

June 2019 IMC Charlotte Newsletter

1 message

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

Sat, Jun 1, 2019 at 5:29 AM

INSIGHT MEDITATION
Community of Charlotte



Upcoming Events

- June 1.....Community Service/ Friendship Trays
June 5.....Guest Leader: Mary Powers
June 8.....Annual Sangha Picnic
June 8.....Introduction to Insight Meditation class
June 8.....KM Group Information/ Formation meeting
July 10, 17, 24, 31.....Summer Series: Sutta Study
June 27, July 11, July 25, August 8.....Beyond the Basics: The Buddha - His Life and Times
September 20-22.....Fall Sangha Retreat: Letting Go, Letting Be

Sangha News

Dharma Leaders in Training

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.

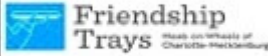
You have the opportunity to make a financial donation to support us so we can have a space to foster mindfulness, joy, equanimity, and compassion.

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.



Join us!
Saturday, June 1
9 am - 12 noon

Volunteer with Friendship Trays/Meals on Wheels....in the Garden!

Every day **Friendship Trays** delivers balanced meals to people in the community who, because of their age or infirmity, are unable to prepare their own meals. **Friendship Trays** grows much of its own produce in a garden located at Garringer High School and relies on volunteers twice a month to maintain the garden. So, bring a friend or family member to play in the dirt. Help **Friendship Trays** feed people who are unable to feed themselves.

Garden volunteers are required to wear closed toed shoes and work gloves which are not provided. Eat your Wheaties that morning and bring water. We might plant, harvest produce, dig holes, push wheelbarrows, pull weeds or turn compost. Green thumbs are not required; just plan on getting dirty.

Please sign up. It's always fun!

Date.....Saturday, June 1
Time.....9 am – 12 noon
Bring.....Closed toed shoes, work gloves, & water
Location.....Garringer High School, [1100 Eastway Drive, Charlotte NC 28205](#)
Contact.....For information or to sign-up, email Jay at jcksnjy@gmail.com



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.

“IN-FORMation” Session: Kalyana Mitta Groups

Saturday, June 8 2:45 - 4:00

Looking for a way to strengthen your practice? Consider forming, joining, or refreshing your current **Kalyana Mitta** (Spiritual Friends) group with guidance from Dharma Leaders Debbie George and Alexis Stein.

KM groups bring together Sangha members to study and share practice experiences in a friendly, supportive environment.

Date.....Saturday, June 8
Time.....2:45 - 4 pm
Location.....Freedom Park, Shelter #6
Cost.....Free

Registration is not necessary. If you have any questions, please contact Denise Owens at:
ddherenow8@gmail.com

Backup plan for inclement weather (lightening, pouring rain): Picnic and KM Meeting

Home of Denise Owens. Contact her at ddherenow8@gmail.com



Guest Leader

Mary Thia Powers

June 5

Since 1999, Mary Thia has practiced and studied Vipassana meditation, as well as other traditions, including Bare Awareness meditation with Adyashanti and Insight Meditation with S.N. Goenka, Jack Kornfield, Bhikkhu Bodhi and, most recently, Bhikkhu Analayo. She has been an active and valued member of IMCC since 2014.

She completed a year-long Dhamma Study and Practice Program at IMC Charlotte in 2018 and is currently enrolled in IMCC's 2-year Dhamma Leader Training Program as well as being a member of the Public Relations committee.

Mary Thia has been a professional graphic designer since 1980, is a certified Enneagram instructor, and holds multiple certifications for professional yoga instruction. She lives with 3 felines and 1 husband, writer John Amen.



Introduction to Insight Meditation Class

Saturday, June 8

1 - 4 pm

Presented by Clyde Alexander

In this introductory training, we will learn the fundamentals of Insight (Vipassana) Meditation and explore how it supports mindfulness in our day-to-day lives. Open to beginning and seasoned practitioners.

- An overview of insight meditation and mindfulness
- Meditation instructions – intention, posture, and concentration
- Practice sessions
- Working with physical pain, emotions, thoughts and other obstacles while meditating
- Guidelines on starting a home practice
- Ample time for Q&A

Date.....Saturday, June 8
Time.....1 - 4 pm
Location..... Milford Chapel, Park Road Baptist Church, [3900 Park Road, Charlotte, NC 28209](https://www.google.com/maps/place/3900+Park+Road,+Charlotte,+NC+28209)
Cost.....Free. Dana (donation) suggested for the Leader.

Chairs and meditation cushions will be provided.

For additional information or to register, contact Clyde at caofnc@yahoo.com



Beyond the Basics:

The Buddha – His Life and Times

Every 2nd Thursday

June 27, July 11, July 25, August 8

7 - 9 pm

Presented by Ward Simmons

In this four-session series, we will take a deep dive into the world into which the Buddha was born, in which he lived and taught, and that he left behind. Our text will be *The Life of the Buddha* by Bhikkhu Nanamoli, an unusually helpful account of the Buddha's life, organized primarily through suttas arranged in chronological order.

We will explore his life as a young prince before his spiritual quest, his years of asceticism and searching, his life after awakening when he had a substantial following and a reputation as a great teacher, and ultimately his death. We will also examine the resulting impact on both this community of followers and the teachings that have come down to us.

This course will involve more reading than some previous series. As a result, the four meetings will be held from 7:00 to 9:00 **every second Thursday**, June 27, July 11, July 25, and August 8. This will allow time between sessions for a through exploration of the text and reflection on the material in one's daily practice and life.

