



Triangle Insight Meditation Community

triangleinsight.org

Happy Summer to all -

We are taking a hiatus from our current exploration of the Noble Eightfold Path in order to use this space in our newsletter to express our deep appreciation for our dear teacher and spiritual friend, Cynthia Hughey. At the May 26th meeting of the sangha, Cynthia announced that she would be taking a sabbatical from her teaching responsibilities at Triangle Insight on Wednesday evenings in order to devote more time to personal practice and rejuvenation. This decision was not made in haste, coming after months of continual reflection and inquiry, which included conversations with family and spiritual friends. Her announcement was preceded by a thought-provoking and illuminating talk on the topic of such inquiry, and her typical clarity, compassion, and lightness of heart was evident to all in attendance.

Cynthia's many years of devotion to the study and practice of the teachings of the Buddha has not only been apparent in her leadership of the sangha, but also in

her contributions to the inception, formation, and evolution of Triangle Insight over the years. Although her guidance will be sorely missed at our regular meetings on Wednesdays, she assures us that she will continue to be an integral part of the sangha, mentioning several ways in which this may unfold going forward. Having reflected a great deal on the value of silence and stillness for herself, Cynthia has offered to lead us in days of practice in which these qualities will serve as the focal point for investigation. In addition, she will remain on the Board of Directors of Triangle Insight and continue to offer her wisdom and guidance in matters related to the further evolution and development of the sangha. In reference to this, she, along with Jeanne and Ron, will be attending the Ruth King workshop, "Mindful of Race," at the Insight Meditation Community of Charlottesville in August, and will be exploring ways to bring this work more deeply into our own community.

So, please join us in our expression of deep gratitude to Cynthia for her contributions to the leadership and stewardship of the Triangle Insight Meditation Community, and in wishing her well in her continued study and practice of the Dharma. May all of her efforts continue to bear great fruit, both for her and for all beings.

With deep bows,
Phyllis Hicks, Jeanne van Gemert, and Ron Vereen



Sitting Opportunities

[TI Wednesday Meditation Group](#)

[TI Morning Meditation Group](#)

[Insight Dialogue at](#)

[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](#).

Schedule:

Wednesday Evenings

Triangle Insight

Buddhist Families of
Durham

Duke Cancer Center

Recovery Group

Other Resources

6:30 - 8:00 PM
(Insight Dialogue from 6:30 - 8:30 PM)

June 3: Ron Vereen
June 10: Dave Hughey
June 17: Jeanne van Gemert
June 24: Phyllis Hicks (Insight Dialogue)

July 1: Ron Vereen
July 8: TBD
July 15: Jeanne van Gemert
July 21: Phyllis Hicks (Insight Dialogue)
July 29: Unfolding of the Dharma - group discussion and
Triangle Insight's 6th Birthday Celebration

Upcoming Classes and Events

Consider the
Conversation

Mindful of Race

Mindful Awareness
Training

Koru Mindfulness and
Meditation Classes

Buddhist Insight
Network:
Database Designer
Opportunity

Monday and Thursday Mornings

7:00 - 7:45 AM

Triangle Insight is now offering a **Morning Meditation Group** led by Ron Vereen. For more information, click on the link above.

Episcopal Center at Duke
**505 Alexander Ave.
Durham, NC 27705**

Save the Date! Triangle Insight is Turning Six

This July marks the sixth birthday of the Triangle Insight Meditation Community, and on Wednesday, July 29th, we plan to celebrate with a special meeting! We will gather at 6:30 PM for our 45 min. period of meditation, and then have an opportunity for more intimate sharing with each other as we devote the remainder of the evening's meeting to exploring how the Dharma has been unfolding in our lives, as well as how sangha has been important in that evolution. Following that will be our birthday celebration, so please bring a sweet or savory dish to share with the group. Triangle Insight will provide the beverages and birthday cake!

No matter how long you have been attending Triangle Insight, even if only for a short time, all are welcome to attend this celebration.

Upcoming Retreats

Love, Sexuality and
Awakening: A
Woman's Retreat

Insight Dialogue &
the Path of Peace

Episcopal Center at Duke
505 Alexander Ave., Durham 27705
July 29th, 2015
6:30 - 8:30 PM

Goings on in the Sangha

Kalyana Mitta Groups

Resource for Yoga
Retreats in SE Asia

The Shramadana Project

**A Volunteer Initiative
of Triangle Insight**

Ongoing Classes and Events

**Mindfulness
Programs at Duke
Integrative Medicine**

**Mindfulness
Programs at UNC
Integrative Medicine**



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Love, Sexuality and Awakening: A Women's Retreat with Ajahn Thanasanti and Sharon Beckman- Brindley

This Insight Dialogue retreat offers teachings, contemplations, and practice on various facets of love as aspects of a path of awakening. The English word "love" includes a broad range of experience, from friendliness, to kindness, and compassion for self and others, to romantic sexual involvement, to the desire and ability to release our masks of self and other, to rest in shared interconnection. Ultimately, simply resting in love, we can embody an unconditional presence that has no expectations or demand and we find a love that is a quality of our being, rather than something to be constructed or longed for.

