



Triangle Insight Meditation Community

triangleinsight.org

Dear Ones,

In our ongoing exploration of the social issues of racial justice and diversity, we continue to do so through the lens of the Buddhadharma. In using the Buddha's teachings on the Noble Eightfold Path, it is our conviction that we will more fully comprehend the suffering that arises from these issues, will better understand the source of our stress, and will then realize its cessation from the further development of this path of practice. This was the task the Buddha bestowed upon us in his exposition of the Four Noble Truths. In case there are any concerns that the direction we are taking collectively may compromise individual study and practice, we would like to assuage any fears by stepping back a bit in order to view the broader context within which this investigation is held -- that of socially engaged Buddhism.

The revered meditation teacher and Buddhist monk, Thich Nhat Hanh, coined this term in the midst of the peace efforts during the Vietnamese war. In a 2003

interview with John Malkin, Thay was asked the origin of engaged Buddhism: "Engaged Buddhism is just Buddhism. When bombs begin to fall on people, you cannot stay in the meditation hall all of the time. Meditation is about the awareness of what is going on -- not only in your body and in your feelings, but all around you...Buddhism has to do with your daily life, with your suffering and with the suffering of the people around you. You have to learn how to help a wounded child while still practicing mindful breathing. You should not allow yourself to get lost in action. Action should be meditation at the same time."

Relating to action and in further support of this inquiry of social issues framed by the Buddha's teachings, Joanna Macy offers this wisdom on her **website**: "The Buddha's central doctrine of the 'dependent co-arising' reveals the dynamic interdependence of all phenomena. Its insight and practices help to free us from the prison cell of egocentricity, and from the greed, hatred, and delusion it engenders. The term Engaged Buddhism refers to the social application of these teachings, as they bring us into responsible and resilient relationship with the world around us."

And finally, from an essay titled "**What's Buddhist about Socially Engaged Buddhism**", David Loy inquires: "What is the relationship between our Buddhist practice and our social engagement? How does each influence the other, or interweave with the other? My main point is that they are, and we must realize them to be, different aspects of the same developmental process. To think otherwise, viewing them as distinct issues, is a delusion of the sort that we are trying to overcome in our spiritual practice, showing we are not yet mature enough in our spiritual understanding. Believing and acting as if they are separate -- that is, trying to liberate or awaken myself while leaving the rest of the world to take care of itself - - is another instance of the subject/object, self/other duality. This duality expresses the fundamental ignorance that needs to be overcome."

With this brief overview of socially engaged Buddhism, we now invite you to read further in the section below titled "**Kalyana Mitta and Racial Affinity Groups**." Here the Kalyana Mitta Coordinating Team expands on the specific ways in which the sangha is poised to support anyone interested in undertaking this important task of exploring issues of race in the context of the Buddha's teachings. Through more intimate interpersonal connections, the Kalyana Mitta and Affinity Groups offer a means by which practitioners may see first-hand the inter-relationship

toward which these wise teachers mentioned above are pointing. And if we do as the Buddha invites, to "come and see for yourselves," then his Buddhadharma will move us beyond any words and into deeper understanding.

Through our deeper understanding may we all become the change we wish to see in ourselves so as to bring that change into the world.

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



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[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](#).

Schedule:

Wednesday Evenings

6:30 - 8:00 PM

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

October 7: Ron Vereen

October 14: Dave Hughey

October 21: Jeanne van Gemert

October 28: Phyllis Hicks (Insight Dialogue)

November 4: Ron Vereen

November 11: Phyllis Hicks (Insight Dialogue)

November 18: Jeanne van Gemert

November 25: No meeting (Thanksgiving Break)

Monday and Thursday Mornings

7:00 - 7:45 AM

Triangle Insight is now offering a [Morning Meditation Group](#) led by Ron Vereen. For more information, click on the link above.

