



Triangle Insight Meditation Community

triangleinsight.org

Happy Fall to All!

As we move into October, we want you to know that the first week of this month is being declared "Earth Care Week" by the International Vipassana Teachers (IVT) Conference. A petition signed by over 2000 vipassana practitioners was presented to the conference attendees at Spirit Rock in July 2013, in which guidance and leadership was requested in addressing the issue of climate change and its implications. The IVT response has been the above declaration, and with the intention that Earth Care Week become an annual event where teachers and communities devote the week to focus on care for the Earth with various teachings and community activities.

James Baraz, who informed us recently about this effort, has been participating in a discussion group that has been reflecting on Buddhist teachings that can be applied to this issue. The group includes Bhikkhu Bodhi, Tara Brach, Thanissara, Kittisaro, Donald Rothberg, Ayya Anandabidhi, Ayya Santacitta, Diana Winston, Chas DiCapua, Adrienne Ross and Bob Doppelt (sustainability expert who presented at the IVT). It brings great hope to know that some of the movers and shakers in the Dharma community are devoting their time and energy to this issue, and that they plan to continue to do so with the intention of bringing about a much-needed change in view, intention, and action into the world as it relates to the stewardship of our Earth.

We would like to invite us all as a sangha to give some consideration to the current and inevitable effects of climate change, and to begin our own inquiry as to how the Buddhist teachings are relevant to this issue. As a way to facilitate this investigation, you may want to explore the wealth of material that is available on the website, [**One Earth Sangha**](#). There you will find more details as to how this initiative of Earth Care Week came about, along with considerable information on the topic of climate change, with links to posts, blogs, websites, and other resources.

A particular talk that may be a catalyst for dialogue is one by [**Bob Doppelt**](#), an environmental scientist, counseling psychologist, and socially engaged Buddhist. His talk, [**"From Me to We"**](#), was given on 2/7/13 to the Insight Community of Berkeley. As it turned out, it was a rather prophetic one, as it was on the eve of the "Blizzard of 2013", which dumped record snowfall on the Northeast portion of our country, coming swiftly on the heels of October 2012's "Superstorm Sandy." But it doesn't seem too hard to prophesy these days as record storms are becoming "the new normal." We can now add the recent devastating floods in Colorado to the list, which will continue to grow until we as a global civilization begin to make what Doppelt calls "a shift to sustainable thought and action."

You may also want to give some consideration to the formation of a Kalyana Mitta group around this issue. As you may have read in the last few newsletters, the promotion, development, and support of these gatherings of spiritual friends are

but one component of the various initiatives of the Shramadana Project of Triangle Insight. For this and any other ideas please contact us at info@triangleinsight.org.

And in keeping with the intention of Earth Care Week, we would like to invite you to join us for a Morning of Mindfulness in Duke Gardens this Saturday, Oct. 5th, as we let Nature be our Dharma teacher. For more information on this activity, please see below under "Classes and Events."

In closing, we would like to share some words of inspiration from the Buddhist teacher and scholar, **Joanna Macy**, who has been a pioneer in "deep ecology" and has dedicated her life in service to the Earth and its inhabitants. She has been moved to this work by her compassion and sense of urgency over the years, bearing witness to the ongoing death of our planet as we have known it. Joanna offers her perspective with these words of motivation for us all:

"Because the relationship between self and world is reciprocal, it is not a question of first getting enlightened or saved and *then* acting. As we work to heal the Earth, the Earth heals us. No need to wait. As we care enough to take risks, we loosen the grip of ego and begin to come home to our true nature. For, in the co-arising nature of things, the world itself, if we are bold to love it, acts through us. It does not ask us to be pure or perfect, or wait until we are detached from all passions, but only to care, to harness the sweet, pure intention of our deepest passions, and -- as the early scripture of the **Mother of all Buddhas** says -- 'fly' like a bodhisattva."

May we all begin our healing, and in so doing, heal the Earth and all who inhabit it. Let us all take the flight of the bodhisattva!

