



Triangle Insight Meditation Community

December 2017
triangleinsight.org

Holiday Greetings to All!

As 2017 comes to an end, we want to take this opportunity to thank all of you for your support of Triangle Insight. In July we celebrated our 8th birthday, and as the years have passed we have witnessed the growth of our sangha along with the need to adapt to ongoing change. Our transformation parallels that of the world around us as the imagined boundary between the two dissolves into the realization of the truth of non-separation. Herein lies both our challenge and our opportunity.

Being on the Buddhist path for any significant amount of time often brings a deep gratitude for the practice, especially during periods of difficulty. As we move together through our own phase of potential discomfort with change, perhaps we may discern the wisdom of the Chinese proverb, "To be uncertain is uncomfortable, but to be certain is ridiculous." It invites us to go the Zen way of not knowing, yet continually questioning everything along the way. Larry Yang, one of the core teachers and leaders of the East Bay Meditation Center, puts it this way in his newly released book, *Awakening Together: The Spiritual Practice of Inclusivity and Community*:

"Often we are so compulsive and obsessive about finding answers rather than

learning from the questions that we miss the reality: the answers we seek are not provided by any definitive resolution but by how we are asking the question and by how we are relating to the questions themselves... The dance between inquiries and answers, between prayer and meditation, between what our cultural heritage offers to us and what we are able to create in this lifetime, between where we have been and what we are seeking – this dance is a place of incredible energy, opportunity, and richness."

Our partners in this dance are not only each of us but also our collective practice of mindful awareness and the wisdom and compassion it may bring. Our mission as a sangha is to help support and deepen this practice as we come together in a community within which to practice and learn about the Dharma and the relevance these ancient teachings have for us in our contemporary lives. Our potential freedom comes from this very practice itself. Again, from Larry Yang:

"We need the freedom into which mindfulness invites us – the freedom to not have to follow the patterns of our unconsciousness, either individually or collectively. . . We need to remember that it is possible to notice deeply what is happening right now, and understand it with enough wisdom, treat it with enough compassion inherent in our humanity, and move into responses and actions that are of benefit as best we are able. We are called by the voice in our collective hearts to move toward that which lessens suffering and creates more happiness, not just for us personally but for us as communities within a global society and collective world. . . Mindfulness can be the practice that connects our individual spiritual path with the path of all beings."

So as 2017 comes to an end, so does this space in the newsletter as we have been accustomed to presenting it. We feel it timely to pull back from our sole musings on the Dharma and invite other voices into the mix. Change is inevitable. Now, as we move toward more inclusivity, it seems only natural for as many of you as possible to share your perspectives on practice in the context of this evolution. The current monthly newsletter format may not be as suitable for this purpose, but rather our expanding website that is about to make its debut. You are invited to join us in exploring some of the important changes that will enable this platform to become more interactive so as to bring individual voices into the collective. An opportunity to do so will be provided at the Holiday Party on December 13th, where Leah Rutchick, who has so skillfully transformed our potential interface with the world, will be available to receive feedback and answer any questions that you may have.

May we all be open to change. May we dance in this inquiry together and realize the

energy, opportunity, and richness that it may bring. May we all be free.

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



Sitting Opportunities

[TI Wednesday Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

[TI Morning Meditation](#)

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Upcoming Classes and Events

[Holiday Party](#)

[Transforming our Website](#)
with Leah Rutchick

[Eight-Week Interpersonal Mindfulness Program](#)

[Daoist Qigong Levels I](#)

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, please enter and exit the building using the side doorway facing Alexander Ave. The side door 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 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)

December 6: Ron Vereen
December 13: Scott Bryce (Holiday Party)
December 20: Phyllis Hicks (Insight Dialogue)
December 27: No Meeting (Holiday break)

January 3: Ron Vereen
January 10: Scott Bryce
January 17: Jeff Brantley (Guest Teacher)
January 24: Daya Breckenridge (Insight Dialogue)
January 31: Dave Hughey

Monday and Thursday Morning Meditation

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

Note: The group will not meet 12/25, 12/28, & 1/1

Episcopal Center at Duke
505 Alexander Ave.

MINDED Classes
in Carrboro &
Chapel Hill

Inner Resiliency for
Healthcare
Professionals
with Cornelia Kip Lee

Retreats

Touching the Possible:
Living Peace New
Year's Insight
Dialogue

Goings on in the Sangha

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Triangle Insight
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Racism Workshops

Continuing the
Conversation

The Shramadana Project

A Volunteer Initiative
of Triangle Insight

Caring Circles

Spiritual Friends Groups

Kalyana Mitta

Holiday Party at Triangle Insight

It's that time of year when the holiday season brings us another opportunity to come together and celebrate the warmth in gathering as a sangha for food and fellowship. We plan to begin our festivities following our regular meeting of Triangle Insight on Wednesday, December 13th.

