



Jane Tanner <jandreatanner@gmail.com>

# January 2019 IMC Charlotte Newsletter

1 message

**Insight Meditation Community of Charlotte** <info@insightmeditationcharlotte.org>  
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To: jandreatanner@gmail.com

Tue, Jan 1, 2019 at 8:00 AM

## INSIGHT MEDITATION Community of Charlotte



### Upcoming Events

- Jan. 15, 22, 29 &.....Tuesday Night Series:  
Feb. 5, 2019            Insight Meditation - The Basics
- Jan. 30.....Guest Leader: Ayya Sudhamma
- Feb. 8.....Winter Social/Movie Night
- March 7 .....Book Discussion Group
- 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 Date

- Wed. Feb. 6.....Annual Sangha Meeting



### 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.

*On January 1 we will follow the usual midday meditation schedule.*

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### 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.

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### 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.*

### Reminder: Annual Survey

Please complete our online 2019 annual membership survey. **Your input is very important.**

It takes only a minute or two and is anonymous. The IMCC Board reviews your responses and uses this input to plan new programs for the upcoming year.

**Please complete the survey by January 15.**  
To add your voice, [click here](#).

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### Insight Meditation - The Basics

#### Tuesday Night Series

**Jan. 15, 22, 29 & Feb. 5, 2019**

**Led by Ward Simmons**



Are you new to insight meditation? Have you been practicing for a while, but unsure if you are “doing it right?” Have you been at it a long time, but would like to revisit the basics and cultivate “beginner’s mind?” Don’t miss this opportunity to get your practice started or to deepen your existing practice. Topics will include cultivating mindfulness and concentration, working with hindrances that arise during meditation, cultivating contentment, and taking our practice into our daily lives.

Dates.....Tuesdays: Jan. 15, 22, 29 & Feb. 5, 2019

Time.....:.....7 to 9 pm

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

Cost.....\$40.00 registration fee plus Dana (donation) for the Leader  
(Scholarships available. See cancellation refund policy at [IMCCharlotte.org](#).)

To register or for additional information contact Ward Simmons at [WardSimmons@bellsouth.net](mailto:WardSimmons@bellsouth.net)

***Space is limited, so please register in advance.  
Walk-in registrations will be accepted only if space is available.***



**Guest Leader**

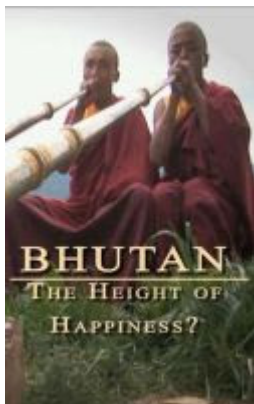
**Ayya Sudhamma**

**Wednesday, January 30**

Ayya Sudhamma grew up in Charlotte. After practicing law, she embraced Buddhism in 1993, when an encounter with cancer offered her a difficult lesson in impermanence.

She joined the monastic community in 1997. In 2003, after several years as a novice, she gained full Bhikkhuni ordination in Sri Lanka, becoming the first Western woman to do so in that country. A few years ago she returned to Charlotte, where she founded the Charlotte Buddhist Vihara. She resides there as an alms-mendicant, teaching meditation and Buddhist suttas, offering spiritual counseling, and conducting traditional Southeast Asian Buddhist rituals.

All of the dana collected after her talk will go directly to Ayya Sudhamma to support the Charlotte Buddhist Vihara.



**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

**Contact:** email Gail Goforth [goforthgail@gmail.com](mailto:goforthgail@gmail.com) to RSVP and get location and directions



**Living in Openness & Freedom:**

**Developing Generosity, Loving-kindness & 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.

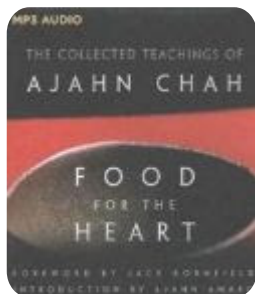
There will be morning instructions, alternate sitting and walking meditation periods, and evening Dharma talks. There will be opportunity for private practice interviews. Our practice will be conducted in **Noble Silence**. Previous meditation experience will be helpful but is not required.

