



Triangle Insight Meditation Community

triangleinsight.org

Happy Fall to All!

This month we will suspend our exposition on the Wings to Awakening in order to devote this forum to our exploration of what it means to be a sangha. We want to thank all of you who participated in our recent gathering for this inquiry, as well as those who have shared ideas with us in other ways. A rich unfolding has begun since our birthday celebration in July, and the evolution continues. In addition, we invite all who may have thoughts but have yet to share them to do so at any point along the way -- just email us at info@triangleinsight.org.

Phyllis skillfully guided us through this inquiry process on September 17th, where we began with Ron sharing his experience at the recent InterSangha retreat of the **Buddhist Insight Network**. This was a gathering of leaders and members of insight meditation groups in the US, Canada, Mexico and the UK. In addition to

other topics, the elements of a healthy sangha were explored at the retreat, including diversity and inclusivity as well as governance and leadership. If interested, you may access some of the recordings [here](#). Informed by a talk from Phillip Moffitt on "Living the Dharma," Ron offered a way to frame the evening's discussion as everything being an opportunity for practice.

Phyllis then divided the larger group into 12 smaller ones with four members each, using the approach of Insight Dialogue as a way to guide us through this inquiry. Each group selected a scribe and at the closing, reported what emerged in their group back to the group-as-a-whole. Betsy Barton graciously offered to collect all of the responses from within the groups and put them in an initial format that you can access [here](#). We are in the process of reviewing these responses so as to inform us of ways to skillfully move the sangha in the direction of the emerging themes. As you review this report you may notice three broad categories: 1) what's working, 2) what needs improvement, and 3) what are suggestions toward positive change.

We plan to report back to you in a timely fashion, but also need to let you know that Phyllis is now in Europe leading Insight Dialogue retreats. She will not return until November, thus we will be unable to meet together until then. That said, we are already in the process of developing a plan for the organization and implementation of the Kalyana Mitta (KM) groups (meaning spiritual friends), as it has been clear from the outset that the sangha is desirous of a mechanism to enable connections with each other in smaller and more intimate ways. For those of you unfamiliar with KM groups, you can explore the description of the KM program of Spirit Rock [here](#). We are examining the variety of ways KM groups are implemented, not only at Spirit Rock but in other sanghas as well, in order to find the approach that we feel would best fit our sangha. We are grateful to Tamara Share who has volunteered to be one of the KM coordinators and also is co-facilitator of the Shramadana Project. So, stay tuned for information about this and any other developments, and if you would like to be involved, please let us know.

Again, we want to express our deep gratitude to all of you who consider yourselves a part of the Triangle Insight Meditation Community. Also know that we deeply appreciate your expressions of gratitude to us for leading you through our

evolution thus far. We feel honored and blessed to have such a vibrant community and are excited about our ongoing transformation. We'll close with a comment from one of the groups that may help guide us toward the important quality of humility as we proceed in this endeavor together: "living the reality that nothing is perfect."

May we all be curious, open, accepting, and humble so as to free us from limiting, egoic desires.

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



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:

October 1: Ron Vereen
October 8: Cynthia Hughey
October 15: Jeanne van Gemert
October 22: Mary Burns (Insight Dialogue)
October 29: Dave Hughey

November 5: Ron Vereen
November 12: Cynthia Hughey
November 19: Jeanne van Gemert
November 26: Phyllis Hicks

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

Sitting Opportunities

[Wednesday Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

[Buddhist Families of Durham](#)

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**New Year's Retreat 2015:
Awakening Together**

Upcoming Classes and Events

[Basics of Buddhist
Practice Course](#)

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[Koru Mindfulness
and Meditation
Classes](#)

[The Foundations of
Well-Being](#)

[Documentary Film:
A Joyful Mind](#)

[Buddhist Meditation
& The Modern World:
A Coursera MOOC](#)

[Craving to Quit](#)

Insight Dialogue with Phyllis Hicks and Janet Surrey

While meditating with others, the heart and mind relax and open in recognition of this shared human experience. In this time of new beginnings we will gather to learn and deepen our Insight Dialogue practice. We will inquire together into the nature of suffering in relationship, and touch the possibility of awakening together. We will investigate obstacles to mindfulness and cultivate the factors of awakening: mindfulness, investigation, energy, joy, tranquility, concentration and equanimity. We will experience the power of meditating together to accelerate insight, wisdom and compassion.