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



The Shramadana Project

A Volunteer Initiative of Triangle Insight

Sitting Opportunities

Wednesday Meditation Group

Insight Dialogue at Triangle Insight

Buddhist Families of Durham

Neighborhood Sitting Group

Duke Cancer Center

Recovery Group

Other Resources

Classes and Events

A Morning of

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:

October 2: Ron Vereen
 October 9: Cynthia Hughey
 October 16: Jeanne van Gemert
 October 23: Jeff Brantley (Guest Teacher)
 October 30: Dave Hughey

November 6: Ron Vereen
 November 13: Cynthia Hughey
 November 20: Jeanne van Gemert
 November 27: Phyllis Hicks (Insight Dialogue)

Wednesday Evenings

6:30 - 8:00 PM

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

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

Important Note: Durham's Main St. will be closed between Buchanan and Broad St. beginning May 13 and anticipated to continue until Sept. 20, 2013. If your approach to Triangle Insight includes Main St., you will need to find an alternate route.

The Shramadana Project at Triangle Insight

Since the last report in the September newsletter on the progress of the Shramadana Project, we are pleased to announce that we are moving right along. One outreach initiative directed toward introducing meditation to the staff and clients of the Durham Crisis Response Center is well under way, having completed their volunteer orientation and holding their first organizational meeting on September 19th. Also, another outreach effort of providing volunteers to the Ronald McDonald House has been launched by Howard Staab, and we have now entered their doors across the street to offer a helping hand. Howard is working in the

Mindfulness in Duke Gardens

Relaxing and Knowing: An Evening with Jeff Brantley

Living Inquiries Weekend

Duke MBSR Classes Forming Now

UNC Integrative Medicine Mindfulness Classes

Experiencing Mindfulness

Saturday Drop-In Classes

area building and grounds, and is happy to share more about his experience and how you can help.

As a reminder, two co-coordinators of the overall project emerged out of the first core group meeting on August 21st - Sharon Jamison and Tamara Share. Once the structure and leadership roles are in place for the Shramadana Project as a whole, the plan is to eventually publicize this information, both in the newsletter and on the website, such that you will be able to contact someone directly to address your particular interests. In the meantime, Sharon and Tamara are available to provide information to sangha members about ongoing volunteer initiatives, either within Triangle Insight or in the community-at-large, and you may contact them at info@triangleinsight.org.

Please consider being involved in some fashion, large or small. All of us participating in this initiative will not only be helping ourselves and others, but contributing to the vital work of building community and implementing a useful vehicle for moving toward selflessness.

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Upcoming Retreats

Insight Dialogue & Therapeutic Presence

A Day of Mindfulness

Embodying & Sensing: An Insight Dialogue Retreat

Mindfulness, Insight, Liberation

Triangle Insight Residential Retreat

A Morning of Mindfulness in Duke Gardens with Jeanne van Gemert and Ron Vereen

In the spirit of Earth Care Week, we invite you to join us for this activity of coming together to practice mindfulness in the beautiful and natural setting of **Duke Gardens**. On what may likely be a crisp autumn morning, we will explore how mindful awareness in Nature can be used to facilitate a sense of spaciousness within which to experience the Dharma. A variety of mindfulness practices will be used to awaken our sensitivity to the natural world so as to discover the insights that Nature can provide as teacher. Through this exploration we may discover a deeper connection with all of life, which as we bear witness the ever-present effects of climate change, will hopefully lead to greater healing of ourselves and the Earth. Noble silence will be observed throughout the morning so as to facilitate entering into greater stillness.

In order to make preparations we ask that you register for this event, and you can do so by contacting us at info@triangleinsight.org. You will then receive more detailed information about the morning. This activity is being offered free of charge, with donations accepted for the

Goings On in the Sangha

Dharma Contemplation Group

Living Inquiries Weekend

The Alice Project

Sarnath, India

www.aliceproject.org

Follow the outstanding school for which our sangha has provided support



Gardens and for the teachers.

Sarah P. Duke Gardens

Duke University Campus, Durham, NC

Saturday, October 5

9:00AM-12:30 PM

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Insight Dialogue and Therapeutic Presence

with Sharon Beckman-Brindley and Phyllis Hicks

This Insight Dialogue retreat, developed by and for mental health professionals, offers a dynamic and practical dialogue between Buddhist psychology, mindfulness meditation, and western psychotherapy. 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. This event provides 25 contact hours of Continuing Education. For more information, please go to

<https://metta.org/program/insight-dialogue-therapeutic-presence/>.

