



Triangle Insight Meditation Community

triangleinsight.org

Dear Ones,

At the July 1st meeting of Triangle Insight, we began a conversation on the impact that the violence against People of Color (POC) in our nation is having on our hearts and minds. Coming on the heels of the Charleston massacre at Mother Emanuel, we received notification of an initiative within Buddhist communities to collectively sign an open letter and engage in a call to action in response, not only to this tragedy, but also to the history of institutional racial injustice that has pervaded this nation since its inception. Many of you asked how to become a part of this effort.

We invite you to read the "Open Letter" on the website, **Buddhists for Racial Justice**. We recommend viewing all additional resources* with an open mind,

recognizing that well-intentioned people often disagree about approaches. If you find yourself uncomfortable or reactive, it is an opportunity to Pause into mindfulness, to become aware of the memories, the feelings, the emotions that are activated by this inquiry. In this way we take refuge in practice and create a space for investigating how suffering arises and is sustained by *avijja*, the Pali word for ignorance, or "not knowing stress." From this perspective we experience freedom from the clinging of the five aggregates within the spacious awareness that is our deep connection with all beings, moving us further toward Awakening.

The guiding teachers collectively feel the strong pull to explore issues of racism and division and how they manifest internally and externally in limiting views, contracted relationships, and destructive behavior. Actions to address institutional racism and racial violence require self-reflection and political action. As a sangha member recently shared, "I look to the sangha for empowerment as well as refuge, and to make connections with others who are touched by the disturbing truths of racism."

Let this be our aspiration, confirming the Buddha's exhortation to Ananda that "the sangha is the whole of the holy life." In practice together, we can take refuge in the awakened mind (the Buddha), in the way things actually are (the Dharma), and in the community of awakening, (the Sangha). Here we find refuge and a safe place to individually and collectively explore the difficulties that bind us, perpetuate suffering, and limit freedom. The Buddha did not seclude himself from social issues, but shone the light of wisdom into the darkness of his time.

May we stay grounded in our deepest intention for freedom and move with dedication, deliberation, and discernment. In so doing, may wisdom and compassion guide us into wise action.

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

* The following resources have also been offered: from the Marshall Project, an interview with **Bryan Stevenson on Charleston and Our Real Problem with Race**; a video of **Michelle Alexander on the New Jim Crow at Union Theological Seminary**, suggested as an introduction to her book, **The New Jim Crow**; and workshops in Greensboro, sponsored by **The Racial Equity Institute**. Eleven of us from the sangha will be attending the **Mindful of Race** workshop in Charlottesville with Ruth King in August. We know there are many more resources and we would like to hear from you on that, as well as any wish to be more actively involved in framing this conversation. If so



[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](#).

Sitting Opportunities

[TI Wednesday
Meditation Group](#)

[Insight Dialogue at
Triangle Insight](#)

[Buddhist Families of
Durham](#)

[Duke Cancer Center](#)

[Recovery Group](#)

[Other Resources](#)

Schedule:

Wednesday Evenings

6:30 - 8:00 PM

([Insight Dialogue](#) from 6:30 - 8:30 PM)

August 5: Ron Vereen

August 12: *Consider the Conversation* with Betsy Barton
(see description below)

August 19: Jeanne van Gemert

August 26: Phyllis Hicks ([Insight Dialogue](#))

Upcoming Classes and Events

[Consider the
Conversation](#)

[Living with Integrity:
An Integrated
Dharma Program](#)

[Durham Insight
Dialogue KM Group](#)

[Metta: Reflections on
Loving-Kindness](#)

[Durham Insight](#)

September 2: Ron Vereen

September 9: Mary Brantley (guest teacher - see below)

September 16: Jeanne van Gemert

September 23: Mary Burns (guest teacher [Insight Dialogue](#))

September 30: Dave Hughey

Monday and Thursday Mornings

7:00 - 7:45 AM

Triangle Insight is now offering a [Morning Meditation Group](#) led by Ron Vereen. For more information, click on the link above.

Episcopal Center at Duke

505 Alexander Ave.

Durham, NC 27705

[Consider the Conversation](#)
[An Evening with Besty Barton](#)

**Dialogue KM Group:
Training Session**

Mindful Parenting

**Koru Mindfulness &
Meditation in
Carrboro**

**One Earth Sangha's
Eco-Sativa Training**

**Buddhist Meditation
& the Modern World**

Please join us on August 12th for a screening of the film, ***Consider the Conversation: A Documentary About a Taboo Subject***. Afterwards, we will follow up with a discussion facilitated by Betsy about the issues raised in the film.

