



# *Triangle Insight Meditation Community*

*June 2016*

*triangleinsight.org*

Greetings to all!

As we mentioned last month, we will be delving more deeply into the *practice* of wise mindfulness, a guide for which the Buddha laid out for us in the *Satipatthana Sutta*, or the Four Foundations of Mindfulness found in the Middle Length Discourses. Many translations and commentaries on this discourse are available on [\*\*Access to Insight\*\*](#) where 216 results appear when searching this topic. This speaks to the significance of this frame of reference for our practice.

We have already explored what is meant by the term "mindfulness," or *sati*, the discussion of which can be found in the [\*\*March 2016 Newsletter\*\*](#). As you may recall, we closed with a quote from the Buddhist scholar, Andrew Olendzki, that underscores the importance of this practice: "two things are clear: there can scarcely be a more noble capability of the mind than mindfulness, and its

cultivation must surely be one of the more beneficial things we can do as human beings."

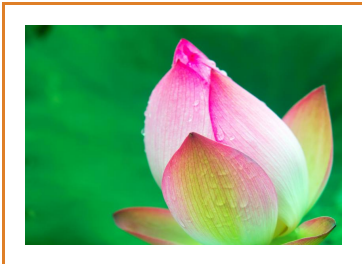
The cultivation of mindfulness is at the core of *satipatthana*, as it is a set of teachings that shows both where and how we meditators should focus our attention. As Thanissaro Bhikkhu lays out in section **II.B** of the *Wings to Awakening*, "...both the proper approach and the proper object are crucial for getting the proper results." The proper objects are four: the body, feelings, the mind (mind states), and the mental qualities (categories of experience). As Thanissaro explains, these objects can be divided into two classes, the first being "the givens" -- the body, feelings, and the mind -- which comprise "the what" to which we are paying attention. The second class of objects, "the how," are the mental qualities that are either developed or abandoned, e.g., the seven factors of awakening or the five hindrances, as we obtain more proficiency in the practice of examining the various categories of experience, e.g., the five aggregates, the six sense bases, and the four noble truths.

Thanissaro goes on to describe how the proper approach can be divided into three stages. First, we take whatever object we choose and view it "in and of itself," meaning not in terms of its function in the world, but rather on its own terms as it is directly experienced in the moment. Moreover, we do this ardently, with alertness and mindfulness, setting aside the hindrances. Second, we develop mindfulness of the phenomenology of the object, i.e., its arising and passing away and the causal elements involved. As we continue to practice in this way, concentration and equanimity strengthen, direct knowledge of impermanence is realized, dispassion toward any state emerges, leading to "non-fashioning" and on through the third and final stage of "abiding independent, not clinging to anything in the world." This, as Thanissaro describes it, is the culminating equipoise where practice has led to the fruit of Awakening and release.

Rodney Smith, a contemporary meditation teacher, offers an alternate way of describing this movement through the Four Foundations of Mindfulness. He says that a "paradigm shift of the heart" occurs between the third and the fourth foundation which moves us from focusing on form to simply abiding in the formless. He sums up this practice of *satipatthana* as a "seeing game:" the first foundation is "what we are seeing;" the second foundation is "how we are seeing;" the third foundation is "just seeing;" and the fourth foundation is "nothing but seeing." To bring in the Buddha's words, he would term this "nothing but seeing" as "entry into emptiness," where the mind is released from any need to construct formations in response to what it perceives: "Thus he regards it (this mode of perception) as empty of whatever is not there. Whatever remains, he discerns as present: 'there is this.'" (The Lesser Discourse on Emptiness, *Majjhima Nikaya 121*). Rodney's experience of emptiness is when the thought about what is no longer obscures the truth of what is.

We will be exploring these Four Foundations of Mindfulness in more detail over the next few months. In so doing, may the practice of *satipatthana* culminate in the freedom of release for each of us. May we discover for ourselves the direct knowing of the entry into emptiness, freely abiding and not clinging to anything in the world -- if not over the next few months, hopefully at some point in this lifetime.

