



# *Triangle Insight Meditation Community*

*September 2016*  
*triangleinsight.org*

Greetings to all!

This month we will continue to delve more deeply into the *practice* of *satipatthana* with a particular emphasis on practice. We have talked about the importance of the integration of study and practice, and will briefly review the relationship to reaffirm its import. As Andrew Olendzki so succinctly points out, "study" is investigating the *Dhamma* (the teachings, e.g., the *Satipatthana Sutta*); "practice" is investigating experience (the "what" of our observation, so the *satipatthanas* themselves); the integration of the two is using experience to investigate the *Dhamma*, and using the *Dhamma* to investigate experience (the "how"); and the goal of this integration is to understand experience through the *Dhamma* and to understand the *Dhamma* through experience (the "realization").

The understanding referred to here is the wise understanding the Buddha emphasized in the Noble Eightfold Path, that being a direct grasp of the law of *karma* and of the Four Noble Truths -- understanding suffering, its origin, its cessation, and the way leading to the cessation of that very

suffering. Here again the holographic nature of the Buddha's teachings is revealed as we see that exploration of the fourth truth is none other than the Noble Eightfold Path, whose culminating wisdom emerges through comprehending the Four Noble Truths. And embedded in the Eightfold Path is the seventh path factor of Wise Mindfulness, which brings us back to the topic of these past few months, the four *satipatthanas* as explicated in the *Satipatthana Sutta*. So, we are undertaking this path of practice offered by the Buddha, not only with the faith in his own awakening, a "bright faith" as Sharon Salzberg would say, but also toward a "verified faith" she speaks of that comes about through our own realization of progressive insights to the point where there is no doubt about the path or the teachings, arriving at an "unshakable faith" in which there is no thought of turning back. Knowing that this realization is available to others is why the Buddha decided to teach. And for this we can be truly grateful!

It may also be helpful to be inspired by the words of other contemporary teachers who have undertaken this path and who share the fruits of their own practice with us. As Joseph Goldstein and Jack Kornfield describe in *Seeking the Heart of Wisdom*, it is "a dynamic, living process out of which new perspectives, new ways of understanding and appreciating our lives, continually emerge. As we follow a path of meditation, we discover a process of deepening through observing, opening, and being." As to what the Buddha is pointing, Olendzki offers this in his article on "**What the Buddha Taught**": "The *Dhamma* is meant to be enacted. It is a blueprint for how to re-organize the mind and body in the present moment, and as such its meaning can only be recovered if it is put to use. The best answer to the question of what the Buddha taught, therefore, will be found not in the texts but in experience. It is important to direct attention in a particular way within experience, and the instructions for how to do that are to be found in the texts. But the meaning of the Buddha's teaching will only manifest when his wisdom is enacted locally, in the transformation of a person."

We believe you are reading these words because you are interested in bringing about this transformation. We believe that you are undertaking this practice because of a desire to know directly the truth for yourself. And we believe what the Buddha said about the practice of *satipatthana* as being the direct path for this transformation, for this realization of the truth, of *Nibbana*. This is why we are using this space to delve more deeply into this path of practice, and as Olendzki points out, this *Dhamma* is meant to be enacted -- no one can practice for us. And he says it is important to direct attention in a particular way, and the instructions are to be found in this very *sutta*.

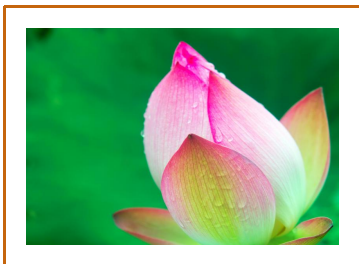
Last month we described the four *satipatthanas* (the "what") and mentioned the definition and the refrain as integral parts to the structure of this *sutta* (the "how"). In *Satipatthana: the Direct Path to Realization*, the Venerable Analayo refers to this refrain as the "*modus operandi*" of

*satipatthana*. The evidence of the importance of this aspect of the sutta is underscored not only by the fact the Buddha repeated it 13 times following each instruction that he offered, but also that Anlayo devoted 25 pages to the refrain in his text, which also included 99 footnotes! And Joseph Goldstein spoke for 2 hours and 20 min. alone on this refrain in his [series of talks on satipatthana](#) (Parts 4 - 6).

We would thus like to undertake an exploration of this refrain over these next few months, albeit less ambitious, as it offers four key aspects as to *how* we direct our attention to the *what* of our observation. In case there are any lingering doubts about the importance of this sutta, we'll leave you with the Buddha's own words which are found at the very beginning of this discourse: "This is the direct path for the purification of beings, for the surmounting of sorrow and lamentation, for the disappearance of *dukkha* and discontent, for acquiring the true method, for the realization of *Nibbana*, namely, the four *satipatthanas*."

