

Triangle Insight

Meditation Community

Greetings to all!

As we enter 2011, how many of us have made New Year's resolutions? Perhaps you are one who dutifully decides what you want to change as of January 1, and then sets out on the course to do so, only to find your resolve weakening as the days or months roll by. Or, you vow not to make any resolutions, which is in itself, an action that could be considered a form of resolve. And if it is a vow not to change anything, would this be considered unwise?

It may be helpful to reflect on what the Buddha laid out for us with respect to this issue, and to put this teaching in proper perspective. As part of the Eightfold Path, Wise Resolve (renunciation or restraint, good will and harmlessness) is but one factor of eight in the path of development, informed by Wise View and followed by the factors relating to ethical conduct (Wise Speech, Wise Action, Wise Livelihood) and the practice of meditation (Wise Effort, Wise Mindfulness, Wise Concentration). With due diligence, this practice bears the fruit of wisdom and compassion, leading ultimately to freedom from suffering. It does not appear to be restricted to one part of the year, but rather was intended to encompass the whole of our lives.

So, as we embark upon this new year, we are reminded to take up the practice in a comprehensive way, not limiting it to a particular season, or for that matter, to a single factor of the path, and to utilize whatever supports we can to maintain our resolve. It is our hope that Triangle Insight and the sangha of practitioners can be such a support so as to reveal the wisdom and compassion inherent within each of us. You are invited to join us for our ongoing exploration of these ancient teachings and to discover their relevance for contemporary times.

Our warm wishes to each of you for the New Year!

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

Sitting Opportunities

[Wednesday Meditation Group](#)

[Buddhist Families of Durham](#)

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[Chapel at Duke Hospital](#)

[Recovery Group](#)

The Alice Project

Sarnath, India

www.aliceproject.org

Follow the outstanding school for which our sangha raised funds last year!

Upcoming Retreats

[Recovery Retreat](#)

[Yoga Body Buddha Mind](#)

[Loving Kindness and the Path of Peace](#)

[Insight Dialogue Retreat](#)

[Exploring the Wanting Mind](#)

[Yoga and Mindfulness Workshop](#)

Wednesday Meditation Group

All levels of meditation experience are welcome, and the teachings are offered free of charge, with donations accepted for the facility and 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

January 5th: Ron Vereen
 January 12th: Cynthia Hughey
 January 19th: Jeanne van Gemert
 January 26th: Phyllis Hicks (Insight Dialogue)

Wednesday Evenings

7:00-8:30PM

(Insight Dialogue is now 7:00-8:30PM)

Duke University Episcopal Center (EC)

505 Alexander Avenue

Durham, NC 27705

Daylong Recovery Retreat

with Jeffrey Schneider

This day-long retreat will include meditation instruction for those new to the practice, several periods of sitting and walking meditation, a talk and discussion, and a silent lunch. The retreat will end with a Twelve Step meeting. Suggested donation \$25. Bring your own lunch. Tea and coffee provided.

January 15th, 2011

9:00 AM - 5:00 PM

Chapel Hill Zen Center

5322 NC Hwy 86

Chapel Hill, NC 27516

Yoga Body Buddha Mind

with David Nichtern & Cyndi Lee

Join OM yoga center Director Cyndi Lee and senior Shambhala Buddhist teacher David Nichtern as you embark on a journey to invite your body and mind back into balance. ALL LEVELS WELCOME! For more information visit www.bluepointyoga.com .

Cultivating Self
Compassion and Joy

Eno River Buddhist
Community

Classes

TIMC Study Group
Forming!!

Mindfulness Based
Cognitive Therapy

Introductory
Meditation

Recovery Class

January 21-23, 2011

Blue Point Yoga Center
2816 Erwin Rd
Durham, NC
919-381-6419

Loving Kindness and the Path of Peace

with Sharon Beckman-Brindley and Phyllis Hicks

The teachings on loving kindness speak of goodwill toward all beings, without exception. Loving kindness is not about "being good". Still less is the practice about craving some different or exalted state. Rather, loving kindness is a manifestation of the natural care that emerges when the mind is at peace. In this retreat we will practice both silent meditation and Insight Dialogue. More information can be viewed at www.phyllishicks.com/offerings.

January 22, 2011

Charlottesville, VA

New Year Insight Dialogue Retreat: *Opening to Life*

with Phyllis Hicks and Mary Burns

In our efforts to fix things and improve we often miss the wisdom of pausing and listening deeply. Mesmerized by doing, we fail to cultivate moments of letting go and opening to experience just as it actually is. A simple pause into mindfulness and wisdom can shift our thoughts and perceptions yielding insight and release from stress. Join us for a day of cultivating the qualities of mind that blossom naturally into open, wise and compassionate presence in our daily lives. More information can be downloaded **here** or visit www.phyllishicks.com/offerings.

