



Triangle Insight Meditation Community

October 2017

triangleinsight.org

Greetings to all -

This month we will focus on the practice and benefits of *dana*, the *Pali* word for "giving" or "generosity" (one might come across *caga* as well, which in *Pali* denotes the personal quality of generosity). We would also like to be forthcoming about our timing regarding this topic, as it coincides with some pressing needs both within and outside of the sangha. Before addressing the needs let us first take a look at the importance the Buddha placed upon the practice of *dana*.

The Buddha must have taken the advice of his "editor," i.e., his inner wisdom, as he would not begin with a discourse on the Four Noble Truths of suffering to an audience that was not well-versed and practiced in the teachings. Rather, he would start out by expounding the benefit of generosity: "If beings knew, as I know, the the result of giving and sharing, they would not eat without having given...even if it were their last morsel they would not eat without having shared it..." (Jt. 26)



He knew that this quality needed to become the foundation and seed of spiritual

development, for only later would his listeners be prepared for the gradual training which would ultimately include the teachings on ethical behavior, the law of kamma, the benefits of letting go, then moving on to the Four Noble Truths and their realization. In addition to being the first theme of this gradual training, *dana* is also the first of the ten *paramis* or virtues, one of the seven treasures, and the first of the three grounds for meritorious actions.

Moving now to the practice of *dana*, it might be useful to start by reflecting on what it feels like to give freely, neither too much nor too little, and the quality of heart/mind that arises as a result. The Buddha pointed to how, on that occasion, one's "...mind is not obsessed by lust, hatred, or delusion...with virtue as its object..." (AN 6:10). Experientially, you may have noticed that there's a warmth of the heart that can embody all of the ten *paramis*, with a natural inclination of the heart to touch and respond to whatever comes its way. When it does so we know in our depth of being that we are aware, awake, and alive. We can feel this embodiment as the heart makes contact with different aspects of life – when touching the connection with others, its shape becomes kindness; pain or suffering, compassion; the success of another, joy; the good-will and kindness of others, gratitude; irritation or restlessness, patience; the confusing, mysterious aspects of life, wonder and awe; poverty or need, generosity – and so it goes, in its varied permutations.

In this spirit we now turn toward some immediate needs with which our hearts may connect. We have recently witnessed the hurricanes sweeping through Texas, Florida, and now Puerto Rico that have been responsible for the devastation of communities on an epic scale. During the same time Mexico has been rifted by 3 earthquakes. As the heart embraces the needs of those who are suffering, compassion ensues and the wish to give of one's resources may arise in response. To facilitate this process we offer a list of agencies to which one may contribute that can be found by clicking on this link: [Disaster Relief](#).

And as you may recall with regard to our own community, we are about to embark upon a course of training to increase our equity capacity as a sangha. We recently entered into an agreement with two skilled facilitators in this area, Kathleen Crabbs Clark and Sterling Freeman, for the initial process that will take place over the next several months.

Our plan is to also bring [Ruth King](#) to Triangle Insight for a Mindful of Race Training March 15-18, 2019 (note: not a typo – Ruth's schedule is very full!). In preparation for budgeting these activities, we are inviting you to consider the financial needs of the sangha as a way to practice this form of giving so as to support these efforts as well.

There will be many ways to contribute, including the giving of time, energy, and expertise, but if also moved to donate financially you may do so by clicking on either or both of the following links, [Equity Training Workshops](#) and [Mindful of Race](#), or by sending a check made out to Triangle Insight, c/o 3200 Croasdaile Dr., Suite 401, Durham, NC

27705. And as a reminder, Triangle Insight has been designated as a non-profit organization by the IRS, thus your contribution is fully tax deductible.