Shalom House Retreat Center

near Richmond, VA

October 3 - 8, 2013

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Relaxing and Knowing: The Power of Letting Things Be An Evening with Jeffrey Brantley, MD, DFAPA

Please join us on October 23rd in welcoming Dr. Jeff Brantley as a guest teacher at Triangle Insight. Shunryu Suzuki, Zen teacher and author of "Zen Mind, Beginner's Mind," observed that "you lose yourself in your struggle for

your goal; you achieve nothing; you just continue to struggle in your difficulties." Jon Kabat-Zinn, father of Mindfulness-Based Stress Reduction, points frequently to the power of "non-doing," and the Buddha has taught that "in the seeing is only the seeing, in the hearing is only the hearing, in the thinking is only the thinking". This talk will reflect on these comments and how they can help us relax into our natural capacity for deeper and wise presence, moment by moment.

Please plan to stay after Dr. Brantley's talk for a social gathering from 8 - 8:30 PM. Beverages will be provided, and you are invited to bring a sweet or savory dish to share with the group.

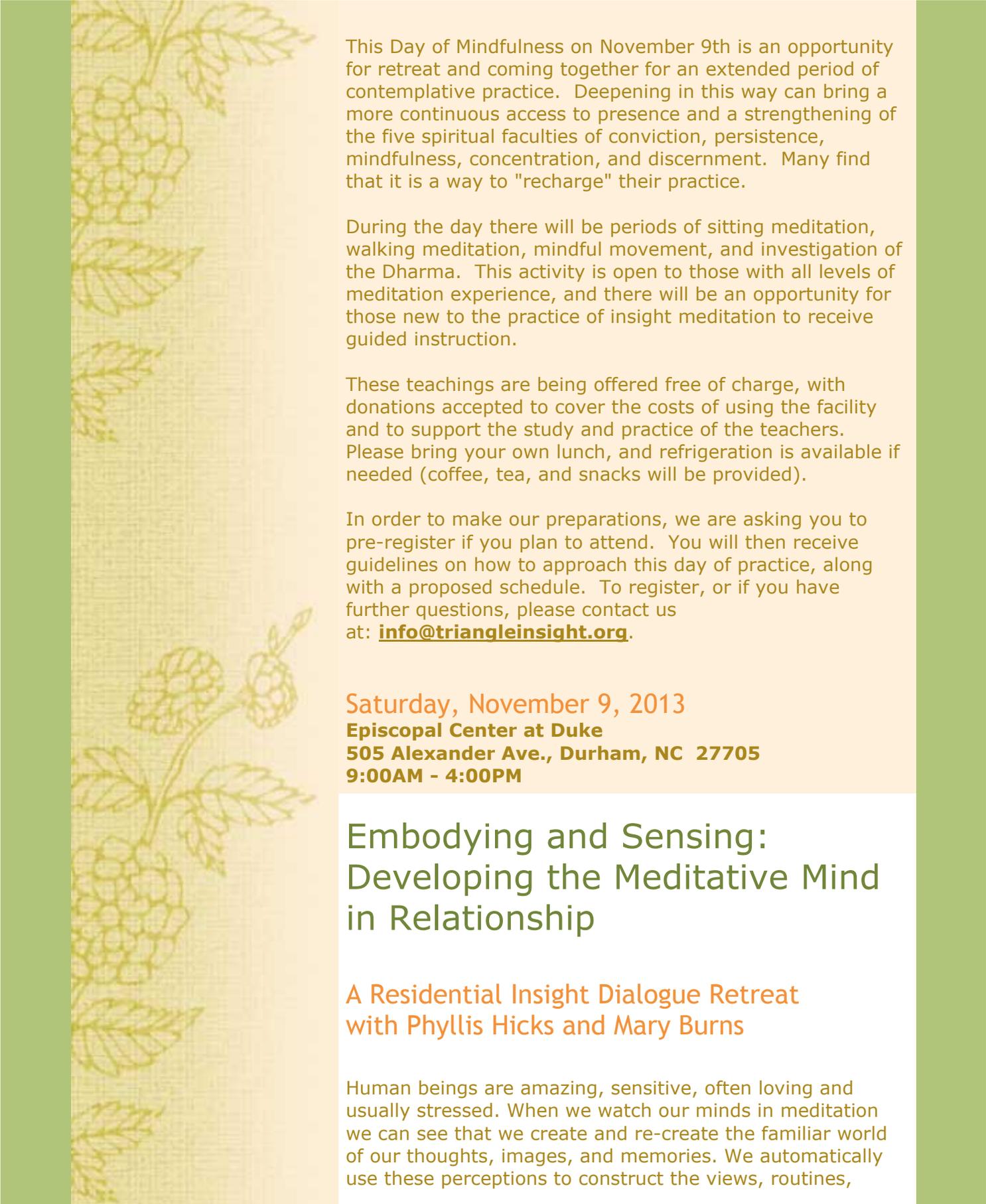
Dr. Brantley has been practicing mindfulness meditation for 30 years, and began teaching meditation to health professionals and others in 1990. In addition to being one of the founding faculty members of Duke Integrative Medicine, he started the Mindfulness-Based Stress Reduction Program there in 1998, and has served as a member of the Community of Scholars of the Center for Spirituality, Theology, and Health at Duke University. He is a Consulting Associate in the Department of Psychiatry and Behavioral Sciences at Duke, and a Distinguished Fellow of the American Psychiatric Association.

