

May 2019 IMC Charlotte Newsletter

2 messages

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

Wed, May 1, 2019 at 5:59 AM

INSIGHT MEDITATION
Community of Charlotte



Upcoming Events

- May 15.....Dharma Leader panel
- June 1.....Comm. 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 Informational/Formation meeting
- September 20-22.....Fall Sangha Retreat

Scroll down to read about
Supporting your Practice with Technology

Save the Dates

- Bhante Jayasāra:
Weekend Teaching
- August 23.....Evening Talk
- August 24.....Daylong

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.



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



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.

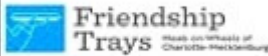
Others can benefit from hearing different perspectives from the Dharma Leaders.

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.



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 their 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 jksnjy@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](#)

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

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 IMCCnregistrar@gmail.com

OUR SANGHA



2019 Spring Sangha Retreat

"Peacefulness, tranquility, and beautiful surroundings"

Over the weekend of March 30 – April 1, 30 retreatants attended our spring sangha retreat at St. Francis Springs Retreat Center. The meditators spent three days in silence doing sitting meditation, walking meditation, mindful yoga, and hearing teachings on the three defilements of greed, anger, and delusion.

The weather was enjoyable and other than some pesky wasps getting into the meditation hall, all went well.

Some comments from the retreatants:

"The peace and tranquility of the place and environment was beautiful."

"The general goodwill and common purpose."

"Wonderful talks ... so well woven together."

Our fall retreat will be at Heartwood Refuge and Retreat Center in Hendersonville, NC, on September 20-22. Be sure to put this on your calendar now!

David Cherinikoff

"Compassion in Action"



Daylong Retreat

David Chernikoff's Friday evening talk focused on the refuges, the Buddha, Dharma, and the Sangha. One memorable idea he shared: the teachings of the Buddha can be summarized in six words: "Pay attention. Don't cling. Be kind."

On Saturday, a glorious April day, more than 20 people attended a daylong retreat. He expressed his appreciation at the warm, organized welcome he found here and shared his delight in seeing how our sangha has grown in number and enthusiasm.

In Noble Silence, most of the day was spent in sitting and walking meditation. In the afternoon, he professionally guided the group in an exploration of the theme "Compassion in Action," a subject all felt was timely and useful.



Supporting your Practice with Technology

By Jay Jackson

IMCC Sangha Member

Today's mobile technology allows us to enhance our practice at home, on our commute, during our lunch hour, pretty much anytime, anywhere.

Podcasts are digital audio files made available on the internet or mobile devices. While doing research for this article, I was very surprised by how many meditation podcasts are accessible. There even is one named ***Crappy to Happy***. So this list is not exhaustive by any means. My personal favorite is ***10% Happier*** with Dan Harris. Some other podcasts include ***Ajahn Amaro Podcast***, ***Tricycle Talks***, ***Buddhist Geeks***, and ***Wisdom Podcast***.

Meditation apps can be downloaded to your mobile device.

- ***10% Happier*** is a popular meditation app. If you're new to meditation, this app has some excellent introductory courses that teach mindfulness meditation. It also has a free timer to use during your meditation.
- ***Insight Timer*** is another app. I use this one as my meditation timer. The timer and some basic content are free but you must pay to take advantage of their courses.
- ***Dharma Seed*** is one of the best resources (dharmaseed.org). It is a remarkable collection of Dharma talks to which you can listen. You can search by subject, theme, or teacher - for free.
- ***Access to Insight*** (accesstoinight.org) includes collections of readings on Theravadan Buddhism. You can search in a variety of ways: by sutta, subject, author and more.
- ***Headspace*** and ***Calm*** are two additional apps.

Moreover, **You Tube** is rich with talks by many Buddhist teachers, e.g., Thich Nhat Hanh, Ajahn Brahm, and The Dalai Lama. You can actually see them as well as listen!

These are some of the resources available to us 24/7. Start your own Google search and see what comes up. There's something for everyone. Have fun and take advantage of these resources.

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 to learn more about our different volunteer opportunities and find contact information or to sign-up for an activity. IMCCCharlotte.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 – IMCCCharlotte.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: IMCCCharlotte.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.*



Are you on Facebook?

Visit our page and tell us what you think.

Follow us, like us!

<https://www.facebook.com/InsightMeditationCharlotte/>



Facebook



Website



Email

Contact us: insightmeditationcharlotte@gmail.com
Facebook: www.facebook.com/InsightMeditationCommunityofCharlotte

Please forward this newsletter to a friend who may be interested

[unsubscribe from this list](#) [update subscription preferences](#)

Jane Tanner <jandreatanner@gmail.com>
To: Jane Tanner <jandreatanner@gmail.com>

Tue, Jun 4, 2019 at 7:25 AM

[Quoted text hidden]