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](http://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](mailto:ddherenow8@gmail.com)



**Sangha Book Discussion**

**Food for the Heart by Ajahn Chah**

**Begins March 7**

Our Spring book discussion is the first Thursday of every month from 12 pm - 2 pm beginning March 7th. We will meet in room 505 of Park Road Baptist Church. Our discussions will be on selected readings from The Collected Teachings of Ajahn Chah: Food for the Heart. Because we usually have a waiting list, those interested should contact Joy at [alwayskindness@gmail.com](mailto:alwayskindness@gmail.com) as soon as possible. This is a wonderful book for practitioners regardless of their level of experience. Ajahn Chah is respected as one of the most accomplished spiritual masters of his age. His teachings are filled with humor and compassion, and are simple and profound at the same time. An email will be sent each month to let the participants know which chapters we will be discussing at the following meeting.

**OUR SANGHA**



## The New IMCC Logo !!!

In 2017, the IMCC Board of Directors began to consider updating the sangha's logo. While the old logo had served us well for several years, the image of the Buddha was not unique to IMCC. We had also become aware of technical constraints of the design and were ready for a clean, fresh look.

Using these criteria as guides, a new logo has been designed by Sarah Tudor that the logo committee feels is contemporary, easy to reproduce, and exclusive to IMCC. The green is a natural, restful color and the circle represents unity. The design incorporates a traditional Buddhist lotus while also suggesting someone sitting in meditation, and abstractly referencing the crown of the Queen City. The new logo is flexible: the symbol and the typography work well together or stand alone for our many varied uses.

We hope you enjoy your new logo. It's now on the newsletter, our website, our Facebook page, will soon be on our printed materials, and maybe even t-shirts! Thanks to Clyde, Mary, Elaine, Jane, Denise, and Jay for their feedback and review of the many iterations that were considered in order to arrive at the final design.



### IMC Charlotte Dharma Leader Training Program Applications Due February 1, 2019

In 2019, IMC Charlotte will offer a Dharma Leader training program. The intention is to assist practitioners to develop the skills and experience necessary to become Dharma Leaders with IMC Charlotte. Dharma Leader responsibilities include teaching classes, multi-week series, study groups, and retreats, as well as participating in the rotation leading weekly sangha meetings.

Successful applicants will be active members of the sangha, have a well-established home meditation practice, be well-grounded in the teachings of the Buddha, and have participated in silent, residential retreats in the insight (vipassana) tradition. Program participants will be expected to participate fully in the program, subscribe to a code of ethics in their behavior, and intend to serve the sangha as a Dharma Leader upon graduation.

If you are interested in applying for the program, please read the Program Description, [click here](#), first. Then, download the Application, [click here](#). Both the Program Description and the Application are also available at [imcccharlotte.org](http://imcccharlotte.org). Interested individuals are encouraged to use the month of January to reflect on his or her aspirations around teaching. The submission deadline is February 1.



### Meet Carolyn Graham Meditator, writer, and sangha founder

Carolyn has been practicing Insight Meditation since 1984 and states: "Mindfulness was the route for me to reclaim my mental and physical health after eight years of chronic illness with Lyme disease." She is writing a book about her journey, *The Gift of the Circle*.

While living in Georgia, she spear-headed the formation of Roswell Insight Meditation Community.

Carolyn is now an active member of IMCC, regularly joining us on Wednesday evenings and serving on the Program Committee. "Volunteering is a way to be helpful and give back." She values our sangha for what it offers to the community and the opportunity it presents to be with people who care about each other.

Carolyn wants to share an extraordinary 5 minute video on Gratitude:

<https://www.youtube.com/watch?v=4115qFsdWKK>

*Thank you, Carolyn!*

### 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](http://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](http://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:

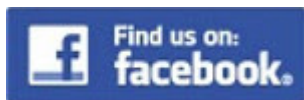
**Click here:** [IMCCharlotte.org/donate](http://IMCCharlotte.org/donate)

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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