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



## Triangle Insight Meditation Groups

All levels of meditation experience are welcome and the teachings are offered free of charge, with donations accepted to cover costs of using the facility and to support the study of the teachers. Please review our **sangha guidelines** before arriving. We also wish to maintain a hypoallergenic space, so please avoid wearing scents, colognes or perfumes. If you would like to submit items for inclusion in this newsletter, please review the **newsletter guidelines**.

**Please note:** We are now asking that once the meeting begins at 6:30 PM, any latecomers, those leaving early, or those going outdoors for walking meditation enter and exit the building using the doorway facing Alexander Ave., which 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 the noise and distraction during the meeting.

### Schedule:

#### Wednesday Evenings

**6:30 - 8:00 PM**

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

June 1: Ron Vereen

June 8: Jeff Brantley (Guest Teacher)

June 15: Jeanne van Gemert

June 22: Daya Breckinridge & Mary Grigsby (Insight Dialogue)

June 29: Dave Hughey

July 6: Jeanne van Gemert

July 13: Claude AnShin Thomas (Guest Teacher)

July 20: Ron Vereen

July 27: Phyllis Hicks & Ron Vereen (TI Birthday Celebration)

#### Monday and Thursday Morning Meditation

**7:00 - 7:45 AM** (click **here** for more info)

### Sitting Opportunities

**TI Wednesday  
Meditation Group**

**Insight Dialogue at  
Triangle Insight**

**TI Morning  
Meditation**

**Buddhist Families of  
Durham**

**Duke Cancer Center**

**Recovery Group**

**Other Resources**

### Upcoming Classes and Events

**An Evening with Jeff  
Brantley**

**Finding Peace Amidst  
the Violence in the**

**World: an Evening  
and Daylong with  
Claude AnShin  
Thomas**

**Triangle Insight  
Turns Seven!**

**Rev. angel Kyodo  
williams Sensei in  
Durham**

**Organizing Against  
Racism/Dismantling  
Racism Works  
Workshops**

**Awakening Joy  
Online Courses with  
James Baraz**

## Upcoming Retreats

**What Mindfulness  
Reveals: A Path of  
Release**

## Goings on in the Sangha

**Triangle Insight  
Meditation Group  
on Facebook**

**Shramadana Project**

**Spiritual Friends  
Groups**

**Organizing Against  
Racism Workshops**

## The Shramadana Project

**A Volunteer Initiative  
of Triangle Insight**

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

## An Evening with Jeff Brantley

**Trusting in awareness: you don't have to be perfect to be mindful!**

Please join us for this evening with Jeff Brantley, who's talk will focus on the teachings on the "five aggregates." Jeff will share reflections on awareness, identity formation, and change.

Jeff Brantley, M.D., is one of the founding faculty members of Duke Integrative Medicine, where he started the Mindfulness-Based Stress Reduction program in 1998. He is also a member of the Community of Scholars of the Center for Spirituality, Theology, and Health at Duke University. He is a Consulting Associate in the Department of Psychiatry and Behavioral Sciences at Duke Medical Center, and teaches intensive courses on mindfulness meditation and conducts extensive experiential programs and group lectures.

Dr. Brantley is the author of *Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic* and is the co-author, with Wendy Millstine, of the *Five Good Minutes* series and *Daily Meditations for Calming Your Anxious Mind*, and most recently, *Calming Your Angry Mind: How Mindfulness and Compassion Can Free You from Anger and Bring Peace to Your Life*.

**Wednesday, June 8, 2016**

**Episcopal Center at Duke  
6:30 - 8:00 PM**

[Top ^](#)

## Finding Peace Amidst the Violence in the World an Evening and Daylong with Claude AnShin Thomas

Please join us for this time of practice and inquiry with Claude AnShin Thomas, who holds the self-evident truth that war and violence in its many forms is not a result of human nature but the collective expression of our individual suffering. The roots of peace exist in the relentless pursuit of personal awareness. He offers these words as a guide for this exploration together:

"When dealing with a topic so toxic and intoxicating as violence, I am also dealing with people's allegiance to an old and terrible lie that states that only one side and one angle of vision is true, righteous, and morally correct."

