



# *Triangle Insight Meditation Community*

*May 2018*

*triangleinsight.org*

Greetings to all -

At the April 18th meeting of Triangle Insight we announced that the board, in response to the direction given by those at the open board meeting March 18th, has selected a skilled and neutral facilitator to work with the sangha around developing a set of shared values and norms so as to envision a governance structure that will be in alignment with our deepest intentions as a spiritual community. After having reviewed the information gathered on several potential candidates, Katherine Turner, founder and president of Global Citizen, LLC, was chosen to shepherd us through this process of an exploration of the values, norms, and structure of Triangle Insight.

Katherine met with the board on April 18th to help us develop a Scope of Work that we anticipate will enable us to discern a structure for the governance of Triangle Insight that will be in line with the evolving needs and intentions of our community. Our first step is to have Katherine engage

with the sangha at our Wednesday evening meeting on June 6th, at which time we will continue gathering information to help guide us in preparation for a day-long retreat on June 23rd. In addition, she suggests that a working group be formed, composed of the current members of the board along with three others from the sangha, which will collaborate with Katherine in the preparation and design of the June 6th and June 23rd gatherings along with seeing the process of this exploration through to the end.

We would like to extend an open invitation to anyone in the sangha who would like to join the working group mentioned above as an expression of *dana* to the community. In order to assist those who may be taking this opportunity under consideration, we thought it helpful to clarify the responsibilities that would be expected: 1) to familiarize themselves with all background documents; 2) to help plan and fully participate in the June 6th preparatory conversation, the June 23rd retreat, a working group meeting to finalize decisions and elaborate the implementation plan and any additional virtual or in-person working group meetings; and 3) to provide timely communication and feedback on plans and meeting designs. The composition of the group, in addition to the board, will be based on the first three individuals who respond to this appeal via email to [info@triangleinsight.org](mailto:info@triangleinsight.org). We invite anyone who would like to offer their time and energy to this endeavor to respond at this time, and our goal is to have this group fully in place by May 11th.

This exploration with Katherine will bring about additional expenses in order to complete the scope of work that has been outlined, and we would like to also extend an invitation to anyone in the sangha who is willing and able to contribute financially to help support this effort. If you are moved to offer *dana* in this form you may do so by making a tax-deductible contribution here: [Donate Now](#). Also, if you need additional information to help you in this decision, please feel free to contact us at [info@triangleinsight.org](mailto:info@triangleinsight.org).

As we reflect on how we have arrived at this point in the evolution of the

sangha, we are humbled and inspired by what continues to emerge from the wisdom of the collective as to our ongoing needs. In this spirit we invite us all to remain open to the process that has been set forth, to acknowledge that we cannot at present know exactly the way forward, and yet to trust that what emerges from the sangha will help us discern our shared values so as to align us with our deepest intentions. As Gil Fronsdal offers in his book, *The Issue at Hand*, "Mindfulness practice connected to your deepest intention will bear a different result than practice connected to more superficial concerns...I believe that a daily sitting practice is extremely important. But I believe there is even more benefit in spending a few minutes each day reflecting on our deepest intentions."

May we continue to reflect together on our deepest intentions as a sangha; may this collective reflection guide us as to what is needed; and may our efforts bear fruits that will be of benefit to all.

With deep gratitude for your ongoing support of the sangha!

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



## Sitting Opportunities

TI Wednesday  
Meditation Group

Insight Dialogue at

## 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

[Triangle Insight](#)

[TI Morning Meditation](#)

[Mindful Families of Durham](#)

[Duke Cancer Center](#)

[Recovery Group](#)

[Other Resources](#)

## Upcoming Classes and Events

[Guest Teacher Series at Triangle Insight](#)

[Transforming our Website with Leah Rutchick](#)

[Exploring Mindfulness with Barbara Shumannfang](#)

[Koru Mindfulness with Erica Alexander and Bibi Gnagno](#)

## Retreats

[Deepening Our Practice with Jeanne van Gemert and Ron Vereen](#)

[True Refuge: Heart of Wise Action - an Insight Dialogue retreat](#)

[Finding Peace: An Urban Retreat with Jeff Brantley and Katie Strobush](#)

