



Triangle Insight Meditation Community

July 2017

triangleinsight.org

Greetings to all -

Last month we invited you to consider the eight principles for our times that were offered in an article by Dawa Tarchin Phillips in Tricycle Magazine (Summer 2017). The article's title, "What to Do When You don't Know What's Next," reminds us of a well-known and oft-quoted bit of advice from Anne Alonzo, a respected giant in the field of group psychotherapy. Alonzo's words of wisdom, when you don't know what's next, are to "don't just do something, sit there."

Since many of us as children may have often heard the exhortation "don't just sit there, do something!", Alonzo is obviously questioning the wisdom of this advice when uncertainty abounds. She is inviting us to sit without acting until there is greater clarity. From a Buddhist perspective this would be the wisdom borne of inquiry, investigation, discernment, insight, and understanding, all of which are supported by conviction, energy, mindfulness, and concentration. In some Buddhist circles this is described as "listening with the Dharma or Buddha ear" – a deep listening evoked by the images of the Buddha sitting in meditation, fully present to experience "...both internally and externally...arising and passing...mindful to the extent of clearly knowing...abiding

independent and not clinging to anything in the world" (*Satipatthana Sutta*, MN 10). We would especially emphasize not clinging to the impulse coming from the sense-of-self to act rather than to sit, but rather to follow the guidelines of Insight Dialogue to sit and pause, relax, open, trust emergence, and then listen deeply and speak or act from a more wise and compassionate perspective that is aligned with the truth. In so doing we are listening to the Dharma, from which the Buddha says there will be five benefits: "What five? One hears things not heard before, clarifies things heard before, dispels doubts, straightens one's ideas, and one's mind is delighted." (*Dhammassavana Sutta*, AN 5.202)

In these uncertain times, as we look around at what is being played out in the geopolitical arena, our practice implores us to bear witness to the enormous suffering of the world, as painful and challenging as this may be. Thich Nhat Hanh invites us in his article "Practicing Listening with Empathy", to listen with the embodied compassion of Avalokiteshvara, whose name is translated as "the one who listens to the pain of the world." He goes on to say that it is because of this deep listening that he became enlightened, and even then, continued to listen. Thay offers this reading as we evoke the name and image of the bodhisattva of compassion:

"We evoke your name 'Avalokiteshvara'. We aspire to learn your way of listening in order to help relieve the suffering in the world. You know how to listen in order to understand. We evoke your name in order to practice listening with all our attention and open heartedness. We will sit and listen without any prejudice. We will sit and listen without judging or reacting. We will sit and listen in order to understand. We will sit and listen so attentively that we will be able to hear what the other person is saying and also what the other person is leaving unsaid. We know that, just by listening deeply, we alleviate a great deal of pain and suffering in the other person."

We would add that this practice not only helps alleviate pain and suffering in others, but in ourselves as well. This deep listening is a gateway to the equanimity which co-arises along with 18 other wholesome mental factors to support and sustain our turning toward, not away from the pain and suffering in all of us. And may we do so in the spirit expressed in a poem by Lynn Martin titled "Under the Walnut Tree", a few lines from which read "...Somewhere, there is a deep listening...I feel the darkness rush towards me, and I open my arms."

Like Avalokiteshvara, may we open our arms, our eyes, our ears, and our hearts to the suffering of all beings. In so doing, may we all be free.

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



Sitting Opportunities

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[Insight Dialogue at Triangle Insight](#)

[TI Morning Meditation](#)

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Art; Self-Compassion
Pre-Teen, Teen, Adult

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)

July 5: Ron Vereen

July 12: Scott Bryce

July 19: Jeanne van Gemert

July 26: Phyllis Hicks and others (TI's **8th** Birthday Party)

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

Monday and Thursday Morning Meditation

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

Episcopal Center at Duke

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

What Happened at the at the NC General Assembly?

SITTING TOGETHER
A Curriculum
for Mindful Families

Organizing Against
Racism/Dismantling
Racism Workshops

**Upcoming
Retreats will
be announced**

Goings on in the
Sangha

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of Triangle Insight

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Spiritual
Friends Groups

Kalyana Mitta

Racial Affinity

Keeping a Presence in Mindful Meditation

On Thursday, June 8, from 10am-12pm, Jean Hamilton, Ron Vereen and well over a dozen members of our sangha as well as other communities, gathered at the NC General Assembly building on W. Jones Street to publicly voice dissatisfaction with the current NC legislature on matters of social and political policy.

