

From: Constant Contact <support@constantcontact.com>

To: info <info@triangleinsight.org>

Subject: Your campaign April 2017 Newsletter has been sent

Date: Sat, Apr 1, 2017 2:30 pm



Dear Ron Vereen,

Your campaign '**April 2017 Newsletter**' was sent on 4/1/2017 around 2:30 PM EDT.

Below is a copy of the message your subscribers received. See how your campaign is doing by visiting Reports [in your account](#) to get real-time results and stats.

Subject: April 2017 Newsletter



Triangle Insight Meditation Community

March 2017
triangleinsight.org

Happy Spring to all!

As of 6:28 AM EDT on March 20th, Spring 2017 officially arrived. Of course this exactitude relates only to Mother Earth's axial rotation in relationship to our sun, and seasonal changes are always more of a transition. However, something seems a bit out of kilter. Locally we recently bore witness to blooms emerging prematurely in response to early warmth, only to be burned later by sub-freezing temperatures with major losses to farmers being projected. Nationally there continue to be extreme shifts in the weather spawning early tornados and record snowfalls and rainfalls. Is there some need for alarm?

A single seasonal change does not a pattern make, but when placed in context, continual shifts such as these do give cause for concern. It is also official that 2016 ranks as the warmest year on record, with the 10 warmest years in the 136-year record having occurred since 2000, with the exception being 1998. In her recent book, *Time to Stand Up: An Engaged Buddhist Manifesto for Our Earth*, the Buddhist teacher, **Thanissara**, professes that the alarm bells have already sounded: "I ask you to look with me at a burnt and tortured Earth with its polluted rivers, dying oceans, razed forests, devastated wastelands, and its litany of extinct species. I particularly invite my Dharma friends to take this walk with me, especially those of us who would like our mindfulness and meditation practices to render us immune from the impact of a burning world." She, along with other Buddhist teachers, e.g., Bhikkhu Bodhi, Joanna Macy, and David Loy, are imploring us to move beyond our intention for only personal transformation and to dedicate our practice to a collective liberation as well. They are inviting us to walk the path of an "Ecosattva."

The above term is derived from the more familiar "Bodhisattva" (Sanskrit), or "Bodhisatta" (Pali), which according to common Buddhist tradition, refers to one who undertakes a course of spiritual development inspired by the Buddha, sustained by compassion for all beings, so as to attain future Buddhahood. In the Mahayana tradition it has become a prescriptive model for all Buddhist followers to pursue, specifically undertaking the vow to realize liberation not only for oneself but for all beings. For Buddhists now engaged in exploring the application of Buddhist wisdom and practices to our ecological crisis, referred to as EcoDharma, an Ecosattva walks the path of both personal and collective liberation. They are guided by the understanding that the sense of a separate, substantial self is at the root of a distorted, dualistic perspective of both our relationship to others and to the natural world. As **David Loy** offers, "the issue of the deconstruction/reconstruction of self is not separate from the deconstruction/reconstruction of society -- we can understand the larger social and institutional dukkha as not separate from our own." If you are interested in seeing how he outlines and correlates both our individual and collective predicament, please go [here](#).

Spring 2017 has now ushered in April, and it seems a good month to explore the path of the Ecosattva in more depth, since April 1970 marked the first and now annual celebration of **Earth Day**. A useful resource is the website for **One Earth Sangha**, where you can find articles and discussions on the above topic and many more. They will be kicking off April with "a month of deepening our outer practice" with a free **webinar** on April 2nd on that topic with Soto Zen Teacher **Hozan Alan Senauke**, Vice-Abbot of the Berkeley Zen Center. All of the activities culminate in the **Peoples Climate March** in Washington, DC on April 29th, billed as a "march for climate, jobs, and justice." If wanting more, then you can also view a talk by the Ven. Bhikkhu Bodhi on **The Four Noble Truths of the Climate Crisis**.

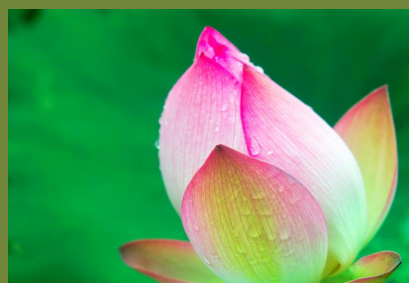
We are again reminded of the First White House - US Buddhist Leadership Conference in May 2015, where climate crisis and racial injustice were identified as the two most pressing issues of our time.