The daylong introduces the reality that meditation practice and daily life are not two separate things. Various forms of meditation practice will be introduced, e.g. sitting meditation, walking meditation, working meditation,

## Spiritual Friends Groups

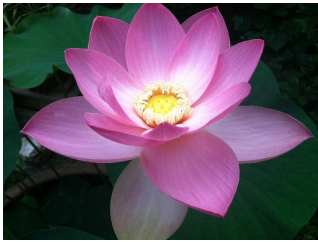
Racial Affinity  
and  
Kalyana Mitta

## Ongoing Classes and Events

Mindfulness  
Awareness Training  
with Tamara Share  
PhD

Mindfulness  
Programs at Duke  
Integrative Medicine

Mindfulness  
Programs at UNC  
Integrative Medicine



eating meditation, listening and speaking meditation, silence etc. No prior meditation experience is required. The day will also offer the opportunity to engage with Claude AnShin Thomas.

**Claude AnShin Thomas** is a Zen Buddhist monk, Vietnam veteran, international advocate of non-violence, and a noted author. Born 1947 in Pennsylvania, he served in Vietnam from 1966 -'67. Since that time he has been working to heal the wounds from war: emotionally, mentally, and spiritually, using these experiences to help others. He was fully ordained as a Buddhist Monk in the Japanese Soto Zen Tradition in 1995. In 2004 his book ***AT HELL'S GATE: A Soldiers Journey From War To Peace*** was published (Shambhala). He has done several pilgrimages worldwide since 1994. Speaking internationally in religious and secular communities about the culture of violence and how they can become transformed, he also facilitates meditation retreats, visits war-torn countries, prisons, former, concentration camps, hospitals, schools, as well as local and national governments. For more information on AnShin's work, please visit **The Zaltho Foundation**.

Wednesday, July 13th

Public Talk

Episcopal Center at Duke

6:30 - 8:00 PM

**Cost to cover expenses: \$5.00\* (no one will be turned away for inability to pay)**

Saturday, July 16th\*\*

Daylong

Episcopal Center at Duke

9:00 AM - 5:00 PM

**Cost to Cover Expenses: \$20.00\* (no one will be turned away for inability to pay)**

**\*Claude AnShin Thomas took vows of mendicancy. He does not receive an honorarium and only lives from voluntary donations. Please be generous.**

**\*\* If attending the daylong we ask that you pre-register by contacting us at [info@triangleinsight.org](mailto:info@triangleinsight.org) so that we can make appropriate arrangements. Please bring your own vegetarian lunch (refrigerator and microwave available). Tea and snacks will be provided by Triangle Insight. A limited number of cushions are available, so you may want to bring your own cushion and blanket if this is your preferred way of sitting. Plenty of chairs are available.**

[Top ^](#)

## Triangle Insight Turns Seven! Our Annual Birthday Celebration

All are invited to join in celebrating our seventh year together as a sangha. The evening will begin with a period of meditation, followed by reflections from Phyllis Hicks and Ron Vereen that will invite us into an exploration of how Insight Dialogue informs insight practice, then moving into the integration of mindfulness practice into daily life, or "walking the talk." There will be time for small group sharing to recollect the fruits of practice this

year. Following an opportunity for Q&A and discussion, we will then 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 27, 2016**

**Episcopal Center at Duke**

**6:30 - 8:30 PM**

[Top ^](#)

## What Mindfulness Reveals: A Path of Release

### An Insight Dialogue Retreat with Phyllis Hicks

When mindfulness of body sensations, thoughts, feelings, and ever changing phenomena are established, we are able to see things as they actually are. In this seeing we discover how our human experiences are both unique and universal. Mindfulness reveals the mutual dependence of perception and consciousness and the suffering of identifying with bodily and mental experience. In this retreat we'll learn and practice the interpersonal meditation practice of Insight Dialogue. Practicing the Guidelines together of Pause, Relax, Open, Trust Emergence, Listen Deeply, and Speak Your Subjective Truth, we will investigate how things form in their unique way and how opening to the unconstructed aspects of our experience can release us from limiting views.

This investigation will support finding more freedom and ease in the midst of both the challenging and joyful experiences of life. Seeing how our stress is constructed we can ask: 'how is the body and mind relating to this experience?'

