

**Fwd: [Test] August 2019 IMC Charlotte Newsletter**

1 message

Jennifer Diviney <jhdiviney@gmail.com>  
To: Jane Tanner <jandreatanner@gmail.com>

Thu, Aug 8, 2019 at 1:48 PM

----- Forwarded message -----

From: **Insight Meditation Community of Charlotte** <[info@imccharlotte.org](mailto:info@imccharlotte.org)>  
Date: Wed, Jul 31, 2019 at 9:34 AM  
Subject: [Test] August 2019 IMC Charlotte Newsletter  
To: <[jhdiviney@gmail.com](mailto:jhdiviney@gmail.com)>

"Final??? There were many people checking this email. Please confirm ready to schedule, y'all. Thank you!!! Elaine" — Clyde Alexander

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**INSIGHT MEDITATION**  
Community of Charlotte



**Upcoming Events**

- August 7.....Guest Speaker: Bob Bushorn
- August 10.....Community Service: Second Harvest Food Bank
- August 23.....Bhikkhu Jayasara, Talk: "Anger Arises"
- August 24.....Bhikkhu Jayasara, Daylong: "Living with Uncertainty"
- Sept. 5, Oct. 10, Nov. 7 .....Fall Book Discussion begins: [The Dhammapada](#)
- September 20-22.....Fall Sangha Retreat: *Letting Go, Letting Be*

**Sangha News**

Introducing New Board Members and 2019 Board of Directors  
Retiring Board Member Cynthia Glickman

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**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.



### Guest Speaker: Bob Bushorn, August 7

Bob Bushorn has been a member of our sangha for five years, since he moved to Charlotte. A partial list of his activities is impressive: Program Planning Committee participant, guest speaker coordinator, Tuesday noon sit leader, and 2016 and 2017 IMCC Residential Retreats manager. He completed the IMCC Dharma Study Practice Program and is now one of the Dharma Leaders in Training.

He is also actively involved in The Unitarian Universalist Church of Charlotte, teaching classes related to mindfulness and engaged spirituality as well as co-leading the Sunday Morning Meditation.

Bob worked as a professional community mental health administrator as well as having a private practice. He now enjoys the luxury of a part-time clinical practice as a therapist and he finds mindfulness-informed strategies to be invaluable, especially for those who are overwhelmed by anxiety and/or depression, and insomnia.



**Community Service Event:  
Second Harvest Food Bank**

**Saturday, August 10, 9 am - 12 noon**

Second Harvest Food Bank of Metrolina (SHFBM) strives through education, advocacy, and partnerships to eliminate hunger by the solicitation and distribution of food. It was founded in 1981.

SHFBM provides a regional distribution warehouse and branches that supply food and grocery items to charitable agencies that assist people in need. It provides training, technical assistance, and hunger education to partner agencies including soup kitchens like Urban Ministries, emergency pantries like Loaves and Fishes, homeless shelters like Uptown Men's Shelter and Center of Hope, senior programs, and low-income daycares.

*Help sort food for delivery to partner agencies.*

**Date**.....Saturday, August 10

**Time**.....9 am - 12 noon

**Location**.....500 Spratt Street B, Charlotte NC 28206

**Contact**.....To sign up to volunteer, email Gail Goforth: [gailforth@bellsouth.net](mailto:gailforth@bellsouth.net)



**Special Teaching Event: Bhikkhu 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, he left lay life behind 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 causes 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 questions and discussion.

**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"

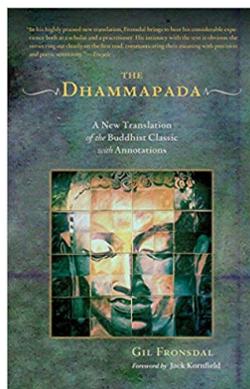
They say we live in uncertain times. The reality is, however, that uncertainty abounds all around us. We cannot know what our future holds ten minutes from now, let alone ten days or ten years, but we always have a choice as to how we act in the present.