At that conference **Rev. angel Kyodo williams** connected these two issues when she said that "we have in our hearts the willingness to degrade the planet because we are willing to degrade human beings." Embracing and including EcoDharma, she points us toward Radical Dharma, "a practice that takes self-liberation to its necessary end by moving beyond personal transformation to transcend dominant social norms and deliver us into collective freedom." Her firm position is that none of us are liberated until all of us are liberated.

May we all engage the Buddhist teachings in this radical way so as to free ourselves and all beings, and to heal our ailing

Earth. May the wisdom from our individual and collective practice strengthen the sangha and move us toward wise action in the world.

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](#)

[Buddhist Families of Durham](#)

[Duke Cancer Center](#)

[Recovery Group](#)

[Other Resources](#)

Upcoming Classes and Events

[April Media Night Doc Film Screen](#)

[Introductory Self-Compassion Workshops](#)

Triangle Insight Meditation Groups

All levels of meditation experience are welcome and the teachings are offered free of charge, with donations accepted to cover costs of using the facility and to support the study of the teachers. Please review our [sangha guidelines](#) before arriving. We also wish to maintain a hypoallergenic space, so please avoid wearing scents, colognes or perfumes. If you would like to submit items for inclusion in this newsletter, please review the [newsletter guidelines](#).

Please note: We are now asking that once the meeting begins at 6:30 PM, any latecomers, those leaving early, or those going outdoors for walking meditation enter and exit the building using the side doorway facing Alexander Ave., which is accessible via the walkway to the right as you are facing the main entrance. Once in the building, please follow the hallway to access the Great Room. Thanks for your cooperation to help reduce the noise and distraction during the meeting. 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)

April 5: Ron Vereen

April 12: Scott Bryce

April 19: Phyllis Hicks (Insight Dialogue)

April 26: Ron Vereen

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

Monday and Thursday Morning Meditation

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

Episcopal Center at Duke

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

[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](#)

[Goings on in the Sangha](#)

Triangle Insight Meditation Group on Facebook

Continuing the Conversation

Shramadana Notes

Spiritual Friends Groups

[Organizing Against Racism Workshops](#)

The Shramadana Project

[A Volunteer Initiative of Triangle Insight](#)

[Caring Circles](#)

[Spiritual Friends Groups](#)

Racial Affinity

Media Night

Friday evenings at the Episcopal Center

Plan to join us for our next Media Night this April when we will screen the documentary ***Even Though the Whole World is Burning***. It is a portrait of the life and work of Poet Laureate (2010) W.S. Merwin, and traces his dedication to the preserving and regenerating of native plants along with major events in Merwin's life. Merwin moved to Hawaii to study with a Zen Buddhist master who lived there. Environmental activism and land stewardship informed his work. His poetry, that he reads throughout, speaks of a stillness and an awareness of gratitude for the earth while surrounded by destruction.

Here is a [New Yorker review](#) of this film, published in 2015.

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.

Friday, April 14, 2018

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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A Safe Harbor in the Storm: Cultivating Grounded Presence and Warm-Heartedness in Challenging Times. An Embodied Life Seminar, with Russell Delman

The simple and reliable practices of The Embodied Life School help us to experience our basic groundedness and inter-connectivity. We grow the neural networks of: inner safety, joy, groundedness and natural empathy. In this seminar we will grow our capacity:

- to be the best friend of all our inner voices through deep listening
- to meet challenging moments with greater groundedness and confidence
- to sense the sacred joy of deconstructing the illusion of our separateness
- to become more aware of structural biases in our social systems and to stand up as voices for justice in the world that we share.

and
Kalyana Mitta

Ongoing Classes and Events

Mindfulness
Awareness Training
with Tamara Share
PhD

Mindfulness
Programs at Duke
Integrative Medicine

Mindfulness
Programs at UNC
Integrative Medicine



Through the simple, direct practice of Embodied Meditation, various awareness practices based in Focusing,[®] plus the powerful movement lessons of Moshe Feldenkrais called "Awareness Through Movement,"[®] we will deeply and--often joyfully--experience our potential to become an embodied expression of healing, connectedness and solace.

\$205 Early Bird Tuition (before March 18); \$235 after.

