



Triangle Insight Meditation Community

May 2017

triangleinsight.org

Greetings to all!

On the heels of the March for Science on Earth Day, April 22nd, and the recent Peoples Climate March on April 29th, we would like to pay tribute to One Earth Sangha for having devoted the month of April toward publicizing these events and organizing their own so as to strengthen the commitment to deepening "outer practice," i.e., engaged Buddhism. Since its genesis in August 2013, One Earth Sangha has continued to explore what it means to practice a Buddhist response to environmental and social injustice, doing so from the understanding that these two issues are inseparable. As Rev. angel Kyodo Williams has said, "we have in our hearts the willingness to degrade the planet because we are willing to degrade human beings."

One Earth Sangha provided a "Daily EcoDharma" email drop each day in April in order to keep these issues in our consciousness and to inspire wise and compassionate action. These reflections from Dharma and spiritual leaders, critical thinkers, and activists point toward the inextricable link between karma and its role in shaping intentions and actions, and whether these will perpetuate insufferable ignorance or generate liberative wisdom. Since some of you may not have known about these offerings, we thought we would pay tribute to the efforts of One Earth Sangha by posting some of them in our newsletter. And even if you have seen them, we think you will agree that they are worthy of continual contemplation. Here are some of our favorites, and the last two quotes are a few of our own:

It really boils down to this: that all life is interrelated. We are all caught in an inescapable network of

mutuality, tied together into a single garment of destiny. Whatever affects one directly, affects all indirectly. We are made to live together because of the interrelated structure of reality.

-Dr. Martin Luther King, Jr.

Martin Luther King used to say to Myles Horton, also a Civil Rights activist, 'You've got to love everybody.' And Horton used to say, 'No I don't. I only have to love the people worth loving.' And King would laugh and laugh and say, 'Nope, you've got to love everybody'.

What in the world could it mean to love everybody? To love somebody that you actually don't like, that you're going to fight and protest against?

-Sharon Salzberg

For me, forgiveness and compassion are always linked: how do we hold people accountable for wrongdoing and yet at the same time remain in touch with their humanity enough to believe in their capacity to be transformed?

-bell hooks

Practice means facing that which scares you -death, climate change, racial and gender oppression, and one's own flaws. In many ways, fear becomes the path. Whatever we habitually avoid actually becomes what we have to do. You can't deny the fact that you're going to have to feel real discomfort before you can do anything else.

-Lama Rod Owens

This is a dark time, filled with suffering and uncertainty. It is natural that we feel the trauma of our world. So don't be afraid of the anguish you feel, or the anger or fear, because these responses arise from the depth of your caring and the truth of your interconnectedness with all beings. "To suffer with" is the literal meaning of compassion. The process of honoring our pain involves acknowledging our despair for the world, validating it as a wholesome response to the present crisis, letting ourselves experience the pain, acknowledging it with others, recognizing that we are not alone.

-Joanna Macy

Hopefully the climate march is a disruption of a system that is consuming itself and all of us with it. The march did come from "the people"—it originated out of environmental justice organizations. It came out of brown and black and economically-disadvantaged white communities, and indigenous peoples. It's about across-the-board disruption. It's about understanding that climate change is a leverage point for us to look at all of the failures, limitations, and places of separation and breakdown in our society.

-Reverend angel Kyodo williams

When a society comes together and makes decisions in harmony, when it respects its most noble

traditions, cares for its most vulnerable members, treats its forests and lands with respect, then it will prosper and not decline.

- Buddha Gotama

The paths of personal and social transformation are not separate from each other... Engagement in this world is how our personal awakening blossoms. We overcome self-centered habits by working compassionately for the healing of our societies and the healing of the earth. This is what's required for the Buddhist path to become truly liberative.

- David Loy

There are no unsacred places; there are only sacred places and desecrated places.