Duke University

Mindfulness-based
Recovery Group

Koru Mindfulness &
Meditation in
Carrboro

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& the Modern World:
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Awareness Training
with Tamara Share
PhD

Mindfulness
Programs at Duke
Integrative Medicine

Mindfulness
Programs at UNC
Integrative Medicine

Episcopal Center at Duke

**505 Alexander Ave.
Durham, NC 27705**

Kalyana Mitta and Racial Affinity Groups

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

In Gil Fronsdal's article, **Friendship on the Path**, he states, "While certainly an important part of the practice is personal and inwardly focused, this is only a part of what Buddhist practice is about. A much more significant part of the practice is interpersonal; it concerns the rich world of our relationships with others." This beautiful quality of the spiritual journey is embodied in both Kalyana Mitta and Racial Affinity Groups.

Kalyana Mitta and Racial Affinity Groups are both small peer groups of spiritual friends who use the dharma, their practice, and mindful sharing to deepen connection with self and others, explore spiritual issues, and develop greater understanding and healing. Essential to both groups is the development of safety, trust, and intimacy. This allows members to share openly and deeply, and the heart of the dharma is enriched in our practice, our daily lives, and the collective experience of the greater society.

Kalyana Mitta Groups

In the six months since KM groups began meeting, over 50 individuals have participated in one of our groups. With shared intention and commitment, many participants have already experienced how much understanding can deepen and hearts can open by practicing, sharing, and exploring the dharma with "admirable friends."

The response to these groups and the dedication of the members are inspiring. For more information about KM Groups, please visit our **KM web page** or contact Sarah Tillis, KM Coordinator, at **sarah@triangleinsight.org**.

Racial Affinity Groups

We've now heard from over fifteen individuals who are interested in participating in a spiritual friends group that focuses on issues of racial justice. As discussed at the September 16th meeting, these groups are evolving out of Triangle Insight's commitment to addressing the critical issue of race in our society, as well as Ruth King's Mindfulness of Race workshop that a number of us attended.



The format Triangle Insight will be using is Racial Affinity Groups. The intention of this model is to deepen self-awareness around issues of race in small, racially homogeneous groups that integrate the Dharma into members' personal and collective exploration. Development of this deepened self-awareness underlies wise action, and we're encouraged not to rush too quickly to "fix" anything, but rather to take the time needed to do our own work.

At the September 16th meeting, some wondered why groups with goals of equality and inclusion would be racially homogeneous. This is an important question, and we will continue to address how racial affinity groups can create a safe container for this difficult work and lead to greater understanding and interconnectedness for participants and the sangha as a whole. We also encourage you to read the **[Call to White Buddhists](#)**, which we hope will strengthen your understanding of this path.

Developing these groups is a work in progress, and your questions and suggestions are extremely valuable. The KM Coordinating Team will be developing guidelines and coordinating the Racial Affinity Groups, and we welcome your input. If you're interested in being in a group, or have questions or suggestions, please talk to Sarah Tillis, the KM Coordinator, or email her at **sarah@triangleinsight.org**.

For additional information, there are many resources, including the **[Racial Affinity Groups web page](#)** that we're developing, **[Buddhists for Racial Justice](#)**, and **[White Awake](#)**.

The KM coordinating team of Sarah Tillis, Tom Howlett, Tamara Share, and Jeanne van Gemert has much gratitude for the commitment of our spiritual community. 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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A Day of Silence

with Cynthia Hughey and Ron Vereen

Please join Cynthia and Ron for this Day of Silence on Saturday, November 7th, from 9 AM - 4 PM. As in the day of practice this past July, which was well-received, this day will be a bit of a departure from our usual Day of Mindfulness, as there will be no Dharma talks and minimal instruction in order to create conditions to abide in greater stillness and silence. This day of practice is thus not recommended for those who are just beginning the practice of insight meditation. There will be periods of sitting meditation, walking meditation, and mindful movement.

An opportunity for a separate group interview away from the meditation hall will be available to those who are interested in exploring anything that may be coming up in the 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 teachers. Please bring your own lunch. Refrigeration and a microwave are available as needed. Coffee, tea, and snacks will be provided by Triangle Insight.

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. For more information or to register, please contact us at [**info@triangleinsight.org**](mailto:info@triangleinsight.org).

