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[Test] October 2019 IMC Charlotte Newsletter

1 message

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Fri, Sep 27, 2019 at 5:33 PM

INSIGHT MEDITATION
Community of Charlotte



Upcoming Events October 2019

- October 9.....Guest Speaker: Lindsay Bridges
- Oct. 23, 30, Nov. 6,13.....Fall Series: Four Noble Truths
- November 2.....10-year Sangha Anniversary Celebration
- November 20.....Sangha Appreciation Night

Sangha News

Reflections on Letting Go, Letting Be--IMCC Fall Sangha Retreat
Volunteer Spotlight: Elaine Greenberg



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 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: Lindsay Bridges, MD

October 9

Lindsay became interested in Mindfulness Based Stress Reduction through her work as a Family Medicine physician. She trained extensively for teaching MBSR through the University of Massachusetts Medical School Center for Mindfulness, the original MBSR center founded by Jon Kabat-Zinn, and has completed its Teacher Certification for MBSR.

Mindfulness and meditation practices are an integral part of her daily life. Since 2002 she has taught MBSR in a variety of hospital and health professional training centers. Currently she teaches an Introduction to

Mindfulness Class as well as MBSR at Charlotte Center for Mindfulness.

In the early days of IMCC, Lindsay served as a Dharma Leader. We are always delighted to welcome back this gifted and experienced teacher.



Fall Wednesday Evening Series

Caring for Our Earth: The Four Noble Truths

Oct 23, 30, Nov 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 Truth 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.



Sangha Appreciation Evening

Wednesday, November 20

Insight Meditation Community of Charlotte is celebrating its 10-year anniversary this month! In addition to the party on November 2, this Wednesday we will be expressing our gratitude for the sangha (our meditation community). There will be a gratitude meditation, a brief history of the sangha, expressions of gratitude by the dharma leaders, and an opportunity for members of the sangha to briefly express what the sangha has meant to them.

If IMCC has had a beneficial impact on your life, we hope you will take this opportunity to express your appreciation in a sentence or two.

In addition, this evening will be a time to reflect on how we can continue to help grow the dharma in Charlotte.

SANGHA NEWS



Reflections on **Letting Go, Letting Be** - IMCC Fall Sangha Retreat in Hendersonville NC

Letting Go, Letting Be, our first sangha retreat at Heartwood Retreat and Refuge Center in Hendersonville, N.C., September 20-22, gave participants opportunities for meditation and learning from three of our dharma leaders- Clyde, Debbie and Alexis. The mountain setting, nearby lake, mild temperatures, star-filled evenings and the serenity of Noble Silence helped create a memorable experience for new and experienced retreat participants alike.



Elaine Greenberg is a vital IMCC member. As a volunteer, Elaine helps sustain many of the tethers that unite us as a sangha, a community of people devoted to integrating wisdom and manifesting compassion. Every month with her discerning intellect, grammar geekiness and playful relationship to language, Elaine creates a newsletter that informs us about IMCC goings on – and manages to also help with other public relations efforts.

Ahead of the Wednesday night meditations, she is often in the lobby as a coordinator, greeting regulars and welcoming newcomers with the same warmth that welcomed her many years ago. Elaine has hosted the sangha at her home for meaningful social gatherings that strengthen our bonds to one another. She brought us together to make dinner for families with loved ones in a local hospital and enthusiastically participates in other sangha community service work. Elaine is part of two KM (Kalyana Mitta) groups and deepened her knowledge in the yearlong Dhamma Study and Practice Program.

At IMCC, she finds spiritual inspiration, intellectual stimulation and a loving community — all of which which she helps strengthen.



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.

The IMCC Public Relations Team is seeking a few additional members.

The role of the Public Relations Team is to design and distribute information for our Sangha's offerings and events.

The skill set desired for this team member's role includes knowledge of

- Microsoft Word
- MailChimp
- WordPress and
- Adobe InDesign

It would be most beneficial to have some knowledge of these software programs and /or a familiarity with posting on social media platforms.

If this sounds like a good fit for you and you want to express interest, please contact
Thia Powers - Public Relations: thiapowersamen@gmail.com and/or
Denise Owens - Personnel: ddherenow8@gmail.com



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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