As some of you may know, Triangle Insight has rarely put forth a financial request this explicit to the sangha – your generosity has enabled us to not only cover our operating expenses but to also support a variety of training opportunities to date such that no one is turned away for financial reasons. In reflecting on your open-heartedness, our own hearts warm with deep gratitude. It is now out of our wish to respond to the continual suffering arising from the injustice and oppression all around us that we are moved to take steps toward increasing the equity capacity of Triangle Insight. Our intention is to undertake these efforts within the context of the Buddhist teachings so that they continually provide the foundation upon which our exploration will unfold. In so doing we hope to not only increase our individual and collective awareness as a sangha around these issues, but also to contribute to the transformation in consciousness that is already underway on a much larger scale. We invite all of you who are so moved to come along with us on this journey in whatever way you are able.

With deep bows,

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



Sitting Opportunities

[TI Wednesday Meditation Group](#)

[Insight Dialogue at Triangle Insight](#)

[TI Morning Meditation](#)

[Mindful Families of Durham](#)

[Duke Cancer Center](#)

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.

[Recovery Group](#)

[Other Resources](#)

Upcoming Classes and Events

MEDIA NIGHT
*Music and Meditation
with Erica Alexander*

**Love, Grief, and
Activism: Radical
Dharma Vision of
Change and
Vulnerability**
with Lama Rod
Owens

MINDED Classes
in Carrboro &
Chapel Hill

**Mindful
Self-Compassion
Workshop**
An Eight-Week Course
with Half-day Retreat

**Inner Resiliency for
Healthcare
Professionals**
with Cornelia Kip Lee

Retreats

Touching the Possible:
Living Peace **New**
Year's Insight
Dialogue

Goings on in the Sangha

(activity quick list)

Triangle Insight
Meditation Group

Schedule:

Wednesday Evenings

6:30 - 8:00 PM

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

October 4: Ron Vereen
October 11: Scott Bryce
October 18: Lama Rod Owens (Guest Teacher)
October 25: Phyllis Hicks (Insight Dialogue)

November 1: Ron Vereen
November 8: Scott Bryce
November 15: Jeanne van Gemert
November 22: No Meeting (Thanksgiving Holiday)
November 29: Phyllis Hicks (Insight Dialogue)

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**

Lama Rod Owens on Love, Grief, and Activism: Radical Dharma Vision of Change and Vulnerability October 17th - 22nd, 2017

We are fortunate to have Lama Rod Owens joining us for a week of activities in the Triangle which will focus on the above theme. So many of us are grieving and in deep mourning for the suffering that we are perceiving in the world as well in our own situations. We do not live in a society that is comfortable with our open grieving. Community based grieving is healing and transformative. When we combine community grieving with our deep aspirations to love, then we are able to better transform our grief into wisdom and joy. This is a radical vision of bringing our full selves into the complexity of living.

Lama Rod's schedule is as follows (for additional information please contact us at info@triangleinsight.org):

Note: We are in need of volunteers to help out in a variety of ways throughout the week. If you have the time and energy, or any questions about the various tasks, please let us know by using this link:

[VOLUNTEER!](#)

on Facebook

Spiritual Friends
Groups

Organizing Against
Racism Workshops

Continuing the
Conversation

The Shramadana Project

A Volunteer Initiative
of Triangle Insight

Caring Circles

Spiritual Friends Groups

Kalyana Mitta

Racial Affinity

Ongoing Classes and Events

SITTING TOGETHER
A Curriculum
for Mindful Families

Organizing Against
Racism/Dismantling
Racism Workshops

Mindfulness
Awareness Training
with Tamara Share
PhD

Mindfulness
Programs at Duke
Integrative Medicine

Lecture at Duke: Tuesday, 10/17, 3:05 - 4:30 pm,
location: **Rubenstein Library, Rm. 153, Duke
University West Campus** (free & open to public)

Dharma Talk, Triangle insight Home: Wednesday,
10/18, 6:30-8pm **The Episcopal Center at Duke, 505
Alexander Ave., Duke University Central Campus**
(free & open to public, donations for Lama Rod accepted)

Public Talk: Friday, 10/20, 7 pm, Duke Memorial United
Methodist Church, Whitford Hall, **504 W. Chapel Hill St.,
Durham** (free & open to public, donations for Lama Rod
accepted)

Retreat/Workshop for all communities: Saturday,
10/21, 8:30 am - 5 pm, MDC Learning Center, **307 W.
Main St., Durham** (**\$100, with other fee options
available**)