Keeping a presence with determination and mutual accord, this direct action sangha sat on cushions and chairs for 45 minutes of guided and silent mindful meditation in one of ground level courtyards.

Meditation was followed with activity that embodied dharma teaching. First, the meditators used their skills of the Eight-Fold Path to talk with State Representatives in impromptu "town hallway" discussions, and gave them a flyer explaining their concerns. Then they listened to a formal House debate, where among the business at hand was the Governor's call for a special session to redraw voting districts. All in all, this was an experience requiring great equanimity.

**Let's listen to what some of the participants tell us
about their experience, and take a look at that flyer.**

"Having never been to the NCGA, I had some initial anxiety as to what we may encounter, which continued with me until we sat down in Courtyard 1000 to meditate with 20 of us from Triangle Insight. That, along with Jean Hamilton's orientation to the building, reminding us that this was our house, helped assuage most of my uneasiness. The discouragement of sitting in on the House vote that narrowly repealed the state's pistol permit application system (HB 562) was overshadowed by our "town hallway" discussion with representative Graig Meyer from NC House District 50, who reassured us that the new version of the bill would be vetoed by Gov. Cooper, and [the bill's proponents] did not have the votes to override the veto. Moreover, he felt the bill would die in the Senate, since they did not want to lose. His sincere expression of his appreciation for our visit, along with the company from Triangle Insight, made me appreciate that in the midst of feeling powerless over the current political climate, we could at least do something -- show up and embody our core values!"

--Ron Vereen

"My aspiration in joining Triangle Insight's visit to the NCGA was to listen. Carpooling over with three other members of the TI community was an opportunity to listen to others' prior experiences at the NCGA. Listening to Jean Hamilton's orientation and Ron's guided meditation helped ground and nourish my aspiration. During our meditation, the sound of the fountain reverberating through the courtyard was a reminder of the transformative potential of flowing water, and how even gentle influence can effect change over time. Listening to the proceedings on the floor of the General Assembly was somewhat less inspiring, though telling, in that the hall quite literally is an echo chamber. Our visit was bookended by Jim

Ongoing Classes and Events

[Mindfulness Awareness Training with Tamara Share PhD](#)

[Mindfulness Programs at Duke Integrative Medicine](#)

[Mindfulness Programs at UNC Integrative Medicine](#)



Sender's ringing of the replica Liberty Bell outside the NCGA -- three resounding chimes as we arrived, and three chimes as we departed, accentuating the mindful nature of our visit. On this occasion, at least, we had come to practice, not to protest, and I feel gratitude for having had this opportunity to further explore the contours of Engaged Buddhism."

--Scott Bryce

"[W]hen we arrived and were getting ready to meditate in the Courtyard, Representative Marcia Morey (NC House District 30), who sometimes attends our sangha, came over to greet us. She commented that our contemplative presence was very helpful for lowering everyone's blood pressure."

--Jeanne van Gemert

Here is the flyer:

Why We Bring Mindfulness Meditation to the NCGA - June 8, 2017

Mindfulness seems to be everywhere these days. To use Jon Kabat-Zinn's definition: "Mindfulness is the awareness that arises through paying attention on purpose in the present moment, and non-judgmentally". Discussions on mindfulness are found in many different places including newspapers, medical centers, schools, and boardrooms. This ubiquity may lead some people to conclude that it will be a passing fad. However mindfulness is something that every human does at some point in one's life and the deliberate cultivation of mindfulness meditation and related practices have been done for at least 2,500 years.

We are practitioners of mindfulness meditation at Triangle Insight Meditation Community, other Buddhist communities, and non-Buddhist communities.

We practice because it helps us to respond calmly and productively to the challenges of living in our complex world characterized by stress, struggle, impermanence, and interdependence.

We practice using our breath and other points of focus to develop mindful, calm, nonjudgmental, and compassionate attention to what is happening in the present moment in our own minds and in the external environment.

This practice helps us accept the painful aspects of our lives with fewer attempts to escape our suffering through drugs, alcohol, depression, anger, blaming others, or other destructive actions. We are better able to step away from rigid views of how the world should be, be more open to how the world really is, and recognize our common humanity.

