Greetings to all -

On Wednesday, July 26th, we celebrated Triangle Insight’s 8th birthday! We want to thank those in attendance for participating and providing the delicious food that adorned the table at the rear of the Great Hall. And for all of you who consider yourselves in some way a part of our sangha, we want to express our deep gratitude for your support over the years. We especially want to acknowledge Phyllis Hicks’ heartfelt and skillful leadership last Wednesday as she explicated upon and then invited us to explore our virtuous qualities. For many of us this was a healing balm during this time when we are continually confronted with so much speech and behavior devoid of virtue.

So, in the spirit of our gathering last week, we thought we would further elaborate here on the Ten Perfections, or Paramis, the name derived from parama or supreme,
an adjective that describes the highest beings by reason of their distinguished qualities. In some Buddhist traditions these characteristics are felt to comprise what is referred to as our Buddha-nature or basic goodness -- its expression always available if we are able to see what's getting in the way.

As we proceed to explore these ten qualities we want to draw your attention to the sequence in which they are presented. As is common in the Buddhist teachings, such lists often point to a progression indicative of conditionality -- the arising of one related to or being a proximate cause of the next. One quality will support the others as we move toward realization of them all. The manifestation and embodiment of the awakened heart-mind then needs no further cultivation through wise effort as what blocks them has been removed. This warmth of the heart can then emanate all of the paramis, taking the shape of any one of them depending on the circumstances with which it comes into contact. This is the awakened heart-mind of the Bodhisattva that skillfully and naturally responds to the needs of the world.

We will offer the following definitions of these perfections or paramis in the fourfold manner often found in the Buddhist commentaries: a) characteristic, b) function, c) manifestation, and d) proximate cause. The reference for this exposition is A Treatise on the Paramis by Acariya Dhammapala, trans. by Bhikkhu Bhodhi.

1) Giving has the characteristic of relinquishing; its function is to dispel greed; its manifestation is non-attachment; an object that can be relinquished is its proximate cause.

2) Virtue has the characteristic of composing, co-ordinating, and establishing; its function is blameless conduct; its manifestation is integrity; self respect and respect for others (The Guardians of the World) are its proximate cause.

3) Renunciation has the characteristic of departing from sense pleasures and existence; its function is to verify their unsatisfactoriness; its manifestation is the withdrawal from them; a sense of spiritual urgency (samvega) is its proximate cause.

4) Wisdom has the characteristic of penetrating the true nature of phenomena; its function is to illuminate the objective field, like a lamp; its manifestation is non-confusion, like a guide in a forest; concentration, or the Four Noble Truths, is its proximate cause.
5) **Energy** has the characteristic of skillful striving; its function is to fortify; its manifestation is indefatigability; an occasion for the arousing of energy, or a sense of spiritual urgency, is its proximate cause.

6) **Patience** has the characteristic of acceptance; its function is to endure the desirable and undesirable; its manifestation is tolerance or non-opposition; seeing things as they really are is its proximate cause.

7) **Truthfulness** has the characteristic of non-deceptiveness in speech; its function is to verify in accordance with fact; its manifestation is excellence; honesty is its proximate cause.

8) **Determination** has the characteristic of determining upon the requisites of enlightenment (*The Wings to Awakening*); its function is to overcome their opposites; its manifestation is unshakeableness in that task; the requisites of enlightenment are its proximate cause.

9) **Loving-kindness** has the characteristic of promoting the welfare of living beings; its function is to provide for their welfare and to remove resentment; its manifestation is kindliness; seeing the agreeable side of beings is its proximate cause.

10) **Equanimity** has the characteristic of promoting the aspect of neutrality; its function is to see things impartially; its manifestation is the subsiding of attraction and repulsion; reflection upon the fact that all beings inherit the results of their own kamma is its proximate cause.

Probably none of us as yet has reached the ideal of the full manifestation of these ten perfections -- were it so we would be *arahants*, fully awakened beings. However, all of us at some point in time have likely experienced each of these to some degree or another, perhaps last Wednesday under Phyllis’ guidance. Let this reflection on the *paramis* be a reminder of the values we hold as a *sangha*, as well a proximate cause for our determination to recognize these qualities when present. At that moment of recognition may we then follow the instructions of the fourth of the *Four Wise Efforts*: "Generating desire, endeavoring, arousing persistence, upholding and exerting one’s intent for the maintenance, non-confusion, increase, plenitude,
development, and culmination of skillful qualities that have arisen."