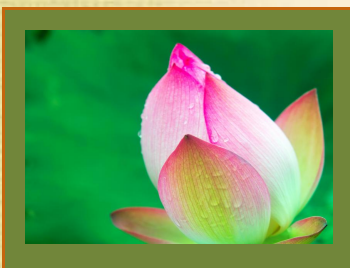
- Wendell Berry

Every day priests minutely examine the Dharma and endlessly chant complicated sutras. Before doing that, though, they should learn how to read the love poems sent by the wind and the rain, the snow and the moon.

- Ikkyu

We hope these selections have inspired you as much as they have us, and if you would like to see the full list of EcoDharma offerings from One Earth Sangha, we have collected them for you [here](#). So, may each of us recognize that our study and practice together is to ultimately teach us how to read the love poems this world creates every moment, and to see all as sacred. And then, as they say in the Zen tradition, "there is no ground to spit on."

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



Sitting Opportunities

[TI Wednesday Meditation Group](#)

[Insight Dialogue at](#)

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

[Triangle Insight](#)

[TI Morning Meditation](#)

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[Other Resources](#)

Upcoming Classes and Events

[Mindfulness Meditation at the NC General Assembly](#)

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[Introductory Self-Compassion Workshops](#)

[Safe Harbor in the Storm: An Embodied Life Seminar](#)

[A Time to Heal: A One Day Workshop](#)

[Organizing Against Racism/Dismantling Racism Works Workshops](#)

Upcoming Retreats

[The Heart of Awakening](#)

[True Refuge: The Heart of Wise Actions](#)

[Goings on in the Sangha](#)

Great Room. Thanks for your cooperation to help reduce the noise and distraction during the meeting. Note that this request is intended only for those who are physically able to navigate the front steps.

Schedule:

Wednesday Evenings

6:30 - 8:00 PM

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

May 3: Phyllis Hicks (Insight Dialogue)
May 10: Jean Hamilton (Guest Teacher)
May 17: Jeanne van Gemert
May 24: Scott Bryce
May 31: Cynthia Hughey

June 7: Ron Vereen
June 14: Scott Bryce
June 21: Karen Ziegler (Guest Teacher)
June 28: Phyllis Hicks (Insight Dialogue)

Monday and Thursday Morning Meditation

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

Note: There will be no Thursday meetings during the month of May

Episcopal Center at Duke

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

A Time to Heal

A One-Day Workshop with

Paula Huffman BS, RN, ERYT, Mindfulness Instructor

Sasha Loring M.Ed., LCSW, LLC

We as humans have an amazing capacity for healing. Research has shown that this capacity can be engaged and enhanced by a range of healing modalities. This workshop will be an opportunity to learn ways of allowing your mind and body to awaken to new and healthier ways of being. It will be especially useful if you suffer from chronic conditions, or if you want to do all you can to stay healthy.

You will learn:

- * Healthier ways for your brain and body to communicate
- * How to quickly recognize and reduce the stress response
- * Gentle mindful yoga methods for enhancing body awareness and ease
- * Using sound as a healing tool
- * Guided healing imagery
- * Therapeutic mindfulness techniques including meditation and mindful eating

Saturday, May 6th, 9 am - 5pm

**Camp New Hope
Chapel Hill**

COST:

Triangle Insight
Meditation Group
on Facebook

Shramadana Notes

Spiritual Friends
Groups

Organizing Against
Racism Workshops

Continuing the
Conversation

The Shramadana Project

[A Volunteer Initiative
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Ongoing Classes and Events

[Mindfulness
Awareness Training
with Tamara Share
PhD](#)

[Mindfulness
Programs at Duke
Integrative Medicine](#)

[Mindfulness Programs
at UNC Integrative](#)

Early registration - sign up and pay by April 1 - \$80. After April 1 - \$95.
Space is limited and registration is required

Contact:

paulahuffman@hotmail.com
for information and registration
919 260 0255

Sasha Loring, M.Ed., LCSW, LLC has led a wide range of workshops and classes nationwide on mindfulness and healing. She has taught the Mindfulness Based Stress Reduction course for UNC and Duke Integrative Medicine programs, and is the author of RELIEF: Release Stress and Harmful Habits and Awaken Your Best Self, and A Mindful and Compassionate Guide to Losing Weight.

