
April 2019 IMC Charlotte Newsletter

1 message

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Mon, Apr 1, 2019 at 5:59 AM

INSIGHT MEDITATION

Community of Charlotte



Upcoming Events

April 3.....Guest Leader: Mary Aubry
April 10.....Sangha Walking Group begins
April 17.....Guest Leaders: Ruth King and Mark Nunberg
Racial Healing & Non-Harming
Meditation will begin at 7 pm this evening
April 26.....David Chernikoff: Friday Evening talk
Living Dharma The Heart of the Matter
April 27.....David Chernikoff: Daylong Meditation Retreat:
Compassion in Action
May 15.....Dharma Leader panel
June 8.....Annual Sangha Picnic

Save the Dates

September 20-22:
Fall Sangha Retreat:
Heartwood Retreat Center,
Hendersonville, NC

Weekly Meditations

Wednesday Evenings 7-9 pm
Tuesday Midday 12-1 pm



Two Weekly Practice Opportunities

Wednesday Evening Meditation

Tuesday Midday Meditation

Wednesday Evenings

We meet every Wednesday evening at 7 pm. There is an instruction period from 7-7:30 pm, then a 30-minute silent insight meditation followed by a dharma talk and discussion.

Appropriate for all levels of experience.

Tuesday Midday

We also meet Tuesdays from noon to 1:00. The Tuesday format includes a short instruction period, a thirty-minute period of silent meditation, and a brief period of questions and answers.

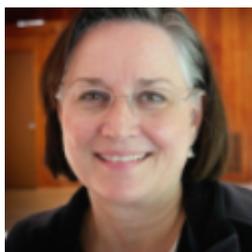
*All are welcome. Attendance is free.
You have the opportunity to make a financial donation to support us
so we can have a space to foster mindfulness, joy, equanimity, and compassion.*

Location: Milford Chapel, Park Road Baptist Church, [3900 Park Road, Charlotte, NC 28209](#).
Please park in the back of the church and take the sidewalk to the second building on the left.

*Please refrain from using perfume, aftershave or strongly scented lotions when attending IMCC events.
This could be distracting to individuals with sensitivities, at the very least. Thank you.*

Practice Discussion Sessions

On the first Wednesday of each month, from 6:45-7:25, those with an *established* practice gather to share and learn from each other's practices during a question and answer session led by a Dharma Leader.



Guest Leader

Mary Aubry

Wednesday, April 3

Mary Aubry has been meditating and attending insight retreats for over 25 years. Her teachers have included Joseph Goldstein, Sharon Salzberg, Tara Brach, Leigh Brasington, Rodney Smith, Bhikkhu Analayo, and Gregory Kramer. In 2009, she attended her first jhana retreat with Leigh Brasington. In 2016, he authorized her to teach the jhanas in the tradition of the Venerable Ayya Khema.

Mary served for seven years on the Board of Directors of the Southern Dharma Retreat Center in North Carolina, attended the Dalai Lama's 2011 eleven-day Kalachakra for World Peace event in Washington, DC, and graduated from Spirit Rock's Community Dharma Leadership program in 2012. She co-taught IMCW's 2014-15 heavenly messenger program, "Sacred Journey: Being Present with Aging, Illness, and Dying" and developed and co-taught IMCW's True Refuge Companion Program, which offers in-home meditation companions for the aging, ill, dying, and bereaved in the IMCW community.

Since 2009 she has been a teacher with Insight Meditation Community of Washington, D.C. Currently, Mary teaches retreats nationally and internationally on insight, the jhanas, and the brahma viharas.



NEW!!!

Sangha Walking Group

JOIN US

An Informal Walking Group

Walk Around the Pond (0.7 mile)

Dates.....Second Wednesday of each month, April - October
Beginning April 10th — weather permitting

Time.....6:30 - 7:00 pm

Location.....Freedom Park. Meet at the children's playground, entrance on East Blvd.

Contact.....Email Denise: ddherenow8@gmail.com for more information or questions



Guest Leaders: Ruth King and Mark Nunberg

Racial Healing and Non-Harming

Wednesday, April 17

Meditation will start at 7 this evening. Talk begins at 7:30

(There will be no Beginners Instruction period.)

In this evening talk, Mark Nunberg, founder and guiding teacher at Common Ground Meditation Center, Minneapolis, Minnesota, and Ruth King, guiding teacher at Spirit Rock Meditation Center and author of *Mindful of Race: Transforming Racism from the Inside Out*, share their journey together in becoming more mindful of race as dharma teachers and its impact on the Common Ground Meditation Center.

This talk supports us in opening to more subtle and sticky ways we participate in Dukkha - racial suffering - and in aligning more intentionally with Sila – the practice of non-harming.



David Chernikoff

April 26, 7 - 9 pm

Friday Evening Talk

Living Dharma: the Heart of the Matter

April 27, 9 am - 5 pm

Saturday Meditation/Teaching

Compassion in Action

The path of service plays a central role in all of the great wisdom traditions. When we quiet our minds and open our hearts, we recognize the interdependent web that connects all living beings to one another and to the Earth. By attuning to inner guidance, we sense the ways in which life calls us to contribute to the well-being of the whole.