Dr. Brantley is the author of *Calming Your Anxious Mind*, and is a co-author, with Wendy Millstine, of the *Five Good Minutes* series. His most recent books with Wendy Millstine are: *Daily Meditations for Calming Your Anxious Mind* and *Five Good Minutes in Your Body: 100 Mindful Practices to Help You Accept Yourself & Feel at Home in Your Body*, and *True Belonging: Mindful Practices to Help You Overcome Loneliness, Connect with Others & Cultivate Happiness*. For a list of these titles and others, go to [Amazon](#). In preparation for an upcoming book, *Calming Your Angry Mind*, he recently authored an article in the October issue of *Mindful* magazine, "Cooling the Raging Fires."

Episcopal Center at Duke
505 Alexander Ave., Durham, NC 27705
Wednesday, October 23, 2013
6:30 PM - 8:00 PM (social gathering 8 - 8:30 PM)

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A Day of Mindfulness
 with Phyllis Hicks, Cynthia Hughey,
 Jeanne van Gemert, and Ron Vereen



This Day of Mindfulness on November 9th is an opportunity for retreat and coming together for an extended period of contemplative practice. Deepening in this way can bring a more continuous access to presence and a strengthening of the five spiritual faculties of conviction, persistence, mindfulness, concentration, and discernment. Many find that it is a way to "recharge" their practice.

During the day there will be periods of sitting meditation, walking meditation, mindful movement, and investigation of the Dharma. This activity is open to those with all levels of meditation experience, and there will be an opportunity for those new to the practice of insight meditation to receive guided instruction.

These teachings are being offered free of charge, with donations accepted to cover the costs of using the facility and to support the study and practice of the teachers. Please bring your own lunch, and refrigeration is available if needed (coffee, tea, and snacks will be provided).

In order to make our preparations, we are asking you to pre-register if you plan to attend. You will then receive guidelines on how to approach this day of practice, along with a proposed schedule. To register, or if you have further questions, please contact us at: info@triangleinsight.org.

Saturday, November 9, 2013
Episcopal Center at Duke
505 Alexander Ave., Durham, NC 27705
9:00AM - 4:00PM

Embodying and Sensing: Developing the Meditative Mind in Relationship

**A Residential Insight Dialogue Retreat
with Phyllis Hicks and Mary Burns**

Human beings are amazing, sensitive, often loving and usually stressed. When we watch our minds in meditation we can see that we create and re-create the familiar world of our thoughts, images, and memories. We automatically use these perceptions to construct the views, routines,

moods, and behaviors of our everyday life.

