

# Triangle Insight

## Meditation Community

Greetings to all!

As some of you may have noticed, our sangha at Triangle Insight is slowly and steadily growing, and we wanted to bring you up to date as to some of the plans that we are putting in place. This is a time of much excitement and potential for our community, and we also wanted to share some ideas of how you may become more involved.

In the near future, we hope to establish the Triangle Insight Meditation Community as a non-profit, tax exempt, 501(c)(3) entity, which will then enable all contributions to be tax deductible. To make this happen we will need to establish a Board of Directors and would like to invite those of you who are interested to consider taking on this opportunity. In addition, we feel it would be helpful to have a volunteer coordinator as we move toward eventually offering more activities and events for the sangha, as well as extending our volunteerism out into the community-at-large. If any of these interest you, please let us know.

All of these efforts are in alignment with the spirit of both *dana* (generosity) and *seva* (service). One way to view spiritual practice is in the movement toward less separation between self and other, and an excellent skillful means to help bring this about is through giving back to others as an expression of one's gratitude.

Finally, we hope to have our web site up and running in the very near future, and we feel this will further add to our sense of community. In addition to providing a means of extending our reach to those who may be seeking a place to practice, study, and commune with others, it will also offer features that can enhance the functioning of the sangha. We will keep you posted as to when the web site will be going "live."

As always, we want to express our deep gratitude to each of you for contributing to the growth of Triangle Insight, and to making it a refuge for us all in these difficult times. May we all live in peace.

Warmly,

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](http://www.aliceproject.org)

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

## Upcoming Retreats

[Love and Wisdom](#)

[Insight Dialogue](#)

[Compassionate Presence](#)

[Eno River Buddhist Community](#)

## Classes

## 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

May 4th: Ron Vereen

May 11th: Cynthia Hughey

May 18th: Jeanne van Gemert

May 25th: Jeanne van Gemert (Insight Dialogue)

**Wednesday Evenings 7:00-8:30PM**  
**Duke University Episcopal Center (EC)**  
**505 Alexander Avenue**  
**Durham, NC 27705**


## Love and Wisdom Retreat with Greg Scharf

This retreat will focus on exploring the relationship of love and wisdom through the practice of insight and metta meditation. Greg Scharf is a regular teacher at the Insight Meditation Society and Sprit Rock whose talks can be accessed on [www.dharmaseed.org](http://www.dharmaseed.org). Registration information will be coming soon.

**May 6th - May 9th (ending at lunch)**  
**Avila Retreat Center**

## 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.

**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**

## Insight Dialogue Retreat

with Gregory Kramer, Gary Steinberg,  
Mary Burns and Phyllis Hicks

Within the refuge that the structure of Insight Dialogue offers and the support of Sangha, we will explore each moment of interpersonal contact with curiosity and kindness. Please see the [flyer](#) or email [anitababavita@gmail.com](mailto:anitababavita@gmail.com) for more information and to register.

**May 19th-26th, 2011**

**Elkins Estate**

**Philadelphia, PA**

## Webcast with Ram Dass

hosted by Rameshwar Das

Jon Seskavich is working with Ram Dass to bring about a very exciting program. It will be a special time with Ram Dass and his new book, *Be Love Now* (HarperOne, November 2010). Ram Dass' co-author, Rameshwar Das, will be on hand to discuss the book and show a short video of Ram Dass' spiritual life from the new electronic version of *Be Here Now*. Ram Dass no longer travels but will join in for questions and answers live via the internet from his home on the island of Maui in Hawaii.

Advance Tickets: \$15

Visit [www.flyingmonkey.ws](http://www.flyingmonkey.ws) for more information and to purchase tickets.

**Saturday, June 18th, 2011**

Location TBA

Greensboro, NC

7:00 PM

**Sunday, June 19th, 2011**

Caare Building  
214 Broadway St  
Durham, NC 27701  
7:00 PM

## Compassionate Presence: Insight Dialogue for Psychotherapist and Healthcare Professionals

Led by Gregory Kramer, Phyllis Hicks and  
Lori Ebert

Insight Dialogue is an interpersonal meditation form based on a relational understanding of Buddhist wisdom. In this workshop/retreat we will explore classical Buddhist teachings on mindfulness at their intersection with current Western understandings of the healing relationship. See the [flyer](#) for additional information or to register, please contact Lori Ebert at [lebert@nc.rr.com](mailto:lebert@nc.rr.com).

**July 15th, 2011 - July 16th, 2011**

**Steadman Nutrition Building  
Center for Living Campus  
Durham, NC**

**Friday - 8:30 AM-5:30 PM**

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

## Upcoming Retreat with Eno River Buddhist Community

**Avila Retreat Center**

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

Save the date 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/](http://www.pgacon.com/erbc/) and for general questions contact Scott Bryce at [stgb@earthlink.net](mailto:stgb@earthlink.net).



## 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](mailto: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](mailto: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](mailto:zensetter@gmail.com) or call/email Ed at 919-636-2889/[spaceferrets@yahoo.com](mailto:spaceferrets@yahoo.com).

## Monday Nights

7:00 PM

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



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Triangle Insight | [www.triangleinsight.org](http://www.triangleinsight.org) | Durham - Chapel Hill - Raleigh | NC | 27705