

July 2019 IMC Charlotte Newsletter

1 message

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Mon, Jul 1, 2019 at 6:29 AM

INSIGHT MEDITATION
Community of Charlotte



Upcoming Events

- July 10, 17, 24, 31.....Summer Series: Sutta Study
August 8.....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"
September 20-22.....Fall Sangha Retreat: Letting Go, Letting Be

Sangha News

Scroll down to see our new website!



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.

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### **Summer Wednesday Evening Series**

**July 10, 17, 24, and 31**

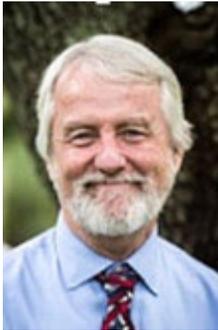
***Sutta Summer!***

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.

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### **Guest Speaker**

**Bob Bushorn**

**August 8**

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 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.

He has had a conceptual interest in Buddhism for over 40 years. He is inspired by the relevance of the Dharma for our survival as a species and how insight can inform activism to challenge racial, economic, and environmental injustice.

He says: "I feel really grateful to my friends at IMCC and to the gentle guidance of our Dharma teachers."

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

Scholarships available. See cancellation policy at [IMCCharlotte.org](http://IMCCharlotte.org)  
*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. 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 [IMCCnregistrar@gmail.com](mailto:IMCCnregistrar@gmail.com)

**SANGHA NEWS**



### OUR NEW WEBSITE !

The IMC Charlotte website ([IMCCharlotte.org](http://IMCCharlotte.org)) has a new, contemporary look while keeping you informed about Sangha events. Take a moment to navigate the new website and find the information you are used to seeing on the old website.

Tony Tueni, a Web Developer who has been part of Charlotte's meditation communities for more than a decade, generously devoted untold hours to bring the IMCC website into the 21st Century. He applied his aesthetic sensibilities to bring us an inspiring and attractive web presence while using his technical knowledge to create the hidden framework of the site. Not least of all, he has been patient in training the PR Committee how to use it. Thanks to Jane Tanner for learning the new application and getting the website ready to go live.

**It's important to Tony to help spread the Dharma here in our city.  
Thank you, Tony!**



### Friendship Gardens Community Service

Ten of us had a splendid time on Saturday, June 1, at Friendship Gardens. We did a great deal of weeding and Dan mowed down some overgrown areas. We accomplished everything Thomas wanted and afterwards enjoyed lunch at Lang Van's.



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