You will also have an opportunity during the holiday gathering to explore the proposed changes to the Triangle Insight website, and to offer any feedback and/or suggestions. Leah Rutchick, who has been diligently working on the website development, will be available to answer any questions and demonstrate some of the new interactive features that will be available.

This gathering is open to all who would like to participate, even if you don't regularly attend the Wednesday night meetings. If you plan to come, please bring a sweet or savory dish to share, and Triangle Insight will provide the beverages (refrigeration and a microwave are available if needed).

Wednesday, December 13th, 2017

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

Transforming Our Website: An Exploration at the Holiday Party with Leah Rutchick

At the upcoming Holiday Party December 13th, Leah Rutchick will be available to display the variety of options that she has created so as to enhance the current functions and accessibility of the website for Triangle Insight. Computer work stations will be made available where Leah will share the beta version on the staging site, with a chance to offer your feedback and ask any questions.

This opportunity will be particularly illuminating for all who may have an interest in participating in and learning about the technical support that is required to maintain a web presence that can better serve the needs of the community. If you have been wondering how you may give back to the community, this may be the opportunity you've been waiting for.

Wednesday, December 13th, 2017

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Ongoing Classes and Events

[SITTING TOGETHER](#)
A Curriculum
for Mindful Families

[The Self-Compassion Workbook for Teens](#)
by Karen Bluth, PhD

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

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

[Mindfulness Programs at Duke Integrative Medicine](#)

[Mindfulness Programs at UNC Integrative Medicine](#)



Starting now, **BECOME AN EARLY ADOPTER** and try out the new **TRIANGLE INSIGHT WEBSITE, Beta !**

<http://triangleimc.staging.wpengine.com/>

As with all beta versions, there are areas for expansion, categories of things to add, and improvements to consider. Features are offered on a trial basis, including whole webpages created to explore what our Wordpress template will let us do.

This is your website. Though still under construction, look it over now and send in your feedback. A feedback form is just a button-click away on the website. Reply in part or in full, as many times as you wish. Bring your thoughts and suggestions to the Holiday Party, and we can look at the website together while we celebrate the season and our sangha.

- Leah Rutchick

Touching the Possible: Living Peace

A New Year's Insight Dialogue Retreat
with Phyllis Hicks and the Triangle Insight
Practice Community

January 4-7, 2018 (only 2 spaces left!)

As humans we are exquisitely sensitive, every moment awash in a sea of contact. Touching and being touched, feeling, perceiving, and thinking, we create our world. Learning how to cultivate mindfulness in the flow of daily life and relationships is a profound resource for peace and wise action.

In this Insight Dialogue retreat we will practice taking refuge in awareness, wisdom, and spiritual friendship (Buddha, Dharma, and Sangha.)

We will investigate obstacles to friendship and beloved community, internally in the heart-mind, and externally in social constructions. Cultivating Loving-kindness, Compassion, Appreciative Joy, and Relational Equanimity.

We will explore foundations for peace, possibilities for courageous personal and collective action, and the benefits of deep companionship on the Noble Eightfold Path.

This retreat is both an introduction to Insight Dialogue and an opportunity to deepen practice. It will be held in Noble Silence except for the Insight Dialogue sessions. We will alternate periods of silent meditation practice, Insight Dialogue, mindful movement and time in nature.

To register please click on [this link](#).

If you wish to offer dana toward scholarships for this retreat so that no one will be turned away for inability to pay, you may [Donate Here](#). Thank you!

Your retreat fee covers the cost of meals and lodging only. The teachings are offered freely. At the close of the retreat there will be an opportunity to offer dana for the teacher.

For more information contact Mary Grisby at maryg@triangleinsight.org

January 4 - 7, 2018

Location: [Avila Retreat Center, Durham, NC](#)

Fees:

Single: \$350 by 12/2, \$398 thereafter

Double: \$302 by 12/2, \$350 thereafter

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Eight-Week Interpersonal Mindfulness Program with [Daya Breckinridge](#)

This 8 week class is an opportunity to experience how mindfulness can deepen our self understanding, create attunement, and enhance our relationships. The program offers an introduction to interpersonal mindfulness through learning the meditation guidelines of Insight Dialogue: Pause - Relax - Open - Trust Emergence - Listen Deeply - Speak the Truth.