Paula Huffman BS, RN, ERYT, CCE has been an instructor of yoga for almost 20 years. Combining her life's work experience in the health care field with her yoga and meditation teaching, Paula's focus is on the healing and restorative aspects of the practices. Paula has also been teaching Mindfulness Based Stress Reduction classes with the UNC Program on Integrative Medicine and in the community to various organizations for 8 years.

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An IMCC Spring Residential Retreat: The Heart of Awakening *updated with weekend option*

taught by Ajahn Thanasanti and Sharon Beckman-Brindley.

The Insight Meditation Community of Charlottesville, Va. offers a residential retreat in which participants will practice allowing hearts and minds to open unconditionally to life and to experience just as it is. There will be a deep inquiry into the forces that constrict the mind and heart and that keep one from resting in the natural kindness, care and compassion for all that arises when the mind is at peace. . . . This retreat will be an opportunity for participants to establish, re-discover, or deepen contemplative practice. It is suitable for beginners as well as seasoned meditators. Through the skilled guidance of the teachers, you will be supported in exploring, healing, and transforming your relationship with yourself and all of creation.

This residential, silent retreat includes question/answer periods and meetings with teachers. The schedule will alternate sitting practice with walking meditation, and daily mindful movement classes will be offered.

For complete information on registration options, rooms, camping pads, and scholarship availability, visit the [IMCC Spring Retreat webpage](#).

12 May-14 May (weekend option) or
12 May--19 May, 2017
Serenity Ridge Retreat Center



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Mindfulness Meditation at the NC General Assembly with Jean Hamilton and Ron Vereen

If you are feeling that the current decisions and direction of the North Carolina legislature are not aligned with your core values and deepest intentions, then join Jean and Ron for this opportunity to embody what we stand for as a spiritual community. We are planning our visit to the NCGA, where we will sit in meditation, tour the NCGA, and hopefully meet with any legislators that will speak with us. Below is our schedule and stated goals and we hope you will be able to join us. If you have any questions, please contact Jean at jean8113@hotmail.com.

Date: Thursday, June 8, 2017

Time: 10am to 12pm

Where: 1000 Courtyard, North Carolina General Assembly (NCGA), 16 Jones Street, Raleigh, NC

Details:

10:00am - Gather at 1000 Courtyard at NCGA (or other approved space)

10:15am - 15 minute guided meditation by Ron Vereen

10:30am - 30 minute silent meditation

11:00am - Explore the NCGA

11:30am - Stop by representatives offices

Goals:

1. To practice mindfulness meditation at the NCGA
2. Opportunity for mindfulness practitioners to become familiar with NCGA
3. Opportunity for legislators and staff to become familiar with mindfulness practices
4. Opportunity to meet with NCGA representatives

Thursday, June 8th, 10:00 AM - 12 Noon

**NC General Assembly, Court 1000 Legislative Building
16 W. Jones St., Raleigh, NC 27601**

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True Refuge: The Heart of Wise Action With Phyllis K. Hicks and Janet Surrey, and Yoga for every body by Annie Hoffman

June 16 - 20, 2017

In this Insight Dialogue retreat we will take refuge in awareness, wisdom, and spiritual friendship (Buddha, Dharma, and Sangha) as sources of wise

relationship and compassionate action.

We will investigate obstacles to friendship and beloved community, internally in the heart-mind, and externally in social constructions.

Cultivating Lovingkindness, Compassion, Appreciative Joy, and Relational Equanimity, we will explore the possibility of courageous personal and collective action, and deep companionship on the Noble Eightfold Path.