Retreat/Workshop for People of Color and LGBTQ
communities only: Sunday, 10/22, 12:30 - 5 pm, Temple
Bldg, **302 W. Main St., Durham**, (**\$60, with other fee
options available**)

To Register for the weekend events, please use the following
links:

Saturday, Oct. 21, 8:30 am - 5:00 pm (open to all)

Sunday, Oct. 22, 12:30 - 5:00 pm (POC/LGBTQ only)

For those of you who are unfamiliar with Lama Rod, he co-
authored **Radical Dharma: Talking Race, Love, and
Liberation** with Rev. angel Kyodo williams and Dr. Jasmine
Syedullah. Many of us were involved in the visit last fall by
Kyodo Sensei, and are excited for this opportunity to learn
from Lama Rod as well. In addition to the book, Lama Rod
has a **website** which generously offers his teachings in written
and oral form.

You are welcome to join a short-term study group that will
meet on four occasions to talk about his teachings. **The
remaining two sessions will meet Thursdays,
September 28 and October 5, 6:30-8 pm.** Please contact
the host, Karen Ziegler, at **ziegl001@gmail.com** if you are
interested in attending any or all of these sessions. For the first
session please read the article **Lama Rod Owens Brings
Fierce Love to Beloit College.** For the second session,
read **The Work of Diversity: Getting Messy, Getting
Uncomfortable.** During the last two sessions we will be
touching on Lama Rod's writings in *Radical Dharma*.

**Mindfulness Programs
at UNC Integrative
Medicine**



Lama Rod Owens is the Guiding Teacher for the Radical Dharma Boston Collective and teaches with **Inward Bound Mindfulness Education (iBME)**, where he is also a faculty member for the organization's teacher training program. He holds a Masters of Divinity degree in Buddhist Studies from Harvard Divinity School with a focus on the intersection of social change, identity, and spiritual practice. He is a co-author of *Radical Dharma, Talking Race, Love, and Liberation*, which explores race in the context of American Buddhist communities. He has been published and featured in several publications including *Buddhadharma*, *Lion's Roar*, *Tricycle*, *The Harvard Divinity Bulletin*, and *Spirit Magazine*. He has offered talks, retreats, and workshops for many organizations and universities including New York University, Yale University, Harvard University, Tufts University, University of Vermont, and Boston College. Lama Rod facilitates undoing patriarchy workshops for male identified practitioners in Brooklyn and Boston and his current writing project is an exploration of intersectional spirituality and equality. Lama Rod is officially recognized by the Kagyu school of Tibetan Buddhism.



Media Night
Friday evenings at the Episcopal Center

Music and Meditation, with Erica Alexander
7:00 - 9:00 PM

Plan to join us on Friday, November 10, for a hands on evening of meditation joined with learning and playing the Native American inspired flute. We will start with a guided meditation to be followed with a presentation on the flute and structured playing.

Erica Alexander, a member of our community is a flutist, a teacher of music and meditation who looks forward to sharing this with us. She will bring flutes but if you have a flute plan to bring it especially if it is in the key of A.

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 cleanup will be much appreciated.

Friday, November 10, 2017
7 pm - 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**](mailto:gmcguire04@gmail.com)

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Touching the Possible:

Living Peace

A New Year's Insight Dialogue Retreat

with Phyllis Hicks and the Triangle Insight Practice Community

January 4-7, 2018

As humans we are exquisitely sensitive, every moment awash in a sea of contact. Touching and being touched, feeling, perceiving, and thinking, we create our world. Learning how to cultivate mindfulness in the flow of daily life and relationships is a profound resource for peace and wise action.

In this Insight Dialogue retreat we will practice taking refuge in awareness, wisdom, and spiritual friendship (Buddha, Dharma, and Sangha.)

We will investigate obstacles to friendship and beloved community, internally in the heart-mind, and externally in social constructions. Cultivating Lovingkindness, Compassion, Appreciative Joy, and Relational Equanimity.

We will explore foundations for peace, possibilities for courageous personal and collective action, and the benefits of deep companionship on the Noble Eightfold Path.

