

INSIGHT MEDITATION

Community of Charlotte



Please note Holiday Season Schedule:

We will hold regular Wednesday Evening Meditation Sessions on the following dates:

Christmas Day, December 25

New Year's Day, January 1

We will meet as scheduled at noon on Tuesdays on the following dates:

Christmas Eve, Tuesday, December 24,

New Year's Eve, Tuesday, December 31

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Upcoming Events

December 1.....Registration opens for Spring Retreat

December 11.....Denise Owens, Guest Leader

January 2.....Book Discussion Begins

January 9, 16, 23, 30.....Insight Meditation - The Basics

April 2-5, 2020.....IMCC Spring Retreat, St. Francis Springs Retreat Center

Registration opens Dec. 1. [Click here to download registration form](#)

Save the Dates

January 1.....Annual Sangha Survey begins

January 8.....Dharma Leader Panel

January 22.....Guest Speaker: Ayya Sudhamma

Sangha News

10th Anniversary Party

Sangha Appreciation Evening



Two Weekly Practice Opportunities

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.

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 some time for questions and answers.

These gatherings are appropriate for all levels of experience.

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.

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.

Our community meets every Tuesday and Wednesday except for those days when Charlotte-Mecklenburg schools are closed due to inclement weather. **Please check the Charlotte Mecklenburg Schools website** to see if school has been cancelled:

<http://www.cms.k12.nc.us/parents/resources/inclementweather>

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.



Denise Owens, Guest Leader

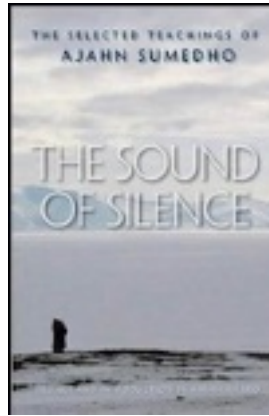
December 11

Denise Owens, PT, joined the Insight Meditation Community of Charlotte in 2013 to become more skilled in present moment mindfulness to enhance her patient treatments. However, she has found the teachings and her meditation practice to have a positive effect on all aspects of her life.

Denise has gratefully participated in an Insight Meditation Society Retreat and the annual IMCC retreats. She has completed the IMCC year-long Dharma Study Practice Program and presently is in the two-year Dharma Leader Training Program.

Currently she is our IMC Charlotte Board Chair and retreat manager as well as being a member of the Personnel Committee and Metta Committee. She also has served on the board of the Piedmont District of the North Carolina Physical Therapy Association.

Winter Book Discussion Begins January 2, 2020



“Clear and inviting -- like water smoothing over stones. A Theravada monk for over forty years and a pioneering Western practitioner, Ajahn Sumedho brings a vast, intensive and insightful investigation to the teachings. He deftly encapsulates direct observations of suffering—the irritation, frustration, confusion and outrageousness of living within a human mind and body.” *Inquiring Mind*

“A joy to read, full of the insight and humor that this popular Buddhist monk is famous for.”
Buddha Space Review

Dates.....First Thursday of each month

Time.....12 noon - 2 pm

Location.....Park Road Baptist Church

Contact.....Joy Libethe: alwayskindness@gmail.com to register or with questions

The group is now full; there is a wait list. if you are interested, contact Joy

Thursday Evening Series

Insight Meditation: The Basics



Led by Debbie George

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?”

If a four-week series on the basics of Insight Meditation would be useful for you, don't miss this opportunity. We will meet from 7 pm - 9 pm on Thursday evenings in January. Topics will include cultivating mindfulness and concentration, working with hindrances that arise during meditation, heightening contentment, and taking our practice into our daily lives.

Dates.....January 9, 16, 24, 30

Time.....7 pm - 9 pm

Location.....Park Road Baptist Church, 3900 Park Road, Milford Chapel

Cost.....Registration Fee: \$40 (no one turned away). Scholarships available.
(See IMCCharlotte.org.) Dana (donation) encouraged for the leader who is not otherwise compensated. Teacher Dana supports Debbie's efforts for this and future offerings.

Contact.....For additional information or to register,
email Debbie George yogamom@pastaprovisions.com.

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

Join **Insight Meditation Community of Charlotte** for
Finding Peace Amidst Life's Challenges
A RESIDENTIAL RETREAT
Thursday, April 2 – Sunday, April 5, 2020 (3 nights)



As awareness in our lives grows, we come to realize that our desire to have things be a certain way, and our assumptions about ourselves and our world, prevent us from finding peace. To live with more ease and equanimity during demanding times we can recognize what is not permanent, perfect, or personal. Together we'll explore the Three Characteristics of Existence: Impermanence, Unsatisfactoriness, and Not-Self. Through embracing these truths, we will gain an understanding of a path to peace.

This annual spring retreat at the St. Francis Springs Prayer Center will be for 3 nights, *beginning at supper on Thursday night and finishing after lunch on Sunday*. 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.

◇ Registration forms can be downloaded at www.imccharlotte.org

Scholarships are available. There will be an opportunity to practice Dana towards the retreat leaders. **To reserve a space, the registration form and deposit must be sent to Jennifer Diviney** (contact info on Registration form). For questions, please contact Denise Owens at ddherenow8@gmail.com

SANGHA NEWS

IMCC 10th Anniversary Party

On Saturday, November 2, IMCC Partied!

More than 60 people gathered at the home of Joy Libethe and Gary Raflo for a fun night of eating, drinking, guessing trivia questions, and generally making merry in celebration of the ten year anniversary of IMCC.



SANGHA APPRECIATION EVENING

On Wednesday evening, November 20, our Sangha celebrated Thanksgiving.

Joy Libethe, Debbie George, and Clyde Alexander represented our Leaders and many members came up to the microphone and expressed their gratitude. Our sangha is, truly, a community of friends practicing the dharma together.

Some people have been part of IMCC since its beginning and others are relatively new. They spoke of qualities we all value:

A community that embodies kindness

Our leaders and all they do

All members who contribute in many ways, including just being present

The many facets of the community — social events, community service, movie nights, KM groups...

The opportunity to be with people on the path, who value their spiritual life,
and have become our friends.



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 is also a way to meet other sangha members.



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 or **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.*



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