Greetings to all!

As some of you may have noticed, our sangha at Triangle Insight is slowly and steadily growing, and we wanted to bring you up to date as to some of the plans that we are putting in place. This is a time of much excitement and potential for our community, and we also wanted to share some ideas of how you may become more involved.

In the near future, we hope to establish the Triangle Insight Meditation Community as a non-profit, tax exempt, 501(c)(3) entity, which will then enable all contributions to be tax deductible. To make this happen we will need to establish a Board of Directors and would like to invite those of you who are interested to consider taking on this opportunity. In addition, we feel it would be helpful to have a volunteer coordinator as we move toward eventually offering more activities and events for the sangha, as well as extending our volunteerism out into the community-at-large. If any of these interest you, please let us know.

All of these efforts are in alignment with the spirit of both dana (generosity) and seva (service). One way to view spiritual practice is in the movement toward less separation between self and other, and an excellent skillful means to help bring this about is through giving back to others as an expression of one’s gratitude.

Finally, we hope to have our web site up and running in the very near future, and we feel this will further add to our sense of community. In addition to providing a means of extending our reach to those who may be seeking a place to practice, study, and commune with others, it will also offer features that can enhance the functioning of the sangha. We will keep you posted as to when the web site will be going "live."

As always, we want to express our deep gratitude to each of you for contributing to the growth of Triangle Insight, and to making it a refuge for us all in these difficult times. May we all live in peace.
Warmly,
Phyllis Hicks, Cynthia Hughey, Jeanne van Gemert, and Ron Vereen

Wednesday Meditation Group
All levels of meditation experience are welcome, and the teachings are offered free of charge, with donations accepted for the facility and the teachers. Please review our **sangha guidelines** before arriving. We also wish to maintain a hypoallergenic space, so please avoid wearing scents, colognes or perfumes.

**Schedule**
- May 4th: Ron Vereen
- May 11th: Cynthia Hughey
- May 18th: Jeanne van Gemert
- May 25th: Jeanne van Gemert (Insight Dialogue)

**Wednesday Evenings 7:00-8:30PM**
**Duke University Episcopal Center (EC)**
**505 Alexander Avenue**
**Durham, NC 27705**

Love and Wisdom Retreat
with Greg Scharf
This retreat will focus on exploring the relationship of love and wisdom through the practice of insight and metta meditation. Greg Scharf is a regular teacher at the Insight Meditation Society and Sprit Rock whose talks can be accessed on [www.dharmaseed.org](http://www.dharmaseed.org). Registration information will be coming soon.

**May 6th - May 9th (ending at lunch)**
**Avila Retreat Center**

Traditional Japanese Tea Gatherings at Duke Gardens
You are invited to come to the Duke Gardens teahouse, where, as a guest to Tea, you will experience the warmth of a traditional Japanese tea gathering. Enjoy the aesthetics, poetry, and serenity of this rich tradition over an enticing bowl of whisked green tea and a Japanese confection. Guests will meet at the Doris Duke Center to be escorted to the teahouse for these intimate gatherings.
On Saturdays, children 6 years and older are welcome with an accompanying adult at the family rate.

**May 6th, 2011 (Fri) - Boys Day Tea**

**May 7th, 2011 (Sat) - Mother's Day/Children's Day Tea**

10:45 AM - 12:00 PM  
Doris Duke Center  
Fee: $30; Friends: $25, Family: $35 per adult/child  
Participant Limit: 10

**Insight Dialogue Retreat**  
with Gregory Kramer, Gary Steinberg, Mary Burns and Phyllis Hicks

Within the refuge that the structure of Insight Dialogue offers and the support of Sangha, we will explore each moment of interpersonal contact with curiosity and kindness. Please see the [flyer](#) or email [anitababavita@gmail.com](mailto:anitababavita@gmail.com) for more information and to register.

**May 19th-26th, 2011**  
**Elkins Estate**  
**Philadelphia, PA**

**Webcast with Ram Dass**  
hosted by Rameshwar Das

Jon Seskavich is working with Ram Dass to bring about a very exciting program. It will be a special time with Ram Dass and his new book, *Be Love Now* (HarperOne, November 2010). Ram Dass' co-author, Rameshwar Das, will be on hand to discuss the book and show a short video of Ram Dass' spiritual life from the new electronic version of *Be Here Now*. Ram Dass no longer travels but will join in for questions and answers live via the internet from his home on the island of Maui in Hawaii.

Advance Tickets: $15  
Visit [www.flyingmonkey.ws](http://www.flyingmonkey.ws) for more information and to purchase tickets.

**Saturday, June 18th, 2011**  
**Location TBA**  
**Greensboro, NC**
Compassionate Presence: Insight Dialogue for Psychotherapist and Healthcare Professionals
Led by Gregory Kramer, Phyllis Hicks and Lori Ebert

Insight Dialogue is an interpersonal meditation form based on a relational understanding of Buddhist wisdom. In this workshop/retreat we will explore classical Buddhist teachings on mindfulness at their intersection with current Western understandings of the healing relationship. See the flyer for additional information or to register, please contact Lori Ebert at lebert@nc.rr.com.

July 15th, 2011 - July 16th, 2011
Steadman Nutrition Building
Center for Living Campus
Durham, NC

Friday - 8:30 AM-5:30 PM
Saturday - 8:30 AM-5:00 PM

Upcoming Retreat with Eno River Buddhist Community
Avila Retreat Center

Dec 7-12, 2011, Wed-Mon, with Richard Shankman

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

As a reminder, the Eno River Buddhist Community meets weekly on Mondays from 7:30-9PM in the Care Building at the Eno River Unitarian Universalist Fellowship on Garrett Rd. in Durham. There is also a morning retreat from 9AM - 12 noon every 2nd Saturday. For more information go to www.pgacon.com/erbc/ and for general questions contact Scott Bryce at stgb@earthlink.net.
Buddhist Families of Durham

A group of currently about ten families dedicated to creating a warm, loving community for parents and children to learn and practice together. Adults meet for one hour for meditation and discussion, while the children learn about community, conduct, meditation, and Buddhism in the parent-led Children’s Dharma Program. We meet in the spacious home of a member near Duke’s East Campus.

Sunday Mornings
10:30AM-12:00PM
please contact Sumi Loundon Kim for details
e-mail: simplysumi@gmail.com
phone: 617-501-3877(c) or 919-613-0160(h)

Neighborhood Sitting Group

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

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

Chapel at Duke Hospital

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

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

Recovery Group

a Buddhist Perspective on the Twelve Step
Program

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

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