In this beautiful New England setting, with ride sharing from Boston, the retreat will be held in Noble Silence except for the Insight Dialogue sessions. We will alternate periods of silent meditation practice, Insight Dialogue, twice a day yoga for every body, and mindful movement. More information can be found at <https://metta.org/programs/9562/>

June 16 - 20, 2017

Hallelujah Farm Retreat

48 Bradley Road

Chesterfield NH 03443 (near Brattleboro VT)

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Media Night

Friday evenings at the Episcopal Center

Plan to join us for our next Media Night this July 14th when we will screen the documentary, ***13th***, an in-depth look at the prison system in the United States and how it reveals the nation's history of racial inequality. The ***New York Times Review*** described the film as "powerful, infuriating, and at times overwhelming." If you would like to view the official trailer, please use [this link](#).

There is no cost for this event, but dana will be gratefully accepted. Refreshments will also be provided. All are welcome, and feel free to invite others. Helping with set up and clean up will be much appreciated.

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The 13th Amendment to the US Constitution

Passed by Congress on January 31, 1865, and ratified on December 6, 1865

- Section 1. Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction.
- Section 2. Congress shall have power to enforce this article by appropriate legislation.

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Friday, July 14, 2017

7 - 9 PM

Episcopal Center at Duke

505 Alexander Ave.

Durham, NC 27705

If you have any questions about this event, or would like to suggest a film or other activity for a future Media Night, please contact Gerri

McGuire, gmcguire04@gmail.com

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Caring Circles

A Sangha Support Initiative

Caring Circles is a Triangle Insight program whose purpose is to connect community members needing temporary assistance with volunteers willing to provide help.

Assistance can take as many forms as there is need, such as meals, rides, housework, lawn care or childcare. This exchange pairs needed service with volunteers to match.

Sangha members who wish to be a Caring Circles "volunteer" may contact the coordinators by email: caringcircles@triangleinsight.org. Being a volunteer simply means you want to receive requests for help and to then decide whether you might provide it.

Any sangha member who could use some help can find a request form [HERE](#). This form may also be downloaded from the [Shramadana webpage](#), and in paper form on the TIM library bookcase in the meeting area of the Episcopal Center. You may also send an email to: caringcircles@triangleinsight.org, or contact a Caring Circles coordinator in person, saying what sort of help is needed and when.

Requests will be forwarded to Caring Circles volunteers. Anyone willing to provide that specific form of help will let the requester know, and the requester and the volunteer or volunteers will work out the details.

Caring Circles coordinators are: Gordy Livermore, Mary Mudd and Howard Staab.

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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 and for outreach to the community-at-large. [Visit the SP website](#).

The SP meets on a quarterly schedule, and is convened by sangha-member, Mary Mudd.

UPCOMING and ONGOING ACTIVITIES

- [Meetings](#). The most recent meeting was held on March 8th following the regular weekly meeting at the Episcopal Center. Please [email Mary](#) if you would like to be part of the planning committee. The next meeting is being planned for some time in June.
- [Minutes](#). Review the minutes of meetings on the TI website page for

the **Shramadana Project**. You will learn more about the worthwhile and exciting SP initiatives of the sangha.

- Lending Library. Triangle Insight now has a **tiny library** in our meeting place at the Episcopal Center. The Triangle Insight Tiny Library--is now located in the back hallway. To check out a book, just intend to bring it back when you're finished. To donate a book, simply add it to the collection. "Donate, Borrow, Return." Titles in circulation include Radical Dharma and Self-Compassion.
- Volunteer Time on the Farm. A group from Triangle Insight volunteered at the **Piedmont Farm Animal Refuge** in Chatham Co. This animal sanctuary is a new initiative (2 years old) to provide a rescue area and home for farm animals in need, and they rely on volunteer help to thrive. Please visit their website by clicking on the link above to learn more about the refuge and how you can donate your your time and/or money.

OTHER ACTIVITIES

Community Work to connect us as a sangha both with each other and to groups in the community.

- Please visit the Shramadana Project website to find a list of community organizations seeking volunteers to further their missions of nonviolence, racial and social equity, and supporting youth. *If you know of other groups to add to this list, please send a note with their contact information to **Mary Mudd**, and consider joining the SP group.*

Media Night to relax, have fun with sangha members, and enjoy films, music, improv, dance, art making--you name it!