This retreat is both an introduction to Insight Dialogue and an opportunity to deepen practice. It will be held in Noble Silence except for the Insight Dialogue sessions. We will alternate periods of silent meditation practice, Insight Dialogue, mindful movement and time in nature.

To register please click on [this link](#).

If you wish to offer dana toward scholarships for this retreat so that no one will be turned away for inability to pay, you may [Donate Here](#). Thank you!

Your retreat fee covers the cost of meals and lodging only. The teachings are offered freely. At the close of the retreat there will be an opportunity to offer dana for the teacher.

For more information contact Mary Grisby at maryg@triangleinsight.org

January 4 - 7, 2018

Location: [Avila Retreat Center](#), Durham, NC

Fees: Single: \$350 by 12/2, \$398 thereafter

Double: \$302 by 12/2, \$350 thereafter

MINDED Classes in Carrboro and Chapel Hill

Adult, Pre-Teen 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 fund free or low cost classes to underserved populations and groups that may not know about the benefits of mindfulness meditation.

CHAPEL HILL

Mindfulness Meditation Group

This group is an opportunity for new and experienced meditators to practice meditation in an encouraging and friendly group. The leaders are experienced meditation instructors who will offer guidance and support as needed by those who attend.

Each session will begin with some basic instruction in mindfulness meditation and gentle guidance during a 20-25 minute period of sitting and 10 minutes of mindful movement. The session may have a suggested theme or be open ended.

1st and 3rd Tuesdays of the month

Time: 6:00 - 7:00 PM

Location: Unity Center for Peace

8800 Seawell School Road, Chapel Hill

Suggested donation for each class is \$5 - \$15, sliding scale. No one will be turned away for lack of funds. Donations will be split between Minded and Unity Center for Peace. For more information, visit our website:
<http://www.getminded.com/>

ADDITIONAL MINDED CLASSES

with Laura Prochnow Phillips and Karen Bluth

Mindful Self-Compassion 8 week course

September 6-October 25, 2017 ADULTS

Time: 6:00-8:30pm

Location: TBA

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

Workshop: An Eight-Week Course with Half-day Retreat

with Cornelia Kip Lee, MEd

Mindful Self-Compassion (MSC) is an evidence-based program that cultivates the skills of mindfulness, self-kindness and self-compassion to enhance our capacity for emotional wellbeing.

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.

MSC was developed by Christopher Germer, PhD, a leader in the integration of mindfulness and psychotherapy, and Kristin Neff, PhD, a pioneering researcher in the field of self-compassion. The practical program integrates experiential exercises, discussion and home practices; meditation experience is not required.

Cornelia Kip Lee, the instructor, is a Trained Teacher of MSC and public health training developer who has studied and practiced mindfulness meditation since 1998.

For more information or to register, please contact Cornelia Kip Lee at ckip@icloud.com or (919) 428-3335.

Oct 19 to Dec 14, 2017 (no class Nov 23)

Thursdays: 7:00-9:15 pm

Location: 3815 Cambridge Rd, Durham NC 27705

Half-day retreat on a Saturday, 1-5 pm, date TBD

COST: Sliding Scale: \$180 - \$250

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Inner Resiliency Training for Healthcare Professions

A Mindful Self-Compassion program

with Cornelia Kip Lee, M. Ed.

A moment of self-compassion can change your entire day. A string of such moments can change the course of your life.

- Christopher Germer, PhD



Mindful Self-Compassion (MSC) Inner Resiliency Training for Healthcare Professionals is a new program by Kristin Neff, PhD, adapted specifically for healthcare settings. This brief training aims to improve wellbeing and decrease burnout among healthcare professionals by cultivating skills to deal with distressing emotional situations as they occur.

MSC practices can be used on the spot while at work with patients, clients and colleagues. Participants of the program will learn tools and skills to care for yourself while caring for others; to listen with compassion; to handle difficult emotions with greater ease; and to reconnect to the values that give your life and work meaning. Cornelia Lee is offering this program locally starting in November this year.