Much of the stress we experience originates in relationships. Actively practicing these guidelines cultivates mindfulness while engaged in relationship. The guidelines are paired with contemplations that investigate the shared experience of being human. Through guided meditations, talks, participatory exercises, and small group discussions we will experience the power of mutually established mindfulness and explore integrating the relational aspects of mindfulness and wisdom into our

daily lives. These practices lead to greater clarity about the nature of suffering and its release. The wholesome impact on relationships is immediate and lasting.

Daya Breckinridge is a regularly attending member of the Triangle Insight community. She recently retired from teaching nursing in Duke's Accelerated BSN program. She has a long-standing meditation practice and has taught MBSR at UNC. Insight Dialogue has been a practice that has deepened her awareness in daily life. In May, she completed Teaching Presence in Relationship:

An Interpersonal Mindfulness Training for MBSR Teachers in Holland that was taught by Phyllis Hicks and Florence Meleo-Meyer. Flowing out of that professional training is the desire to offer this eight-week Interpersonal Mindfulness Program.

One of the intentions of this class is to provide a safe container for exploring the practice of interpersonal mindfulness and meditation. To facilitate a sense of safety and continuity of learning, this eight-week class will be within a closed group of 8-20 people. The daylong practice will be open to members of the larger community who have prior Insight Dialogue experience. The prerequisites for participating are to have attended another mindfulness based class and/or to have an established meditation practice and to commit to attending each weekly session and the daylong practice. This is with the knowledge that life often hands us things we cannot change that impacts our schedules.

Feel free to contact Daya for more details and to explore your interest, as well as to register:

Email: daya@yogainthehood.net Phone: 919-797-0383

Tuesdays: Jan 30 - Mar 20, 5:30 - 8:30 PM
Daylong Session: Sat., Feb 24, 9 AM - 4 PM

Eno River Unitarian Universalist Fellowship
4907 Garrett Road, Durham, NC

Fee: \$75 to cover space rental

(financial assistance available if needed)

Teachings offered by Daya on a dana basis

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Daoist Qigong Levels I & II

with Acharya Suzann Duquette

We all move and breathe. These are ordinary activities common to all human beings, and yet they are also far more than ordinary. Over two thousand years ago, Daoist sages in China began to employ these activities for uncommon results, developing the foundations of Qigong.

For more on Qigong and the program that is being offered, as well as to register, please click this link to [Durham](#)

Shambhala Programs.

Duke School for Children

3716 Erwin Rd., Durham, NC 27705

December 2nd, 8:30 am to 6:00 pm and

December 3rd, 8:30 am to 5:00 pm

Cost: \$150 Program Price/\$200 Patron Price

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MINDED Classes in Carrboro and Chapel Hill: Adult, Pre-Teen and Teen

MINDED is a new organization in the Triangle with the mission to provide Mindfulness classes to all sectors of the community. They offer classes to the general public for a fee. A large portion of the proceeds fund free or low cost classes to underserved populations and groups that may not know about the benefits of mindfulness meditation.

Chapel Hill

Mindfulness Meditation Group

This group is an opportunity for new and experienced meditators to practice meditation in an encouraging and friendly group. The leaders are experienced meditation instructors who will offer guidance and support as needed by those who attend.

Each session will begin with some basic instruction in mindfulness meditation and gentle guidance during a 20-25 minute period of sitting and 10 minutes of mindful movement. The session may have a suggested theme or be open ended.

1st and 3rd Tuesdays of the month

Time: 6:00 - 7:00 pm

Location: Unity Center for Peace

8800 Seawell School Road, Chapel Hill

Suggested donation for each class is \$5 - \$15, sliding scale. No one will be turned away for lack of funds. Donations will be split between Minded and Unity Center for Peace. For more information, visit our website:

<http://www.getminded.com/>

Additional MINDED Classes with Laura Prochnow Phillips and Karen Bluth

For more information and to register for these classes, visit www.getminded.com.

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Inner Resiliency Training for

Healthcare Professionals

A Mindful Self-Compassion program

with Cornelia Kip Lee, M. Ed.

A moment of self-compassion can change your entire day. A string of such moments can change the course of your life.
- Christopher Germer, PhD

Mindful Self-Compassion (MSC) Inner Resiliency Training for Healthcare Professionals is a new program by Kristin Neff, PhD, adapted specifically for healthcare settings. This brief training aims to improve wellbeing and decrease burnout among healthcare professionals by cultivating skills to deal with distressing emotional situations as they occur.

