



# *Triangle Insight Meditation Community*

*triangleinsight.org*

Greetings to All!

Impermanence is sometimes so "ordinary," we take it for granted. By paying attention, the pleasant and unpleasant qualities of impermanence can teach us equanimity. When we look at the sun rising, we assume that first light will continue to grow. When our chocolate ice cream starts melting, we calculate how fast we'll have to eat it; and our favorite impermanence is happening now: the unfolding of Spring.

Slowing down to be more conscious of the spreading sunrise, the melting ice cream, the greening of Spring, the rising and passing of our thoughts and the stages of our lives help us understand how we are all part of impermanence. We and

everything else are that flowing mountain river, never pausing for a moment or an instant or a second.

In the words of the Sri Lankan monk Piyadassi Thera: "Change or impermanence is the essential characteristic of all phenomenal existence. We cannot say of anything, animate or inanimate, organic or inorganic, "this is lasting"; for even while we are saying this, it would be undergoing change. All is fleeting; the beauty of flowers, the bird's melody, the bee's hum, and a sunset's glory."

We invite you to explore this important characteristic of existence for yourself to experience the insights this investigation may bring.

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



## Sitting Opportunities

Wednesday  
Meditation Group

Insight Dialogue at  
Triangle Insight

Buddhist Families of  
Durham

Neighborhood Sitting  
Group

## Wednesday Meditation Group

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](#).

### Schedule:

March 5:	Mary Mathews-Brantley (Guest Teacher) with Social Gathering following Mary's talk
March 12:	Cynthia Hughey
March 19:	Jeanne van Gemert
March 26:	Phyllis Hicks (Insight Dialogue)
April 2:	Ron Vereen
April 9:	Cynthia Hughey
April 16:	Jeanne van Gemert
April 23:	Phyllis Hicks
April 30:	David Hughey

### Wednesday Evenings

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

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

**Episcopal Center (EC) at Duke**

[Duke Cancer Center](#)[Recovery Group](#)[Other Resources](#)

## Upcoming Classes and Events

[Reflections on Metta:  
An Evening with  
Mary Brantley](#)[Krishna Das Kirtan  
Wallah Tour](#)[Real Happiness at  
Work with Sharon  
Salzberg](#)

## Upcoming Retreats

[Non-Residential Yoga  
Retreat with Frank  
Jude Boccio](#)[Evolving Toward  
Freedom](#)

## Goings On in the Sangha

[Buddhist Families of  
Durham Seeking  
Preschool Teacher](#)[Dharma  
Contemplation Group](#)

## The Shramadana

**505 Alexander Avenue  
Durham, NC 27705**

## Reflections on Metta: An Evening with Mary Brantley as Our Guest Teacher at Triangle Insight

Ajahn Sumedho wrote, "As we begin to understand the mind and abide in the purity of the present, we can feel a kind of good will or metta toward all creatures." We now have studies which show how loving-kindness has positive effects on health and wellbeing, including increased positive emotions and connectedness, decreased pain and anger, and with regular practice, physiological changes in one's response to inflammation and distress. Does repeating metta phrases give us a positive radiance of mind? Can it really cool down our fears and help us see the goodness in ourselves and others? [Read more...](#)

**Wednesday, March 5, 2014**

**Triangle Insight Meditation Community  
505 Alexander Ave., Durham, NC 27705**

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

**8:00 - 8:30 Social Gathering  
(please bring a savory or sweet to share!)**

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## Krishna Das Kirtan Wallah Tour

Jon Seskevich will be bringing the beloved Krishna Das to Durham on March 27th, for an evening of devotional yogic chanting with a Western influence. For more information and to purchase tickets, go to [Krishna Das](#).

**Thursday, March 27th**

**The Armory, 220 Foster St., Durham, NC**

**\$30 in advance, \$40 at the door**

**7:30 PM (doors open at 7:00 PM)**

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## Not Too Tight; Not Too Loose: The Balance of Effort and Letting Go

## Project

[A Volunteer Initiative of Triangle Insight](#)

## Ongoing Classes and Events

[Mindfulness Programs at Duke Integrative Medicine](#)

[Mindfulness Programs at UNC Integrative Medicine](#)



## with Frank Jude Boccio

In this Mindfulness Yoga non-residential "retreat", we will practice slow body movement; vinyasa, Yin, and restorative yoga; and a variety of meditation techniques. These practices, along with discussion, will cultivate attunement to a life of joy, harmony, inner peace, and freedom. For more information or to register go [here](#), or call 919-732-3051.

