



Triangle Insight Meditation Community

triangleinsight.org

Season's Greetings to all!

As this year comes to an end, we want to take this opportunity to thank you for your participation in and support of the Triangle Insight Meditation Community. In looking back over the past several years, we find our hearts warmed by how the sangha has blossomed, and trust that we will continue to accomplish our mission of supporting and deepening your practice of insight meditation.

Another dimension of our mission is to explore the relevance of the ancient teachings of the Buddha for our contemporary lives. As lay practitioners this aspect of practice is fundamental as we are encouraged to use our lives as a vehicle for awakening, to continually see if we are living in line with the Dharma. From this perspective an appropriate question would be, "how do we understand our lives, and how are we living?" As the Buddha instructed, look to see where you are suffering. What better time to apply this investigation than the holiday

season, with all the challenges and opportunities that this time of year may bring.

One sangha member recently quipped, "reflecting on the holidays, we are reminded of the dysfunction in our families, and all the hustle and bustle makes us want to curl up and hibernate in our beds!" Although said in jest, and a little levity helps, there was probably some truth to this statement. If so, it sounds like some form of suffering. Fortunately for us the Buddha's approach to suffering has not changed in over 2500 years. What he taught is as relevant today as it was then: suffering is to be understood, its cause abandoned, its cessation realized, and the path to accomplish this is to be developed. He served by example, embodying the principles he was teaching, leaving us a set of instructions which have been passed on and have endured down through the ages.

This path the Buddha encouraged all of his followers to develop is what is known as the Noble Eightfold Path, which we have addressed in numerous talks at Triangle Insight and will continue to discuss, as it is a cornerstone of his teachings. If you have yet to explore this in some detail for yourselves, we encourage you to do so in the coming year. We are fortunate to have contemporary Buddhist scholars like Bhikkhu Bodhi who translate and synthesize these teachings, making them accessible to all. A wonderful starting point would be his freely available writings on the topic from Access to Insight, one mouse-click away at this link: [**The Noble Eightfold Path: The Way to the End of Suffering.**](#)

May we all move through this holiday season with curiosity, openness, acceptance, and loving-kindness in the hopes that each experience can be transformed into a valuable teaching, moving us toward awakening.

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

Wednesday Meditation Group



Sitting Opportunities

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Classes and Events

[Devoting Yourself to Practice](#)

[Stepping Out of Self Deception](#)

[MBSR Classes Forming Now](#)

[Opening the Heart to Difficulty](#)

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.

Schedule:

December 5: Ron Vereen
 December 12: Cynthia Hughey (Holiday Party)
 December 19: Jeanne van Gemert
 December 26: No Meeting (Holiday)

January 2: Dave Hughey
 January 9: Cynthia Hughey
 January 16: Jeanne van Gemert
 January 23: Phyllis Hicks (Insight Dialogue)
 January 30: Ron Vereen

Wednesday Evenings

6:30 - 8:00 PM
(Insight Dialogue from 6:30 - 8:30 PM)
Episcopal Center (EC) at Duke
505 Alexander Avenue
Durham, NC 27705

Holiday Party at Triangle Insight

Please join us for a holiday gathering and social following our regularly scheduled sangha meeting on Wednesday, 12/12/12! Take advantage of this opportunity to meet new faces and catch up with others in the sangha. We will follow our regular meeting format from 6:30 - 8 PM, and then enjoy good food and fellowship from 8 - 8:30 PM. If you plan to attend, please bring a treat to share, and Triangle Insight will provide the beverages.

Wednesday, December 12

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

Opening to Life:

A New Year's Insight Dialogue Retreat with Phyllis Hicks and Florence Meleo-Meyer

Experiencing Mindfulness

Japanese Tea Gatherings

Upcoming Retreats

Opening to Life

Goings On in the Sangha

Director Position Open at Stone House

Dharma Contemplation Group

The Alice Project

Sarnath, India
www.aliceproject.org

Follow the outstanding school for which our sangha has provided support



"All experience is preceded by mind." Buddha

We go through much of life living out of habit. Coasting along on autopilot, we are unaware of the underlying views that shape our perceptions and create the very lives we lead. A simple pause into mindfulness and wisdom can shift our thoughts and perceptions yielding insight and release from stress.

Join us for a **3 day residential retreat** to contemplate the experience of releasing habitual views, trusting emergence, and opening to life's wisdom. We will cultivate the qualities of mind that blossom naturally into open, wise and compassionate presence in our daily lives.

The practice of **Insight Dialogue** draws together the stillness of concentration, the brightness of mindfulness, and the deep wisdom of Buddhist teachings. We explore our moment-to-moment experience while meditating in dialogue with others.

