



# *Triangle Insight Meditation Community*

*triangleinsight.org*

Dear Ones,

For those who have been following these opening remarks in our newsletters, you may recall that we began an exploration of the **The Wings to Awakening** in our May 2014 edition. Of the seven sets of "wings," we have explored the Five Spiritual Faculties/Strengths, and have begun to explore the Noble Eightfold Path with an overview of the Path, followed by looking at Wise View and Wise Intention with an eye to the relevance of the Buddha's teachings for the issues of our time. We have suggested this exploration be viewed as a spiritual practice, and this journey looks as if it is going to take some time. It may be helpful to let some words from E.B. White's *Stuart Little* be our guide, where the telephone repairman said to Stuart Little, "And a person looking for something doesn't travel very fast."

As we continue delving into the Buddhadharma, we are simultaneously being confronted with the ongoing violence against People of Color (POC), and our

hearts are moving us to address issues of racial injustice and the lack of diversity in Western Buddhist sanghas, including our own. Having received wise counsel on these matters, we were invited to view these issues as inter-related but requiring different approaches. Both need our self-reflection, with racial injustice calling for political action and diversity requiring an ongoing dialogue among ourselves and with POC. We feel the first step as a sangha will be to use wise reflection so as to examine our own lineage as it relates to issues of race.

It is obvious to those who come to our meetings that our sangha is overwhelmingly white, so much of what follows is directed toward these members. If you have visited the website of **Buddhists for Racial Justice**, you may have seen the "Call to White Buddhists," where four steps are offered as an initial framework for action and inquiry such that racial awareness may be used as a spiritual practice: 1) commit to ongoing self-education; 2) engage in facilitated group work; 3) promote structural changes within our Dharma communities; and 4) build collaborative relationships with People of Color. It is their hope that this process of self education "can provide a basis for authentic exchange and inter-racial dialogue within our sanghas."

We invite you to join us in exploring what form these steps may take within our own sangha. Ten of us from Triangle Insight recently attended the "Mindful of Race" workshop with **Ruth King**, where she offered some perspectives on how to use this work as a way to bridge what divides us. With an invitation to free ourselves from any pull to fix anything, she encouraged us to remain open to what arises within each of us as we enter this territory, using our practice as an opportunity for our own transformation. As a way to navigate this landscape, she provided a frame of reference: to explore the dominant and subordinate cultural dynamics as they arise within our identities at the individual, group, and institutional levels. Space here does not allow further elucidation at this time, so please consider entering into this conversation as it unfolds within the sangha. As Jack Kornfield says, "if we understand community as a place to mature our practice of steadiness, patience, and compassion, as a place to become conscious together, then we have the fertile soil of awakening." This may be why the Buddha proclaimed the sangha as "the whole of the holy life."

May we grow together, both individually and collectively, through this journey of cultivating this fertile soil of awakening. May we all be transformed.



## 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\*\*](#).

### Sitting Opportunities

[TI Wednesday  
Meditation Group](#)

[Insight Dialogue at  
Triangle Insight](#)

[Buddhist Families of  
Durham](#)

[Duke Cancer Center](#)

[Recovery Group](#)

[Other Resources](#)

### Schedule:

#### Wednesday Evenings

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

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

September 2: Ron Vereen

September 9: Mary Brantley (guest teacher - see below)

September 16: Jeanne van Gemert

September 23: Mary Burns (guest teacher Insight Dialogue)

September 30: Dave Hughey

October 7: Ron Vereen

October 14: Dave Hughey

October 21: Jeanne van Gemert

October 28: Phyllis Hicks (Insight Dialogue)

### Upcoming Classes and Events

**Metta: Reflections on  
Loving-Kindness**

**Living with  
Integrity: An  
Integrated Dharma  
Program**

**Southern Dharma  
Seeking Kitchen  
Manager and  
Resident Volunteers**

**Mindful Parenting**

#### Monday and Thursday Mornings

**7:00 - 7:45 AM**

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

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

**Metta: Reflections on  
Loving-Kindness**

**Koru Mindfulness & Meditation in Carrboro**

**One Earth Sangha's Eco-Sativa Online Training**

**Buddhist Meditation & the Modern World: An Online MOOC**

## Upcoming Retreats

## Goings on in the Sangha

**Kalyana Mitta News**

**The Wellness Station Open House**

## The Shramadana Project

**A Volunteer Initiative of Triangle Insight**

## Ongoing Classes and Events

**Mindfulness Awareness Training with Tamara Share PhD**

**Mindfulness Programs at Duke Integrative Medicine**

**Mindfulness Programs at UNC Integrative Medicine**

## an Evening with Mary Brantley

Please join for this evening with Mary as she reflects on the qualities of loving-kindness that cultivate spaciousness of mind and openness of the heart. Metta meditation can teach us how to bear difficulties so we no longer need to resent parts of our life but rather accept and be with things just as they are with a kind heart. This talk will include a guided loving-kindness meditation.