May each of us undertake this direct path of practice and realize the freedom of the Buddha.

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)**

### 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

September 7: Phyllis Hicks (Insight Dialogue)  
September 14: Scott Bryce  
September 21: Jeanne van Gemert  
September 28: Ron Vereen

October 5: Leigh Brasington (Guest Teacher)  
October 12: Jeanne van Gemert  
October 19: Ron Vereen  
October 26: Scott Bryce

## Upcoming Classes and Events

Lama Surya Das

An Evening with Leigh Brasington

Media Night:  
*Being Mortal*

Rev. angel Kyodo  
williams Sensei in  
Durham

A Day of Silence

Organizing Against  
Racism/Dismantling  
Racism Works  
Workshops

Awakening Joy  
Online Courses with  
James Baraz

Eno River Buddhist  
Community Sutta  
Study Group

## Monday and Thursday Morning Meditation

**7:00 - 7:45 AM** (click [here](#) for more info)

**Note: There will be no meeting Labor Day, Sept. 5th**

## Episcopal Center at Duke

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

## Lama Surya Das

Coming to the Triangle

**Lama Surya Das**, who the Dalai Lama affectionately calls "The American Lama," has spent over 45 years studying with the great spiritual masters of Asia. He is the author of 13 books and is esteemed throughout the world. He will be visiting the Triangle for two events which are listed below. Both of these events will be held at the **Unity Church of the Triangle**, 5570 Mumford Dr., Raleigh, NC 27612. For a flyer to circulate, please go [here](#).

Friday, September 23, 7:30 PM

**"Befriending Yourself, Befriending the World:  
Loving Yourself, Loving the World"**

**Cost: \$20**

Saturday, September 24, 9:30 AM - 4:30 PM

**"Make Me One with Everything: Seeing through the Illusions of Separation" (A Workshop)**

**Cost: \$75 (\$85 for both events)**

**For Tickets or More Info, go to: [www.flyingmonkey.ws](http://www.flyingmonkey.ws)**

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## An Evening with Leigh Brasington on "The Progress of Insight"

In preparation for our weekend retreat with Leigh Brasington, please join us on Wednesday, October 6th, for the evening's talk with Leigh on The Progress of Insight. He will explore this map of how the spiritual path may unfold as one gets deeper and deeper insights. It comes from the *Visuddhimagga* but early traces of this map can be found in the *suttas*. In this talk we will discuss the

## Upcoming Retreats

[Leigh Brasington  
Retreat](#)

## Goings on in the Sangha

Triangle Insight  
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Continuing the  
Conversation

Shramadana Notes

## Spiritual Friends Groups

Organizing Against  
Racism Workshops

## The Shramadana Project

A Volunteer Initiative  
of Triangle Insight

## Spiritual Friends Groups

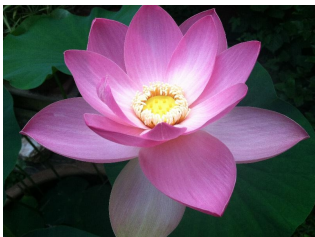
Racial Affinity  
and  
Kalyana Mitta

## Ongoing Classes and Events

Mindfulness  
Awareness Training  
with Tamara Share  
PhD

Mindfulness  
Programs at Duke  
Integrative Medicine

Mindfulness  
Programs at UNC  
Integrative Medicine



details of this map as well as look at the early information found in the *suttas*. An outline of the Progress of Insight can be found as part of **The Seven Stages of Purification** where it is referred to as The Sixteen Insight Knowledges.

Leigh Brasington offers his teachings freely and depends solely on the generosity of others for his livelihood. All of the offerings received for this evening will go directly to support Leigh's work, so please give generously. For Leigh's bio please read further in the block below about the upcoming retreat.

Wednesday, October 5th

Episcopal Center at Duke  
6:30 - 8:00 PM

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## Streams of Dependently Arising Phenomena Interacting Endlessly A Residential Retreat with Leigh Brasington

Friday, October 7th, 5:00 PM - Sunday, October 9th, 4:00 PM

This retreat combines the two main elements of the Buddha's model of liberation: cultivating the meditative absorptions (jhanas), which lead to calm and clarity, and insight into the dependent co-origination (paticca-samuppada) of phenomena. In such a short time, no one should expect to actually learn the jhanas, but there will plenty of opportunity to learn about them. And dependent co-origination is also such a broad topic that it cannot be covered in great detail, but this course will certainly serve as an introduction to the topic and to the deep implications of the teaching of dependent co-origination.

