Greetings to all -

As our hearts break in witness to the tragedies in Charlottesville and now Houston, we are reminded of the first U.S. Buddhist Leaders Conference in Washington, D.C. in May 2015, where racial injustice and climate change were identified as the two most pressing issues of our time. Although the racial underpinnings as a source of the violence in Charlottesville are transparent, the connection of the devastation in Houston to human-induced climate change is not too much of a stretch considering the decades of predictions by climate scientists of just such monstrous storms with our steadily rising global temperatures. The intention of the gathering of Buddhist leaders was to shape a common understanding of how to bring our various Buddhist practices into a troubled world, and now over two years later it might be good to gauge our progress.
How we are doing may be a difficult question to answer as it will depend both on the parameters used to measure outcomes as well as what outcomes are being sought. In addition, are we looking at individual or collective outcomes? Are racial injustice and climate change totally separate issues? Rev. angel Kyodo williams, Sensei, who was present at the 2015 meeting, states that "...without inner change, there can be no outer change; without collective change, no change matters," and "...we have in our hearts the willingness to degrade the planet because we are willing to degrade human beings." From her perspective, informed by the Buddhist teachings, there is no separation.

As many of you know, Triangle Insight began to take on these issues around the time of the development of Buddhists for Racial Justice and White Awake. Many of us have participated in various offerings on these topics, including Ruth King's retreat, Mindful of Race, Rev. angel Kyodo williams' workshop on Radical Dharma, the Racial Equity Institute and Dismantling Racism trainings, and Racial Affinity Groups within the sangha. Just as the Insight Meditation Community of Charlottesville is now partnering with other faith groups to bring David Campt to Charlottesville on Sept. 16th for a workshop on "Responding to Hatred without Hating," Triangle Insight is again collaborating with the Chapel Hill Zen Center and the Shambhala Center of Durham, this time to bring Lama Rod Owens to Durham from October 17th - 22nd for several gatherings around the theme "Love, Grief, and Activism: A Radical Dharma Vision of Change and Vulnerability.

We would like to propose that we continue our exploration of these issues as a sangha through the lens of the Buddhist teachings, foremost being the Four Noble Truths, the Noble Eightfold Path, and Dependent Origination. From this perspective our outcome measure becomes very clear -- freedom from suffering. These teachings tell us that until we are free our task is to 1) fully comprehend our suffering, 2) see its source, 3) realize its cessation, and 4) understand how we arrived at that point, continuing to apply those determining principles all along the way. Again, from Rev. angel, we do this individually and collectively for "...none of us are free until all of us are free."

One frame of reference for this path of inquiry and practice can be described as moving along a continuum from inequality to equality, which falls under the overarching continuum that the Buddha laid out -- from suffering to the end of suffering.
The existence of inequity brings our suffering front and center in relationship to the issues of our time and moves us across all of the apparent divisions that are ultimately constructed from the roots of greed, hatred, and delusion. These distortions create fault lines that arise right where our “identities” are located, either individually or collectively, and not only around race and socioeconomic status, but also gender, sexuality, age, physical and/or mental ability, power, politics, and any other view that is held outside of the lens of interdependency. We are all in this together, and it is going to take us all working together to set us free.

Is this too much to ask? We can imagine the Buddha’s response by saying that is not an appropriate question. He might offer that the appropriate questions are 1) what is this suffering?, 2) what is its source?, 3) how does it cease?, and 4) what is the path of practice for realization of freedom from this very suffering? To further this endeavor we are planning a more formal process for building equity capacity within the sangha in the coming months, so stay tuned for more detailed information. It should be clear to all that we remain dedicated to the heartfelt intention of the May 2015 gathering of Buddhist leaders in Washington, that being to help shape a common understanding of how to bring our Buddhist practices into a troubled world, to move us from inequality to equality.

May we all work together as we continue our resolve; may we all be free.

Scott Bryce, 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, please enter and exit the building using the side doorway facing Alexander Ave. The side door is accessible via the walkway to the right as you are facing the main entrance. Once in the building, please follow the hallway to access the Great Room. Thanks for your cooperation to help reduce noise and distraction during the meeting. Note that this request is intended only for those who are physically able to navigate the front steps.