[Goings on in the Sangha](#)

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)**

May 2: Ron Vereen

May 9: Scott Bryce

May 16: Phyllis Hicks (Insight Dialogue)

May 23: Sarah Gardner (Guest Teacher)

May 30: Dave Hughey

June 6: Sangha Meeting with Katherine Turner

June 13: Scott Bryce

June 20: Barbara Shumannfang (Guest Teacher)

June 27: Mary Grigsby (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**

## Guest Teacher Series at Triangle Insight

Beginning in February, we are pleased to have five individuals share their wisdom with the sangha, each of whom has been participating in a new certification program to become mindfulness meditation teachers. We invite you to join us as we welcome these new voices to our Wednesday night gatherings: Sarah Bryce (Feb 21), Sharon Shelton (March 21), Joe Gilbert (April 18), Sarah Gardner (May 23), and Barbara Shumannfang (June 20).

The Mindfulness Meditation Teacher Certification Program is a 2-Year professional training program for teaching awareness and compassion-based practices with Jack Kornfield and Tara Brach. This new certification program through the Awareness Training Institute has been in the making for over 30 years. It is the result of the greater need in our world for more qualified mindfulness meditation teachers and the growing popularity of mindfulness, self-compassion, and meditation.

Tara Brach and Jack Kornfield have specially created a high quality certification program that has wide application and

(activity quick list)

**Triangle Insight  
Meditation Group  
on Facebook**

**Spiritual Friends  
Groups**

**Organizing Against  
Racism Workshops**

**Continuing the  
Conversation**

## Ongoing Classes and Events

**Sitting Together  
A Curriculum  
for Mindful Families**

**The Self-Compassion  
Workbook for Teens  
by Karen Bluth, PhD**

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

**Minded Classes in  
Carborro & Chapel**

**Organizing Against  
Racism Workshops**

**Mindfulness  
Awareness Training  
with Tamara Share  
PhD**

**Mindfulness  
Programs at Duke  
Integrative Medicine**

**Mindfulness Programs  
at UNC Integrative  
Medicine**

**Spiritual  
Friends Groups**

maintains both psychological and spiritual depth. It deepens the meditation training of each participant and prepares them to skillfully teach and guide others.

By studying to become a certified meditation teacher, they have:

- Learned how to teach meditation with tools for body, heart, mind, and community (learning from both Tara's and Jack's successes and failures in teaching meditation for a combined 60 years)
- Received professional mentoring (individual and group) offered throughout the two-year training by an international group of highly respected meditation teachers
- Learned the application of mindfulness and self-compassion to relationships, conflict, trauma, organizational wisdom, and societal change
- Have experienced a powerful way to grow and deepen their spiritual path.

We hope you will join us in welcoming these gifted individuals over the next five months as they deepen their experience of teaching through their offerings to our sangha at our Wednesday evening gatherings.

**Wednesday Evenings, 6:30 - 8:00 PM**  
**Feb. 21, Mar 21, Apr 18, May 23, Jun 20**

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## Transforming our Website

**A new TI WEBSITE is under construction and may be viewed at this address:**

<http://triangleimc.staging.wpengine.com/>

**Take a tour and try out some of the new features. What do you think? Your feedback is important!**

**Try out the new Forums application!**

**Visit the main tab: All Forums. Pick the top Forum, scroll down and register. Log-in and you're set to comment on a topic, or create your own topic.**

**You are invited to use the Feedback form on the website, or write directly to me with your ideas and suggestions, at [leah@triangleinsight.org](mailto:leah@triangleinsight.org).**

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## Deepening Our Practice: a Memorial Day Weekend Residential Retreat with Jeanne van Gemert and Ron Vereen (Note: Wait list only as retreat is full)

Whether new to meditation or practicing for many years, we all share the potential for the path to deepen the faculties of conviction, persistence, mindfulness, concentration, and discernment. These faculties become strengths that support us along the way toward the direct realization of mindfulness as a path of insight. As these strengths unfold, we can find ourselves more capable of experiencing the joy and tranquility already present in our lives.