May practicing in this way be of benefit not only to ourselves but to all beings. May all hearts and minds awaken.

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

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)

August 2: Ron Vereen
August 9: Scott Bryce
August 16: Mary Mathews-Brantley (Guest Teacher)
August 23: Phyllis Hicks (Insight Dialogue)
August 30: Dave Hughey
Interpersonal Mindfulness Program

MEDIA NIGHT
Screening of Cowspiracy

REI Groundwater Presentation

Love, Grief, and Activism: Radical Dharma Vision of Change and Vulnerability with Lama Rod Owens

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

Upcoming Retreats will be announced

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 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 the course, Teaching Presence in Relationship: An Interpersonal Mindfulness Training for MBSR Teachers, in Holland, as taught by Phyllis Hicks and Florence Meleo-Meyer.

Flowing out of that professional training is the desire to offer the eight-week Interpersonal Mindfulness Program. Since
some people have reported being uncomfortable sharing in an open group and have chosen not to come on the Wednesday nights when Insight Dialogue is offered, 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 conducted 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. 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 and may impact our schedules.

Feel free to contact Daya (daya@yogainthehood.net or 919-797-0383) to register and to explore your interest. Please register by August 15 to facilitate planning for space. Later ok but would help to have numbers by 8/15.

Episcopal Center at Duke
505 Alexander Ave., Durham 27705
Tuesdays, Sept. 5 - Oct. 25
5:30 - 8:00PM
Daylong session Sept 30, location/times TBD
Cost: offered freely on a donation basis

REI Groundwater Presentation
Saturday, August 12 | 9AM-12PM

Feeling called to do something to promote justice and compassion in our community and beyond? You are invited to attend Racial Equity Institute’s Groundwater Presentation, co-sponsored by 22 local organizations, churches, institutions, and groups in the Triangle region. The presentation will provide participants with critical knowledge about the impact of systemic and institutional racism on our society in areas such as education, healthcare, and criminal justice. Racism hides itself within our nation’s systems and institutions, and we cannot resist what we cannot see. We need to learn to see.

Read more and sign up here. Suggested $10 donation. Snacks, childcare provided. Grab a friend and go!
Programs at UNC
Integrative Medicine

Saturday, August 12
CityWell United Methodist Church
2317 Chapel Hill Rd, Durham, NC 27707
9:00AM-12:00PM

Media Night
Friday evenings at the Episcopal Center

Friday, September 22, 2017
Potluck at 5:30, film at 7:00

Join us for a potluck supper followed by a screening of *Cowspiracy: The Sustainability Secret*, a documentary with a surprising take on the environmental movement and the interconnectedness of all beings. Featuring Richard Oppenlander, Lauren Ornelas, Michael Pollan, Will Tuttle, and more.

Important perspectives (not in the film) come from engaged Buddhists Bryant Terry and Dr. A. Breeze Harper, and the Food Empowerment Project.

The potluck begins at 5:30 PM. If you'd like to bring a plant-based dish, check out the recipes at IsaChandra.com and ByAnyGreensNecessary.com.

The film begins at 7:00. Feel free to attend either the film or the potluck, or both.

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 cleanup will be much appreciated.

Friday, September 22, 2017
Potluck: 5:30 PM
Screening: 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
Save the Dates!
Lama Rod Owens on 
Love, Grief, and Activism: 
Radical Dharma Vision of 
Change and Vulnerability 
October 17th - 22nd, 2017

We are fortunate to have Lama Rod Owens joining us for a week of activities in the Triangle which will focus on the above theme. So many of us are grieving and in deep mourning for the suffering that we are perceiving in the world as well in our own situations. We do not live in a society that is comfortable with our open grieving. Community based grieving is healing and transformative. When we combine community grieving with our deep aspirations to love, then we are able to better transform our grief into wisdom and joy. This is a radical vision of bringing our full selves into the complexity of living.

Lama Rod’s itinerary is still in the planning stages, but the tentative schedule thus far is as follows (please stay tuned to this space as details unfold):

- **Lecture at Duke**: Tues, 10/17, 3:05-5:35 pm
- **Dharma Talk, Triangle Insight**: Wed, 10/18, 6:30-8 pm
- **Public Talk**: Fri, 10/20, 7 pm
- **All Day Retreat/Workshops**: Sat, 10/21-22, 9 am - 5 pm

For those of you who are unfamiliar with Lama Rod, he co-authored *Radical Dharma: Talking Race, Love, and Liberation* with Rev. angle Kyodo Williams and Dr. Jasmine Syedullah. Many of us were involved in the visit last fall by Kyodo Sensei, and are excited for this opportunity to learn from Lama Rod as well. In addition to the book, Lama Rod has a [website](#) which generously offers his teachings in written and oral form.