MSC practices can be used on the spot while at work with patients, clients and colleagues. Participants of the program will learn tools and skills to care for yourself while caring for others; to listen with compassion; to handle difficult emotions with greater ease; and to reconnect to the values that give your life and work meaning. Cornelia Lee is offering this program locally starting in November this year.

Programs available starting November 2017

The program consists of four, 90-minute sessions; the number and length of sessions can be customized for staff needs.

Location: Your facility, institution, or other location to be arranged

Cost: \$100-\$140 per participant (TBD with the facility or organization, based on number of participants and number/length of sessions)

Contact: For more information about MSC Inner Resiliency Training, please contact Cornelia Kip Lee, M.Ed., at **919-428-3335** or ckip@icloud.com

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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

New Racial Affinity Groups Coordinator: It's been three years since the meeting, What Does it Mean to be a Sangha, at which the seeds for our spiritual friends groups were planted. Many in our sangha have nurtured those seeds, and



what began as a small program of two Kalyana Mitta groups has grown and blossomed, producing rich and abundant fruits of our practice.

Over one hundred individuals have participated in our groups, and we currently have ten groups, five Kalyana Mitta and five Racial Affinity.

With the growth of the program, it is time for us to expand our coordinating team, and we're delighted that Karen Ziegler has agreed to be the new coordinator of our Racial Affinity Groups. Karen's dedication, energy, and wealth of experience will be of great benefit to the program and the sangha. As RA Coordinator, Karen will coordinate TI's white affinity groups and, as needed, will be liaison to help those interested in a POC group connect with others in TI and the broader community.

Kalyana Mitta Groups

We currently have openings in four groups: ***Young Adults KM Group***, for those in their 20s and 30s; ***Insight Dialogue KM Group*** for individuals with Insight Dialogue experience; ***Chapel Hill-Carrboro KM Group***; and ***Secular Buddhism KM Group: Study Group***. ***Raleigh KM Group*** has a waiting list.

For details about any of these groups, please visit our **List of KM Groups web page**, talk with Sarah Tillis, KM Coordinator, or email Sarah at **sarah@triangleinsight.org**.

If you would like to join a group, be on a waiting list, or start a new group, please send us a **KM-RA Questionnaire**. For information about our KM program, please visit our **KM web page** or contact **Sarah Tillis, KM Coordinator**

Racial Affinity Groups

Members of our 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. To support this process, groups follow Triangle Insight's **Mindful Sharing Guidelines** and **Ruth King's™ Guidelines for Cultural Affinity Groups**.

A new Racial Affinity group for those who identify as white was just formed and is still accepting additional members. We are hoping that People of Color will be able to form their own group. Karen Ziegler, the RA Coordinator, is available to help with this process if that would be beneficial.

Racial Affinity group members share a commitment to racial equality, and while many in RA groups are involved in social justice community work, there is no expectation that participants will take any particular action.

Development of deepened self-awareness underlies wise action, and we're encouraged to take the time needed to do our own work. With shared intention, each group develops and evolves in its own way.

If you're interested in joining a group or would like more information, please talk to Karen Ziegler, RA Coordinator, email Karen at **karen@triangleinsight.org**, or visit our **Racial Affinity Groups web page**, which also contains 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.

The KM-RA Coordinating Team of Sarah Tillis, Karen Ziegler, Tamara Share, Tom Howlett and Jeanne Van Gemert expresses deep gratitude for the dedication of our sangha. May our Kalyana Mitta and Racial Affinity groups be of great benefit to all.

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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. If you wish be notified when another member needs and requests support, send an email to caringcircles@triangleinsight.org asking to be added to the list of potential volunteers. Thereafter, you will receive email notifications of care requests. You decide if you can and want to respond to any request. There is no obligation on your part by signing up to receive these notifications.

You can find this information plus details on how to request support on the [Shramadana webpage](#). You can also speak with Gordy Livermore, [Mary Mudd](#) or Howard Staab for more information.

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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](#).

Mary Mudd is the current SP coordinator.

UPCOMING and ONGOING ACTIVITIES

- 
- Meetings. Meetings are held on a quarterly schedule. Please **email Mary** if you would like to be part of the planning committee. The next meeting is being planned after the New Year.
 - Minutes. You can review the minutes of prior meetings on the TI website page for the **Shramadana Project**. You will learn more about the worthwhile and exciting SP initiatives of the sangha.
 - Caring Circles. an open exchange for requesting and providing aide within the sangha. For more information on this Initiative, see the **announcement** above.
 - Media Night. Join us to relax, have fun with sangha members, and enjoy films, music, improv, dance, art making--you name it!