Programs available starting November 2017

The program consists of four, 90-minute sessions; the number and length of sessions can be customized for staff needs.

Location: Your facility, institution, or other location to be arranged

Cost: \$100-\$140 per participant (TBD with the facility or organization, based on number of participants and number/length of sessions)

Contact: For more information about MSC Inner Resiliency Training, please contact Cornelia Kip Lee, M.Ed., at **919-428-3335** or ckip@icloud.com

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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

We are confronted with great suffering in the world, and managing the wide range of emotions we may experience is quite challenging. During troubled times we long for clarity and connection, yet we can find ourselves reactive and contracted, and our sense of confusion and separation is heightened.

Our spiritual friends groups offer a safe harbor where we can explore our experience with trusted friends who share our spiritual journey. As Lama Surya Das says in **Awakening to the Sacred**, "Sangha means community, common embrace, communion; it's a sanctuary, a safe place to let down our guard." With support of the group and the dharma as our guide, we can deepen our understanding, our hearts soften, separation is reduced, and our view becomes clearer. This

enables us to respond to our own and others' suffering with deep compassion and wise action.

Kalyana Mitta Groups

Young Adults Kalyana Mitta Group for those their 20s and 30s has meetings in Durham and Chapel Hill-Carrboro, and there are still openings for new members. 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 KM Group and ***Secular Buddhism KM Group: Study Group*** both have openings for new members.

Raleigh KM Group has a waiting list.

For details about any of these groups, please visit our **List of KM Groups** web page, talk with Sarah Tillis, KM Coordinator, or email Sarah 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 information about our KM program, please visit our KM web page or contact [Sarah Tillis](#), KM Coordinator

Racial Affinity Groups

New Racial Affinity Group: Members of our 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. To support this process, groups follow Triangle Insight's [Mindful Sharing Guidelines](#) and [Ruth King's Guidelines for Cultural Affinity Groups](#)

. Others are eager to participate in this important work, and we're currently developing a new Racial Affinity Group for those who identify as white, which will be meeting in the Durham area.

Racial Affinity group members share a commitment to racial equality, and while many in RA groups are involved in social justice community work, there is no expectation that participants will take any particular action.

Development of deepened self-awareness underlies wise action, and we're encouraged to take the time needed to do our own work. With shared intention, each group develops and evolves in its own way.

If you're interested in joining, would like to start a group in another community or a group for People of Color (POC), or would like more information, please talk to Sarah Tillis, KM Coordinator, [email Sara](#), 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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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. If you wish to be notified when another member needs and requests support, send an email to caringcircles@triangleinsight.org asking to be added to the list of potential volunteers. Thereafter, you will receive email notifications of care requests. You decide if you can and want to respond to any request. There is no obligation on your part by signing up to receive these notifications.

You can find this information plus details on how to request support on the [Shramadana webpage](#). You can also speak with Gordy Livermore, [Mary Mudd](#) or Howard Staab for more information.

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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 aid 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 **Music and Meditation with Erica Alexander on November 10**. 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 OPPORTUNITIES for COMMUNITY ACTIVITY may be found on the **Shramadana Project webpage**

- 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.

- [REAL Durham](#) builds relationships across lines of privilege, race and class to improve economic stability for everyone. It uses a racial equity lens to connect those with and without privilege for the purpose of transferring power and better positioning those without privilege to achieve financial stability. **Volunteer training is held several times a year - the next training is in September, 2017.** Check out their [website](#) for more information.

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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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. 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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Mindful 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:
[Mindful Families of Durham](#)

Sunday Mornings

10:30AM-12:00 noon

For info please

contact admin@buddhistfamiliesofdurham.com

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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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Goings-on in the Sangha

This space is where sangha members can announce timely activities for everyone to view. 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.

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 view the website, and request membership.

- This 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. One aspect of this outreach is the development of **Caring Circles**. See **this section** of the newsletter for more information on this volunteer initiative of Sangha members.

Continuing the Conversation

Based on the best-selling book, **Being Mortal: For more information on this volunteer initiative of Sangha members, see *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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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**](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

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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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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

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