This course is suitable only for those participants who have an established meditation practice. Only a few spaces remain, so **please go here** to register. For more information contact Leah at [leah@triangleinsight.org](mailto:leah@triangleinsight.org).

**Leigh Brasington** has been practicing meditation since 1985 and is the senior American teacher of the late Ven. Ayya Khema. Leigh began assisting the Ven. Ayya Khema in 1994, and was authorized to teach in 1997. He teaches throughout Europe and North America and is the author of the book **Right Concentration: A Practical Guide to the Jhanas**. Find more about Leigh's teaching and schedule at <http://leighb.com>.

## Avila Retreat Center

711 Mason Rd., Durham, NC 27712

Friday, October 7th, 5:00 PM - Sunday, October 9th, 4:00 PM

Retreat Fees: Double occupancy -- \$185

Small single -- \$195

Large single -- \$235

**Note:** Leigh Brasington receives only travel expenses for this retreat from the registration fees, and depends solely on the generosity of the retreat participants for his livelihood. An opportunity to offer dana for Leigh will be provided at the end of the retreat.

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## Media Night:

### A Screening and Discussion of the PBS Program *Being Mortal*

Join us and be part of a national dialogue taking place that asks the question "Have you and your family had the tough conversations and planned ahead?" The documentary film *Being Mortal* delves into the hopes of patients and families facing terminal illness. The film investigates the practice of caring for the dying and explores the relationships between patients and their doctors. It follows a surgeon, Dr. Atul Gawande, as he shares stories from the people and families he encounters. When Dr. Gawande's own father gets cancer, his search for answers about how to best care for the dying becomes a personal quest.

After the screening, we will have a community dialogue about the issues raised in the film, and our reactions to them. Refreshments will be provided

For more information contact Betsy Barton at [bb3579@frontier.com](mailto:bb3579@frontier.com).

Friday, October 21st, 2016

Episcopal Center at Duke

7:00 - 9:00 PM

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## Save the Dates!

Rev. angel Kyodo williams Sensei in Durham  
for EMBRACE Power Awareness: A Third Way Training  
(Embodied Race and Power Awareness)

"Love and justice are not two. Without inner change, there can be no outer change. Without collective change, no change matters."

- Rev. angel Kyodo williams

Triangle Insight will be partnering with other Buddhist groups in the area to host **Rev. angel Kyodo williams Sensei**, who will be bringing her message of "love and justice" to Durham for a public talk on Friday, Oct. 28, at Duke Memorial United Methodist Church, and a two-day workshop Saturday & Sunday, Oct. 29 & 30 at the Self-Help Credit Union.

Far from depending on mere altruism, the only real path to a true culture of welcoming & inclusivity is committing to your own wholeness. Rev. angel looks at the conventional wisdom of inclusivity then turns it on its head and returns "disruption" to its rightful place as an act of bravery. Abandoning "being good" as motivation and guilt as distraction, she points to uncovering our natural desire to be connected as the source of living and leading from the the heart.

In these weekend activities we explore the connection between personal and social transformation through the lens of race and power in the United States. Through practices of centering, contextualization, conversation and

community, we prepare ourselves to recognize and disrupt limiting habit-patterns as a gateway to love and liberation -- of self and society. We learn to embody wholeness, reclaiming parts of ourselves that we may have cast away in seeking a sense of belonging. With daring, we can cultivate the internal resources to respond to our life and world, developing the resilience necessary to truly begin creating an enlightened society.

If you would like to volunteer to help out in some way, please do not hesitate to contact us at [info@triangleinsight.org](mailto:info@triangleinsight.org) .

**Rev. angel Kyodo williams Sensei** has been called "the most intriguing African-American Buddhist" by *Library Journal*, and is an author, maverick spiritual teacher, master trainer and founder of the Center for Transformative Change. She has been bridging the worlds of personal transformation and justice since the publication of her critically-acclaimed book, ***Being Black: Zen and the Art of Living With Fearlessness and Grace***. This book was hailed as "an act of love" by Pulitzer Prize winner Alice Walker and "a classic" by Buddhist teacher Jack Kornfield. Her newly released book is ***Radical Dharma: Talking Race, Love, and Liberation***.

Friday, October 28th, 2016  
"Talking Race, Love, and Liberation"  
Duke Memorial Methodist Church  
504 W. Chapel Hill St., Durham, NC 27701  
7:30 PM  
No Cost and Open to the Public

Saturday & Sunday, October 29th & 30th, 2016  
"Embrace Power Awareness: A Third Way Training" Workshop  
Self-Help Credit Union  
301 W. Main St., Durham, NC 27701  
9:00 AM - 5:00 PM  
Cost: \$150 for both days (sliding scale/many options available)

To Register, go [here](#) (this link will be active beginning Sept. 10th)  
For more information, contact Catherine Neil at 919-259-5451

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

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-registrer 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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## **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 for connection beyond Wednesday meditation and for outreach to the community-at-large.