Friday evening, David will lead a period of silent meditation, give a talk on ***Living Dharma: The Heart of the Matter***, and then respond to questions.

Date.....Friday, April 26

Time..... 7 - 9 pm

Location.....Park Road Baptist Church, Milford Chapel, [3900 Park Rd, Charlotte NC 28209](#)

Cost..... Free. Dana (donation) for the teacher.

The daylong on ***Compassion in Action*** will be as follows: The morning and early afternoon will consist of sitting and walking meditation in Noble Silence. In the mid-to-late afternoon there will be guided meditations and interactive exercises to deepen our understanding of the joys and challenges of compassionate action.

Date..... Saturday, April 27
Time....., 9 am - 5 pm
Location..... Park Road Baptist Church, Milford Chapel, [3900 Park Rd, Charlotte NC 28209](http://3900ParkRd.com)
Cost..... \$35 registration fee plus Dana (donation) encouraged for the teacher who is not otherwise compensated. Scholarships available. See website: IMCCharlotte.org
Contact..... For more information or to register, email Cindy: IMCCnregistrar@gmail.com



Dharma Leader Panel
Wednesday Evening, May 15
Open Q and A!

Questions about your practice? Questions about the dharma?

On May 15, during the usual time for the dharma talk, you will have the opportunity to ask the Dharma Leaders any questions you may have about your practice and/or about the dharma teachings.

All questions are welcome, even if you are just starting your practice and you think that your question may be too basic.

Others can benefit from hearing different perspectives from the Dharma Leaders.

Here's how to ask your questions:

- Prior to that Wednesday, email your questions to Ward: wardsimmons@bellsouth.net. (The name of the sender will be kept confidential.)
- That evening, before silent meditation, you can write your question(s) on paper provided in the lobby .
- You can ask your question(s) during the panel.

Your questions will make this a new, interesting, and informative format for learning about the practice.

We hope to hear from you.



Annual Sangha Picnic
Saturday, June 8
4 pm
Freedom Park Shelter #6

Join us! Sangha members relaxed and having fun? Yes! You don't want to miss this!

Date.....Saturday, June 8
Time.....4 pm
Location.....Freedom Park, Shelter #6
Cost.....Free
Bring.....Please bring a vegetarian dish and a reusable water container (to reduce the environmental impact of this event).
We will provide ice and bottled water.

OUR SANGHA



Meet Sangha Member Cathy Francis

Cathy has been meditating with IMCC for about 7 years. “The practice of meditation definitely makes my life better...I am better able to accept things as they are - and see when I’m not.” She participated in the year-long Dharma Study and Practice Program and feels that continuing to learn about the Dharma really enriches her life.

Since 2016, Cathy has been retired from a long career in IT. She currently serves as our Lead Volunteer Coordinator and says that volunteering has many rewards. It has increased her contact with more sangha members and deepened her appreciation of our Sangha, one of the the Three Jewels of Buddhism.

The Wednesday evening Volunteer Coordinators provide an important service to the sangha. For more information, or to volunteer, please contact Cathy: cathyfrancis@carolina.rr.com She'd be happy to explain what's involved and welcome you to the group.

Would you like to make the PR Committee this happy?

The Public Relations committee is looking for someone to help out with the monthly newsletter and/or the new website-to-be.

If you have experience with MailChimp (or a similar type of electronic newsletter software) or WordPress and would like to help us, please contact Clyde at caofnc@yahoo.com.

*Are you interested in learning? It's fairly easy.
Yep - contact Clyde!*



DANA (Pali for generosity)

Volunteering is a valuable way to give dana to the sangha; it can open your heart and enrich your life.

Volunteering also is a way to meet other sangha members.

Go to the 'Volunteer' tab on our website IMCCharlotte.org to learn more about our different volunteer opportunities and find contact information to contact to sign-up for an activity.

Whether you are new to IMCC or a longtime member, we can always use your help.



Donate to IMC Charlotte

Donations to IMC Charlotte can be made through our website – IMCCharlotte.org – using a credit card or PayPal account.

Go to the **Donate** tab on the left side of the home page to make your donation:

Click here: IMCCharlotte.org/donate

IMC Charlotte relies on your generosity to fund its operating expenses. While some of the organization's

offerings (classes, series, retreats, etc.) do have suggested registration fees to cover the cost of rent, advertising, promotional materials, etc., no one is turned away from any activity due to lack of ability to pay.

Donations are also used to

- pay for our weekly meeting space
- purchase supplies and equipment (ex: cushions), bring in outside speakers
- provide modest support for the organization's Dharma Leaders (teachers)
- provide scholarships to events.

*IMC Charlotte is tax-exempt under Section 501(c)(3) of the Internal Revenue Code.
Contributions are tax-deductible to the extent allowed by law.*



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