Stay tuned for information about our next event!

- 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**.
- Lending Library. Triangle Insight now has a **tiny library** in our meeting place at the Episcopal Center. The Triangle Insight Tiny Library is 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. Groups from Triangle Insight volunteered on two occasions at the **Piedmont Farm Animal Refuge** in Chatham Co. This animal sanctuary provides 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 OPPORTUNITIES for COMMUNITY ACTIVITY may be found on the **Shramadana Project webpage**

- 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*
- Retreats/Workshops. Several of these events have been organized over the years. Upcoming is the Insight Dialogue New Year's retreat **above** and a retreat with Jeanne van Gemert and Ron Verenn being planned for

May 24-27, 2018 at Avila.

- [REAL Durham](#) builds relationships across lines of privilege, race and class to improve economic stability for everyone. It uses a racial equity lens to connect those with and without privilege for the purpose of transferring power and better positioning those without privilege to achieve financial stability. Volunteer training is held several times a year - 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. 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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Mindful 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:
[**Mindful Families of Durham**](#)

Sunday Mornings

10:30AM- 12:00 noon

For info please

contact admin@buddhistfamiliesofdurham.com

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Sitting Together:

A Family-Centered Curriculum on Mindfulness, Meditation, and Buddhist Teachings

A three-volume book set for Mindful Families by Sumi Loundon Kim

Sumi Loundon Kim, the minister for the Buddhist Families of Durham, Buddhist chaplain at Duke, and longtime friend of

Triangle Insight has published a series of books titled **Sitting Together**. It provides children's lesson plans, an activity book, and an adult study guide for parents and teachers.

More information about this new 3-volume book, mindfulness exercises for children, as well as other mindful parenting resources can be found at this website:

www.mindfulfamilies.net

Read **BOOK REVIEWS and more about the author on the **website** under the header "book" in the drop-down list.

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The Self-Compassion Workbook for Teens:

Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are

by Karen Bluth, Ph.D.

Do you know teens who need mindfulness and self-compassion? If so, this new resource, scheduled for release on Dec. 1st, is a one-of-a-kind workbook that includes fun activities based in mindfulness and self-compassion to help teens deal with the challenges of day-to-day teen life.

Karen Bluth, PhD, is research faculty in the Department of Physical Medicine and Rehabilitation at the University of North Carolina School of Medicine. She conducts research, teaches mindfulness and self-compassion courses, and regularly gives talks and leads workshops at universities and schools.

For more information on the book and on how to order, please visit **[Karen's website](#)**.

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Goings-on in the Sangha

This space is where sangha members can announce timely activities for everyone to view. If you would like to post something here, please submit your request by the 15th of each month to **info@triangleinsight.org**.

[Transforming the TIM website](#), at the Holiday Party, Dec. 13th, after the regular meditation session. All are invited to this update: The Beta version will be available for review at several "stations" in the Episcopal Center. There is a

"feedback form" on the website, easily available for your reflections on the current state of development.

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 CHANGE:** Karen Ziegler is now coordinating the Racial Affinity groups.

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. **Click here** to view the website, and request membership.

- This FB Group is built by its members, so everyone benefits when we contribute posts, offer comment, events of interest. Member requests are approved by the administrator for spam and troll-control. The current administrator is **Leah Rutchick**.

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.

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. One aspect of this outreach is the development of **Caring Circles**. See **this section** of the newsletter for more information on this volunteer initiative of Sangha members.

Continuing the Conversation

Based on the best-selling book, **Being Mortal: For more information on this volunteer initiative of Sangha members, see *Medicine and What Matters in the End***, 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 to 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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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.

Corneila 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 well-being 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 Corneila 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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Triangle Insight Morning Meditation Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:00 - 7:45 AM. The group begins with silent, unguided practice, with Ron giving a guided heart practice during the last 10-15 minutes. There is no charge for participation, and donations are accepted. For more info contact Ron at ron@triangleinsight.org.

Important note: Only four parking spaces in the parking lot at the Episcopal Center are designated for our use at this hour and are clearly marked. Overflow parking can be found on the west side of Alexander Ave.

Monday and Thursday Mornings
Episcopal Center at Duke
505 Alexander Ave.
Durham, NC 27705
7:00 - 7:45 AM

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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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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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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**](mailto:info@triangleinsight.org)

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