meditation, and daily mindful movement classes will be offered.

Early registration at 5% discount with full pre-payment through Feb. 1st; Regular price registration thereafter with 50% prepayment and final payment by April 14th, 2017. For complete information on registration options, rooms, camping pads, and scholarship availability, visit the [**IMCC Spring Retreat webpage**](#).

12 May--19 May, 2017
Serenity Ridge Retreat Center
554 Drumheller Ln (Nelson County)
Shipman, VA 22971

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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.

Having begun in November 2016, the process invites a sangha member requesting help (a "requestor") to send an email to the same address, 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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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 ACTIVITES

- 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. The next meeting is scheduled for **March 8**.
- 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 is scheduled for **Friday, March 3** (see **announcement** above). **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 mediation 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** 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^{xx}](#)

During times of great turmoil, whether personal or societal, it is especially difficult both to listen and feel heard. As Tara Brach says in **Deep Listening: Ear of the Heart**, "To listen well, we must become aware of the mental static that runs interference: our emotional reactivity; all the ways we interpret (and misinterpret) each other; our haste to prepare a response; how we armor ourselves with judgment. Learning to listen involves stepping out of our incessant inner dialogue and using what St. Benedict called the 'ear of the heart.' This deep listening offers a compassionate space for healing and intimacy." One of the gifts of our spiritual friends groups is the opportunity to practice this mindful listening, which supports our deeper connection to self and others and facilitates our journey along the spiritual path.

Racial Affinity Groups

Forming A New Durham Racial Affinity Group:

Thirty-eight members of the sangha have now taken one or more racial equity trainings, and twenty-five members are in Racial Affinity Groups. Others are eager to participate in this important work and we're currently developing another Durham Racial Affinity Group. If you are interested in joining or would like more information, please talk to Sarah Tillis, KM Coordinator, or email her: sarah@triangleinsight.org. Also visit our **Racial Affinity Groups web page**, where you will find a list of helpful resources. 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.

Kalyana Mitta Groups

We currently have openings in the Insight Dialogue KM Group, and there are waiting lists for Chapel Hill-Carrboro and Raleigh. Two other groups, A Year to Live and Rethinking Buddhism for a Secular Age, are 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: 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. May our Kalyana Mitta and Racial Affinity groups be of great 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.

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.

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

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).

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**. 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

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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**.

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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Triangle Insight, www.triangleinsight.org, Durham - Chapel Hill - Raleigh, NC 27516

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