Mary Mudd, the current coordinator of the SP, is currently convening quarterly meetings of this group to explore ways to meet the needs of our growing sangha and to assess the group's interest in outreach to the community-at-large.

We encourage you to review the minutes of these meetings on the TI website page for the **[Shramadana Project](#)** where you will learn more about these worthwhile and exciting initiatives of the sangha. The next meeting is planned for July/August, so contact **[Mary Mudd](#)** if you would like to be notified of the exact date.

A group of us from Triangle Insight recently volunteered at the **[Piedmont Farm Animal Refuge](#)** in Chatham Co., where a door was hung, nails were

pulled from recycled wood, fence posts were sunk, a tool shed was reorganized, and weeds were whacked. After several hours of rewarding work, we received a lovely tour of the facilities by Lenore Braford. We met the "more than humans," including the sheep, goats, turkeys and chickens that have all been taken in to live out the rest of their lives in peace and harmony with the wonderful humans who care for them and who also come to visit and help support them. We also devoured a delicious vegan chocolate cake made from scratch by Howard Staab! 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 .



**Tired but happy volunteers!!**

Several other ideas have begun to take shape:

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 entertainment on a quarterly basis. Our "opening night" was held on April 15th with a documentary about the Black Power Movement in the 1960s and 70s. **Our next film is Being Mortal scheduled for October 21st (see announcement above). If you know of a film you'd like to see with Dharma friends, contact Gerri McGuire: 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), "Dwelling in the Dharma" was held May 26-29 at Avila Retreat Center with teachers Ron Vereen and Jeanne van Gemert.

- Another residential retreat is planned for October 7-9. **Streams of Dependently Arising Phenomena Interacting Endlessly**, with Leigh Brasington, at Avila Retreat Center. More information is available both **in this newsletter** and on our **website** (please scroll down for this event).

4 ) ADDITIONAL IDEAS are being considered that pertain to our recent exploration of issues around diversity in inclusion in the sangha, end-of-life concerns, and in meeting the ongoing needs of the sangha through developing of Caring Circles.

- Related to diversity, please see the announcement regarding the planned visit of **Rev. angel Kodo williams Sensei** in this newsletter, and more will be coming on the formation of Caring Circles.
- 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.

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**. Meetings will be held quarterly, with the next one scheduled for July/August (exact date to be determined).

*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**

[VVV](#)

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

~ [The Buddha<sub>xx</sub>](#)

Two years ago the sangha expressed a heartfelt longing for small spiritual groups, which would provide a supportive, safe space for deepening our study and practice. Since then, over ninety individuals have joined one of our groups and been part of a community that enriches, encourages, and challenges us as we make this beautiful journey together. In her article, **Taking Refuge in the Triple Gem**, Christina Feldman states, "To learn how to speak truthfully, to listen without defensiveness, to learn how to offer and receive kindness, to let go of our personal story and listen deeply to our universal story, are all lessons

of wise community." As she notes, "We cannot seek our own awakening; we can only take part in the awakening of all beings." This is the heart's intention of our Kalyana Mitta and Racial Affinity groups, in which we are committed to our own path, the spiritual growth of all members, and the awakening of the larger community.

### **Kalyana Mitta Groups**

We currently have openings in two groups: Insight Dialogue and the 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; if there is interest, we can work with you to begin a second group. 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**.

### **Racial Affinity Groups**

There are openings in two RA groups, one in Durham and one in Chapel Hill-Carrboro. Whether or not you're in a Racial Affinity group, we encourage you to read Ruth King's wise and moving article, **Healing the Broken Body of Sangha**, in which she explores her statement, "Honoring our relatedness, our belonging, and our impact is a necessity for awakening in general and for transforming racial suffering in particular-in our own hearts, and in our communities and institutions." She also offers strategies that can help us "create a sangha that genuinely cares about racial suffering and belonging." We are grateful for the commitment sangha members have made to addressing issues of racial injustice and hope this article will provide inspiration and guidance.

Information about our RA groups and a list of resources are on our Racial Affinity Groups **web page**. If you have questions or suggestions, please talk to Sarah Tillis, KM Coordinator, or email her at **sarah@triangleinsight.org**.

The KM Coordinating Team of Sarah Tillis, Tamara Share, Tom Howlett, and Jeanne van Gemert feels deep appreciation 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: There will be no meeting on Labor Day, Sept. 5th**

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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## Awakening Joy & Awakeing 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**

**please contact Sumi Loundon Kim for details**

**email: [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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