



Triangle Insight Meditation Community

triangleinsight.org

Greetings to All!

Spring is slowly revealing herself, as if tentative, but gradually and steadily evolving toward her presence. Meanwhile, Winter has been holding on, resisting release of his contracting cold, yet somehow giving way to the natural order.

Our spiritual journey may at times proceed like this. The heart longs for freedom's release, yet the mind, reluctant to shed its many cloaks of selfhood, clutches to whatever is within reach. And yet, within this tension rests the natural order, the Dharma, the truth of the way things are.

Consider this statement from Sky Dawson, resident Dharma teacher at the Forest

Refuge in Barre, MA: "Presence is our true nature." If we take her words on faith, which we must until we realize this wisdom directly for ourselves, then our actions must align with wise view and intention, supported by diligence and discernment. Rodney Smith adds that to get in touch with this truth, we must relinquish everything that is inauthentic, so shedding however many cloaks in the closet that constrain the heart's release. And as many teachers will testify, this is often a gradual unfolding, but an evolution toward presence nonetheless, toward an abiding awareness that is the awakened heart.

Perhaps through the many rounds of our own seasons, we will eventually come to rest in our own true nature, much like Winter, Spring, Summer and Fall, surrendering to the natural order, to the truth of the Dharma.

May it be so. May it be so.

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



Sitting Opportunities

Wednesday
Meditation Group

Insight Dialogue at
Triangle Insight

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. If you would like to submit items for inclusion in this newsletter, please review the [newsletter guidelines](#).

Schedule:

April 2:	Ron Vereen
April 9:	Cynthia Hughey
April 16:	Jeanne van Gemert
April 23:	Phyllis Hicks (Insight Dialogue)
April 30:	David Hughey
May 7:	Ron Vereen
May 14:	Cynthia Hughey
May 21:	Jeanne van Gemert
May 28:	Phyllis Hicks (Insight Dialogue)

[Buddhist Families of Durham](#)

[Neighborhood Sitting Group](#)

[Duke Cancer Center](#)

[Recovery Group](#)

[Other Resources](#)

Upcoming Classes and Events

[Inspiring Generosity: A Talk and Book Signing with Barbara Bonner](#)

[Real Happiness at Work with Sharon Salzberg](#)

Upcoming Retreats

[Evolving Toward Freedom](#)

Goings On in the Sangha

[Elder Sangha Community](#)

[Buddhist Families of Durham Seeking Preschool Teacher](#)

[Dharma Contemplation Group](#)

The

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

Inspiring Generosity with author Barbara Bonner

You are invited to attend this book talk, signing, and reception. The author will discuss what generosity is and what it isn't, how it manifests in our lives and how it can change the landscape in which we live. Barbara Bonner is currently board chair at the Barre Center for Buddhist Studies. To read more, please click [here](#).

McIntyre's Books

220 Market St., Fearrington Village, Pittsboro, NC
Friday, April 18th
2:00 PM (Free)

[Back To Top](#)

Real Happiness at Work: Meditations for Accomplishment, Achievement and Peace With Sharon Salzberg

Jon Seskevich will again be bringing the beloved meditation teacher, Sharon Salzberg, to the Triangle in April for an evening seminar and day-long workshop.

For more information and for tickets, go to:

[Bright Star Live Events](#).

For more info on: mail, checks, telephone credit card orders please contact:

Email: Jon Seskevich @ ram1008@hotmail.com

Eno River Unitarian Universalist Fellowship

4907 Garrett Road, Durham, NC 27707

Friday, April 25, 7:30 - 9:30 PM

Saturday, April 26, 9:30 AM - 4:30 PM

(Note: Sharon will also be in Charlotte 4/27, and for more info, click above links)

Shramadana Project

[A Volunteer Initiative of Triangle Insight](#)

Ongoing Classes and Events

[Mindfulness Programs at Duke Integrative Medicine](#)

[Mindfulness Programs at UNC Integrative Medicine](#)



[Back to Top](#)

Evolving Toward Freedom: Exploring the Four Establishments of Mindfulness

**A Memorial Day Weekend Residential Retreat
with Jeanne van Gemert and Ron Vereen**

This retreat is for the curious who are motivated to explore an evolution of liberation -- one moving away from suffering, evolving toward the freedom promised by the Buddha. We will investigate the Buddha's method as taught in his discourse on *Satipatthana*, or the Four Establishments of Mindfulness (body, feelings, mind, and categories of experience). All levels of experience with meditation are welcome, and for more information and to access the registration form [please click here](#). Some scholarship funds are available.