Schedule:

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

September 6: Ron Vereen
September 13: Jeanne van Gemert
September 20: Scott Bryce
September 27: Phyllis Hicks (Insight Dialogue)

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

Eight Week Interpersonal Mindfulness Program
with Daya Breckinridge

This 8 week class is an opportunity to experience how mindfulness can deepen our self understanding, create attunement, and enhance our relationships through learning the meditation guidelines of Insight Dialogue: Pause - Relax - Open - Trust Emergence - Listen Deeply - Speak the Truth. Much of the stress we experience originates in relationships. Actively practicing these guidelines cultivates mindfulness while engaged in
relationship. The guidelines are paired with contemplations that investigate the shared experience of being human. Through guided meditations, talks, participatory exercises, and small group discussions we will experience the power of mutually established mindfulness and explore integrating the relational aspects of mindfulness and wisdom into our daily lives.

These practices lead to greater clarity about the nature of suffering and its release. The wholesome impact on relationships is immediate and lasting.

**Daya Breckinridge** is a regularly attending member of the Triangle Insight community. She recently retired from teaching nursing in Duke's Accelerated BSN program. She has a long-standing meditation practice and has taught MBSR at UNC. Insight Dialogue has been a practice that has deepened her awareness in daily life. In May, she completed the course, Teaching Presence in Relationship: An Interpersonal Mindfulness Training for MBSR Teachers, in Holland, as taught by Phyllis Hicks and Florence Meleo-Meyer.

Flowing out of that professional training is the desire to offer the eight-week Interpersonal Mindfulness Program. Since some people have reported being uncomfortable sharing in an open group and have chosen not to come on the Wednesday nights when Insight Dialogue is offered, one of the intentions of this class is to provide a safe container for exploring the practice of interpersonal mindfulness and meditation. To facilitate a sense of safety and continuity of learning, this eight-week class will be conducted within a closed group of 8-20 people.

The daylong practice will be open to members of the larger community who have prior Insight Dialogue experience. Prerequisites for participating are to have attended another mindfulness based class and/or to have an established meditation practice, and to commit to attending each weekly session and the daylong practice. This is with the knowledge that life often hands us things we cannot change and may impact our schedules.

Feel free to contact Daya ([daya@yogainthehood.net](mailto:daya@yogainthehood.net) or 919-797-0383) to register and to explore your interest.

**Episcopal Center at Duke**

**505 Alexander Ave., Durham 27705**

**Tuesdays, Sept. 5 - Oct. 25**

**5:30 - 8:00PM**

**Daylong session Sept 30, location/times TBD**

**Cost:** offered freely on a donation basis
Koru Mindfulness
with Erica Alexander

Koru Mindfulness is the only mindfulness-based program designed specifically for young adults, taking into account your unique life challenges and needs. It is scientifically proven to be effective to help manage stress, enrich lives, and bring deeper meaning. We learn specific skills that calm and focus our minds; and explore the practice of meditation.

Beyond simply decreasing stress, this course offers an approach to increasing satisfaction in your daily life. Koru Mindfulness is a unique, evidence-based program for teaching mindfulness and meditation. It was developed locally at Duke University.

For more information contact:
Erica Alexander, MME
The Open Wings School
esalexander1@icloud.com

Sept. 24th - Oct. 15th, 2017
4 Consecutive Sundays, 4:00 - 5:15 PM
Durham Arts Council
120 Morris St., Durham, NC 27701
8:00AM-5:00PM
Cost: $70.00

Media Night
Friday evenings at the Episcopal Center

Friday, September 22, 2017
Potluck at 5:30, film at 7:00

Join us for a potluck supper followed by a screening of Cowspiracy: The Sustainability Secret, a documentary with a surprising take on the environmental movement and the interconnectedness of all beings. Featuring Richard Oppenlander, Lauren Ornelas, Michael Pollan, Will Tuttle, and more.

Important perspectives (not in the film) come from engaged Buddhists Bryant Terry and Dr. A. Breeze Harper, and the
Food Empowerment Project.

The potluck begins at 5:30 PM. If you'd like to bring a plant-based dish, check out the recipes at [IsaChandra.com](http://IsaChandra.com) and [ByAnyGreensNecessary.com](http://ByAnyGreensNecessary.com).

The film begins at 7:00. Feel free to attend either the film or the potluck, or both.

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, September 22, 2017  
Potluck:  5:30 PM  
Screening:  7 - 9 PM  
Episcopal Center at Duke  
505 Alexander Ave.  
Durham, NC 27705

If you have any questions about this event, or would like to suggest a film or other activity for a future Media Night, please contact Gerri McGuire, [gmcguire04@gmail.com](mailto:gmcguire04@gmail.com)

Opportunity for Day-Long Insight Dialogue Practice with Daya Breckinridge

This one-day insight dialogue opportunity is a part of the 8 week, Interpersonal Mindfulness Program being offered by Daya Breckinridge through Triangle Insight. You do NOT need to be enrolled in the 8 wk class to take advantage of this one-day opportunity to practice insight dialogue. You do need to have some experience practicing insight dialogue and be familiar with the guidelines of Pause - Relax - Open - Trust Emergence. We will practice with these guidelines and the last guidelines, Listen Deeply/Speak the Truth during this day-long.

