



# *Triangle Insight Meditation Community*

*November 2016*

*triangleinsight.org*

Greetings to all!

This month we bring to a close our overview of the *Satipatthana Sutta* as we now explore what is perhaps the most important component in the structure of this discourse -- the "refrain." Its significance is emphasized by Venerable Analyajo in his book, *Satipatthana: The Direct Path to Realization*, where he states that this part of the discourse "...could be called the 'modus operandi' of *satipatthana*."

Not only does the refrain appear thirteen times throughout the discourse, positioned after each set of meditation instructions, but it also presents four key aspects that are essential for proper practice. This mode of practice represents a shift from awareness of the specific content of experience, whether body, feelings, mindstates, or categories of experience, to an understanding of the general nature and character (phenomenology) of that experience. As Analayo describes it, this shift "...is of central importance for the development of insight. Here the task of *sati* is to penetrate beyond the surface appearance of the object under observation and to lay bare the characteristics

it shares with all conditioned phenomena. This move...brings about insight into the impermanent, unsatisfactory, and selfless nature of reality."

The key aspects of the *satipatthana* refrain will be listed below, along with the insights that can be revealed through this shift in this mode of awareness (keep in mind these modes of contemplation are for each of the four *satipatthanas*):

1) Contemplating internally, externally, and both internally and externally -- this aspect broadens the scope of practice to include both oneself and other beings/phenomena, leading to less self-centeredness and eventually to the dissolution of the view of self and other -- as Anlayo puts it, to "a more comprehensive vision of phenomena as such, independent of any sense of ownership."

2) Contemplating the arising and passing away of phenomena -- this breaks through the ignorance of not seeing these characteristics to the knowledge and understanding of the impermanence (*anicca*) of all conditioned phenomena, one of the three insights the Buddha saw on the night of his awakening. The other two become evident as a consequence of seeing impermanence, that being the unsatisfactoriness (*dukkha*) of all phenomena and their insubstantial, selfless nature (*anatta*). As the Buddha concluded, whatever is impermanent cannot yield lasting satisfaction and therefore does not qualify to be considered as "I", "mine", or "my self."

3) Contemplating to the extent necessary for bare knowledge and continuous mindfulness -- as practice evolves, there is an increasing level in the continuity in awareness from moment to moment, progressively diminishing the excessive conceptual overlay that arises in response to what is observed (the "stories"). Anlayo sees this phase in the evolution of practice as a gateway to seeing the core of the Buddha's teaching, dependent co-arising, the conditioned nature of all phenomena. He invites us to see, for example, how contact with the sense organs and sense objects conditions feeling, and how that very same feeling conditions craving. Any moment of seeing this is a moment of knowing dependent co-arising, where we begin "to stand at the threshold of the deathless."

4) Abiding independent, not clinging to anything in the world -- this practice continues to underscore the need "to observe objectively, without getting lost in association and reactions...avoiding any form of identification." Here, as Anlayo suggests, "...the goal and the act of meditation begin to merge into one, since awareness and understanding are cultivated for the sake of developing ever more awareness and understanding. The practice of *satipatthana* becomes an 'effortless effort,' so to speak, divested of goal-orientation and expectation."

We hope our discussion of the *Satipatthana Sutta* has helped you to see the importance of this

discourse as it relates to our practice of mindfulness meditation. Moreover, since this exposition has only been an overview, we invite you to undertake a more extensive exploration through study of the *sutta* and the various contemporary resources that have been listed thus far. In this way this integration of study and practice may bring forth the realizations of the insights that will help us move beyond our identification with self/other and toward an appreciation of our profound inter-being, as Thich Nhat Hanh would say, not only with each other but with all phenomena in the universe.

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\*\*](#) 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.

### **Schedule:**

#### **Wednesday Evenings**

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

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

November 2: Ron Vereen

November 9: Scott Bryce

November 16: Jeanne van Gemert

November 23: No Meeting (Thanksgiving Holiday)

November 30: Phyllis Hicks (Insight Dialogue)

December 7: Ron Vereen

December 14: Scott Bryce

December 21: Jeanne van Gemert

December 28: No meeting (Holiday Break)

### **A Day of Silence**

### **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**

**A Day of Silence**

**Groundwater  
Presentation &**

DurmTalks  
Community Forum

Awakening Joy:  
Online Courses with  
James Baraz

Organizing Against  
Racism/Dismantling  
Racism Works  
Workshops

**Saturday, November 12th, 9:00 AM - 4:00 PM ([see below](#))**

**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)

**Note: We will be meeting on Thanksgiving Morning, 11/24/16**

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

## Upcoming Retreats

[New Year's Insight  
Dialogue Retreat](#)

**A Day of Silence  
with Cynthia Hughey and Ron Vereen**

## Goings on in the Sangha

[Triangle Insight  
Meditation Group  
on Facebook](#)

[Continuing the  
Conversation](#)

[Shramadana Notes](#)

[Spiritual Friends  
Groups](#)

[Organizing Against  
Racism Workshops](#)

Please join Cynthia and Ron for this Day of Practice that will consist predominantly of silent meditation. There will be periods of sitting and walking meditation with no guided instructions, although there will be an opportunity for a group interview to explore questions and experiences about the practice. This daylong is thus not recommended for those who are new to the practice of insight meditation. A period of guided mindful movement will be offered, and lunch will be a period of silent mindful eating meditation, so please bring a bag lunch (refrigeration and microwave available). Tea and snacks will be provided by Triangle Insight.