Saturday, November 7th

Episcopal Center at Duke

505 Alexander Ave.

Durham, NC 27705

9:00AM-4:00PM

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Save the Date!

A New Year's Insight Dialogue Non-Residential Retreat: Step by Step, Aware and Awake with Phyllis Hicks

Please join Phyllis and the community for this nonresidential 2 day retreat, **Friday and Saturday, January 1st and 2nd, 2016**. Insight Dialogue brings the dynamic stillness of silent practice into relationship through dialogue. We will continue to explore the six Insight Dialogue guidelines as a practice of awakening moment by moment, step by step. Through the exploration of the guidelines and the wisdom teachings of the Buddha we walk the walk, finding the opportunity to awaken in the joys and challenges of everyday life. Together we find courage and a great heart for awakening. This two 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. Refrigeration and a microwave are available as needed. Coffee, tea, and snacks will be provided by Triangle Insight.

In order to make our preparations, we are asking you to pre-register if you plan to attend, and how to do so will be forthcoming soon. Upon registering, you will then receive guidelines on how to approach these days of practice, along with a proposed schedule. For more information please contact us at info@triangleinsight.org.

Episcopal Center at Duke
505 Alexander Ave., Durham, NC 27705
Friday, January 1st , 10:00 AM - 5:00 PM
Saturday, January 2nd, 9:00 AM-5:00 PM

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Mindfulness-Based Recovery Group Victoria Shields, LCAS, MDiv, MEd and Susan Orovitz, PhD, CGP

Therapists have training in Mindfulness Based Stress Reduction, chemical dependency treatment and group psychotherapy.

This group is designed to teach you Mindfulness-based Relapse Prevention Skills for those in recovery from Substance Use Disorders. In addition to experiential skills training, there will be time for working with other group members on Life Issues of any kind, such as: problematic

relationships, identity, dysfunctional families of origin, assertiveness, abuse, codependency, depression, anxiety, parenting, grief, separation, stress, self-esteem, etc.

FREE ASSESSMENT INTERVIEW: To schedule an individual assessment appointment to determine appropriateness for participation in this group, please contact one of us.

Victoria Shields
ISA Counseling - Suite 117
1709 Legion Road
Chapel Hill, NC 27517
vshields@isacounseling.com
or 919-903-6167

Susan Orovitz
Changes By Choice
911 Broad Street
Durham, NC 27705
sussiego@me.com
or 919-416-4800 x3

Group Meetings at ISA Counseling, 1709 Legion Road, Chapel Hill, NC 7517 (conference room)

FEE: \$50.00 per group meeting

TUESDAYS

7:00 - 8:30 PM

8 weeks

Group will begin when there are enough members to start.

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Four Guest Lectures on Buddhism and Meditation from leading scholars
Organized through Duke University's Buddhist Meditation Signature Course

- * all events are free and open to the public
- * the final speaker is Dr. Jon Kabat-Zinn

The End of the World and the Origins of Insight Meditation: Meditation, Colonialism, and the Burmese Monk Ledi Sayadaw

- Dr. Erik Braun, University of Virginia, author of *The Birth of Insight*
- **Wed, September 30, 3:05-4:30 pm**
- Levine Science Research Center (LSRC), Room A247

Zen Meditation for Today: A New Approach by a

Modern Korean Master

- Venerable Subul Sunim: Head of the International Sŏn (Zen) Center at Dongguk University, South Korea and abbot of Bŏmŏsa Temple
- **Wed, October 21, 4:30-5:30 pm**
- Holsti-Anderson Family Room, Rubenstein Library

Mindfulness, INC: Buddhist Meditation Beyond Buddhism

- Dr. Jeffrey Wilson: Renison College, University of Waterloo, Canada, author of *Mindful America*
- **Wed, November 18, 3:05-4:30 pm**
- Levine Science Research Center (LSRC), Room A247

At the Confluence of Medicine, Science, and Universal Dharma: the Ethos, Ethics, and Praxis of Embodied Mindfulness and Mindfulness-Based Stress Reduction

- Dr. Jon Kabat-Zinn: Founding Executive Director of the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School, author of *Full Catastrophe Living*
- **Wed, December 2, 3:05-4:30 pm**
- Goodson Chapel, Duke Divinity School