- You will need to bring lunch. Chairs will be available if you prefer a chair. If you prefer to sit on the floor, bring sitting aides (i.e. cushion, bench, pad).
- If interested in attending or you want more information, contact Daya Breckinridge  919-797-
This day-long insight dialogue meditation is offered freely on a dana basis for space rental and study of the teacher.

**Saturday 9/30 9 am --> 4 pm**
Eno River Unitarian Universalist Fellowship (ERUUF)  
4907 Garrett Rd, Durham, NC 27707.

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**Save the Dates!**  
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):

- **Lecture at Duke:** Tues, 10/17, 3:05 - 4:30 pm, location TBD (free & open to public)
- **Dharma Talk,** Triangle insight: Wed, 10/18, 6:30-8pm (free & open to public, donations for Lama Rod accepted)
- **Public Talk:** Fri, 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: Sat, 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: Sun, 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 ziegli001@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.*

**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 masculinity and spirituality. Lama Rod is officially recognized by the Kagyu school of Tibetan Buddhism.

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](mailto: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.

CARRBORO, with Bree Kalb
Mindfulness 101

This is an introductory class designed for adults who want to establish or revive a meditation practice. We also focus on strategies to bring mindfulness into your daily life. Classes are small (6-8 people), relaxed and enjoyable. Each class builds on the previous one, so plan to attend all 4 sessions. In addition to daily practice, you'll also be reading Jon Kabat-Zinn's classic, *Where Ever You Go; There You Are,* between class meetings.

**Tuesdays: Aug. 29; Sept. 5, 12, & 19. 6:00-7:15 PM**  
**Time: 6:00-7:15**
Location: downtown Carrboro
$90 for the entire series of 4 classes
Partial scholarships available

After a brief informational phone call with Bree (919-932-6262 ext 216), you can register at
www.getminded.com

For more information:
http://www.thewellnessalliance.com/BreeKalb.html
https://www.facebook.com/korumindfulness

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: http://www.getminded.com/

ADDITIONAL MINDERED 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.
Mindful Self-Compassion 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
**Spiritual Friends Groups**

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

We continue to live in very troubling times, and many are experiencing great fear, sadness, and anger. As Gil Fronsdal says in *Responding to Tragedy*, "In the face of unimaginable tragedy, violence and hate, we are called upon to honestly recognize our own fear, confusion and anger . . . . To develop our mindfulness of all three is to learn how to be free of their forces. This is a slow and gradual process. But the more free we become, the more we are able to organize our lives around our best intentions."

Our spiritual friends groups provide a special opportunity to practice skillfully in the way Fronsdal describes. In sharing our experiences with a small group of trusted friends, our feelings are held with tenderness and care. This supports deeper understanding, and hostility and separation can gradually be released. Our hearts begin to soften, we see more clearly, and we experience a blossoming of our best intentions. We are then able to respond to our own and others' suffering with wise, compassionate action. This is one of the gifts of the radiant jewel of sangha.

**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.

**A Year to Live** KM Group is currently closed.

For more details about these groups, view this link on the Kalyana Mitta webpage: **List of KM Groups**, or 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 webpage or contact [Sarah Tillis](mailto:sarah_tillis@bluewin.org), KM Coordinator

**Racial Affinity Groups**

**New Durham Racial Affinity Group**: Members of our four Racial Affinity groups continue to deepen self-awareness around issues of race in small, racially homogeneous groups that integrate the dharma into members' personal and collective exploration. Others are eager to participate in this important work, and we're currently developing a third Durham Racial Affinity Group. Ruth King's [Guidelines for Cultural Affinity Groups](https://ui.constantcontact.com/visualeditor/visual_editor_preview.jsp?agent.uid=1128665496354&format=html&printFrame=true) offer wise understanding and support for the sharing and reflection that's needed as we engage in this important work. If you're interested in joining, would like to start a group in another community, or would like more information, please talk to Sarah Tillis, KM Coordinator, [email Sarah](mailto:sarah_tillis@bluewin.org), or visit our [Racial Affinity Groups](https://ui.constantcontact.com/visualeditor/visual_editor_preview.jsp?agent.uid=1128665496354&format=html&printFrame=true) webpage, 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.