You are welcome to join a short-term study group that will meet on four occasions to talk about his teachings. **The sessions will meet Sundays August 20 and 27, 4-5:30 pm, and Thursdays, September 28 and October 5, 6:30-8 pm.** Please contact the host, Karen Ziegler, at ziegli001@gmail.com if you are interested in attending any or all of these sessions. For the first session please read the article [Lama Rod Owens Brings Fierce Love to](#)
Beloit College. For the second session, read *The Work of Diversity: Getting Messy, Getting Uncomfortable*. During the last two sessions we will be touching on Lama Rod's writings in *Radical Dharma*.

Lama Rod Owens is the Guiding Teacher for the Radical Dharma Boston Collective and teaches with Inward Bound Mindfulness Education (iBme), where he is also a faculty member for the organization's teacher training program. He holds a Masters of Divinity degree in Buddhist Studies from Harvard Divinity School with a focus on the intersection of social change, identity, and spiritual practice. He is a co-author of *Radical Dharma, Talking Race, Love, and Liberation*, which explores race in the context of American Buddhist communities. He has been published and featured in several publications including Buddhadharma, Lion's Roar, Tricycle, The Harvard Divinity Bulletin, and Spirit Magazine. He has offered talks, retreats, and workshops for many organizations and universities including New York University, Yale University, Harvard University, Tufts University, University of Vermont, and Boston College. Lama Rod facilitates undoing patriarchy workshops for male identified practitioners in Brooklyn and Boston and his current writing project is an exploration of intersectional masculinity and spirituality. Lama Rod is officially recognized by the Kagyu school of Tibetan Buddhism.

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.

CARRBORO, with Bree Kalb
Mindfulness 101

This is an introductory class designed for adults who want to
establish or revive a meditation practice. We also focus on strategies to bring mindfulness into your daily life. Classes are small (6-8 people), relaxed and enjoyable. Each class builds on the previous one, so plan to attend all 4 sessions. In addition to daily practice, you'll also be reading Jon Kabat-Zinn's classic, *Where Ever You Go; There You Are*, between class meetings.

**Tuesdays: Aug. 29; Sept. 5, 12, & 19. 6:00-7:15 PM**
**Time: 6:00-7:15**
**Location: downtown Carrboro**

$90 for the entire series of 4 classes
Partial scholarships available

After a brief informational phone call with Bree (919-932-6262 ext 216), you can register at [www.getminded.com](http://www.getminded.com)

For more information:
[http://www.thewellnessalliance.com/BreeKalb.html](http://www.thewellnessalliance.com/BreeKalb.html)
[https://www.facebook.com/korumindfulness](https://www.facebook.com/korumindfulness)

**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: [http://www.getminded.com/](http://www.getminded.com/)

**ADDITIONAL MINDED CLASSES with**
Lauren Prochnow Phillips and Karen Bluth
Mindful Self-Compassion, 2 mornings  
August 7-8, 2017  TEENS  
Time: 9:30am-12:00pm  
Location: First Presbyterian Church  

Mindful Self-Compassion, 4-day Intensive  
August 8-11  PRE-TEENS  
Time: 9am-1pm  
Location: Holy Trinity Lutheran Church, Chapel Hill  
The class is a 4 day intensive of the 8 week program.  
Registration is open to ages 10-13.  

Mindful Self-Compassion 8 week course  
September 6-October 25, 2017  ADULTS  
Time: 6:00-8:30pm  
Location: TBA  

For more information and to register for these classes, visit www.getminded.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.
Caring Circles
A Sangha Support Initiative

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

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

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

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

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

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

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
Mary Mudd is the current SP coordinator.

UPCOMING and ONGOING ACTIVITIES

- **Meetings.** Meetings are held on a quarterly schedule. Please [email Mary](mailto:email) if you would like to be part of the planning committee. The next meeting is being planned for some time in October.

- **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!

  Our next event is the film, Cowspiracy, scheduled for September 22. Find more information in the announcement above.

- **If you would like to see a particular film, or have an idea for a program to share with Dharma friends, please contact Gerri McGuire at gmcguire04@gmail.com.**

- **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 ACTIVITIES

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

- **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.