**Mary Brantley, MA, LMFT**, has been practicing meditation for thirty years and attends yearly intensive retreats, many at the Insight Meditation Society in Barre, MA. She has practiced with luminaries, including Sharon Salzberg, Joseph Goldstein, Joan Halifax, Thich Nhat Hanh, Rodney Smith and Leigh Brasington, and completed the professional training for Mindfulness-Based Stress Reduction (MBSR) with Jon Kabat-Zinn and Saki Santorelli. Mary is an instructor in the Duke MBSR program and teaches in various research projects at UNC-CH with Dr. Barbara Fredericton. She is the author of *The Gift of Loving-Kindness: 100 Meditations on Compassion, Forgiveness and Generosity*, and until recently, worked as a psychotherapist in private practice (25 years).

**Wednesday, September 9th**

**Episcopal Center at Duke**

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

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## Kalyana Mitta Groups

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

It is almost one year since Triangle Insight held its special meeting on "What Does it Mean to be a Sangha?" It was there that many expressed their desire for Kalyana Mitta (KM) groups, small peer groups of spiritual friends who are committed to supporting each other on the spiritual path.

These groups are one way we can take refuge in the sangha, and as we reflect on the past year's growth of our [Kalyana Mitta Groups](#), our hearts are warmed by the light that shines from this third jewel. Two of the many facets of this jewel are the increasing interest in a Racial Justice KM group and the creation of two Insight Dialogue KM groups.

### **Racial Justice KM Group**

We've heard from members of the sangha that they're very interested in a KM group that focuses on issues of racial justice, and we feel inspired and committed to developing one or more such groups. Those of us who had the great



good fortune to attend [Ruth King's](#) workshop, "Mindful of Race," began discussing how these groups could be created, with mindfulness and attention to the deepening understanding we were gaining from the workshop.

We'll continue to explore this as part of Triangle Insight's overall commitment to addressing these issues in our sangha. As part of this effort, we'd like to hear from the sangha, and those who have suggestions or want to be part of a Racial Justice KM group should contact Sarah Tillis, KM Coordinator, at [sarah@triangleinsight.org](mailto:sarah@triangleinsight.org).

### **Insight Dialogue KM Groups**

The August 23rd Insight Dialogue KM training with Phyllis Hicks deepened the participants' understanding of Insight Dialogue as a relational meditation practice that brings together the meditative qualities of the mind with wisdom teachings, and the power of relationship. Participants explored offering each other the ID guidelines and contemplations. Phyllis taught a process that she called "The Circle of Merit," and we experienced the power of giving and receiving skillful feedback.

There were fourteen participants, including the facilitators of the two Insight Dialogue KM groups, Beverly Johnson and Lori Ebert. All those who attended the training plan to join one of these groups. If you were unable to be at the training but have attended prior Insight Dialogue retreats, and you would like to join one of the ID KM groups, please contact Beverly Johnson at [beverlyjohnson992@gmail.com](mailto:beverlyjohnson992@gmail.com).

There are many details that Beverly and Lori need to explore, and they will be providing more details in the upcoming months.

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The KM coordinating team of Jeanne van Gemert, Tom Howlett, Tamara Share, and Sarah Tillis has much gratitude for our community's dedication, and we welcome your input. May our Kalyana Mitta groups be of great benefit to all.

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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](mailto:ron@triangleinsight.org) .

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

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

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## Living with Integrity: An Integrated Dharma Program with Andrew Olendzki, PhD

Many of us have benefited from Andy's scholarship and wisdom when he was at the Barre Center for Buddhist Studies, and in May he let us know that a continuing opportunity for study would become available in the Fall through an on-line program he was developing with Tricycle. And here it is!

Following the traditional Buddhist prescription that the best way to integrate the Dharma is to hear it, learn it, reflect upon it, investigate its meaning, and to practice it, this four-month course will familiarize you with Buddhist thought while providing a framework for incorporating it into daily life. It has been designed for both beginners and advanced students, and features new translations of the Pali canon.