To register go to:

<http://metta.org/program/new-years-retreat-awakening-together/>

[The Stone House](#)

6602 Nicks Rd.
Mebane, NC 27302

January 1-4, 2015

<http://www.stonecircles.org/the-stone-house/>

Upcoming Retreats

[New Year's Insight
Dialogue at Stone
House](#)

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Basics of Buddhist Practice Five Evenings with Jeanne van Gemert

[Goings On in the Sangha](#)

[Basics of Buddhist
Practice](#)

Beginning January 2015, Triangle Insight will offer a Basics of Buddhist Practice course taught by Jeanne van Gemert. If you are new to the practice of insight meditation, or want to refresh and deepen your practice, this will provide a wonderful way to start out the New Year!

Although the source for the course is Theravadan Buddhism, participants do not have to consider themselves "Buddhist" to attend. The course will cover the Four Foundations of Mindfulness, the Four Noble Truths, the Eightfold path, and LovingKindness Meditation.

The Shramadana Project

[A Volunteer Initiative
of Triangle Insight](#)

The course is designed to strengthen daily practice and to provide a larger base for understanding the Buddha's teachings. In the spirit of his teachings on generosity, the course is being offered free of charge, with donations accepted for the teacher.

Ongoing

In order to help in the planning process, registration is requested. To register or for more information please

Classes and Events

**Book Study Group on
Awakening: A
Paradigm Shift of the
Heart**

**Mindfulness
Programs at Duke
Integrative Medicine**

**Mindfulness
Programs at UNC
Integrative Medicine**



contact Jeanne at jeannevg@mindspring.com.

**Episcopal Center at Duke
505 Alexander Ave., Durham 27705
Tuesdays, January 6th through February 3rd, 2015
6:30 - 8:00 PM**

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Earth Care Week Entering into a Conversation toward Action

As you may recall, last June the International Vipassana Teachers signed a "Statement on Climate Change" and declared the first week in October as Earth Care Week. On September 21st, many of these teachers joined thousands in New York City for the Peoples March on Climate Change to coincide with the Climate Summit at the United Nations. Prior to boarding the Climate Train heading from California to New York, James Baraz wrote this excellent piece on climate change in the Huffington Post on "**[The Contagion of Goodness](#)**", followed by another this past week on "**[Earth Care Week: Buddhists Respond to Climate Change](#)**."

We wanted to draw your attention to an important activity planned for the month of October -- a series of five free online conversations on "**[Mindfulness and Climate Action](#)**." The series will feature James Baraz, Tara Brach, Ruth King, and many more, and will be held each Sunday in October. For more information or to sign up, click on the link above.

**Each Sunday in October
12:30 - 2:00 PM EDT
Free of Charge**

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The Foundations of Well-Being:_ A Year-long Web Based Program with Rick Hanson, Ph.D.

Starting in **October 2014**, this year-long web-based learning program will use the power of positive neuroplasticity to hardwire more happiness, resilience, self-worth, love, and peace into your brain and your life. The focus will be on the development of what Rick calls the The Twelve Pillars of Well-Being: self-caring, mindfulness, learning, vitality, gratitude, confidence, calm, motivation, intimacy, courage, aspiration, and service. He'll be joined

by Tara Brach, Jack Kornfield, Dan Siegel, and many others.
For more information or to register, click [here](#).

Rick Hanson, Ph.D. is a neuropsychologist, Senior Fellow of the Greater Good Science Center at the University of California, Berkeley, and New York Times bestselling author of *Hardwiring Happiness*, *Buddha's Brain*, *Just One Thing*, and *Mother Nature*.