In Insight Dialogue we investigate these constructions with kindness and curiosity. In contemplation with others, we cultivate the stillness of concentration and the brightness of mindfulness. As the body settles and the mind clears, we experience the intimacy of being fully embodied and radically present. In this retreat there will be periods of silent sitting, mindful movement, time in nature, and the guided contemplations of Insight Dialogue. All will be held within the container of noble silence. For more information and to register, go to [Metta Programs](#).

January 2 - 5, 2014
Stone House, Mebane NC

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Mindfulness, Insight, Liberation

The Foundations of Mindfulness-Based Modalities and Research

Join Sharon Salzberg, Christina Feldman, and Mark Coleman for this course designed for researchers, clinicians and educators engaged, teaching, or training in mindfulness-based approaches. You are invited to extend and deepen your personal experience of mindfulness meditation in the company of peers and colleagues. The retreat will explore the Four Foundations of Mindfulness as taught in the Satipatthana discourse given by the Buddha. This is a profound teaching that encourages us to place the path of freedom and compassion in the classroom of our lives, nurturing a heart that is receptive and unshakeable.

Each day will offer a sustained schedule of formal meditation practice (both insight and lovingkindness), meetings with the teachers, talks, guidance and an optional period of mindful yoga, all within an environment of silence. A familiarity with formal practice is assumed. CEs are available for psychologists and licensed mental health counselors. For more information click [here](#).

Insight Meditation Society
Barre, Massachusetts
January 10 - 17, 2014
8:00AM-5:00PM

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Save the Date!

Triangle Insight Residential Retreat

Thanks to our volunteers in the Shramadana Project, we are in the process of planning the first residential retreat sponsored and coordinated by Triangle Insight. This experience will provide an opportunity to come together as a sangha to deepen both our connections with each other and our practice of insight meditation. The retreat will be held just 30 minutes away at the **Stone House** in Mebane, so save the date and join us for this exploration of the Dharma.

We will keep you informed as more details become available throughout the planning process.

The Stone House
Mebane, NC
April 24 - 27, 2014

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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 section in the newsletter is where sangha members may list a variety activities or announcements for everyone to view, e.g., study groups, social gatherings, and any classes or other events that you consider relevant to the mission of our sangha. If you would like something included, please submit your request by the 20th of each month to info@triangleinsight.org.

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Dharma Contemplation Group

Interested in "preparing for a meeting with the unknown?"

Dharma Contemplation is a companion practice to Insight Dialogue. Like ID it was developed by Gregory Kramer. In Dharma Contemplation we immerse ourselves in a short excerpt of the Buddha's words and allow them to transform us. By first hearing and then repeatedly reading the text, it saturates our minds. Layer after layer, joined in mindfulness and inquiry, we deepen our understanding and experience of the teachings as we contemplate them together in a small group.

Join us on the fourth Sunday of every month from 3:30 - 5:00. Email **Beverly** at beverly143@frontier.com, or call **Tamara** at **919-493-2674, x 114** for more information. The next meeting will be on 10/26.

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Scott Kiloby's Living Inquiries Weekend Workshop

Join Fiona Robertson and Deena Wade, both Senior Facilitator/Trainers of Scott Kiloby's Living Inquiries, for a weekend of looking more deeply at what's really going on for you.

If you're struggling with anxiety, depression, addictive or compulsive behaviour, relationship problems, or low self-

esteem, or if you're looking for any kind of change in your life, discover how the Living Inquiries can help. You'll be particularly interested in exploring the inquiries if you've spent years exploring spiritual paths or seeking enlightenment. The inquiries are practical and gentle, yet radical and transformative.

We'll work together in a small group, in an intimate and very supportive atmosphere, to discover what lies beyond our limiting beliefs. We'd love for you to join us here in Durham, NC, together with Certified Facilitator Alice Hall.

For more information on Living inquiries, you may go to: **[Scott Kiloby](#)**, **[Beyond Our Beliefs](#)**, and **[The Radical Investigaton](#)**.

Places are limited to 15, so booking is essential. \$110 for weekend/\$60 one day only. For more details and to register, contact Alice Hall at **tigrclause@gmail.com**.

October 5 & 6, 2013
One Heart, Durham, NC

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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 January 13, with classes beginning the week of January 20 and running through the week of March 10, with a Day of Mindfulness at St. Paul's Episcopal Church in Care, date TBD.