Sangha members who wish to be a Caring Circles "volunteer" may contact the coordinators by email: [caringcircles@triangleinsight.org](mailto:caringcircles@triangleinsight.org). Being a volunteer simply means you want to receive requests for help and to then decide whether you might provide it.
Any sangha member who could use some help can find a request form [HERE](#). This form may also be downloaded from the Shramadana webpage, and in paper form on the TIM library bookcase in the back hall of the Episcopal Center. You may also send an email to: [caringcircles@triangleinsight.org](mailto:caringcircles@triangleinsight.org), or contact a Caring Circles coordinator in person, saying what sort of help is needed and when.

Requests will be forwarded to Caring Circles volunteers. Anyone willing to provide that specific form of help will let the requester know, and the requester and the volunteer or volunteers will work out the details.

Caring Circles coordinators are: Gordy Livermore, Mary Mudd and Howard Staab.

The Shramadana Project

A Volunteer Initiative of Triangle Insight

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

Mary Mudd is the current SP coordinator.

UPCOMING and ONGOING ACTIVITIES

- **Meetings.** Meetings are held on a quarterly schedule. Please email Mary if you would like to be part of the planning committee. The next meeting is being planned for some time in October.

- **Minutes.** You can review the minutes of prior meetings on the TI website page for the Shramadana Project. You will learn more about the worthwhile and exciting SP initiatives of the sangha.

- **Caring Circles.** an open exchange for requesting and providing aide within the sangha. For more information on this Initiative, see the announcement above.

- **Media Night.** Join us to relax, have fun with sangha members, and enjoy films, music, improv, dance, art
making—you name it!

Our next event is the film, **Cowspiracy**, scheduled for **September 22**. 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](https://organizingagainstracismnc.org) 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](https://organizingagainstracismnc.org) (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](https://organizingagainstracismnc.org/donate).

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**

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

**Sunday Mornings**

10:30AM-12:00 noon

For info please contact admin@buddhistfamiliesofdurham.com

**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.

Goings-on in the Sangha

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

If you would like to post something here, please submit your request by the 15th of each month to info@triangleinsight.org

Spiritual Friends Groups

For information on our Kalyana Mitta and Racial Affinity Groups, to join an existing group or to start your own, please click on the title link above.

There are now openings in the Secular Buddhism Kalyana Mitta Group. Visit the link above, or go to the TIM webpage.

Triangle Insight Meditation Group -- on Facebook

TIM now has a Facebook Group where members can post information updates, ideas and articles pertaining to our practice, and events of interest to the Sangha. Click here to Join.

The TIM FB Group is built by its members, so everyone
benefits when we contribute posts, offer comment, events of interest. Member requests are approved by the administrator for spam and troll-control. The current administrator is Leah Rutchick.

**Racial Affinity work - OARNC**
Organizing Against Racism Workshops: Intensive, long-range preparation and outreach. See the announcement in this newsletter for more information and registration. In Durham and Chapel Hill. Scholarships may be requested.

**Shramadana Project**
The Shramadana Project (SP) is a volunteer initiative of the Triangle Insight Meditation Community to address some of the needs within the sangha for service and to provide outreach to the community-at-large. One aspect of this outreach is the development of **Caring Circles**. For information, go [HERE](#).

**Continuing the Conversation**
Based on the best-selling book, *Being Mortal: Medicine and What Matters in the End*, by Atul Gawande. If you would like to be on a mailing list to receive more information about Continuing the Conversation workshops or meetings, please let us know by writing to us at [info@triangleinsight.org](mailto: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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**Painting Day**
**A Shramadana Project for the Episcopal Center**

On Saturday, July 15th, fourteen of us from Triangle Insight gathered in the Great Room of the Episcopal Center to paint the trim that included all the doors, baseboards, and windows. Swinging to the music of Duke Ellington, Benny Goodman, Count Basie and others, we were able to put most of the paint where it belonged, in between snacks and great conversation.

Many thanks to Tanya Arbogast, Elizabeth Amend, Chanel
Copeland, Ken Drum, Mary Grigsby, Leslie Killeen, Gordy Livermore, Francesca Morfesis, Mary Mudd, Barbara Shumannfang, Ron Vereen, Kate Young, and Dick Wilson for showing up. And a special thanks to Howard Staab for coordinating the event and supplying what we needed to get the job done -- in only four hours!

And Barbara documented our handiwork:

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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.

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

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.
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

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
Fourth Wednesdays
(unless otherwise indicated)
Triangle Insight, Episcopal Center at Duke
6:30 - 8:30 PM

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.

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

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