We bring this message to the North Carolina General Assembly because you all make decisions that affect the lives of about 10 million residents. Our values, which are informed from the insights of mindfulness meditation, lead us to be deeply concerned about recent policies, laws, and budgets that foster violence, encourage divisiveness, and abandon the

needs of the most vulnerable members of our community. We urge you to govern and legislate in accordance with values of compassion, equality, cooperation, and unity and in doing so forge a stronger North Carolina.

Questions about this action and on-going presence? please contact Ron at info@triangleinsight.org or Jean at jean8113@hotmail.com.

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Triangle Insight Turns Eight! Our Annual Birthday Celebration

All are invited to join in celebrating our eighth year together as a sangha. The evening will begin with a period of meditation, followed by reflections from Phyllis Hicks and teachers inviting us into an exploration of the integration of mindfulness practice into daily life, or "walking the talk." There will be time for small group sharing and for reflecting on our journeys and the fruits of practice this year. Come and be inspired!

If speaking in a small group is not your cup of tea, there is the possibility of joining a small group silent practice in the conference room. Everyone will rejoin the large group for Q&A and discussion and the closing loving kindness practice. Then we will celebrate with good food and great fun!

If you plan to attend, please bring a sweet or savory dish to share. Triangle Insight will provide tea/beverages and birthday cake!

Wednesday, July 26, 2017

**Episcopal Center at Duke
505 Alexander Ave.
Durham, NC 27705
6:30 - 8:30 PM**

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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.

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Media Night

Friday evenings at the Episcopal Center

Plan to join us for our next Media Night, **Friday, July 14th** when we will screen the documentary, **13th**, an in-depth look at the prison system in the United States and how it reveals the nation's history of racial inequality. This **[review in the New York Times](#)** described the film as "powerful, infuriating, and at times overwhelming." To view the official trailer, please use **[this link](#)**.

There is no cost for this event, but dana will be gratefully accepted. Refreshments will also be provided. All are welcome, and feel free to invite others. Helping with set up and clean up will be much appreciated.

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The 13th Amendment to the US Constitution

Passed by Congress on January 31, 1865, and ratified on December 6, 1865

- Section 1. Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction.
- Section 2. Congress shall have power to enforce this article by appropriate legislation.

**

Friday, July 14, 2017

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**

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

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New MINDED Classes for Adults, Pre-Teens 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 are used to fund free or low cost classes to underserved populations and groups that may not know about the benefits of mindfulness meditation.

This summer they are offering classes for adults and teens, including Mindfulness and Art, Mindful Self Compassion and Mindfulness 101. Additional classes are currently being developed. **Teachers and consultants to MINDED include members of our sangha.**

Kate Murphy

Mindfulness and Art

July 8 TEEN class (ages 11-18)

July 15 ADULT class

Time: 1pm-4pm

Location: NC Botanical Gardens

Bree Kalb

Mindfulness 101

August 28-September 18

Time: 6:00-7:15

Location: Perch Studios, downtown Carrboro

Laura Prochnow Phillips and Karen Bluth

Mindful Self-Compassion, 4-day Intensive

July 13-16 ADULTS

Time: 9:00am-4:00pm

Location: The Mayton Inn, Cary, NC

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.

For more information and to register for these classes, visit: www.getminded.com .

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Caring Circles

A Sangha Support Initiative

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

Assistance can take as many forms as there 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.

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The Shramadana Project

A Volunteer Initiative of Triangle Insight



The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community, organized to address some of the interests expressed within the sangha and for outreach to the community-at-large. [Visit the SP website.](#)

Mary Mudd is the current SP coordinator.

UPCOMING and ONGOING ACTIVITIES

- [Meetings.](#) Meetings are held on a quarterly schedule. Please **email Mary** 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, **13th**, scheduled for **July 14th**. 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

As we approach the celebration of Independence Day, we recall the Buddha's teaching in the Satipatthana Sutta that, "One abides independent, not clinging to anything in the world." With study and reflection, we understand that this independence is cultivated not by separation and isolation, but through connection and community.

As Gil Fronsdal notes in **Theravada Practice Off the Cushion**, "The foundation of the path is establishing healthy relationships with the people around us-dharma relationships. Such relationships inform the deep contemplative practice that we do in a more solitary way. We're not just doing our practice for ourselves. We're also doing it in a field of other people."