The documentary tells an intimate story about the American struggle with communication and preparation at life's end. It contains the perspectives of patients, family members, doctors, nurses, social workers, clergy, and national experts from around the country. The goal of this film is to inspire dialogue -- so let's get started! For more information, please visit their website, **ConsidertheConversation.org**.

Betsy Barton is currently a participant in the first two-year Heavenly Messengers Program at Spirit Rock Meditation Center. She conducts trainings nationally for congregations of all faiths about illness, end of life, caregiving, and grief.

**Upcoming
Retreats**

Wednesday, August 12th, 2015

**Episcopal Center at Duke
6:30 - 8:30 PM**

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**Goings on
in the Sangha**

Kalyana Mitta Groups

**Resource for Yoga
Retreats in SE Asia**

**Living with Integrity:
An Integrated Dharma Program
with Andrew Olendzki, PhD**

Many of us have benefited from Andy's scholarship and wisdom when he was at the Barre Center for Buddhist Studies, and in May he let us know that a continuing opportunity for study would become available in the Fall through an on-line program he was developing with Tricycle. And here it is!

Following the traditional Buddhist prescription that the best way to integrate the Dharma is to hear it, learn it, reflect upon it, investigate its meaning, and to practice it, this four-month course will familiarize you with Buddhist thought while providing a framework for incorporating it into daily life. It has been designed for both beginners and advanced students, and features new translations of the Pali canon.

As you may recall, *Sila* is the integrity aggregate of the Noble Eightfold Path, and Andy's intention is to offer the other two, *Samadhi* (concentration) and *Panna* (wisdom) in four-month modules over the remaining 8 months of the year. Our wish is that as many of you in the sangha participate in the program such that we may organize some activities around our collective investigation so as to deepen the learning experience.

**The
Shramadana
Project**

**[A Volunteer Initiative
of Triangle Insight](#)**

**Ongoing
Classes and
Events**

**Mindfulness
Awareness Training
with Tamara Share
PhD**

**Mindfulness
Programs at Duke**

Integrative Medicine

Mindfulness Programs at UNC Integrative Medicine



If interested, please visit learn.tricycle.com, where you can read more about the course and Andy Olenszki's background, as well as enroll in the course.

Start Date: September 13th over 4 months

Instructor: Andrew Olenszki, Ph.D.

Cost: \$199 - \$240

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Durham Insight Dialogue KM Group An Introductory Training Session

Group organizer: Beverly Johnson

This KM group will use Insight Dialogue (ID) practice to study Dharma Themes, such as The Noble Eightfold Path, The Seven Factors of Awakening and The Five Hindrances. Phyllis Hicks has generously agreed to help launch this group by offering a training on how to introduce ID guidelines and contemplations, so everyone in the group will have a taste of how to engage and guide the practice. Whether one might guide a contemplation for practice would be entirely the individual's decision.

- Experience with Insight Dialogue is helpful but not mandatory.
- It is recommended that all interested persons attend the training and pre-register.

In order to make our preparations, we are asking you to pre-register if you plan to attend. You will then receive information on how to approach this day of practice.

For more information or to register, please e-mail Beverly: beverlyjohnson992@gmail.com .

August 23, 2015

Freedom House Recovery Center

104 New Stateside Dr.

Chapel Hill, NC 27516

9:00AM - 3:30 PM

This training session is being offered free of charge, with donations accepted to support the study and practice of the teacher. *Please bring your own lunch.*

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Metta: Reflections on

Loving-Kindness

an Evening with Mary Brantley

Please join for this evening with Mary as she reflects on the qualities of loving-kindness that cultivate spaciousness of mind and openness of the heart. Metta meditation can teach us how to bear difficulties so we no longer need to resent parts of our life but rather accept and be with things just as they are with a kind heart. This talk will include a guided loving-kindness meditation.