This Day of Silence is being offered free of charge, with donations accepted to cover expenses of using the facility and to support the study and practice of the teachers. **In order to make the necessary preparations, we ask that you pre-register for this event. For more information or to register, please contact us at [info@triangleinsight.org](mailto:info@triangleinsight.org)**

**Saturday, November 12th, 2016  
Episcopal Center at Duke  
9:00 AM - 4:00 PM**

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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

## 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**



[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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## Groundwater Presentation & DurmTalks Community Forum

Sponsored by OAR-Durham & Other Community Groups

Trainers from Racial Equity Institute will lead a 9 AM-2:00 PM workshop Nov 12 on the insidious and poisonous nature of racism, the toxic groundwater that has infected many of the institutions, systems, and aspects of our culture and society. This is a great opportunity for people who may not be able to take part in the two-day REI workshop to be exposed to some of these powerful truths. From 12 N-1:30 PM a luncheon and a Durham community forum will be facilitated by Jesse Huddleston and Desmera Gatewood of "DurmTalks." Registration is required, [click here to register!](#)

**St. Luke's Episcopal Church**

**1737 Hillandale Rd., Durham, NC**

**Saturday, Nov. 12th**

**9:00AM-2:00PM**

**Cost: \$40 Adult, \$20 Student (sliding scale available)**

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## 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 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**  
**9:00AM-4:30PM**

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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 next meeting will be held at **8:00 pm 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 consider joining us Saturday, November 5, 1:00-5:00** at [Piedmont Farm Animal Refuge](#) as we show compassion to all beings by helping out around the Farm. **Contact [Barbara@veryfetching.com](mailto:Barbara@veryfetching.com)** to sign on! We'll be clearing brush, building fences and meeting the residents in a tour of the Refuge. **Rumor has it there will be dessert afterward.** 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, will offer films and other media.

- We recently hosted our second Media Night with a screening of 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 there is a film/program you'd like to see with Dharma friends contact Gerri McGuire, at [gmcguire04@gmail.com](mailto: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 have been 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:

- We have recently been made aware of an organization in Durham whose mission is to build relationships across the lines of privilege, race and class to improve economic stability for everyone. Please check out their website at [RealDurham](#) for more information. A training session for those wanting to get involved is currently being planned for August.

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](mailto: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**

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*Having admirable people as friends, companions, and colleagues is actually the whole of the holy life.*

~ The Buddha<sup>xx</sup>

In his book, **Mindfulness: A Practical Guide to Awakening**, Joseph Goldstein reminds us that the aim of our practice "...should not be to follow the heart but to train the heart." Spiritual friends groups allow the development of intimacy and trust, which supports us in this training and helps guide us on the spiritual path. One wise and moving resource is Larry Yang's "Trainings of the Mind in Diversity," included in **Directing the Mind Towards Practices in Diversity**. This beautiful article is not just for those in Kalyana Mitta or Racial Affinity Groups, and we encourage everyone to read it. As Larry Yang states, "The practice of these trainings is an opportunity to begin the journey towards narrowing the experience of separation," which is essential to the awakening and liberation of all.

### **Kalyana Mitta Groups**

We currently have openings in two groups: Insight Dialogue and Durham Meditation Collective, which is for individuals aged 24-36. There are waiting lists for three groups: Buddhism for a Secular Age; Chapel Hill-Carrboro; and Raleigh. A Year to Live KM Group is now closed, but if there is continued interest, we can work with you to start a second section. Details about all these groups are on **our website**. If you would like to join a group that's open, be on a waiting list or start a new group, please send the **KM-RA Questionnaire** to Sarah Tillis, KM Coordinator. 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).

### **Racial Affinity Groups**

We now have four Racial Affinity Groups with a total of twenty-two members. Seventeen members of the sangha have taken racial equity training, some have done advanced training, and many are involved in community work for racial justice. This is an inspiring expression of engaged Buddhism and the deep commitment of our sangha. Information about our RA groups and a list of resources are on our Racial Affinity Groups **web page**. If you'd like to be in a group or have questions or suggestions, please talk to Sarah Tillis, KM Coordinator, or email her at [sarah@triangleinsight.org](mailto:sarah@triangleinsight.org).

As we approach the season of giving thanks, 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

**NOTE:** We *will* be meeting on Thanksgiving Morning, 11/24/16

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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## Awakening Joy & Awakening Joy 2.0 Online Courses with James Baraz and Others

There are now two courses to awaken joy, taught by James Baraz along with renowned guest teachers. James has been offering Awakening Joy since 2003, and now offers Awakening Joy 2.0 in addition to the basic course, in which he will go deeper into three of the ten steps to awakening joy: Loving Ourselves, Connection with Others, and Compassionate Action.

For more information or to register, please visit the [Awakening Joy Website](#).

**Begin Anytime in 2016**  
**Every Two Weeks for Five Months**

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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).

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. Look for more specific information **above**.

**If you would like to be on a mailing list to receive more information about "Continuing the Conversation," 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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## **Sutta Study Group**

**Facilitated by Steve Seiberling**

The Eno River Buddhist Community will be restarting a sutta study group this fall, meeting on the 2nd and 4th Thursdays of each month beginning September 22nd. The group focuses on studying teachings found in the Sutta Piṭaka. We are especially interested in understanding what the suttas have to teach us, rather than using the texts selectively to confirm our existing beliefs or ideas about practice. For more information, please contact Steve Seiberling at [\*\*smseiberling@gmail.com\*\*](mailto:smseiberling@gmail.com) or visit the Groups page of their [\*\*web site\*\*](#).

**2nd and 4th Thursdays beginning September 22nd**

**Sponsored by the Eno River Buddhist Community**

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

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