- Our next event is the film, **13th**, scheduled for July 14th. Find more information in the announcement above.
- If you would like to see a particular film, or have an idea for a program to share with Dharma friends, please contact Gerri McGuire at **gmcguire04@gmail.com**
- Several weekend retreats were organized in 2016. Other TIM sponsored retreats will be announced in future newsletters, including Days of Silence at the Episcopal Center.

Caring Circles is an open exchange for requesting and providing aide within the sangha.

- Caring Circles is a volunteer initiative to connect members of sangha with each other around mutual benefits. For more information on this Initiative, see the announcement above.

Opening to Diversity involves activities around diversity in inclusion in the sangha and the world:

- **REAL Durham** is an anti-poverty initiative in Durham whose mission is to improve economic stability for everyone through a program of building relationships across the lines of privilege, race and class. It is part of the larger organization, End Poverty Durham, created by a group of interfaith leaders and community-based organizations working

collaboratively to eliminate poverty in Durham.

- REAL Durham has specific Volunteer roles for aiding people in poverty in East Durham.
- Please **check out their website** for more information.

***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 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) 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 or other similar trainings that can be found on the dRworks **website**. 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.

OARNC offers 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 website by clicking on the link above for descriptions of these phases of training.

Please contact us at **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

Meeting at a variety of times & 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

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

~ The Buddha

Two years ago, in response to input from the sangha, our first spiritual friends groups began meeting. The journey continues to unfold, and we now have nine spiritual friends groups, with two more in the process of being formed (see below). As Gil Fronsda writes in **[Friendship on the Path](#)**, "While certainly an important part of the practice is personal and inwardly focused, this is only a part of what Buddhist practice is about.

Kalyana Mitta

A much more significant part of the practice is interpersonal; it concerns the rich world of our relationships with others." Fronsda reminds us that, "The Buddha emphasized this when he said that the precursor for the Eight Fold Path is having good spiritual friends (kalyana mitta)." As Fronsda importantly notes, this is not a linear process: "Mindfulness, love, and the path of practice can be the channels through which we have meaningful relationships with others. And meaningful relationships, in turn, support us on the path to greater mindfulness, love and awakening." This is the sacred gift members of our spiritual friends groups have come together to share.

A New Kalyana Mitta Group for Young Adults:

We are heartened by the positive response to our new Durham KM Group for Young Adults (20s and 30s). This group still has openings. It offers an opportunity to explore the dharma in our practice and daily lives with peers in the same phase of life. For more information, please visit our **[web page](#)**, talk to Sarah Tillis, KM Coordinator, or email Sarah at **sarah@triangleinsight.org**.

Other KM Groups

Our five other groups continue to meet, and we currently have openings in the Insight Dialogue KM Group. There are waiting lists for Chapel Hill-Carrboro and Raleigh. Two KM Groups, 'A Year to Live' and 'Rethinking Buddhism for a Secular Age', are currently closed.

If you would like to join a group, be on a waiting list, or start a group, please send us the **[KM-RA Questionnaire](#)**. For more information about any of our KM Groups, please visit our KM web page, or talk with or email Sarah Tillis, KM Coordinator.

A New Durham Racial Affinity Group is forming. Members of our four Racial Affinity groups continue to deepen self-awareness around issues of race in small, racially homogeneous groups that integrate the dharma into members' personal and collective exploration. Others are eager to participate in this important work and we're currently developing another Durham Racial Affinity Group. If you are interested in joining or would like more information, please talk to Sarah Tillis, KM Coordinator, or email her: **sarah@triangleinsight.org**.

Also visit our [Racial Affinity Groups web page](#), where you will find a list of helpful resources. Members of our sangha have a deep commitment to social justice, and group members are finding that exploration in a Racial Affinity Group is a rich and valuable path.

On this two-year anniversary, the KM Coordinating Team of Sarah Tillis, Tamara Share, Tom Howlett, and Jeanne van Gemert feels deep gratitude for the dedication of our sangha. Each join Gil Fronsdal in saying, "It is my hope that we all cultivate friendships that support us in our practice."