. . . This retreat is suitable for anyone self identified as a woman who has a regular meditation practice and has done a 7-day mindfulness retreat.

**June 9 - 16, 2015
Cornwall-On-Hudson, New York**

**To register, please go [HERE](#)
For additional information, see
www.awakeningtruth.org**

Or contact Sharon Beckman-Brindley with questions, at
sharon@metta.org.

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Insight Dialogue and the Path of Peace with Sharon Beckman-Brindley and Phyllis Hicks

In this retreat, we will practice silent meditation and Insight Dialogue, allowing our hearts and minds to open unconditionally to our life experience. We will cultivate qualities of mind that give rise to clarity and peace. As awareness deepens, we can experience directly the profound Buddhist teachings on suffering and the end of suffering.

Insight Dialogue is an interpersonal meditation form based

in Vipassana. In Insight Dialogue practice, we extend our solitary meditation into a meditation of speaking and listening in contemplation with others.

July 10-15, 2015
at Southern Dharma
1661 West Road
Hot Springs, NC 28743

Phone: **828-622-7112**
Email: southerndharma@earthlink.net
Web: [SDRC](#)

-physically located in Spring Creek, on Hap Mountain

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Mindfulness Awareness Training with Tamara Share, PhD

Tamara Share will be offering an ongoing group for developing skills in mindfulness awareness practices. The group will meet twice monthly, and is open to those 18 years of age and older. A pre-group consultation is required, and you may contact Tamara at 919-442-1118 for further information, and can access a flyer [here](#). The cost is \$45/session if pre-paid in 6 session blocks (\$270), or \$60 if paid per session (sliding scale available).

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

2nd and 4th Thursdays
HRC, Behavioral Health and Psychiatry
100 Europa Dr., Suite 260, Chapel Hill 27517
4:45 - 6:00 PM

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Koru Mindfulness and Meditation Classes

with Bree Kalb

Koru is a brief, structured approach to learn mindfulness and meditation. Developed at Duke's student counseling

center, it was initially designed for young adults; now it has been adapted to be useful to all adults 18 and older. Koru students will learn to meditate and develop a mindful approach to life using practical skills to calm and focus the mind, manage worries and anxiety, and improve sleep and energy.

Participation in all 4 sessions is required, as well as 10 minutes of meditation and brief mindfulness exercises every day, plus weekly readings in Jon Kabat-Zinn's classic book: *Where Ever You Go, There You Are*. Classes are relaxed and enjoyable.

Wednesdays, 5:30 - 6:45 PM
June 10, 17, 24, and July 1
301 Weaver St., Carrboro, NC 27510
Cost: \$65 for all four classes

For more information: [The Wellness Alliance](#)
919-932-6262 ext. 216

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Consider the Conversation An Evening with Besty Barton

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

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

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

Wednesday, August 12th, 2015
Episcopal Center at Duke
6:30 - 8:30 PM

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Mindful of Race

A Weekend Workshop with Ruth King

For the third year in a row, the Insight Meditation Community of Charlottesville (IMCC) welcomes Dharma Teacher and exceptional group facilitator Ruth King, who will lead the weekend workshop "Mindful of Race." Ruth's wise guidance, infused with compassion and humor, offers us new and powerful ways to heal ourselves, our groups, and our institutions.

Tuition for the weekend is \$150, and for more information or to register, please visit the website of IMCC [here](#). For more information about Ruth King go [here](#).

August 21st, 22nd, and 23rd, 2015

**Insight Meditation Community of Charlottesville
City Space, 100 5th Street NE (on the Downtown Mall)
Charlottesville, VA 22902**

Friday, 8/21, 6:30 - 9:00 PM

Saturday, 8/22, 9:00 AM - 5:00 PM

Sunday, 8/23, 9:00 AM - 5:00 PM

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Kalyana Mitta Groups

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

~ The Buddha

The recent Wednesday evening dharma talks on intention stimulated rich discussion and inspiration for further exploration. A [wonderful article by Thanissaro Bhikkhu](#) points out that the Buddha's instructions for refining intention include two essential approaches. One is "appropriate attention," and the other is "friendship with admirable people - associating with and learning from people who are virtuous, generous, and wise." It was a longing in our community for just these kinds of friendships that led to the creation of our Kalyana Mitta groups. These small groups of spiritual friends allow the development of intimacy and trust, members can share openly and deeply, and the heart of the dharma is enriched in our practice and our daily lives.