Insight Dialogue brings the mindfulness and tranquility of traditional silent meditation practice into our contact with others. It offers a way of cultivating sustained concentration and mindfulness as we investigate patterns of stress and reactivity. This co-meditative practice allows us to face the complexity of the relational dimension with awareness, and true investigation into the nature of suffering and its release can begin.

There will be alternating periods of silent internal meditation practice, Insight Dialogue and mindful movement in a serene setting. The retreat will be held in Noble Silence.

**Phyllis Hicks, DMin, NCLPC** teaches Insight Dialogue retreats worldwide. She has trained and taught with Gregory Kramer since 2004, a co-founder of Triangle Insight, and an instructor in the Duke Mindfulness-Based Stress Reduction Program. She directs the Pastoral Care and Counseling Institute of Durham, North Carolina, a non-profit center for counseling and clinical education.

**DANA:** Your retreat fee covers meals, facilities rental, and the travel and lodging expense for the teacher. There is no fee built in to compensate the teacher. At the end of the retreat you will be invited to offer dana (freewill donation) to support the teachings and teacher's livelihood.

**Retreat fees:**

Single Occupancy: \$572 (\$615 after 7/9/16)

Double Occupancy: \$495 (\$540 after 7/9/16)

(fees include 5 nights lodging with meals)

**CEU application** is pending. If approved 20 CEUs will be available for Psychologists, Nurses and Licensed Professional Counselors for a fee of \$35.

For more information, contact Daya Breckinridge at:

**[daya@triangleinsight.org](mailto:daya@triangleinsight.org)**

**Note:** Some financial assistance may be possible for this retreat, and if you are interested in being considered, contact Daya at the email above

**Scholarship Dana:** One intention for Triangle Insight is to have no one turned away from any of our events for financial reasons, which is supported by the generosity of our sangha. If you would like to contribute to our scholarship fund, please click [here](#).

## Avila Retreat Center

**711 Mason Road**

**Durham, NC 27712**

**Tuesday, Aug. 9th - Sunday, Aug. 14th**

[^Top](#)

## Save the Dates!

### Rev. angel Kyodo williams Sensei in Durham

"Love and justice are not two. Without inner change, there can be no outer change. Without collective change, no change matters."

- Rev. angel Kyodo williams

Triangle Insight will be partnering with other Buddhist groups in the area to host **Rev. angel Kyodo williams Sensei**, who will be bringing her message of "love and justice" to Durham for a public talk on Friday, Oct. 28, and a two-day workshop Saturday & Sunday, Oct. 29 & 30, 2016. The details of her visit are currently being worked out, and we encourage you to put this weekend of activities on your calendar in order to hear her powerful message of transformative social change through the lens of Buddhist teachings and practice. More details will be forthcoming, so look for these in this newsletter and on our website. If you would like to volunteer to help out in some way, please do not hesitate to contact us at [info@triangleinsight.org](mailto:info@triangleinsight.org).

**Rev. angel Kyodo williams Sensei** has been called "the most intriguing African-American Buddhist" by *Library Journal*, and is an author, maverick spiritual teacher, master trainer and founder of the Center for Transformative Change. She has been bridging the worlds of personal transformation and justice since the publication of her critically-acclaimed book, ***Being Black: Zen and the Art of Living With Fearlessness and Grace***. This book was hailed as "an act of love" by Pulitzer Prize winner Alice Walker and "a classic" by Buddhist teacher Jack Kornfield. Her new book, to be released June 14, is

**Radical Dharma: Talking Race, Love, and Liberation.**

October 28th - 30th, 2016

**Durham, NC (specific locations and times TBD)**

[^ Top](#)

## 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 for connection beyond Wednesday meditation and for outreach to the community-at-large.

Mary Mudd, the current coordinator of the SP, is currently convening quarterly meetings of this group to explore ways to meet the needs of our growing sangha and to assess the group's interest in outreach to the community-at-large.

We encourage you to review the minutes of these meetings on the TI website page for the **Shramadana Project** where you will learn more about these worthwhile and exciting initiatives of the sangha.

Several ideas have begun to take shape.

1) Barbara Shumannfang has compiled **a list of community organizations** seeking volunteers to further their missions of nonviolence, racial and social equity, and supporting youth. The hope is this will be a way to connect us, both within the sangha and in the community, in a variety of volunteer efforts. If you know of other groups to add to this list, please send to **Mary Mudd**, and consider joining the SP group.