Beginning October 2014

Cost: \$25 monthly installments over 12 months, or a \$300 pre-payment for the year-long program

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Book Study Group on *Awakening: A Paradigm Shift of the Heart*

Beginning in September 2014, Ron Vereen will be offering an integrated study and practice group using Rodney Smith's new book, ***Awakening: A Paradigm Shift of the Heart***. The group will meet monthly, including occasional Skype sessions with Rodney, and is open to those with any level of meditation experience. There is no charge for this activity, with donations accepted to help support Ron's study and practice and to cover the costs of the use of the facility. If you would like to register or need additional information, please contact Ron at rlvereen@aol.com. (Please note that both sessions have filled, but if you would like to be placed on a wait list then email Ron)

One Saturday Monthly

One Heart, Durham

Schedule determined by participants

10:00 AM - 12:00 noon or 1:00 PM - 3:00 PM

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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 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. Two co-coordinators of the overall project emerged out of the first core group meeting on August 21, 2013 -- Sharon Jamison and Tamara Share. Please consider being involved in some fashion, large or small. To participate or for more information, contact us at: info@triangleinsight.org.

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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.



Basics of Buddhist Practice **Five Evenings with Jeanne van Gemert**

Triangle Insight will offer a 5-session course, Basics of Buddhist Practice, taught by Jeanne van Gemert, at the Episcopal Student Center (505 Alexander Ave., Durham, NC). For more information, go to the event block under **[Upcoming Classes and Events.](#)**

Tuesdays
6:30pm - 8 pm
Jan. 6 - Feb. 3, 2015



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Koru Mindfulness and Meditation **Classes in Carrboro**

Koru is a brief, structured approach to teaching mindfulness and meditation to emerging adults, ages 18-29. Developed by Holly Rogers, M.D. and Margaret Maytan, M.D. of Duke's student counseling center, it is designed specifically for young adults. Koru students will learn to meditate and develop a mindful approach to life using practical skills to calm and focus the mind, manage worries and anxiety, and improve sleep and energy. Participation in all 4 sessions is required, as well as 10 minutes of meditation and brief mindfulness exercises every day, plus weekly readings in Jon Kabat-Zinn's classic book, *Wherever You Go, There You Are*.

Register by Nov. 4

Taught by Bree Kalb

For more information and to register:

www.thewellnessalliance.com/BreeKalb.html

or email **bree@mindspring.com**

Tuesday Evenings, 5:30 - 6:45 PM

November 11, 18, 25, and Dec. 4

\$65 for all 4 classes

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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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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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Craving to Quit:

A Mindfulness-Based Wellness Program for Smoking Cessation on the Web

If you or anyone you know has been attempting to quit smoking but has yet to succeed, this program may be for you. Modeled after **Mindfulness-Based Relapse Prevention** at the University of Washington, **Craving to Quit** is a 21-day web-based program from Yale University that offers a mindfully-oriented way to deal with cravings and other addictive patterns. Compared to **Freedom from Smoking** -- an on-line cessation program sponsored by the American Lung Association -- the Yale study had demonstrated twice the quit rates, and the cost is only \$1/day!

Anytime & Anywhere via Web App

Go to [Craving to Quit](#) to sign up

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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 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

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A Joyful Mind

A Documentary on the Life and Teachings of Mingyur Rinpoche

We have recently been contacted by Dharma friends about a film project in progress, with a request to spread the word and invite others to contribute if possible.

A Joyful Mind documents the life and teachings of Mingyur Rinpoche and provides a comprehensive look at the practice of meditation and its benefits. In addition to Rinpoche, the film will feature highly revered Buddhist monastics Mathieu Ricard and Jetsunma Tenzin Palmo, renowned neuroscientists Drs. Richie Davidson and Antoine Lutz, Psychologist and Buddhist teacher Dr. Rick Hanson, meditation master Tsoknyi Rinpoche, and many more. You can view promotional videos and find out more information on their website: www.ajoyfulmind.com.

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Buddhist Meditation and the Modern World

A MOOC (Massive Open On-Line Course) with Kurtis R. Schaeffer and David Francis Germano (University of Virginia)

This online course is offered free-of-charge through Coursera. It runs for 13 weeks beginning Jan. 19, 2015 with extensive contributions from scientists, people involved with meditation practice, and Tibetan Buddhist teachers.

Outline of Topics:

1. The history of Buddhist contemplative traditions in India and Tibet
2. Innovations in scientific research on understanding such contemplative practices
3. Recent adaptations of such practices in multiple professional and personal areas
4. The practices themselves through brief secular contemplative exercises.

Dates: Jan 19th, 2015 -- Apr 20, 2015

To participate, visit [Coursera](#) and click on "join for free."

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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.

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