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February 2019 IMC Charlotte Newsletter

1 message

Insight Meditation Community of Charlotte <info@insightmeditationcharlotte.org>
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Fri, Feb 1, 2019 at 5:14 AM

INSIGHT MEDITATION Community of Charlotte



Upcoming Events

February 8.....Winter Social/
Movie Night

February 27.....Guest Leader:
Joe Parisi

March 5, 12, 19, 26.....Tuesday Evening Series:
Beyond the Basics

March 6, 13, 20, 27.....Spring Wednesday Evening Series:
Mindfulness of Body, Thoughts,
Words and Deeds

March 29 – April 1.....2019 Spring Sangha Retreat

Weekly Meditations

Wednesday Evenings 7–9 pm

Tuesday Midday 12–1 pm

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

Save the Dates

April 3.....Guest Leader: Mary Aubry

April 17.....Guest Leaders:
Ruth King and Mark Nunberg

April 27.....David Chernikoff:
Friday Evening talk – *Living Dharma:*
The Heart of the Matter.

April 28.....David Chernikoff: *Compassion in Action:*
A Daylong Meditation Retreat with
David Chernikoff



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. Milford Chapel.

Tuesday Midday

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

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.

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.

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.

Inclement Weather Policy:

We follow the cancellation decisions of the Charlotte-Mecklenburg Schools.

Please check the Charlotte Mecklenburg Schools website to see if school has been cancelled:
<http://www.cms.k12.nc.us/parents/resources/inclementweather>

If inclement weather is expected in the evening after regular school hours, check to see if school or school events are closed for either that evening or the next day. If so, we will also be closed that evening. Always use your best judgment concerning driving in inclement weather.

****If we are closed or you decide not to come,
 please consider meditating at home from 7:30-8 pm****

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.



Wednesday Evening

February 6, 2019

Annual Sangha Meeting

We will follow our normal schedule of instruction and meditation from 7:00 – 8:00. The meeting will be held from 8:00 – 8:30 in lieu of the Dharma talk and discussion.

The board will report on the activities of the past year,
 as well as plans for the upcoming year.

Please attend and participate.

*Your input helps to ensure that the programming being offered
meets your needs.*



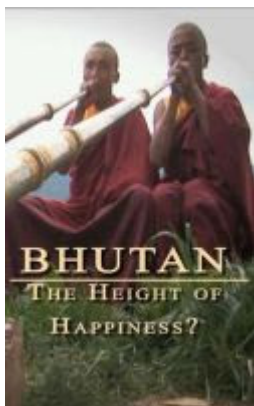
Wednesday, February 27

Guest Leader

Joe Parisi

Joseph Parisi, Ph.D., is a psychologist with an interest in meditation and mind/body health for more than 40 years. As the former Director of Psychology and Behavioral Medicine at Presbyterian Hospital, he established the hospital's Center for Mind-Body Health and co-founded the Center for Integrative Medicine. In those roles he introduced meditation on the psychiatric units and led Charlotte's first Mind Body Stress Reduction Program.

Currently, Joe is in private practice where he continues to integrate mindfulness and psychotherapy. He has maintained a daily meditation practice since the early 1990's and sits with the Charlotte Community of Mindfulness.



Annual Winter Social/Movie Night

Bhutan: The Height of Happiness?

Friday, February 8

7 pm

Join us for a fun evening. Friends and Significant Others Welcome!

Thought of as a secluded paradise, Bhutan is renowned for rejecting economic prosperity in pursuit of "Gross National Happiness." For centuries, its benevolent kings ignored technological advances, seeking to protect their people from outside influences and Bhutan was thought of as the happiest country on earth. Then, overnight, 47 satellite stations descended on the country. Can Bhutan's mythical spiritual principles withstand this Western onslaught?

Please bring a vegetarian dish to share. Beverages will be provided.
(Remember to bring a serving utensil, if needed.)

Date.....Friday, February 8, 2019

Time.....7:00 pm

Cost.....Free

Contact.....email Gail Goforth goforthgail@gmail.com to RSVP and get location and directions

Tuesday Evening Series

Beyond the Basics: Overcoming the Hindrances

and Cultivating the Factors of Awakening



Taught by Debbie George

March 5, 12, 19, 26

"The task of the fourth Satipattana (the 4th foundation of mindfulness) is to monitor the mind on the path to liberation. The two essential components of this path are overcoming the hindrances and cultivating the factors of awakening."

Bhikkhu Analayo

- This course is experiential. Its goal is to try for more understanding. One cannot fail for trying.
- After session one, at least one third of our class time will be given to practice in an effort to understand the teachings.
- A consistent daily meditation practice is required.
- Familiarity with the hindrances and the awakening factors prior to session one, will be very helpful. (Google!)
- An attitude of curiosity and adventure is encouraged!

Dates.....Tuesday evenings, March 5, 12, 19, 26

Time.....7 – 9 pm

Location.....Milford Chapel, Park Road Baptist Church, [3900 Park Road](#)

Cost.....\$40 plus Dana for the teacher*

To register.....email Debbie George yogamom14@aol.com

**Scholarships available. See our website: IMCCharlotte.org
Dana supports Debbie's work for this offering and future offerings.*



Spring Wednesday Evening Series

Mindfulness of Body, Thoughts, Words and Deeds

March 6, 13, 20, 27

Starting with mindfulness of the body on March 6, each week the dharma talk will be about using mindfulness to relate to a specific aspect of our experience and how mindfulness helps us be aware of the true reality of these components of our lives.

The Dharma Leaders will explore their awareness of the particular phenomena, how they use mindfulness to be present with this phenomena, and any benefits or challenges they have from working with this particular aspect of their experience.



Living in Openness & Freedom:

Developing Generosity, Loving-kindness and Wisdom

Spring Residential Retreat

**Friday, March 29 – Monday, April 1, 2019
(3 nights)**

"I feel rejuvenated, hopeful, grateful." "The center was spectacular and beneficial to my practice." "I truly benefited from this retreat experience" "100% way cool." Comments from 2018 attendees

Join us as we practice ways to develop generosity, loving-kindness, and wisdom to counter the forces of greed, hatred, and delusion. This year's spring annual retreat at the St. Francis Springs Prayer Center will be for 3 nights, *beginning at supper on Friday night and finishing after lunch on Monday.*

There will be morning instructions, alternate sitting and walking meditation periods, and evening Dharma talks. There will be opportunity for private practice interviews. Our practice will be conducted in

Noble Silence. Previous meditation experience will be helpful but is not required.

The \$105 per night charge includes all meals (vegetarian), lodging (double occupancy), and tax. Scholarships are available. There will be an opportunity to practice Dana towards the retreat leaders.

Registration forms can be downloaded at www.imccharlotte.org.

To reserve a space, **the registration form and deposit must be sent to Ana Acosta** (contact info on Registration form).

Contact Denise Owens with questions at ddherenow8@gmail.com

OUR SANGHA



DANA (Pali for generosity)

Volunteering is an important 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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