January 29, 2011

9:30 AM - 4:00 PM
2517 Perkins Rd
Durham, NC 27705

Exploring the Wanting Mind



with Sasha Loring

A one day meditation workshop. Please see the retreat **flyer** for more information.

February 26th, 2011

9:00 AM - 4:00 PM

Chapel Hill Zen Center

5322 NC Hwy 86

Chapel Hill, NC 27516

Yoga and Mindfulness Workshop

with Frank Jude Boccio

Hillsborough Yoga will be sponsoring a workshop with Frank Jude Boccio, *The Four Foundations of Mindfulness: The Awakened Union of Breath, Body and Mind*. For more information go to www.hillsboroughyoga.com.

March 18-20, 2011

Hillsborough Yoga and Healing Arts

1812 Becketts Ridge Dr

Hillsborough, NC 27278

The Power of Meditation: *Cultivating Self Compassion and Joy in Mindfulness*

with Jeanne van Gemert and Mary Brantley


Meditation teaches us how to more skillfully work with ourselves. Compassion and joy are inner states we can turn toward, cultivate and rest in. In the busyness and fast pace of our lives, we often overlook moments and opportunities of self-compassion and joy that naturally exist in us all.

All levels of experience and practice traditions are welcome. This non-residential retreat is open to new meditators and to experienced practitioners. Please register early as retreats at DCIM tend to fill early. For more information see the **flyer**, call 919-660-6826 or visit www.dukeintegrativemedicine.org.

March 25-27, 2011

Duke Integrative Medicine

Center for Living Campus



3475 Erwin Road
Durham, NC 27705

Upcoming Retreats with Eno River Buddhist Community

Avila Retreat Center

May 6-9, 2011, Fri-Mon, with Gregory Scharf
Dec 7-12, 2011, Wed-Mon, with Richard Shankman

Save the dates and we will keep you posted as more details become available.

Triangle Insight Study Group

Several people have asked about the possibility of a study group forming to explore in more depth Rodney Smith's book *Stepping out of Self Deception*. The proposed idea at present would be to meet on a Saturday morning once monthly for two hours, with a period of meditation included, with the specific day and location to be decided. If you are interested, please contact Ron at Ron@triangleinsight.org.

Recovery Classes

with Jeffrey Schneider

During these three evenings, the group will explore the connections between Buddhism and recovery work. For more information contact 919-967-0861 or pphelan@nc.rr.com.

January 15th-17th (Sat-Mon nights)
7:30 PM until
Chapel Hill Zen Center
5322 NC Hwy 86
Chapel Hill, NC 27516

Mindfulness-based Cognitive Therapy (MBCT) Program

with Dr. Lori Ebert and Dr. Phyllis Hicks

MBCT is an evidence-based group designed to prevent relapse in people who have experienced multiple episodes of depression. At

the heart of this work is developing a new relationship to modes of mind that are associated with depressive relapse (e.g. rumination) through the cultivation of mindfulness. Information can be downloaded **here** or viewed at: www.phyllishicks.com/offerings

Thursdays, February 3 - March 24, 2011

8 Week Course

Meetings will be in Durham

Contact Dr. Hicks for further information

Introduction to Mindfulness Meditation Course

For a comprehensive introduction to the practice of mindfulness meditation, you may want to consider enrolling in one of the eight-week courses of the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine. The winter cycle will begin the week of January 18, with several class options offered. For more information go to www.dukeintegrativemedicine.org and click on "classes & events," or call 919-660-6826.

Buddhist Families of Durham

A group of currently about ten families 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 community, conduct, meditation, and Buddhism in the parent-led Children's Dharma Program. We meet in the spacious home of a member near Duke's East Campus.

Sunday Mornings

10:30AM-12:00PM

please contact Sumi Loundon Kim for details

email: simplysumi@gmail.com

phone: 617-501-3877(c) or 919-613-0160(h)

Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:00-7:45AM. For more info contact Ron at Ron@triangleinsight.org

Monday and Thursday Mornings

7:00-7:45AM
Yoga in the Hood
2205 Wilson St
Durham, NC 27705

Chapel at Duke Hospital

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 681-3989 or Annette Olsen at 684 -2843.

Thursday Afternoons

3:00-3:30 PM
The Chapel
6th Floor of Duke North

Recovery Group

a Buddhist Perspective on the Twelve Step Program

The meetings begin and end with silent meditation. For more information call 919-265-7600, email zensetter@gmail.com or call/email Ed at 919-636-2889/spaceferrets@yahoo.com.

Monday Nights

7:00 PM
Chapel Hill Zen Center
5322 NC Hwy 86
Chapel Hill, NC 27516

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