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.  
**Contact**.....For additional information or to register, email Cathy: [IMCCnregistrar@gmail.com](mailto:IMCCnregistrar@gmail.com)

Scholarships available. See cancellation policy at [IMCCCharlotte.org](http://IMCCCharlotte.org)  
*Space is limited, so please register in advance.*  
*Walk-in registrations will be accepted only if space is available.*

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## Fall Book Discussion: The Dhammapadam Led by Joy LiBethe

The Dhammapadam is possibly the most widely read and best loved work in Buddhist literature. With simplicity and practicality, it captures the core teachings of the Buddha. Each profound philosophical verse teaches us how to walk the path toward freedom and happiness.

There are numerous translations of The Dhammapadam, and our group will read Gil Fronsdal's (more information to be provided at registration.) In addition, Joy will provide commentary and translations by other sources for discussion.

*These groups fill up quickly.*

*If you are interested in participating, let Joy know as soon as possible because space is limited.*

**Dates**.....Thursdays, Sept. 5, Oct. 10, Nov. 7  
**Time**.....12 - 2 pm  
**Location**.....Park Road Baptist Church  
**Cost**.....Free  
**Contact**.....Joy LiBethe [alwayskindness@gmail.com](mailto:alwayskindness@gmail.com)

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## **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. Retreatants will have the opportunity for private practice interviews. Participants will have a yogi job each day to help support the retreat center. Our practice will be conducted in **Noble Silence**.

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.

**FAQ's** about the retreat experience can be found by clicking [here](#) and at [www.IMCCharlotte.org](http://www.IMCCharlotte.org)

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

**Contact:** For additional information, email Linda at [IMCCncregistrar@gmail.com](mailto:IMCCncregistrar@gmail.com)

## **SANGHA NEWS**

### **Welcome New 2019 Board Members**



**Gary Cotler, Secretary**

Gary Cotler has been a member of the Insight Meditation Community of Charlotte since 2017. After a long-time intellectual interest in Buddhism, he began practicing meditation in 2015 and now considers it an integral part of his overall wellness. Gary has attended residential retreats at Southern Dharma and Heartwood Refuge. He completed an 8-week Mindfulness-Based Stress Reduction (MBSR) course, as well. Gary currently serves on the Finance committee.

Practicing and studying the dharma combined with being part of the IMCC sangha have had a tremendous positive impact on his life.

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**Mary Thia Powers, Member**

Mary Thia Powers has practiced Vipassana and Insight Meditation since 1999. She is a meditation and yoga teacher who also practices graphic and interior design. As a member of the Insight Meditation Community of Charlotte sangha, she's currently enrolled in the Dhamma Leader Training Program (class of 2020) and serves as chair of the Public Relations committee.

Thia believes that meditation and study of the Dhamma brings heart-wisdom and clarity to relationships and communities, facilitating global inter-being.

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## **2019 Board Officers**



**Denise Owens, Board Chair**



**Yvonne McCracken, Vice Chair**



**Gary Cotler, Secretary**



**Adrienne Price, Treasurer**

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### **Thank you, Cynthia Glickman!**

Cynthia Glickman retired from the IMCC Board of Directors at the end of her term on June 30. Cynthia served on the Board since 2013. As chair of the Program Committee, she was responsible for the programs - guest leaders, guest speakers, movie nights, community service activities - that we have enjoyed over the years.

AND Cynthia was Residential Retreat manager for the first 2 residential retreats AND started the volunteer coordinators program AND served on the PR Committee for several years.

Cynthia would like to encourage you to get involved: *"It takes a tremendous effort to make the sangha operate effectively and to offer the programs we offer. Not only can you provide a service to the community by donating your time and energy, but you also gain a lot and really get to know the other members of the sangha."*

Her dedication to the sangha has been one of the reasons for our growth over the years. Say a special thanks to Cynthia next time you see her.



### **Sangha Walking Group**

*Postponed until further notice*



### **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 varied volunteer opportunities and find contact information or to sign-up for an activity. [IMCCCharlotte.org](http://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](http://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:** [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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