CONTACT

Richard M. Jaffe
Associate Professor of Religious Studies
Member-Bass Society of Fellows (Duke)
Department of Religious Studies, Duke University
richard.jaffe@duke.edu
(O)[919-660-3502](tel:919-660-3502)

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Koru Mindfulness and Meditation Classes in Carrboro taught by Bree Kalb, LCSW

Koru is a brief, structured approach to learn mindfulness and meditation. This introductory class will help students establish or revive a meditation practice and to develop a mindful approach to life. Classes are small (6-8 people), relaxed, and enjoyable.

Wednesdays, Oct. 28, Nov. 4, 11, 18
The Wellness Alliance
301 West Weaver Street
Carrboro, NC 27510
5:30-6:45 PM

\$65 for all 4 classes
Please sign up before Oct. 19

For more information:

www.thewellnessalliance.com/BreeKalb.html

email: bree@mindspring.com

call: [919-932-6262](tel:919-932-6262) ext 216

Facebook:

<https://www.facebook.com/carrborokorumindfulness>

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Tibetan Buddhism and the Modern World

an On-line Course through Coursera

This course introduces students to

(i) the history of Buddhist contemplative traditions in India and Tibet (meditation, yoga, mindfulness, visualization, etc.),

(ii) innovations in scientific research on understanding such contemplative practices,

(iii) recent adaptations of such practices in multiple professional and personal areas, and

(iv) the practices themselves through brief secular contemplative exercises.

The course will be co-taught by David Germano and Kurtis Schaeffer, both at the University of Virginia, and will include extensive contributions from scientists, people involved with integrating [meditation] in practice, and Tibetan Buddhist teachers.

NOTE: The course now in progress addresses Tibetan philosophy and practice relating to "the Lesser Vehicle" (Vipassana and Insight Meditation). Subsequent courses will address "the Greater Vehicle," the Adamantine (Diamond, or Tantra) Vehicle, and a "Natural Vehicle". This is a richly supported set of lectures with "Labs"--or practice videos guided by established teachers of various forms of meditation practice.

You can join through Coursera.org at any time; the course is self-paced and free without certification; there is a small fee and specified work load for certification.

August 30th - December 30th, 2015

For further description of course goals, and to register:

<https://www.coursera.org/course/meditation>

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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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The Shramadana Project at Triangle Insight

The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community that has been organized to address some of the needs within the sangha, as well as to provide outreach to the community-at-large. At the most recent meeting, Mary Mudd agreed to be the current coordinator of the SP, and others joined her in forming a Retreat Planning Committee, including Dave Durham, Gordy Livermore, Leah Rutchick, Kathy Shipp, and Howard Staab, with Cathy Cole as a registration consultant. Deep bows to all!

Ron Vereen recently completed a second Mindfulness Awareness Training at the Durham Crisis Response Center, assisted by Daya Breckinridge, Paula Huffman, and Tamara Share. So far the feedback from the DCRC and clients has been positive. It is our intention to offer this class on an ongoing basis for their clients who are survivors of domestic violence, sexual assault and childhood trauma, and the more people involved, the more classes we can provide.

If you have some experience in teaching mindfulness to others and would like to participate, please contact Ron at ron@triangleinsight.org

Please consider being involved in the SP in some fashion, large or small. If interested, you may contact Mary Mudd at mary@triangleinsight.org.

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Goings-on in the Sangha

This space is where sangha members may announce timely activities for everyone to view, such as study groups, social gatherings, and any classes or other events that you consider relevant to the mission of our sangha.

If you would like to include something, please submit your request by the 20th of each month to info@triangleinsight.org.

Kaliyana Mitta News

* New Development: Affinity Groups are forming. Please [see the report](#) in this newsletter for news about our KM and Affinity Groups. Committee: Jeanne van Gemert, Tom Howlett, Tamara Share and Sarah Tillis.

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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 for further information, and can access a flyer [here](#). 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

please contact Sumi Loundon Kim for details
email: 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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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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