The Stone House

Mebane, N.C.

Thursday, May 22 - Sunday, May 25

Dorm: \$315 (early registration, \$285 before 4/30)

Camp: \$270 (early registration, \$240 before 4/30)

[Back to Top](#)

Awakening Together: An Insight Dialogue Retreat With Phyllis K. Hicks and Janet Surrey

While meditating with others, the heart and mind relax and open in recognition of this shared human experience. In this auspicious time of summer solstice and beautiful seaside surroundings, we will gather to learn and deepen our Insight Dialogue practice. We will inquire together into the nature of suffering in relationships, and to touch the possibility of awakening together. Comeditating in engaged relational practice, we will investigate the hindrances and cultivate the factors of awakening: mindfulness, investigation, energy, joy, tranquility, concentration and equanimity. We can witness the power of relationship to accelerate insight, wisdom and compassion.

There will be alternating periods of silent meditation, Insight

Dialogue, and yoga geared towards accessibility for every body. For more information and registration please go to <http://metta.org/program/awakening-together-insight-dialogue-retreat/>

Rockport, MA
June 18 - 22, 2014

[Back to Top](#)

Insight Dialogue and the Path of Peace

With Sharon Beckman-Brindley and
Phyllis K. Hicks

In Insight Dialogue we extend our solitary meditation into a meditation of speaking and listening in contemplation with others. In this retreat, we will practice both silent meditation and Insight Dialogue, allowing our hearts and minds to open unconditionally to life just as it is. We will inquire into the constructing nature of the mind and the tendencies that prevent us from resting in natural ease. Please visit the [Southern Dharma website](#) to register and for further information.

Southern Dharma Retreat Center
July 11 - 16, 2014

[Back to Top](#)

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

[Back to Top](#)

The Shramadana Project at Triangle Insight

The Shramadana Project is a volunteer initiative of the Triangle Insight Meditation Community that has recently formed to address some of the needs within the sangha, and to provide outreach to the community-at-large as well. Two co-coordinators of the overall project emerged out of the first core group meeting on August 21st - Sharon Jamison and Tamara Share. Please consider being involved in some fashion, large or small, and to participate or for more information, contact us at:

info@triangleinsight.org.

[Back to Top](#)

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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Elder Sangha Intentional Community

Mature, committed practitioners interested in establishing

an affordable, nurturing, and supportive aging-in-place community that is based in simplicity and sustainability are invited to participate in an opening conversation with Tom Howlett, a builder with background in cohousing and spiritual community (thowlett11@gmail.com).

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Buddhist Families of Durham Seeking Preschool Teacher

The [Buddhist Families of Durham](http://BuddhistFamiliesofDurham.org) (BFD), a meditation community of 25+ families, is in search of teacher for its Sati School class for preschoolers, ages 3 to 5. The BFD meets Sundays from 10:30am-noon. Class attendance ranges from 3 to 6 children, with several toddlers in the lap of a parent. The ideal candidate has a love of working with children, classroom experience, and affinity for, though not necessarily long experience with, mindfulness meditation and Buddhist teachings. Pay based on experience, ranging from \$40 to \$50 per Sunday. Position begins mid-May. BuddhistFamiliesofDurham.org. Send cover and resume to:

admin@buddhistfamiliesofdurham.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 2/23/14.

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[Back to Top](#)

Mindfulness-Based Stress Reduction Classes & Events at Duke Integrative Medicine

Please click on any of the following links 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.

[Back to Top](#)

Mindfulness Programs at 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.

[Back to Top](#)

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

[Back to Top](#)

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

[Back to Top](#)

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

[Back to Top](#)

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

[Back to Top](#)

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**

[Back to Top](#)

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**.

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