For more information and to register please go to this link: www.metta.org: Insight Dialogue: Opening to Life; or contact Marilyn @ marilynhartman@gmail.com. Registration closes on December 21; after that, all questions should be directed to phyllishicks@mindspring.com.

The Stone House
Mebane, NC
January 3 - 6, 2013

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Devoting Yourself to Practice: Entering the New Year with Intention An On-line Program with Ron Vereen

A regular, preferably daily meditation practice is considered an integral part of awakening to the Dharma. In the Buddha's formulation of the threefold training of the Noble Eightfold Path (wisdom, morality, concentration), three of the eight path factors are devoted to the concentration group (wise effort, wise mindfulness, and wise concentration), and are associated with the practice of formal meditation. The Buddha thus placed an emphasis on



meditation practice, repeatedly exhorting his disciples to go to the foot of a tree or to an empty hut, to sit down with legs crossed, and to place mindfulness before them.

If you find that you are having difficulty establishing a regular meditation practice, then what better time than the New Year to revisit your intention. This on-line program during the month of January is being offered as a way to do just that in the hopes of helping you to develop more devotion to practice. And you don't have to go to the foot of a tree or an empty hut, but can remain in the comfort of your own home! However, you will be encouraged to practice.

During each week of January you will receive links to guided meditations that will help to 1) establish a foundation of concentration, 2) enhance the practice of mindfulness, 3) explore the spaciousness of awareness, and 4) move the heart toward greater loving-kindness, compassion, and equanimity. There will also be suggested readings as well as an opportunity to join in an on-line discussion group. This program is open to those with all levels of meditation practice, and is being offered free of charge, with donations welcomed for the teacher and Triangle Insight.

For more information or to register, contact Ron Vereen at rlvereen@aol.com.

Month of January 2013 Triangle Insight Meditation Community

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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

**Triangle Insight, Episcopal Center at Duke
6:30 - 8:30 PM**

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Goings-on in the Sangha

This section in the newsletter is where sangha members may list a variety activities or announcements for everyone to view, e.g., study groups, social gatherings, and any classes or other events that you consider relevant to the mission of our sangha. If you would like something included, please submit your request by the 20th of each month to [**info@triangleinsight.org**](mailto:info@triangleinsight.org).

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Director Position Open at Stone House

We have been informed that the Stone House, a lovely retreat center only 30 miles away, and one many of us have visited, is looking for a new Executive Director. If you or anyone you know may be interested, please go to the following link for more information about the position and instructions on how to proceed:

[**Executive Director Position at Stone House**](#)

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Dharma Contemplation Group

Interested in "preparing for a meeting with the unknown?"

Dharma Contemplation is a companion practice to Insight Dialogue. Like ID it was developed by Gregory Kramer. In Dharma Contemplation we immerse ourselves in a short excerpt of the Buddha's words and allow them to transform

us. By first hearing and then repeatedly reading the text, it saturates our minds. Layer after layer, joined in mindfulness and inquiry, we deepen our understanding and experience of the teachings as we contemplate them together in a small group.

Join us on the fourth Sunday of every month from 3:30 - 5:00. Email **Beverly** at beverly143@frontier.com, or call **Tamara** at **919-493-2674, x 114** for more information. The next meeting is 12/30, and in 2013 the following dates have been set: 1/27, 2/24, 3/24, & 4/28.

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Book Study Group on *Stepping Out of Self-Deception*


This study group led by Ron Vereen has been meeting since February 2011, and has completed reading Rodney Smith's book, *Stepping Out of Self-Deception*. Many in the group expressed interest in taking the exploration further using this same text, and in view of the robust response, Ron has decided to have two groups so as to accommodate as many as possible, one in the morning and one in the afternoon. There is now a wait list for participation, so if interested in being placed on the list in the event space opens up, or if you have questions, please contact Ron at rlvereen@aol.com.

One Saturday Monthly
Schedule determined by participants
10:00 AM - 12:00 noon
1:00 PM - 3:00 PM
One Heart in Durham

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Mindfulness-Based Stress Reduction Classes Duke Integrative Medicine

For those of you who would like to have a progressive and systematic instruction in a variety of mindfulness practices from the healthcare perspective, you may want to consider



taking one of the classes of the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine. This is an eight-week class that uses a variety of forms of practice to examine the stress in one's life and to help bring about a more skillful way of relating to it. The next cycle will begin with an orientation session the week of January 7, with classes beginning the week of January 14, and running through the week of March 4, with a Day of Mindfulness on February 23. A variety of class times are offered in both Durham and Raleigh/Cary, and financial assistance in defraying some of the cost is available for those who may have that need. In addition, a distance learning class is now offered for those who are unable to attend on site, as well as a research class for qualified participants. For more information or to register, call **919-660-6826** or go to <http://www.dukeintegrativemedicine.org>. Classes often fill, so you may want to register early.