2) Media Night, powered by Gerri McGuire, Karen Ziegler, and Tom Howlett, will offer films and other media entertainment on a regular basis. Our "opening night" was held on April 15th with a documentary about the Black Power Movement in the 1960s and 70s. An on-going schedule is not yet determined, so stay tuned.

3) Retreats will be held in May, August and October:

May 26-29. **Dwelling in the Dharma**, with Ron Vereen and Jeanne van Gemert. At Avila Retreat Center

August 9-14. **What Mindfulness Reveals: A Path of Release, Insight Dialogue**, with Phyllis Hicks. At Avila Retreat Center.

October 7-9. **Streams of Dependently Arising Phenomena Interacting Endlessly**, with Leigh Brasington. At Avila Retreat Center. Look for more information in future newsletters and on our website.

Additional ideas are being considered that pertain to our recent exploration of issues around diversity in inclusion in the sangha, end-of-life concerns, and in meeting the ongoing needs of the sangha through developing of Caring Circles. Related to diversity, please see the announcement regarding the



planned visit of **Rev. angel Kodo williams Sensei** in this newsletter, and more will be coming on the formation of Caring Circles.

If you would like to experience the fruits of service to the sangha, and are not already on the SP member list, please contact Mary at **[mary@triangleinsight.org](mailto:mary@triangleinsight.org)**. Meetings will be held quarterly, with the next one scheduled for August (exact date to be determined).

*If beings knew, as I know, the results of giving  
and sharing, they would not eat without having given..."*

the Buddha

[^ Top](#)

## Organizing Against Racism NC [and Dismantling Racism Works](#) 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) or **dRworks** (Dismantling Racism Works) 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, dRworks, or other similar trainings. 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.

Both OARNC and dRworks offer 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 websites by clicking on the links above for descriptions of these phases of training.

Please contact us at **[info@triangleinsight.org](mailto: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/dRWorks](#)**

**A variety of times and 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**

[^ Top](#)

## Spiritual Friends Groups

xx

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

~ The Buddha

### **Kalyana Mitta Groups**

Our new "**A Year to Live**" **Kalyana Mitta Group** will be exploring one of the richest issues on the spiritual path. As discussed in Wednesday evening dharma talks, mindfulness of death is a beacon that illuminates the path to awakening. In Stephen Levine's book, **A Year to Live: How to Live this Year as if it Were Your Last**, he says, "It is not simply about dying but about the restoration of the heart. It is an opportunity to resolve our denial of death as well as our denial of life in a year-long experiment in healing, joy, and revitalization." In "A Year to Live" KM Group, members will read Levine's book and share this beautiful experiment. The group has openings, and information is on [our website](#). Full details are in the group's [pdf flyer](#).

Our other KM groups continue to experience the support and wisdom that can arise through spiritual connection. The Durham Meditation Collective and the Raleigh KM group both have openings, and there are waiting lists for Chapel Hill-Carrboro, Insight Dialogue, and Buddhism for a Secular Age. Details about all these groups are on [our website](#). If you'd like to join a group that's open, be on a waiting list, or start a new group, please send the **KM-RA Questionnaire** to Sarah Tillis, KM Coordinator. For more information about any of our KM Groups, please talk with Sarah, visit our **KM web page**, or email Sarah at [sarah@triangleinsight.org](mailto:sarah@triangleinsight.org).

### **Racial Affinity Groups**

Two RA groups, one in Durham and one in Chapel Hill-Carrboro, still have openings. As noted before, twenty individuals have already joined an RA group, and eighteen have done training with **REI**, **dRworks**, and/or **Ruth King**. Some have already registered for an advanced, Phase II training. This commitment to addressing issues of racial injustice is an inspiring manifestation of engaged Buddhism. Information about our RA groups and a list of resources are on our Racial Affinity Groups [web page](#). If you have questions or suggestions, please talk to Sarah Tillis, KM Coordinator, or email her at [sarah@triangleinsight.org](mailto:sarah@triangleinsight.org).