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

- **Retreats.** Several weekend retreats were organized in 2016. Other TIM sponsored retreats will be announced in future newsletters, including Days of Silence at the Episcopal Center.

> *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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**Spiritual Friends Groups**

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

~ The Buddha

Scott Bryce's recent dharma talks have offered beautiful teachings on the hindrance of anger and the distinction between anger and hostility. As Christina Feldman notes, in *She Who Hears the Cries of the World*,

https://ui.constantcontact.com/visualeditor/visual_editor_preview.jsp?agent.uid=1128438707842&format=html&printFrame=true
It is not that the compassionate heart will never feel anger. Faced with the terrible injustice, oppression, and violence in our world, our hearts tremble not only with compassion but also with anger. . . . One of the great arts in the cultivation of compassion is to ask if we can embrace anger without blame. Blame agitates our hearts, keeps them contracted, and ultimately leads to despair. To surrender blame is to maintain the discriminating wisdom that knows clearly what suffering is and what causes it. To surrender blame is to surrender the separation that makes compassion impossible.

Our spiritual friends groups provide a special opportunity to practice skillfully with hostility and blame. In sharing our experiences with a small group of trusted friends, we can be held with tenderness and care. This supports deeper understanding, and hostility and separation can gradually be released. Our hearts begin to soften, and compassion for ourselves and others can blossom.

**Kalyana Mitta Groups**

**Young Adults KM Group** for those their 20s and 30s meets in Durham and Chapel Hill-Carrboro, and there are still openings for new members. The group offers an opportunity to explore the dharma in our practice and daily lives with peers in the same phase of life.

**Insight Dialogue KM Group** has openings for individuals with Insight Dialogue experience.

**Secular Buddhism KM Group** now has openings for several new members. The current reading is Ajahn Sumedho's, *Don't Take Your Life Personally*.

**Chapel Hill-Carrboro KM Group** also now has openings. **Raleigh KM Group** has a waiting list, and **A Year to Live KM Group** is currently closed.

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 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**
New Durham Racial Affinity Group: Members of our four Racial Affinity groups continue to deepen self-awareness around issues of race in small, racially homogeneous groups that integrate the dharma into members’ personal and collective exploration. Others are eager to participate in this important work, and we're currently developing a third Durham Racial Affinity Group. Ruth King’s Guidelines for Cultural Affinity Groups offer wise understanding and support for the sharing and reflection that's needed as we engage in this important work.

If you are interested in joining, would like to start a group in another community, or would like more information, please talk to Sarah Tillis, KM Coordinator, email Sarah, 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 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.

Organizing Against Racism NC
Workshops Being Offered

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

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

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

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

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

Please contact us at info@triangleinsight.org if you:
1) have any questions about this initiative; 2) would like to be considered for a scholarship; 3) want to contribute toward a scholarship; and 4) wish to be a part of the core group to discuss our plans after completing the trainings.

**OARNC**
**Meeting at a variety of times & dates in Durham & Chapel Hill**

Each workshop is two days, 8:30 AM – 5:30 PM
Cost: $275 ($225 with 3+ discount; student $175)
and includes breakfast and lunch

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**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

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
Goings-on in the Sangha

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

If you would like to post something here, please submit your request by the 15th of each month to info@triangleinsight.org

Spiritual Friends Groups

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

There are now openings in the Secular Buddhism Kalyana Mitta Group. Visit the link above, or go to the TIM webpage.

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 Join.

The TIM 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. NEW Caring Circles. For information, go HERE

Continuing the Conversation

Based on the best-selling book, Being Mortal: 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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Painting Day
A Shramadana Project for the Episcopal Center

On Saturday, July 15th, fourteen of us from Triangle Insight gathered in the Great Room of the Episcopal Center to paint the trim that included all the doors, baseboards, and windows. Swinging to the music of Duke Ellington, Benny Goodman, Count Basie and others, we were able to put most of the paint where it belonged, in between snacks and great conversation.

Many thanks to Tanya Arbogast, Elizabeth Amend, Chanel Copeland, Ken Drum, Mary Grigsby, Leslie Killeen, Gordy Livermore, Francesca Morfesis, Mary Mudd, Barbara Shumannfang, Ron Vereen, Kate Young, and Dick Wilson for showing up. And a special thanks to Howard Staab for coordinating the event and supplying what we needed to get the job done -- in only four hours!

And Barbara documented our handiwork:
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 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 Cornelia Kip Lee at ckip@icloud.com.

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

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.

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.

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

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

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

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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