

INSIGHT MEDITATION

Community of Charlotte



Please note Holiday Season Schedule:

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

- Thanksgiving Eve, November 27
- 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

- Oct. 23, 30, Nov. 6, 13.....Fall Series: Four Noble Truths
- November 2.....10-year Sangha Anniversary Celebration
- November 20.....Gratitude Gathering
- December 11.....Denise Owens, Guest Leader
- January 2.....Book Discussion Begins

Save the Dates

- April 2-5, 2020.....IMCC Spring Retreat, St. Francis Springs Retreat Center
Registration opens Dec 1



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. 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 some time for 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.

Our community meets every Tuesday and Wednesday except for those days when Charlotte-Mecklenburg schools are closed due to inclement weather.

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.



Fall Wednesday Evening Series

Caring for Our Earth: The Four Noble Truths

October 23, 30, November 6, 13

Many of us are concerned and affected by the current state of our earth. In this series, we will explore how the understanding and practice of the Four Noble Truths can help address the stress we may be experiencing about the current condition of the planet. Concerns about loss of species, changing and erratic weather, loss of protected habitats, and the sustainability of the planet can cause stress and frustration. We are concerned, not only for ourselves, but also for future generations. Caring for our earth is a challenging task and we need to utilize the practice of the Four Noble Truths to help us as we face this challenge.

10-year Sangha Anniversary Celebration

Date: November 2

Time: 6:00 - 9:00 pm

GRATITUDE GATHERING

an appreciation of SANGHA

INSIGHT MEDITATION COMMUNITY OF CHARLOTTE

- **WHAT** • Sangha Appreciation Evening
- **WHEN** • November 20, 2019 7 - 9 pm
- **WHERE** • Milford Chapel, Park Road Baptist Church

Insight Meditation Community of Charlotte is celebrating our 10th birthday. On November 20, 2019 we'll meet to express gratitude for our sangha with meditation, reflections from the Dharma Leaders and a time for members of the sangha to share. *If IMCC has touched you or your life, we hope you'll take a moment and prepare a sentence or two and briefly share your experience.* November 20 will also be a time to reflect on how we can continue to grow the Dharma in Charlotte. We hope you'll join us.
With metta, IMCCharlotte



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 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

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

Book discussions fill up early so please register soon and additional information will be provided.



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.



Donate to IMC Charlotte

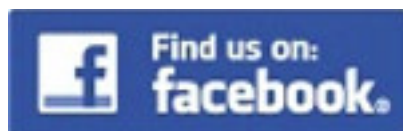
Donations to IMC Charlotte can be made through our website – IMCCharlotte.org – using a credit card or PayPal account. Go to the **Donate** tab on the left side of the home page to make your donation or **Click here:** IMCCharlotte.org/donate

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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