This residential retreat will provide an invaluable container within which to examine practice as a process that moves through levels of arriving, observing, opening, and being. With the opportunity to experience the various qualities associated with each of these stages, we also come to realize that progression along the path does not necessarily unfold in a linear, stepwise fashion. This heart-felt progression can be experienced both within ourselves and in relationship to our world. No matter where along the path we may be, we begin to see our journey as a dynamic process of deepening, with each level providing what is needed for greater wisdom and compassion in that moment.

To be placed on the wait list, please contact Leah at [leah@triangleinsight.org](mailto:leah@triangleinsight.org).

**Thursday, May 24 - Sunday, May 27, 2018**  
**Avila Retreat Center, Durham, NC 27712**

### Early Bird discount ends May 1st

Small Single: \$330 by 5/1, \$360 thereafter  
Large Single: \$355 by 5/1, \$385 thereafter  
Dbl. Occupancy: \$305 by 5/1, \$335 thereafter

\*Requests for financial assistance will be considered such that no one is turned away due to inability to pay.

(Note: Jeanne and Ron are leading the retreat and offering their teachings free of charge. An opportunity to offer your generosity to them will be provided at the end of the retreat)

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## True Refuge:

### The Heart of Wise Action

with Phyllis K. Hicks and Sharon Beckman-Brindley

An Insight Dialogue retreat at the  
Southern Dharma Retreat Center, Hot Springs, NC

As humans we are exquisitely sensitive and can easily become overwhelmed in the sea of relentless sensory contact. Learning how to cultivate mindfulness and tranquility in the flow of daily life is a profound resource for peace and for 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.

**[REGISTER HERE](#)**

**June 26 - July 1, 2018**

**Southern Dharma Retreat Center, Hot Springs, NC**

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## Finding Peace: The Power of Mindfulness in Daily Life

an Urban Retreat with Jeff Brantley  
and Katie Strobush

This 3-day retreat will offer conditions conducive to your own inner search for balance and respite, where you will be pointed toward the silence that holds all noise, the stillness that holds all motion, and the peace that is always available,

no matter the hectic nature of our day to day lives.

All levels of meditation experience and practice traditions are welcome. New meditators or those wishing to begin a practice will learn the basics of mindfulness meditation, including sitting, walking, and mindful movement. Experienced meditators can use this time as a way to deepen or reconnect with their practice within the support of a retreat setting. All participants will have the opportunity to share their experiences with each other, taking advantage of this rare opportunity to become more intimate with ourselves, and facilitating greater patience so as to touch into the stillness that is always available, experiencing greater peace. No previous meditation experience is required.

## Duke Integrative Medicine

**3475 Erwin Rd., Durham, NC**

**June 11 - 13**

**9:00AM-4:00PM Daily**

**Cost: \$445.50 early registration; \$495 after 5/23**

## Spiritual Friends Groups

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

~ The Buddha

It's been three years since our Kalyana Mitta groups began meeting. As we celebrate this anniversary, our hearts are warmed by the dedication of so many individuals who've come together to find support, connection, and inspiration for their spiritual practice. While each group develops in its own way, all share the intention of awakening together. There is a deep beauty and wisdom in this relational practice, and as others contribute to our spiritual development, we are contributing to theirs. As Jack Kornfield writes in **After the Ecstasy, the Laundry**, "This is how we express the heart's realization, by bringing it to maturity with others. To sustain spiritual life, we need one another's eyes and hearts. The experience of being truly seen and honored by another reminds us of who we are. We cannot underestimate the importance of the awakening we to one another." This is the gift of Kalyana Mitta.

### **Kalyana Mitta Groups**

We have openings in three groups:

- **Insight Dialogue KM Group** for individuals with Insight Dialogue experience
- **Secular Buddhism KM Group: Study Group**; and
- **Chapel Hill-Carrboro Young Adults KM Group**, for those in their 20s and 30s

For details about any of these groups, please visit our **List of**

**KM Groups web page**, talk with Sarah Tillis, KM Coordinator, or email her at [sarah@triangleinsight.org](mailto:sarah@triangleinsight.org).

If you would like to join a group, be on a waiting list, or start a new group, please send us a **KM-RA Questionnaire** or contact **Sarah Tillis, KM Coordinator**.