Over forty individuals have expressed interest in participating, and two groups, Durham and Chapel-Hill-Carrboro, are currently full. We still have openings in two groups, Raleigh and Insight Dialogue, and both are planning their first meetings. Joe Gilbert has generously agreed to be the group organizer for Raleigh. Details about all our groups can be found in our [List of KM Groups](#). Our [Kalyana Mitta web page](#) has helpful information about how to start or join a KM Group, guidelines for group development and

mindful sharing, and other useful resources.
If you're interested in joining or organizing a KM group, or you have questions or suggestions, please contact Sarah Tillis, KM Coordinator, at sarah@triangleinsigh.org.

The development of the KM program is heartwarming, and the coordinating team of Jeanne van Gemert, Tom Howlett, Tamara Share, and Sarah Tillis welcome your input. May our Kalyana Mitta groups be of great benefit to all.

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Buddhist Insight Network Database Designer-Administrator

Still Seeking Applications

The Buddhist Insight Network is excited to have the opportunity to create an online Retreat Listing, the next generation of **Inquiring Mind's** listing. We are seeking one or more Drupal application developers with expertise in databases and user experience design.

Specifically the designer-administrator(s) will coordinate with the current database designer and administrator to:

- *Implement the backend retreat database*
- *Create a user database of people authorized to edit entries*
- *Design the user experience, and*
- *Implement the user interface in Drupal, in coordination with our administrator*
- *Deploy to the test environment*

The Buddhist Insight Network is a hub for the Insight Meditation movement, serving to connect and offer resources to sanghas, teachers, and individual practitioners

**If interested, contact Kim Allen:
buddhistinsightnetwork@gmail.com
(subject line -- Retreat Database)**

This project will begin in spring 2015 and will ideally take 6 months or less.

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Triangle Insight Morning Meditation Group

This early morning sitting group led by Ron Vereen meets

Mondays and Thursdays from 7:00 - 7:45 AM. The group begins with silent, unguided practice, with Ron giving a guided heart practice during the last 10-15 minutes. There is no charge for participation, and donations are accepted. For more info contact Ron at ron@triangleinsight.org .

Important note: Only four parking spaces in the parking lot at the Episcopal Center are designated for our use at this hour and are clearly marked. Overflow parking can be found on the west side of Alexander Ave.

Monday and Thursday Mornings

**Episcopal Center at Duke
505 Alexander Ave.
Durham, NC 27705
7:00 - 7:45 AM**

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The Practice of Insight Dialogue at Triangle Insight

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

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

Fourth Wednesdays

(unless otherwise indicated)

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

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The Shramadana Project at Triangle Insight

The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community that has been organized to address some of the needs within the sangha, as well as to provide outreach to the community-at-large. At the most recent meeting, Mary Mudd agreed to be the current coordinator of the SP, and others joined her in forming a Retreat Planning Committee, including Dave Durham, Gordy Livermore, Leah Rutchick, Kathy Shipp, and Howard Staab, with Cathy Cole as a registration consultant. Deep bows to all!

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

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

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

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Goings-on in the Sangha

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

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

Kaliyana Mitta News

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

Resource for Meditation Retreats in SE Asia

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

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

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

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

or call **919-660-6826** for more information.

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Mindfulness Programs at UNC Integrative Medicine

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

[UNC Program on Integrative Medicine](#)

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

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Buddhist Families of Durham

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

about meditation and Buddhism in Sati School with our marvelous (non-parent-member) teachers.

For more information, visit:

[Buddhist Families of Durham](#)

Sunday Mornings

10:30AM-12:00 noon

please contact Sumi Loundon Kim for details

email: admin@buddhistfamiliesofdurham.com

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Duke Cancer Center

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

Monday Afternoons

12:30 - 1:00 PM

The Quiet Room, Main Level

Duke Cancer Center

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Recovery Group

a Buddhist Perspective on the Twelve Step Program

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

Tuesday Nights

7:00 - 8:15 PM

[Chapel Hill Zen Center](#)

5322 NC Hwy 86

Chapel Hill, NC 27516

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Other Resources

In addition to Triangle Insight, there are a variety of other

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

For any questions please contact us at **info@triangleinsight.org**

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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**.

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