Mary Brantley, MA, LMFT, has been practicing meditation for thirty years and attends yearly intensive retreats, many at the Insight Meditation Society in Barre, MA. She has practiced with luminaries, including Sharon Salzberg, Joseph Goldstein, Joan Halifax, Thich Nhat Hanh, Rodney Smith and Leigh Brasington, and completed the professional training for Mindfulness-Based Stress Reduction (MBSR) with Jon Kabat-Zinn and Saki Santorelli. Mary is an instructor in the Duke MBSR program and teaches in various research projects at UNC-CH with Dr. Barbara Fredericton. She is the author of *The Gift of Loving-Kindness: 100 Meditations on Compassion, Forgiveness and Generosity*, and until recently, worked as a psychotherapist in private practice (25 years).

Wednesday, July 9th

Episcopal Center at Duke
6:30 - 8:00 PM

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Mindful Parenting Class

Fall 2015 Session

Caroline Hexdall, Ph.D., licensed psychologist

Mindful awareness during difficult as well as pleasant times allows for deeper connections within ourselves and with others. Often, this leads to more positive relationships, especially with the children and adolescents in our lives. This class is for parents of children of all ages as we learn that many struggles and joys associated with parenting are universal across the lifespan.

Participants at all levels of understanding of mindfulness, from curious interest to daily mindfulness meditation, are welcome.

September 2 - October 21, 2015
Center for Mindful Development, PLLC
121 West Margaret Lane
Hillsborough, NC 27278

6:00 PM - 8:00 PM

Before August 19: \$299/individual or \$478/couple,
After August 19: \$325/individual or \$520/couple

For more information please contact Caroline at
[919-370-0770](tel:919-370-0770) or email:
caroline@mindfuldevelopment.com

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Koru Mindfulness and Meditation Classes in Carrboro taught by Bree Kalb, LCSW

Koru is a brief, structured approach to learn mindfulness and meditation. This introductory class will help students establish or revive a meditation practice and to develop a mindful approach to life. Classes are small (6-8 people) relaxed and enjoyable.

Wednesdays, September 2, 9, 16, 23
The Wellness Alliance
301 West Weaver Street
Carrboro, NC 27510
5:30-6:45

\$65 for all 4 classes
Please sign up by August 28

For more information:
www.thewellnessalliance.com/BreeKalb.html
email: bree@mindspring.com
call: [919-932-6262](tel:919-932-6262) ext 216

Facebook:
<https://www.facebook.com/carrborokorumindfulness>

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Eco-Sattva Training An On-Line Course for Aspiring Eco-Sattvas

What does it mean to express a Buddhist response to climate change? What does our wisdom tradition and our love for this life call us to do? How can we respond with wisdom, compassion and courage?

Join Joanna Macy, rev angel Kyodo williams and a powerful

collection of other teachers, activists and experts for this online, interactive Eco-Sattva Training from One Earth Sangha. This course will develop our community's capacity to effectively engage on climate change and other ecological challenges, both thematically and locally, with courage, compassion and wisdom. You are invited to join this series of important sessions hosted by Thanissara, One Earth Sangha and Maestro Conversations.

Sunday, Sept. 13th - Sunday, Nov. 15th, 2015

12:30 - 2:30 PM

For more info or to register go [here](#).

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Buddhist Meditation and the Modern World an On-line Course through Coursera

This course introduces students to (i) the history of Buddhist contemplative traditions in India and Tibet (meditation, yoga, mindfulness, visualization, etc.), (ii) innovations in scientific research on understanding such contemplative practices, (iii) recent adaptations of such practices in multiple professional and personal areas, and (iv) the practices themselves through brief secular contemplative exercises.

The course will be co-taught by David Germano and Kurtis Schaeffer, both at the University of Virginia, and will include extensive contributions from scientists, people involved with integrating [meditation] in practice, and Tibetan Buddhist teachers.

August 30th - December 30th, 2015

For further description of course goals, and to register:

<https://www.coursera.org/course/meditation>

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Kalyana Mitta Groups

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

~ The Buddha

A recent online article in **Tricycle** discusses the importance of spiritual friendships and dharma discussion groups. As stated in the article, "These discussion groups create wonderful spiritual friendships because they enable people to talk about what the dharma means in their lives." The article goes on to say, "We're practicing the dharma

together, supporting each other in the process, and rejoicing in each other's successes." Our Kalyana Mitta program has the intention of encouraging these spiritual friendships, and many KM group members have begun experiencing the support and sharing that can enrich the heart of the dharma in their practice and their daily lives.