For information about our KM program, please visit our **KM web page**.

### **Racial Affinity Groups**

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. Waking up to white supremacy and the ways we have internalized it is a painful process, and the acceptance we bring to each other, as well as our shared understanding of the dharma, helps us to heal and to figure out how to act more constructively in the world. To support this process, groups follow Triangle Insight's **Mindful Sharing Guidelines** and **Ruth King's Guidelines for Cultural Affinity Groups**.

We began this effort after some of us attended a "Mindful of Race" workshop with Ruth King in Charlottesville, VA a few years ago. At the end of the weekend she invited us to continue this work by forming such groups. **We've invited her to come to Durham, and she will be with us on March 15, 2019.** Resources on her website, the local Racial Equity Institute trainings, and many other books and opportunities are available to us as individuals and a community, as we continue to address this crucial issue which creates so much suffering in our world and in ourselves.

Racial Affinity group members share a commitment to racial equality and are guided by Ruth King's work, yet each group develops and evolves in its own way. If you're interested in joining a Racial Affinity group or would like more information, please talk to Karen Ziegler, RA Coordinator, or email Karen at [ziegl001@gmail.com](mailto:ziegl001@gmail.com), 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-RA Coordinating Team of Sarah Tillis, Karen Ziegler, 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 be notified when another member needs and requests support, send an email to [caringcircles@triangleinsight.org](mailto: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 after the New Year.
- [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!

Stay tuned for information about our next event!

- 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](mailto: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/Workshops. Several of these events have been organized over the years. Upcoming is the Insight Dialogue New Year's retreat **above** and a retreat with Jeanne van Gemert and Ron Verenn being planned for May 24-27, 2018 at Avila.
- 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 - 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***

# 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](#).

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](mailto:info@triangleinsight.org) if you:

- 1) have any questions about this initiative
- 2) would like to be considered for a scholarship
- 3) want to contribute toward a scholarship, and
- 4) wish to be a part of the core group to discuss our plans after completing the trainings.

### OARNC

**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

**contact for information: [info@triangleinsight.org](mailto:info@triangleinsight.org)**

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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](mailto: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](http://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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## Inner Resiliency Training for Healthcare Professionals

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](mailto:ckip@icloud.com)

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## 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

**For more information and to register for these classes, visit [www.getminded.com](http://www.getminded.com).**

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## The Self-Compassion Workbook for Teens:

Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are

by Karen Bluth, Ph.D.

Do you know teens who need mindfulness and self-compassion? If so, this new resource, scheduled for release on Dec. 1st, is a one-of-a-kind workbook that includes fun activities based in mindfulness and self-compassion to help teens deal with the challenges of day-to-day teen life.

**Karen Bluth, PhD**, is research faculty in the Department of Physical Medicine and Rehabilitation at the University of North Carolina School of Medicine. She conducts research, teaches mindfulness and self-compassion courses, and regularly gives talks and leads workshops at universities and schools.

For more information on the book and on how to order, please visit [Karen's website](#).

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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](mailto:info@triangleinsight.org).

### Transforming the TIM website

The Beta version is available for review at <http://triangleimc.staging.wpengine.com/>. There is a "feedback form" on the website, easily available for your reflections on the current state of development.

### 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. NEW CHANGE: Karen Ziegler is now coordinating the Racial Affinity groups.

### 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](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.

## 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.

Corneila 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 Corneila Kip Lee at [ckip@icloud.com](mailto: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](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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## 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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## Duke Cancer Center Meditation Room

### A Quiet Center for everyone

Meditation sessions are held every Monday at the Duke Cancer Center Quiet Room from 12:30 p.m. - 1 p.m. **Staff, volunteers, patients, family members and the public are invited to attend.**

The sessions are free, and there is no registration. For a map and the latest scheduling, see this [announcement](#).

Contact Chaplain Olsen at [annette.olsen@duke.edu](mailto:annette.olsen@duke.edu), or call 919-684-3586 for more information.

## Monday Afternoons

12:30 - 1:00 PM

The Quiet Room, Main Level

Duke Cancer Center

20 Duke Medicine Circle

Durham, NC 27710

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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](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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