Week of January 7 - March 4, 2013
Various class times and locations available

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Opening the Heart to Difficulty

Monthly class with Ron Vereen

Ron Vereen leads a monthly class on "Opening the Heart to Difficulty" at [Duke Integrative Medicine](#). There is a \$10 charge for the class, which is open to the public, with all levels of meditation experience welcome.

First Thursdays
10:30 AM - 11:45 AM

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Experiencing Mindfulness

Weekly class with Jeff Brantley

Join Jeff Brantley, Director of the Duke Mindfulness-Based Stress Reduction Program, for a weekly class on "Experiencing Mindfulness" at [Duke Integrative Medicine](#). There is a \$15 charge for the class, which is open to the public, with all levels of meditation experience welcome.

Wednesdays
12:00 PM - 1:00 PM

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Buddhist Families of Durham

Currently consisting of 74 beings in 22 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 Bodhi School with our three 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: sumi@buddhistfamiliesofdurham.com

phone: 919-613-0160

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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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Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:15-8:00 AM in the Watts-Hillandale Neighborhood. There is no charge for participation, and donations are accepted to support the use of the space. For more info contact Ron at rlvereen@aol.com. Please note that there will be no meetings on Monday 12/24, Thursday, 12/27, and Monday, 12/31.

Monday and Thursday Mornings

7:15-8:00AM

2205 Wilson St., Durham, NC 27705

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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 call/email Ed at 919-636-2889/spaceferrets@yahoo.com.

Tuesday Nights

7:00 - 8:15 PM

Chapel Hill Zen Center

5322 NC Hwy 86

Chapel Hill, NC 27516

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Meditation for People of Color

This new group meets monthly for meditation and a dharma talk by Venerable Pannavati. This group is open to all people of color, including Asian, Indian, Hispanic, Latino, Native American, and mixed heritage. For more information, please contact the group's coordinator, Jeannine Montgomery at jeannine@margiesrose.com.

Bhikkhuni Pannavati, co-abbot, spiritual director and founder of the Hermitage, is a Buddhist nun ordained in both the Theravada and Mahayana (Chan/Zen) traditions. An African-American, she is also a former Christian pastor with a doctorate in religion. She is the founder and president of MyPlace, a shelter and school for homeless and at-risk youth near Asheville, NC. The teens also work in the non-profit bakery of MyPlace, the My Gluten-Free Bread Company.

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Traditional Japanese Tea Gatherings at Duke Gardens with Nancy Hamilton

Urasenke Traditon of Tea

Join us for a moment of respite in the Duke Gardens teahouse, where, as a guest to Tea, you will experience the warmth of a traditional Japanese tea gathering. Enjoy the aesthetics, poetry, and serenity of this rich tradition over an enticing bowl of whisked green tea and a Japanese confection. Guests will meet at the Doris Duke Center to be escorted to the teahouse for these intimate gatherings. On Saturdays, children 6 years and older are welcome with an accompanying adult, at the family rate. With questions regarding the Tea Program at the Duke Gardens, including these fall tea events, private tea gatherings, class visits (K thru University), or study of the Way of Tea, please don't hesitate to contact Nancy by phone at (919) 286-0655 or at nancy.hamilton@duke.edu.

Fri., 2/8, First Voice of Spring Tea; 10:45 AM & 1:45 PM

All gatherings are limited to 10 participants
 Fees: \$40; Friends \$30; Family rate \$40 per adult/child
 Pre-registration required, parking pass included

To register contact Sara Smith, 919-668-1707, or at sismith@duke.edu

Duke Gardens

Meet at the Doris Duke Center
Dates and times listed above

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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 who's 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 we announced our recent classification as a non-profit with the State of North Carolina, and in June we completed our application to the IRS for designation as a 501(c)(3) religious organization. While we are now officially a non-profit moving towards our 501(c)(3) status with the IRS, we wanted to thank people who volunteered to help us with a Board. Since the most consistent advice we received was to "keep it simple," the Board will consist of the four founding teachers. However, to grow, nourish and support our sangha we need input, advice and energy from us all and we are looking into how to best do that. Your suggestions are always appreciated. Please contact us at info@triangleinsight.org with any ideas or recommendations.

[Forward email](#)



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