
Fw: [Test] March 2019 IMC Charlotte Newsletter

Clyde Alexander <caofnc@yahoo.com>
To: Jane Tanner <jandreatanner@gmail.com>

Sat, Mar 2, 2019 at 2:31 PM

Jane,

When you update the website, be sure to add the date in the heading in the King/Nunberg article: Wednesday, April 17

Thanks,
Clyde

----- Forwarded Message -----

From: Insight Meditation Community of Charlotte <info@insightmeditationcharlotte.org>
To: "caofnc@yahoo.com" <caofnc@yahoo.com>
Sent: Friday, March 01, 2019 06:14:40 AM EST
Subject: March 2019 IMC Charlotte Newsletter



INSIGHT MEDITATION
Community of Charlotte

Upcoming Events

- 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
- April 10.....Sangha Walking Group begins
- March 29 - April 1.....2019 Spring Sangha Retreat
- April 3.....Guest Leader: Mary Aubry
- April 17.....Guest Leaders:
Ruth King and Mark Nunberg -
Racial Healing & Non-Harming
- April 26.....David Chernikoff:
Friday Evening talk - Living Dharma:
The Heart of the Matter
- April 27.....David Chernikoff: Daylong
Meditation Retreat -
Compassion in Action

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

June 8.....Annual Sangha Picnic
September 20-23.....Fall Sangha Retreat:
Heartwood Retreat Center,
Hendersonville, NC



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.

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.



Spring Residential Retreat

Living in Openness & Freedom:

**Developing Generosity, Loving-kindness
and Wisdom**

**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



Guest Leader

Mary Aubry

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.



Ruth King and Mark Nunberg
Racial Healing and Non-Harming

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
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](#)
 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: IMCCncregistrar@gmail.com

OUR SANGHA



Feedback from our 2019 Survey

54 people participated.

Thank you!

Respondents have been practicing meditation for from one month to five years or more! It was great getting responses from such a wide range of practitioners. Most have been attending the Wednesday evening meditation and appreciate having a place to practice with others, being in a community, and learning from the dharma teachings. Many of you have also attended our other sangha offerings such as socials, service events, movie nights, book discussion groups, the Tuesday noontime sit, and the various classes.

Most of you said you heard about IMC Charlotte from a friend which is the best way to help our sangha grow. You also suggested some good topics for possible dharma talks.

For those of you who would like to see more community service activities, please make suggestions to the Metta committee and be open to leading a community service event: email Maria Schutte mariaschutte@hotmail.com

The Board of Directors reviewed all your suggestions and ideas at our annual Board planning meeting. Your input is valuable and will help improve our sangha. In addition, don't forget you are always welcome to talk to any of the board members or put suggestions in the dana/suggestion box.

Thanks again for your feedback.
IMC Charlotte Board of Directors



Potluck Social/Movie Night

More than 20 sangha members enjoyed a delicious potluck and meeting old friends and new meditators.

Also, as you can see, they were engrossed in the thought-provoking film *Bhutan: Height of Happiness?*



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:

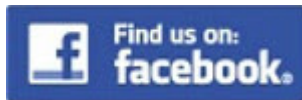
Click here: IMCCharlotte.org/donate

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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