The KM Coordinating Team of Sarah Tillis, Tamara Share, Tom Howlett, and Jeanne van Gemert feels deep gratitude for the dedication of our sangha. May our Kalyana Mitta and Racial Affinity groups be of great benefit to all.

[^Top](#)

## 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](mailto: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**

[^Top](#)

## Awakening Joy & Awakeing Joy 2.0 Online Courses with James Baraz and Others

There are now two courses to awaken joy, taught by James Baraz along with renowned guest teachers. James has been offering Awakening Joy since 2003, and now offers Awakening Joy 2.0 in addition to the basic course, in which he will go deeper into three of the ten steps to awakening joy: Loving Ourselves, Connection with Others, and Compassionate Action.

For more information or to register, please visit the [Awakening Joy Website](#).

**Begin Anytime in 2016  
Every Two Weeks for Five Months**

[^Top](#)

## 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](http://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**

[^Top](#)

## 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 20th of each month to: [info@triangleinsight.org](mailto:info@triangleinsight.org)**

### **NEW**

**Triangle Insight Meditation Group -- on Facebook**

**Now TIM has a Facebook Group where we can post information updates and announce events of interest to our Sangha.**

VISIT:

**<https://www.facebook.com/groups/triangleinsightmeditationgroup/>**

We are listed as a closed group, so anyone can find the group and see who's in it, but only members can see posts. To join the group click **Join Group** in the top-right corner. Member requests will be approved by the Group administrator, for spam and troll-control. Currently, the administrator is [Leah Rutchick](#).

This is a place where we can comment on Sangha goings-on: Ask questions, suggest things to do, check for what's next, remind us of meetings or events in the larger community that are relevant to our practice. **Visit, join and add your comments. This group is built by its members, so everyone benefits when we contribute.**

### **The 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. **See the longer report** in this newsletter for more information and links to the minutes of previous meetings.

## **Spiritual Friends/Racial Affinity Groups:**

If you are interested in joining a **Kalyana Mitta** group, the Raleigh KM group has member openings now, and so does the new Durham Meditation Collective, a KM group for individuals aged 24-36. There are also openings for two **Racial Affinity** groups, one in Durham and one in Chapel Hill-Carrboro. Waiting lists are also available. Please **see the report** in this newsletter for these developments.

## **Organizing Against Racism/Dismantling Racism Works 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.

## **Continuing the Conversation:**

In our recent meeting on April 27th, we came up with some specifics about how best to explore end of life issues, and are now in the process of these being more fully developed. Most in the group who attended were interested in how the Buddhist teachings relate to the contemplation on death. There was also energy in forming a study group around Rodney Smith's book, *Lessons from the Dying*, as well as gaining practical information, e.g., education about hospice and palliative care, and learning how to be a good health care proxy.

Ten other categories of investigation were listed, as well as noting whether there was interest in going deeper into the subject with a one time event (e.g., a workshop), a short-term commitment of 4 - 8 weeks, or a more long-term approach. Arising out of this process is the possibility as well that smaller groups may form that could take on the format of the [Kalyana Mitta](#) gatherings, where spiritual friends come together to examine a variety of issues through the lens of the Dharma. Since the Buddha's initial motivation in his spiritual quest was to examine the questions of old age, sickness, and death, this seems like a natural evolution of this inquiry.

If you would like to be on a mailing list to receive more information about "Continuing the Conversation," please let us know by writing 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.

**^Top**

## **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**

[^Top](#)

## 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.](#)

[^Top](#)

## 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.

[^ Top](#)

## 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](mailto:admin@buddhistfamiliesofdurham.com)**

[^Top](#)

## 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**

[^Top](#)

## 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](mailto:Zensetter@gmail.com).

## Tuesday Nights

**7:30 - 8:45 PM**

**Chapel Hill Zen Center**

5322 NC Hwy 86

Chapel Hill, NC 27516

[^Top](#)

## 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)

[^Top](#)

## 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).

[^Top](#)

Triangle Insight, [www.triangleinsight.org](http://www.triangleinsight.org), Durham - Chapel Hill - Raleigh, NC 27516

[SafeUnsubscribe™ rlvreen@aol.com](#)

[Forward email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [info@triangleinsight.org](mailto:info@triangleinsight.org) in collaboration with

**Constant Contact** 

Try it free today