A few partial scholarships are available. **Optional catered lunch.**

More Information about this Seminar and Russell Delman may be found **[HERE](#)**

Main Office Contact: office@russelldelman.com 707.827.3536

Local Contact: Lisa Werness, lwerness@gmail.com 919.306.4340

For the online Registration Form, [click here](#), or call main office, above

Saturday April 8 - Sunday April 9, 2017

10:00am - 5:00pm

Shared Vision Retreat Center

3717 Murphey School Rd

Durham 27705

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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:

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

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.

Early registration at 5% discount with full pre-payment through Feb. 1st; Regular price registration thereafter with 50% prepayment and final payment by April 14th, 2017. For complete information on registration options, rooms, camping pads, and scholarship availability, visit the **[IMCC Spring Retreat webpage](#)**.

12 May--19 May, 2017
Serenity Ridge Retreat Center

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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 are needs (such as meals, rides, housework, lawn care or childcare) with volunteers to match them. Sangha members who want to be on the list of potential volunteers should send an email to Caring Circles coordinators at caringcircles@triangleinsight.org, asking to become a Caring Circles "volunteer."

Being a volunteer simply means you want to receive requests for help and see whether you might provide it. Any sangha member who could use some help should send an email to the same address, caringcircles@triangleinsight.org, or contact a Caring Circles coordinator in person or by note, saying what sort of help is needed and when. The request will then be forwarded to the Caring Circles volunteers. Anyone willing to provide that specific form of help will let the requestor know, and the requestor and the volunteer or volunteers will work out the details.

The 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

- The most recent meeting was held on **March 8th** following the regular weekly meeting at the Episcopal Center. All who are interested in finding out more about the project are invited to join us for this meeting. Please [**let Mary know**](#) if you would like to be part of the planning committee.

The next meeting is being planned for some time in June.

- 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.
- Triangle Insight now has a **tiny library** in our meeting place at the Episcopal Center. Currently in the back "closet" with the cushions, the TITL --Triangle Insight Tiny Library--may soon be relocated to 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. There is a tiny sign on the bookcase in the cushion closet that says, "Donate, Borrow, Return." Titles in circulation include Radical Dharma and Self-Compassion.
- **NEW VOLUNTEER TIME ON THE FARM:** A group from Triangle Insight recently 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 time and/or money .

OTHER ACTIVITIES:

1) **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 to **Mary Mudd**, and consider joining the SP group.*

2) **MEDIA NIGHT**, powered by Gerri McGuire, Karen Ziegler, and Tom Howlett, offers evenings when we can come together to watch films and enjoy other media.

- Our next event is scheduled for **Friday, April 14, 7pm**. We will view the doc film, **Even Though the Whole World is Burning**, about the life in poetry and conservationist efforts of Poet Laureate, W.S. Merwin. (see **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**

3) **RETREATS**. Thanks to the diligent work of the retreat planning committee (Gordy Livermore, Mary Mudd, Leah Rutchick, Howard Staab, and Karen Ziegler), several Iweekend retreats were organized in 2016. Other TIM sponsored retreats will be announced in future newsletters.

4) **OPENING TO DIVERSITY** 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.

5) CARING CIRCLES, an exchange for giving and receiving to meet the ongoing needs of the sangha. For information, please see the **separate announcement** in this newsletter. If you would like to experience the fruits of service to the sangha, and are not already on the SP member list, please contact Mary at **mary@triangleinsight.org**.

If beings knew, as I know, the results of giving and sharing, they would not eat without having given..."

the Buddha

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Organizing Against Racism NC and Dismantling Racism Works Workshops Being Offered

In response to our efforts to engage the Buddhist teachings around the issues of Racial Justice and Diversity, we would like to recommend the training opportunities available through **OARNC** (Organizing Against Racism NC) or **dRworks** (Dismantling Racism Works) as a first step in this investigation.

Eighteen of us from Triangle Insight have already participated in these workshops and they come highly recommended, so you are encouraged to participate if interested. If three or more attend an event from our sangha, you will each get a discount on the fee for being a part of the Triangle Insight Meditation Community.

TI is contributing \$500 to start a scholarship fund for this purpose, and the community is invited to join the initiative by contributing specifically to the scholarship fund. The fund will be available to support TI community members in attending OARNC, dRworks, or other similar trainings. The goal of the initiative is to help individuals and the community to deepen their understanding of the way the mind and human systems are limited by unexamined views of race. The scholarships will be available on a case by case basis to help supplement the cost of registration. To contribute now through PayPal, please donate **here**.