The wonderful response to our groups is heartening and reflects the strong commitment of our spiritual community. One expression of this is that so many of you have asked to participate in the training for the Insight Dialogue group that we need to find a larger space. If anyone has access to a large space that could be used for the Sunday, August 23rd training, please e-mail Beverly Johnson at beverlyjohnson992@gmail.com. Many thanks to Phyllis Hicks, who has generously offered to lead the training. Our other KM groups are full or close to full, and if there's interest, we can form additional groups.

The Durham and Chapel Hill-Carrboro groups continue to meet regularly, and the Raleigh group has now begun meeting weekly. Details about all our groups can be found in our [List of KM Groups](#). Our [Kalyana Mitta web page](#) explains the process of joining a group and has information about the KM program, guidelines for mindful sharing, and other helpful resources. If you're interested in joining or starting a group, or you have questions, you can also contact Sarah Tillis, KM Coordinator, at sarah@triangleinsight.org.

We have much gratitude for our community's dedication, and the coordinating team of Jeanne van Gemert, Tom Howlett, Tamara Share, and Sarah Tillis welcome your input. May our Kalyana Mitta 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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The Shramadana Project at Triangle Insight

The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community that has been organized to address some of the needs within the sangha, as well as to provide outreach to the community-at-large. At the most recent meeting, Mary Mudd agreed to be the

current coordinator of the SP, and others joined her in forming a Retreat Planning Committee, including Dave Durham, Gordy Livermore, Leah Rutchick, Kathy Shipp, and Howard Staab, with Cathy Cole as a registration consultant. Deep bows to all!

Ron Vereen recently completed a second Mindfulness Awareness Training at the Durham Crisis Response Center, assisted by Daya Breckinridge, Paula Huffman, and Tamara Share. So far the feedback from the DCRC and clients has been positive. It is our intention to offer this class on an ongoing basis for their clients who are survivors of domestic violence, sexual assault and childhood trauma, and the more people involved, the more classes we can provide.

If you have some experience in teaching mindfulness to others and would like to participate, please contact Ron at ron@triangleinsight.org

Please consider being involved in the SP in some fashion, large or small. If interested, you may contact Mary Mudd at mary@triangleinsight.org.

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Goings-on in the Sangha

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

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

Kaliyana Mitta News

Please **[see the report](#)** in this newsletter on the latest developments for KM Groups. KM Committee: Jeanne van Gemert, Tom Howlett, Tamara Share and Sarah Tillis.

NEW KM GROUP: **[Read about the Durham Insight Dialogue KM Group](#)** in this newsletter. It is now forming and will be holding an introductory training session on August 23rd.

Resource for Meditation Retreats in SE Asia

Anyone interested in foreign yogi meditation retreats in

Asia, particularly during the months of December through February, feel free to contact Tom Howlett for information. Tom can be reached at [919-730-2756](tel:919-730-2756).

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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 for further information, and can access a flyer [**here**](#). 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

please contact Sumi Loundon Kim for details

email: admin@buddhistfamiliesofdurham.com

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Duke Cancer Center

This open meditation period begins with 10 min. of instruction, 15 min. of silent practice, and 5 min. of discussion/reflection. Various meditation practitioners from the community are invited to come and lead these weekly sessions. For more info contact Jon Seskevich at 919-681-3989 or Annette Olsen at 919-684-2843.

Monday Afternoons

12:30 - 1:00 PM

The Quiet Room, Main Level

Duke Cancer Center

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Recovery Group a Buddhist Perspective on the Twelve Step Program

The meetings begin and end with silent meditation. For more information contact Zensetter@gmail.com.

Tuesday Nights
7:00 - 8:15 PM
Chapel Hill Zen Center
5322 NC Hwy 86
Chapel Hill, NC 27516

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Other Resources

In addition to Triangle Insight, there are a variety of other meditation opportunities of which we would like for you to be aware. Rather than list them all here, we wanted to point you to the "links" section of our website at [**Triangle Insight**](#). There are other sitting groups in the community whose practice is similar to ours, as well as resources for retreat centers and other websites, both locally and nationally. We do not offer an endorsement of these sites, but rather a suggestion for your exploration to see if any may have useful information to support your practice of insight meditation.

For any questions please contact us at [**info@triangleinsight.org**](mailto: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**](mailto:info@triangleinsight.org).

[Forward email](#)



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