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 offered for those who are unable to attend on site. For more information or to register, call **919-660-6826** or go to **[MBSR](#)**. Classes often

fill, so you may want to register early.

Week of Jan. 20 - Week of Mar. 10, 2014
Various class times and locations available

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UNC Integrative Medicine

Mindfulness Classes

The Four Foundations of Mindfulness:

a course with John Orr

The practice of meditation is the oldest relaxation technique known to human kind. Today, mindfulness meditation is widely used as a means to increase focus of attention in the present moment thus allowing our innate calmness and clarity of mind to come forth. This is a great aid in responding skillfully to the stressors in our lives. Historically, mindfulness meditation is based upon Four Foundations: Mindfulness of Body, Mindfulness of Feelings, Mindfulness of Mind, and Mindfulness of Mind Objects. Please join John as he explores these foundations in this course.

For more information and to register, please go to the **[Four Foundations of Mindfulness](#)**. The cost of the program is \$250.

John Orr received Theravada Buddhist ordination and training for a period of eight years while living as a monk in the 1970's in Thailand and India. He has been teaching meditation and leading retreats around the country since 1980. John is the guiding teacher of the New Hope Sangha, which is a nondenominational community located in Durham that respects the wisdom of various spiritual traditions. He is on the faculty of Duke University where he teaches courses on Yoga, Meditation, and Stress Management.

UNC Center for Rehabilitation Care
1807 Fordham Blvd., Chapel Hill, NC
Wednesdays, Oct. 23 - Nov. 20, 2013
6:30 - 8:30 PM

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Experiencing Mindfulness

Weekly Class at Duke Integrative Medicine

Dr. Jeff Brantley, former Director of the Duke Mindfulness-Based Stress Reduction Program, has been leading a very popular weekly class on "Experiencing Mindfulness" at **Duke Integrative Medicine** over the past three years. His recent retirement has brought about a change, and in addition to Dr. Brantley, other MBSR instructors will be in rotation for leading the class. This will provide a rich opportunity to explore the themes that emerge from a variety of perspectives.

There is a \$15 charge for the class, payable at the front registration desk. The class is open to the public, with all levels of meditation experience welcome. There is no need to pre-register, and seats are filled on a first-come, first-serve basis.

Wednesdays

Duke Integrative Medicine
Duke Center for Living Campus
3475 Erwin Rd., Durham, NC 27705
12:00 PM - 1:00 PM

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Saturday Drop-In Classes at Duke Integrative Medicine

The **Duke MBSR Program** has traditionally offered this opportunity to support the practice of mindfulness to its alumni in the months where a Day of Mindfulness was not being offered. As of July they have opened these Saturday sessions to the general public as well, so all are invited to attend, with all levels of meditation experience welcome. All classes are led by one of the MBSR Instructors, and in general, begin with a period of mindfulness practice, then a talk on some aspect of mindfulness, followed by a period of discussion and Q&A.

The fee for the class is \$15, payable at the front registration desk. There is no need to pre-register, with seats filled on a first-come, first-serve basis. The remaining dates for classes in 2013 are Oct. 19 and Dec. 14.

Duke Integrative Medicine
Duke Center for Living Campus
3475 Erwin Rd., Durham, NC 27705
Saturday, July 13, 9:00 - 10:30 AM

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Buddhist Families of Durham

Currently consisting of 74 beings in 24 + 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-12:00 noon

please contact Sumi Loundon Kim for details

email: sumi@buddhistfamiliesofdurham.com

phone: 919-613-0160

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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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Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:15-8:00 AM in the Watts-Hillandale Neighborhood. There is no charge for participation, and donations are accepted to support the use of the space. For more info contact Ron at rlvereen@aol.com.

Monday and Thursday Mornings

7:15-8:00AM

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 contact Zensetter@gmail.com.

Tuesday Nights

7:00 - 8:15 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 who's practice is similar to ours, as well as resources for retreat centers and other websites, both locally and nationally. We do not offer an endorsement of these sites, but rather a suggestion for your exploration to see if any may have useful information to support your practice of insight meditation. For any questions please contact us at info@triangleinsight.org

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Triangle Insight is a Non-Profit

In December 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 Medication 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.

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