Sarah Tillis has graciously volunteered to keep a log of those from our sangha who participate in these trainings, and/or are a member of a Racial Affinity Group. At some point we plan to convene a meeting of this core group of individuals to discuss ideas about the best way forward.

Both OARNC and dRworks offer two phases of training, and the latter trainings are designed to assist us in bringing this knowledge back to our community so as to guide us more skillfully in addressing these issues in Triangle Insight. Please visit their websites by clicking on the links above for descriptions of these phases of training.

Please contact us at **info@triangleinsight.org** if you:

1) have any questions about this initiative; 2) would like to be considered for a scholarship; 3) want to contribute toward a scholarship; and 4) wish to be a part of the core group to discuss our plans after completing the trainings.

OARNC / dRWorks

A variety of times and dates in Durham & Chapel Hill

Each workshop is two days, 8:30 AM - 5:30 PM

Cost: \$275 (\$225 with 3+ discount; student \$175)

and includes breakfast and lunch

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Spiritual Friends Groups

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

~ The Buddha^{xx}

In challenging times, we can feel as if storm clouds have arisen. The sky darkens, our view narrows, our bodies tighten, and we're blown off course by the winds of our emotions. One of the gifts of a spiritual friends group is to offer safe harbor. The trust and intimacy that develop in these groups allow us to share, be heard, and listen. This mindful sharing provides illumination; we can see more clearly, and with wiser view and softer heart, we continue on our journey. In his article, **The Three Wholesome Exchanges of the Heart**, Phillip Moffitt notes, "We all need to have someone hear our fears, failures, triumphs, and dreams.... This exchange is essential to our personal and spiritual development because when we are being witnessed, it allows us to really hear our own authentic voice."

Kalyana Mitta Groups

New Kalyana Mitta Group for Young Adults: We are excited to announce the formation of a new Durham KM Group for adults aged 24-36. The group will offer 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. 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.

Racial Affinity Groups

Forming A New Durham Racial Affinity Group: 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. Thirty-eight members of the sangha have now taken one or more racial equity trainings, and twenty-five members are in Racial Affinity Groups. 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.

The KM Coordinating Team of Sarah Tillis, 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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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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Goings-on in the Sangha

This space is where sangha members can announce timely activities for everyone to view, such as study groups, social gatherings, and any classes or other events you consider relevant to the mission of our sangha.

If you would like to post something here, please submit your request by the 20th of each month to: info@triangleinsight.org

NEW

Triangle Insight Meditation Group -- on Facebook

TIM now has a Facebook Group where we can post information updates and announce events of interest to our Sangha. Visit here:

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

We are listed as a closed group, so anyone can find the group and see who's in it, but only members can see posts. To join the group click **Join Group** in the top-right corner. Member requests will be approved by the Group administrator, for spam and troll-control. Currently, the administrator is (email) [Leah Rutchick](mailto:Leah.Rutchick@triangleinsight.org).

This is a place where we can comment on Sangha goings-on: Ask questions, suggest things to do, check for what's next, remind us of meetings or events in the larger community that are relevant to our practice. **Visit the website, join and add your comments. This group is built by its members, so everyone benefits when we contribute.**

Continuing the Conversation

As a continuation of our dialogue about Continuing the Conversation, we are planning to hold a hands-on Advance Care Planning workshop and a screening of the film *Being Mortal*, based on the runaway **best-selling book** by Atul Gawande. 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.

Shramadana Notes

The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community to address some of the needs within the sangha for service and to provide outreach to the community-at-large. Please **see the longer report** in this newsletter for its activities, including MEDIA NIGHT, and links to the minutes of previous meetings.

Spiritual Friends/Racial Affinity Groups

If you are interested in joining a Kalyana Mitta group or a Racial Affinity group, please **see the report** in this newsletter for groups that are now open, or have waiting lists.

Organizing Against Racism/Dismantling Racism Works Workshops

Intensive, long-range preparation and outreach. See the **announcement** in this newsletter for more information and registration. In Durham and Chapel Hill. Scholarships may be requested.

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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**](mailto: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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Triangle Insight, www.triangleinsight.org, Durham - Chapel Hill - Raleigh, NC 27516

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