Dates.....June 27, July 11, July 25, August 8

Time.....7 - 9 pm

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

Cost.....\$40 registration plus Dana for the teacher who is not otherwise compensated*

Contact.....For further information or to register, email Ward: WardSimmons@bellsouth.net.

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



Summer Wednesday Evening Series

July 10, 17, 24, and 31

Sutta Study

During this summer's Wednesday evening series, each Dharma Leader will explore a specific sutta (or part of a sutta). The suttas (discourses) are the teachings of the Buddha as expressed in the Pali canon, the main teachings of Theravada Buddhism.

The teachers will show how they approach the study of a sutta and how they bring the dharma teaching into their practice. We will have the opportunity to learn different approaches to studying the suttas – the teachings of the Buddha.

This surely will be a fascinating, thought-provoking series.



Special Teaching Event

Bhante Jayasara

Friday Evening Talk: "Anger Arises"

August 23 7 - 9 pm

**Saturday Daylong, "Living with Uncertainty"
August 24 9 am - 4 pm**

Bhikkhu Jayasara, or Bhante J, is an American Buddhist Monastic of the Theravada tradition who resides at Bhavana Society of West Virginia with his preceptor Bhante Gunaratana. He has been a meditation practitioner for nearly 15 years, a Buddhist for over a decade, and in 2014 at the age of 36, left lay life behind and moved to Bhavana to become a monastic. He now shares teaching duties for retreats at Bhavana Society and, when invited, travels the country to share the Dhamma with those who wish to listen.

Friday Evening Talk: "Anger Arises"

Anger is an all too human emotion that some claim to be useful for their purpose, some revel in it, and for some it is a prison. Is there ever skillful use of anger? How do we manage our anger in a way that cause the least harm? What does the Buddha teach us about skillfully dealing with anger that arises in our mind?

The talk will be preceded by a 30-minute guided meditation and followed by 45 minutes for Q and A.

Date.....Friday, August 23
Time.....7 - 9 pm
Location.....Park Road Baptist Church, Milford Chapel
Cost.....Free. Dana (donation) encouraged for the teacher who is not otherwise compensated.

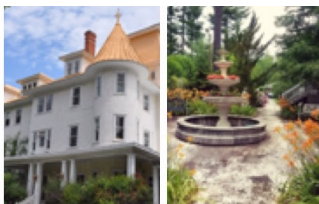
Saturday Daylong: "Living with Uncertainty"

They say we live in uncertain times. The reality is, however, that uncertainty always abounds all around us. We cannot know what our future holds ten minutes from now, let alone ten days or ten years, but we always have a choice as to how we act in the present.

Join Bhante Jayasara for a day of practice in facing our fears and abiding in impermanence. Come explore what the Dhamma teaches us about how to live a skillful and meaningful life. It takes courage and wisdom to live skillfully in a world of uncertainty.

Date.....Saturday, August 24
Time.....9 am - 4 pm
Location.....Park Road Baptist Church, Milford Chapel
Bring.....Lunch. Chairs and meditation cushions will be provided.
Cost.....\$35.00 registration fee plus Dana (donation) encouraged for the teacher who is not otherwise compensated. Scholarships available. See cancellation policy at IMCCharlotte.org
Contact.....For additional information or to register, email Cathy: IMCCncregistrar@gmail.com

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



Insight Meditation Community of Charlotte

Fall Residential Retreat

Letting Go, Letting Be

Heartwood Refuge and Retreat Center

Friday, September 20 to Sunday, September 22

Join Insight Meditation Community of Charlotte for its first retreat at Heartwood Refuge and Retreat Center in Hendersonville, located in the beautiful mountains of western North Carolina. This retreat will be for two (2) nights, beginning at supper on Friday evening and finishing around noon on Sunday.

The retreat is open to people with all levels of meditation practice. 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**. Participants will have a yogi job each day to help support the retreat center.

The \$90 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.

*Frequently asked questions about the retreat experience can be found by clicking [here](#) and at www.IMCCharlotte.org

*Registration forms can be downloaded [here](#) and at www.imccharlotte.org.

*For additional information, contact Linda at IMCCncregistrar@gmail.com

SANGHA NEWS



Dharma Leaders in Training

In May, IMC Charlotte launched its first-ever Dharma Leader Training Program (DLTP). The two-year program's objective is to expand the pool of Dharma Leaders serving the sangha, helping to ensure the continuity of the teachings available to sangha members over the years and decades to come.

The five participants (pictured from left) are Gray Clark, Mary Powers, Denise Owens, Bob Bushorn, and Larry Dawalt. All are graduates of the sangha's 2017-2018 year-long Dharma Study and Practice Program.

As DLTP unfolds, participants will serve in a variety of roles, including assisting with classes, multi-week series, study groups, and retreats as well as leading Wednesday evening instruction periods, and Tuesday lunchtime and Wednesday evening sangha meetings.

We are excited about this step in the growth of IMCC and grateful to the students and teachers for their commitment to the Dharma as well as our sangha.



NEW!!!

Sangha Walking Group

JOIN US

An Informal Walking Group

Walk Around the Pond (0.7 mile)

Dates.....Second Wednesday of each month until October — 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



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 to learn more about our different volunteer opportunities and find contact information or to sign-up for an activity. IMCCharlotte.org

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.

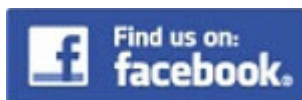
Go to the **Donate** tab on the left side of the home page to make your donation
Click here: IMCCharlotte.org/donate

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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