As you may recall, *Sila* is the integrity aggregate of the Noble Eightfold Path, and Andy's intention is to offer the other two, *Samadhi* (concentration) and *Panna* (wisdom) in four-month modules over the remaining 8 months of the year. Our wish is that as many of you in the sangha participate in the program such that we may organize some activities around our collective investigation so as to deepen the learning experience.

If interested, please visit [learn.tricycle.com](http://learn.tricycle.com), where you can read more about the course and Andy Olenszki's background, as well as enroll in the course.

**Start Date: September 13th over 4 months**  
**Instructor: Andrew Olendzki, Ph.D.**  
**Cost: \$199 - \$240**

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# Southern Dharma Retreat Center

## KITCHEN MANAGER and Resident Volunteers

Southern Dharma is looking for a new KITCHEN MANAGER and for a few RESIDENT VOLUNTEERS to support kitchen operations at our retreat center 35 miles northwest of Asheville, NC.

### **KITCHEN MANAGER beginning December 1**

The Kitchen Manager is a full-time staff position and one of four residential employees at Southern Dharma. SDRC is seeking **an experienced vegan/vegetarian cook** to fill this position beginning December 1. Compensation includes salary, benefits, room and board. For details, please visit us online [at www.southerndharma.org](http://www.southerndharma.org).

### **RESIDENT VOLUNTEERS for scheduled retreats**

Resident Volunteers at Southern Dharma provide voluntary service support in exchange for room, board, and the opportunity to support others in silent retreat practice. **We currently need one volunteer to help with each of the following scheduled retreats:**

Aug. 26-30 (Kevin Griffin)  
Sept. 10-13 (Mark Nunberg)  
Sept. 24-29 (Fred Eppsteiner)  
Oct. 3-9 (DaeJa Napier)  
Oct. 16-23 (Donald Rothberg)  
Nov. 15-20 (Lila Kate Wheeler & Hugh Byrne)  
Dec. 9-13 (Caroline Yongue & Ruth Ostrenga)  
Dec. 28-Jan. 3 (John Orr)

For a description of Resident Volunteer work at SDRC, please scroll down on **their webpage**. Please contact the Director at [southerndharma@earthlink.net](mailto:southerndharma@earthlink.net).

## **Southern Dharma Retreat Center**

Spring Creek, on **Hap Mountain**  
1661 West Road  
[Hot Springs, NC 28743](http://www.southerndharma.org)

Phone 828-622-7112

Email [southerndharma@earthlink.net](mailto:southerndharma@earthlink.net)

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## Mindful Parenting Class

### Fall 2015 Session

Car oline Hexdall, Ph.D., licensed psychologist

Mindful awareness during difficult as well as pleasant times allows for deeper connections within ourselves and with others. Often, this leads to more positive relationships ,

especially with the children and adolescents in our lives. This class is for parents of children of all ages as we learn that many struggles and joys associated with parenting are universal across the lifespan.

Participants at all levels of understanding of mindfulness, from curious interest to daily mindfulness meditation, are welcome.

**September 2 - October 21, 2015**

**Center for Mindful Development, PLLC**

**121 West Margaret Lane**

**Hillsborough, NC 27278**

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

Before August 19: \$299/individual or \$478/couple,

After August 19: \$325/individual or \$520/couple

For more information please contact Caroline at

[919-370-0770](tel:919-370-0770) or email:

[\*\*caroline@mindfuldevelopment.com\*\*](mailto:caroline@mindfuldevelopment.com)

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## **Koru Mindfulness and Meditation Classes in Carrboro taught by Bree Kalb, LCSW**

Koru is a brief, structured approach to learn mindfulness and meditation. This introductory class will help students establish or revive a meditation practice and to develop a mindful approach to life. Classes are small (6-8 people), relaxed, and enjoyable.