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Triangle Insight Morning Meditation Group

Note: This group will meet only on Monday Mornings during May

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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The Practice of Insight Dialogue at Triangle Insight

Insight Dialogue is an interpersonal meditation practice and is offered at Triangle Insight once monthly, usually on the fourth Wednesday of the month. It brings the mindfulness and tranquility of silent meditation directly into our experience with other people. The new website for Insight Dialogue is an excellent resource for learning more about the practice: www.metta.org.

The evening begins with silent meditation practice, followed by gentle mindful movement, and then shifting into dyad practice where interpersonal mindfulness is explored with a partner in response to a contemplation that is offered. The dyad practice is optional so that anyone who chooses to remain in silent practice may do so, rather than shifting into dyad practice. One can investigate the guidance of the contemplation internally, noticing the moment by moment unfolding of internal experience. Also note that the ID practice goes from 6:30 to 8:30 PM to allow for more spaciousness and time for questions. We hope you will be able to join us.

Fourth Wednesdays

(unless otherwise indicated)

Triangle Insight, Episcopal Center at Duke

6:30 - 8:30 PM

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Goings-on in the Sangha

This 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 15th of each month to info@triangleinsight.org

Spiritual Friends Groups

For information on our Kalyana Mitta and Racial Affinity Groups, to join an existing group or to start your own, please click on the title link above.

NEW A Young Adults Kalyana Mitta Group

For practice-peers in their 20s-30s

ON-GOING Racial Affinity work - OARNC

Organizing Against Racism 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.

Triangle Insight Meditation Group -- on Facebook

TIM now has a **Facebook Group** where members can post information updates, ideas and articles pertaining to our practice, and events of interest to the Sangha. Join this FB Group to add posts, comment and connect with each other. This group is built by its members, so everyone benefits when we contribute.

<https://www.facebook.com/groups/triangleinsightmeditationgroup/>

We are listed as a closed group. This means we are searchable by name in FB, and anyone who has a FB account can see the list of members, but only the group's members can see the posts. To join this group click the tab, **Join Group**, in the top-right corner. **Member requests are approved by the administrator for spam and troll-control.** The current administrator is **Leah Rutchick** (email).

Shramadana Project

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.

NEW Caring Circles. For information, go [HERE](#)

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. If you would like to be on a mailing list to receive more information about Continuing the Conversation workshops or meetings, please let us know by writing us at 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.

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Minded Meet and Greet

You are invited to attend the opening of Minded, a brand new Triangle community organization committed to bringing mindfulness and compassion education to the area. This Minded meet and greet next week in Chapel Hill is a wonderful chance for anyone curious about mindfulness and compassion to get some information and to meet people who are part of Minded. Please see the [attached invitation](#) for all the details.

Please spread the word far and wide about this event--which is open to everyone, and we hope to see you at Franklin Street Yoga on Friday, May 5!

Friday, May 5th

Franklin St. Yoga, 431 W. St., Chapel Hill, NC

For directions go their website [here](#)

4:30 - 7:00PM

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Free Introductory Self-Compassion Workshops

with Corneila Kip Lee, MEd

Most of us feel compassion when a close friend is struggling, but we're much less sympathetic with ourselves. What would it be like to receive the same care and support from ourselves when we need it the most?

Burgeoning research shows that self-compassion is strongly associated with emotional wellbeing, lower levels of anxiety and depression, and more satisfying personal relationships.

Cornelia is offering free, 1- to 2-hour, interactive workshops to organizations and groups in Durham and Raleigh that introduce the theory, research and practice of self-compassion, including opportunities to:

- Discover how self-compassion could enhance your happiness and wellbeing at home and work
- Have a direct experience of self-compassion
- Learn simple skills for integrating self-compassion into daily life

To inquire about a free workshop for your group or organization, or for information about upcoming 8-week Mindful Self-Compassion classes this

summer and fall, please contact Cornelia Kip Lee at ckip@icloud.com.

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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

For info please contact 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.

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**

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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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