

Triangle Insight

Meditation Community

Greetings to all!

It seems with each newsletter that goes out we receive several remarks about how much is going on in our community. It may be helpful at times to pause and let ourselves know how blessed we are to live in an environment rich in support of the Dharma, and to have a place where we can gather together to practice on a regular basis. As we travel around the country and meet others on retreat, it becomes evident that some are not so fortunate.

We are reminded of what the Buddha said to his attendant, Ananda, when Ananda commented on this subject: "Ven. Ananda said to the Blessed One, 'This is half of the holy life, lord: admirable friendship, admirable companionship, admirable camaraderie.' 'Don't say that Ananda. Don't say that. Admirable friendship, admirable companionship, admirable camaraderie is actually the whole of the holy life.' " The Buddha went on to say, speaking to the importance of sangha, that in such an environment one can be expected to develop and pursue the noble eightfold path.

So, let's take stock in the what the Buddha had to say, and also follow his instruction of seeing for ourselves if this is indeed true. For us, the warmth within the sangha that we feel in our hearts, and the energy this brings for study and practice suggests that he was onto something.

With deep gratitude,

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

Sitting Opportunities

[Wednesday Meditation Group](#)

[Buddhist Families of Durham](#)

[Neighborhood Sitting Group](#)

[Chapel at Duke Hospital](#)

[Recovery Group](#)

The Alice Project

Sarnath, India

www.aliceproject.org

Follow the outstanding school for which our sangha raised funds last year!

Upcoming Retreats

[Exploring the Wanting Mind](#)

[Yoga and Mindfulness Workshop](#)

[Cultivating Self Compassion and Joy](#)

[Eno River Buddhist Community](#)

Classes

[TIMC Study Group](#)

Wednesday Meditation Group

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

Schedule

February 2nd: Ron Vereen
 February 9th: Cynthia Hughey
 February 16th: David Hughey
 February 23th: Phyllis Hicks (Insight Dialogue)

Wednesday Evenings

7:00-8:30PM

(Insight Dialogue is now 7:00-8:30PM)

**Duke University Episcopal Center (EC)
 505 Alexander Avenue
 Durham, NC 27705**

Exploring the Wanting Mind with Sasha Loring

A one day meditation workshop. Please see the retreat **flyer** for more information.

February 26th, 2011

9:00 AM - 4:00 PM

**Chapel Hill Zen Center
 5322 NC Hwy 86
 Chapel Hill, NC 27516**

Yoga and Mindfulness Workshop with Frank Jude Boccio

Hillsborough Yoga will be sponsoring a workshop with Frank Jude Boccio, The Four Foundations of Mindfulness: The Awakened Union of Breath, Body and Mind. For more information go to www.hillsboroughyoga.com.

March 18-20, 2011

**Hillsborough Yoga and Healing Arts
 1812 Becketts Ridge Dr
 Hillsborough, NC 27278**

Mindfulness Based
Cognitive Therapy

The Power of Meditation: *Cultivating Self Compassion and Joy in Mindfulness*

with Jeanne van Gemert and Mary Brantley

Meditation teaches us how to more skillfully work with ourselves. Compassion and joy are inner states we can turn toward, cultivate and rest in. In the busyness and fast pace of our lives, we often overlook moments and opportunities of self-compassion and joy that naturally exist in us all.

All levels of experience and practice traditions are welcome. This non-residential retreat is open to new meditators and to experienced practitioners. Please register early as retreats at DCIM tend to fill early. For more information see the **flyer**, call 919-660-6826 or visit www.dukeintegrativemedicine.org.

March 25-27, 2011

**Duke Integrative Medicine
Center for Living Campus
3475 Erwin Road
Durham, NC 27705**

Upcoming Retreats with Eno River Buddhist Community

Avila Retreat Center

May 6-9, 2011, Fri-Mon, with Gregory Scharf

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

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

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

Triangle Insight Study Group

The response to the proposed monthly study group on

Rodney Smith's book, *Stepping Out of Self Deception*, has been very positive, and we are at the maximum number of 15 participants. However, a certain amount of attrition may occur, so if you would like to be placed on a waiting list for notification at a later date in the event a space opens up, please contact Ron at Ron@triangleinsight.org.

Mindfulness-based Cognitive Therapy (MBCT) Program

with Dr. Lori Ebert and Dr. Phyllis Hicks

MBCT is an evidence-based group designed to prevent relapse in people who have experienced multiple episodes of depression. At the heart of this work is developing a new relationship to modes of mind that are associated with depressive relapse (e.g. rumination) through the cultivation of mindfulness. Information can be downloaded **here** or viewed at: www.phyllishicks.com/offerings.

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Thursdays, February 3 - March 24, 2011

8 Week Course

Meetings will be in Durham

Contact Dr. Hicks for further information

Traditional Japanese Tea Gatherings at Duke Gardens

You are invited to come to the Duke Gardens teahouse, where, as a guest to Tea, you will experience the warmth of a traditional Japanese tea gathering. Enjoy the aesthetics, poetry, and serenity of this rich tradition over an enticing bowl of whisked green tea and a Japanese confection. Guests will meet at the Doris Duke Center to be escorted to the teahouse for these intimate gatherings.

On Saturdays, children 6 years and older are welcome with an accompanying adult at the family rate.

February 18th, 2011 (Fri) - First Voice of Spring Tea

March 5th, 2011 (Sat) - Dolls Festival Tea

April 22nd, 2011 (Fri) - Spring Blossoms Tea

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

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

10:45 AM - 12:00 PM



Doris Duke Center
Fee: \$30; Friends: \$25, Family: \$35 per adult/child
Participant Limit: 10

Cherry Blossom Festival

Co-sponsored by the Asian/Pacific Studies
Institute at Duke University

Celebrate the cherry blossoms at our annual Grand Tea Gathering. Guests will enjoy a presentation of the tea tradition in an open-air garden setting. Festivities will feature Japanese taiko drumming and a display of traditional Japanese arts. Please feel free to contact Nancy Hamilton at nhamilt@duke.edu with any questions regarding these gatherings or regarding Tea programs in general at the Duke Gardens!

Sunday, April 3rd, 2011

11:30 AM - 2:00 PM

Angle Amphitheater behind the Doris Duke Center

Fee: \$10; Friends: \$5; Children: \$5.

Participant Limit: 50

Buddhist Families of Durham

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

Sunday Mornings

10:30AM-12:00PM

please contact Sumi Loundon Kim for details

email: simplysumi@gmail.com

phone: 617-501-3877(c) or 919-613-0160(h)

Neighborhood Sitting Group

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

Monday and Thursday Mornings

7:00-7:45AM

Yoga in the Hood

2205 Wilson St

Durham, NC 27705

Chapel at Duke Hospital

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

Thursday Afternoons

3:00-3:30 PM

The Chapel

6th Floor of Duke North

Recovery Group

a Buddhist Perspective on the Twelve Step Program

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

Monday Nights

7:00 PM

Chapel Hill Zen Center

5322 NC Hwy 86

Chapel Hill, NC 27516



Try it FREE today.