**Wednesdays, Oct. 28, Nov. 4, 11, 18**

**The Wellness Alliance**

**301 West Weaver Street**

**Carrboro, NC 27510**

**5:30-6:45 PM**

\$65 for all 4 classes

Please sign up before Oct. 19

For more information:

[\*\*www.thewellnessalliance.com/BreeKalb.html\*\*](http://www.thewellnessalliance.com/BreeKalb.html)

email: [\*\*bree@mindspring.com\*\*](mailto:bree@mindspring.com)

call: [\*\*919-932-6262\*\*](tel:919-932-6262) ext 216

Facebook:

[\*\*https://www.facebook.com/carrborokorumindfulness\*\*](https://www.facebook.com/carrborokorumindfulness)

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## Eco-Sattva Training

### An On-Line Course for Aspiring Eco-Sattvas

What does it mean to express a Buddhist response to climate change? What does our wisdom tradition and our love for this life call us to do? How can we respond with wisdom, compassion and courage?

Join Joanna Macy, Rev. Angel Kyodo Williams and a powerful collection of other teachers, activists and experts for this online, interactive Eco-Sattva Training from One Earth Sangha. This course will develop our community's capacity to effectively engage on climate change and other ecological challenges, both thematically and locally, with courage, compassion and wisdom. You are invited to join this series of important sessions hosted by Thanissara, One Earth Sangha and Maestro Conversations.

**Sunday, Sept. 13th - Sunday, Nov. 15th, 2015**  
**12:30 - 2:30 PM**  
**For more info or to register go [here](#).**

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## Buddhist Meditation

### and the Modern World

#### an On-line Course through Coursera

This course introduces students to (i) the history of Buddhist contemplative traditions in India and Tibet (meditation, yoga, mindfulness, visualization, etc.), (ii) innovations in scientific research on understanding such contemplative practices, (iii) recent adaptations of such practices in multiple professional and personal areas, and (iv) the practices themselves through brief secular contemplative exercises.

The course will be co-taught by David Germano and Kurtis Schaeffer, both at the University of Virginia, and will include extensive contributions from scientists, people involved with integrating [meditation] in practice, and Tibetan Buddhist teachers.

**August 30th - December 30th, 2015**  
**For further description of course goals, and to register:**  
**<https://www.coursera.org/course/meditation>**

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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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# The Shramadana Project at Triangle Insight

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

Ron Vereen recently completed a second Mindfulness Awareness Training at the Durham Crisis Response Center, assisted by Daya Breckinridge, Paula Huffman, and Tamara Share. So far the feedback from the DCRC and clients has been positive. It is our intention to offer this class on an ongoing basis for their clients who are

survivors of domestic violence, sexual assault and childhood trauma, and the more people involved, the more classes we can provide.

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

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

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## Goings-on in the Sangha

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

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

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### Kaliyana Mitta News

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

NEW KM GROUP: [Read about the Durham Insight Dialogue KM Group](#) in this newsletter.

### The Wellness Station Open House

Paul McAndrew and Lorraine Davis cordially invite you to their open house at [The Wellness Station](#), which provides Feldenkrais, Yoga, Physical Therapy, and UpLift Movement.

Please join them on Thursday, SEPTEMBER 10: 5 - 8 PM.  
3001 Academy Road, Suite 130  
Durham NC. 27707 919.489.8809

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## Mindfulness Awareness Training with Tamara Share, PhD

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

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

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

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

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

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

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

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## Mindfulness Programs at UNC Integrative Medicine

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

[\*\*UNC Program on Integrative Medicine\*\*](#)

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

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# Buddhist Families of Durham

Currently consisting of ~ 16 families, this group is dedicated to creating a warm, loving community for parents and children to learn and practice together. Adults meet for one hour for meditation and discussion, while the children learn about meditation and Buddhism in Sati School with our marvelous (non-parent-member) teachers.

For more information, visit:

**[Buddhist Families of Durham](#)**

## Sunday Mornings

**10:30AM-12:00 noon**

**please contact Sumi Loundon Kim for details**

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

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# Duke Cancer Center

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

## Monday Afternoons

**12:30 - 1:00 PM**

**The Quiet Room, Main Level**

**Duke Cancer Center**

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# Recovery Group

a Buddhist Perspective on the Twelve Step Program

The meetings begin and end with silent meditation. For more information contact **[Zensetter@gmail.com](mailto: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](mailto:info@triangleinsight.org)**

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## Triangle Insight is a Non-Profit

In December 2011 we announced our classification as a non-profit with the State of North Carolina, and in May 2013 we received our designation as a 501(c)(3) religious organization by the IRS. All contributions received by the Triangle Insight Meditation Community are tax-exempt to the extent of the provisions of this designation. If you would like to donate to our organization please contact us at **[info@triangleinsight.org](mailto:info@triangleinsight.org)**.

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