Members of our spiritual friends groups have a special opportunity to strengthen this foundation. As we practice in a small group of trusted dharma friends, our mindful sharing and listening help all members abide more independently, and we experience the joy and gratitude of sharing our spiritual journey, the radiant third jewel of sangha.

Kalyana Mitta

Kalyana Mitta Group for Young Adults in their 20s and 30s has begun meeting. 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.

Chapel Hill-Carrboro and ***Raleigh KM Groups*** both have waiting lists.

Secular Buddhism KM Group also now has openings

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 her 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 more information about any of our KM Groups, please visit our **KM web page** or contact **Sarah Tillis**, the KM Coordinator.

Racial Affinity Groups

Forming A 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**. 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 her** 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.

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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**

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The Practice of Insight Dialogue at Triangle Insight

Insight Dialogue is an interpersonal meditation practice and is offered at Triangle Insight once monthly, usually on the fourth Wednesday of the month. It brings the mindfulness and tranquility of silent meditation directly into our experience with other people. The new website for Insight Dialogue is an excellent resource for learning more about the practice: www.metta.org.

The evening begins with silent meditation practice, followed by gentle mindful movement, and then shifting into dyad practice where interpersonal mindfulness is explored with a partner in response to a contemplation that is offered. The dyad practice is optional so that anyone who chooses to remain in silent practice may do so, rather than shifting into dyad practice. One can investigate the guidance of the contemplation internally, noticing the moment by moment unfolding of internal experience. Also note that the ID practice goes from 6:30 to 8:30 PM to allow for more spaciousness and time for questions. We hope you will be able to join us.

Fourth Wednesdays

(unless otherwise indicated)

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

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Goings-on in the Sangha

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

If you would like to post something here, please submit your request by the 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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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.

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Mindfulness Awareness Training with Tamara Share, PhD

Tamara Share will be offering an ongoing group for developing skills in mindfulness awareness practices. The group will meet twice monthly, and is open to those 18 years of age and older. A pre-group consultation is required, and you may

contact Tamara at 919-442-1118. The cost is \$45/session if pre-paid in 6 session blocks (\$270), or \$60 if paid per session (sliding scale available).

Tamara L. Share, PhD is a Counseling Psychologist with more than 20 years of training and experience in human development, group facilitation, and personal growth. Tamara's diverse background includes education/training in physics, psychology, wellness, philosophy, and complementary approaches to healthcare.

2nd and 4th Thursdays

HRC, Behavioral Health and Psychiatry

100 Europa Dr., Suite 260, Chapel Hill 27517

4:45 - 6:00 PM

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Mindfulness-Based Stress Reduction Classes & Events at Duke Integrative Medicine

Please click on the following link for a variety of programs related to the practice of mindfulness:

[Mindfulness-Based Stress Reduction Classes, Workshops & Events](#)

[or call 919-660-6826 for more information.](#)

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Mindfulness Programs at UNC Integrative Medicine

Please click on the following link for a variety of programs related to the practice of mindfulness:

[UNC Program on Integrative Medicine](#)

or call **919-966-8586** for more information.

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Buddhist Families of Durham

Currently consisting of ~ 16 families, this group is dedicated to creating a warm, loving community for parents and children to learn and practice together. Adults meet for one hour for

meditation and discussion, while the children learn about meditation and Buddhism in Sati School with our marvelous (non-parent-member) teachers.

For more information, visit:

[Buddhist Families of Durham](#)

Sunday Mornings

10:30AM- 12:00 noon

For info please

contact admin@buddhistfamiliesofdurham.com

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Duke Cancer Center

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

Monday Afternoons

12:30 - 1:00 PM

The Quiet Room, Main Level

Duke Cancer Center

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Recovery Group

a Buddhist Perspective on the Twelve Step Program

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

Tuesday Nights

7:30 - 8:45 PM

[Chapel Hill Zen Center](#)

5322 NC Hwy 86

Chapel Hill, NC 27516

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Other Resources

In addition to Triangle Insight, there are a variety of other meditation opportunities of which we would like for you to be aware. Rather than list them all here, we wanted to point you to the "links" section of our website at **[Triangle Insight](#)**.

There are other sitting groups in the community whose



practice is similar to ours, as well as resources for retreat centers and other websites, both locally and nationally. We do not offer an endorsement of these sites, but rather a suggestion for your exploration to see if any may have useful information to support your practice of insight meditation.

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

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