March 28, 29, & 30, 2014

Camp New Hope, Fleming Lodge  
Chapel Hill NC ([go here for directions](#))

Cost: \$180

Friday 7-9pm

Sat 9-12 and 2-5p

Sun 10-4 (this will be a Day of Mindfulness, and bring a simple lunch)

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## Real Happiness at Work: Meditations for Accomplishment, Achievement and Peace With Sharon Salzberg

Jon Seskevich will again be bringing the beloved meditation teacher, Sharon Salzberg, to the Triangle in April for an evening seminar and day-long workshop.

For more information and for tickets, go to:

[Bright Star Live Events.](#)

For more info on: mail, checks, telephone credit card orders please contact:

Email: Jon Seskevich @ [ram1008@hotmail.com](mailto:ram1008@hotmail.com)

## Eno River Unitarian Universalist Fellowship

4907 Garrett Road, Durham, NC 27707

Friday, April 25, 7:30 - 9:30 PM

Saturday, April 26, 9:30 AM - 4:30 PM

(Note: Sharon will also be in Charlotte 4/27, and for more info, click above links)

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## Evolving Toward Freedom: Exploring the Four Establishments of Mindfulness

A Memorial Day Weekend Residential Retreat  
with Jeanne van Gemert and Ron Vereen

This retreat is for the curious who are motivated to explore an evolution of liberation -- one moving away from suffering, evolving toward the freedom promised by the Buddha. We will investigate the Buddha's method as taught in his discourse on *Satipatthana*, or the Four Establishments of Mindfulness (body, feelings, mind, and categories of experience). All levels of experience with meditation are welcome, and for more information and to access the registration form [please click here](#). Some scholarship funds are available.

### The Stone House

Mebane, N.C.

Thursday, May 22 - Sunday, May 25

Dorm: \$315 (early registration, \$285 before 4/1)

Camp: \$270 (early registration, \$240 before 4/1)

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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 is a volunteer initiative of the Triangle Insight Meditation Community that has recently formed to address some of the needs within the sangha, and to provide outreach to the community-at-large as well. Two co-coordinators of the overall project emerged out of the first core group meeting on August 21st - Sharon Jamison and Tamara Share. Please consider being involved in some fashion, large or small, and to participate or for more information, contact us at:

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

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## Goings-on in the Sangha

This section in the newsletter is where sangha members may list a variety activities or announcements for everyone to view, e.g., study groups, social gatherings, and any classes or other events that you consider relevant to the mission of our sangha. If you would like something included, please submit your request by the 20th of each month to **[info@triangleinsight.org](mailto:info@triangleinsight.org)**.

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### **Buddhist Families of Durham Seeking Preschool Teacher**

The [Buddhist Families of Durham](#) (BFD), a meditation community of 25+ families, is in search of teacher for its Sati School class for preschoolers, ages 3 to 5. The BFD meets Sundays from 10:30am-noon. Class attendance ranges from 3 to 6 children, with several toddlers in the lap

of a parent. The ideal candidate has a love of working with children, classroom experience, and affinity for, though not necessarily long experience with, mindfulness meditation and Buddhist teachings. Pay based on experience, ranging from \$40 to \$50 per Sunday. Position begins mid-May. [BuddhistFamiliesofDurham.org](http://BuddhistFamiliesofDurham.org). Send cover and resume to:

[admin@buddhistfamiliesofdurham.org](mailto:admin@buddhistfamiliesofdurham.org),

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## Dharma Contemplation Group

Interested in "preparing for a meeting with the unknown?"

Dharma Contemplation is a companion practice to Insight Dialogue. Like ID, it was developed by Gregory Kramer. In Dharma Contemplation we immerse ourselves in a short excerpt of the Buddha's words and allow them to transform us. By first hearing and then repeatedly reading the text, it saturates our minds. Layer after layer, joined in mindfulness and inquiry, we deepen our understanding and experience of the teachings as we contemplate them together in a small group.

Join us on the fourth Sunday of every month from 3:30 - 5:00. Email **Beverly** at [beverly143@frontier.com](mailto:beverly143@frontier.com), or call **Tamara** at **919-493-2674, x 114** for more information. The next meeting will be on 2/23/14.

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

Please click on any of the following links 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 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 74 beings in 24 + 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 Bodhi School with our three 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: [sumi@buddhistfamiliesofdurham.com](mailto:sumi@buddhistfamiliesofdurham.com)**

**phone: 919-613-0160**

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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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## Neighborhood Sitting Group

This early morning sitting group led by Ron Vereen meets Mondays and Thursdays from 7:15-8:00 AM in the Watts-Hillandale Neighborhood. There is no charge for participation, and donations are accepted to support the use of the space. For more info contact Ron at [rlvereen@aol.com](mailto:rlvereen@aol.com).

### Monday and Thursday Mornings

**7:15-8:00AM**

**2205 Wilson St., Durham, NC 27705**

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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

**7:00 - 8:15 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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