



Jane Tanner <jandreatanner@gmail.com>

September 2018 IMC Charlotte Newsletter

Insight Meditation Community of Charlotte <info@insightmeditationcharlotte.org>
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Sat, Sep 1, 2018 at 5:59 AM



Upcoming Events

- September 12.....Guest Leader: Lindsay Bridges
- September 29.....Debbie George: Daylong Retreat Meeting the Second Arrow with Equanimity
- October 3.....Fall Evening Series Begins: The Paramis
- Oct. 23, 30, Nov 6, 13....Beyond the Basics: The Three Characteristics of Existence
- October 27.....Donald Rothberg: Daylong Retreat Things Are Not as They Appear: Four Ways of Training and Inquiry

Weekly Meditations

Wednesday Evenings 7-9 pm
Tuesday Midday 12-1 pm

Milford Chapel
Park Road Baptist Church
3900 Park Road
Charlotte, NC 28209

Save the Dates

- November 28.....Tashi Kyil Tibetan Monks
- March 29 - April 1.....2019 Spring Sangha Retreat (3 days)



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. Milford Chapel.

Tuesday Midday

We also meet Tuesdays from noon to 1:00. The Tuesday format includes a brief instruction period, a thirty-minute period of silent meditation, and a brief period of questions and answers. Milford Chapel.

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.

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.

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.



Guest Leader

Lindsay Bridges

Wednesday, September 12

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.



Meeting the Second Arrow with Equanimity

Daylong Retreat

Saturday, September 29

Led by Debbie George

Life is inherently stressful. At times we experience physical and mental pain, disappointment, loss, difficult relationships, and feelings of disconnection, regret, longing, and insult.

The Buddha's simile of the Second Arrow teaches us that how we relate to life's hardships, the first arrow, can ease or heighten our suffering.

On this Daylong Retreat we will practice ways to cultivate a skillful response to problems, bringing more ease of wellbeing to meet life's inevitable challenges.

Morning meditation instruction will be followed by alternating periods of sitting and walking meditation with mindful eating of lunch and continuing the same in the afternoon which also will include a Dharma talk. Participants will experience a day of silent practice in community. Appropriate for current meditators with new to extended practice. **Registration is required.**

Date.....Saturday, September 29

Time.....8:45 am - 5:00 pm

Location.....Milford Chapel, Park Road Baptist Church,
 3900 Park Road, Charlotte, NC 28209
 Cost.....\$35 registration fee plus Dana (donations) for the teacher.
 Scholarships available. See cancellation policy at IMCCharlotte.org
 Contact.....To register and for further information, email Cathy: IMCCnregistrar@gmail.com



Fall Wednesday Evening Series

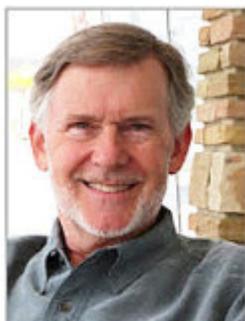
The Ten Paramis (Perfections)

Starting Wednesday, October 3

The Paramis are wholesome qualities of character that practitioners are encouraged to cultivate. They are considered to be particularly suited for daily life and are oriented toward being of benefit to others.

Beginning on Wednesday, October 3 and continuing for the next three Wednesday evenings, we will be examining the Ten Paramis:

- generosity
 - virtue
 - renunciation
 - wisdom
 - energy
 - patience
 - truthfulness
 - resolution
 - loving-kindness
 - equanimity
-



Beyond the Basics:

The Three Characteristics of Existence

Tuesday Evening Series

Oct. 23, 30, Nov. 6, 13

Led by Ward Simmons

We all have difficulties in our lives we'd rather not deal with and this resistance can color our perception. We see things the way we'd like them to be rather than the way they are. It can be very liberating when we stop struggling against reality, stop "demanding things be other than the way they are." The Buddha taught that there are three areas in which we are particularly subject to this tendency - the Three Characteristics of Existence.

We create our own dissatisfaction when we fail to recognize the truths of **unreliability** (impermanence), **unsatisfactoriness** (suffering), and **selflessness** (not-self). By cultivating acceptance of these truths, we naturally align with the way things are. The result is greater ease and more happiness in our lives.

In this series, we will explore how our inclination to resist the way things are shows up in our lives, how we can reduce our resistance, and the freedom that is available when we stop resisting.

This series is appropriate for those with an established meditation practice.

Dates.....Tuesdays, Oct 23, 30, Nov 6, 13
 Time.....7:00 - 9:00 pm
 Location.....Milford Chapel, Park Road Baptist Church
 3900 Park Road, Charlotte, NC 28209
 Cost.....\$40 registration fee plus Dana (donations) for the Leader at the last session.
 Scholarships available. See cancellation policy at IMCCharlotte.org

Contact.....To register, email wardsimmons@bellouth.net for details.

*Advanced registration is the way to ensure your place in the series.
Walk-in registrations at the first session are possible only if the series has not filled.*



**Things Are Not As They Appear:
Four Ways of Training and Inquiry**

**Daylong Retreat
October 27, 2018**

Led by Donald Rothberg

The central metaphor of our spiritual practice is that of *awakening*, of "waking up" from being asleep and often living as if in a dream. The understanding is that we don't see our lives and experience clearly; things are not as they appear to us. Yet seeing clearly, with wisdom and compassion, and responding skillfully, are possible!

In this daylong, we explore four ways that we see in a distorted manner, working with understandings and practices to help us see more clearly in these four areas. We begin with what is easier to see and move in the afternoon into more subtle dimensions. We investigate how we often see in four problematic ways: (1) through the lens of the personal self; (2) through our social conditioning; (3) by imagining a world of solid, enduring, separate individual beings and objects (as opposed to seeing impermanent, "empty," interdependent phenomena); and (4) by seeing a separation between oneself and all else (other selves and objects), where there is ultimately non-separation. The daylong will include sitting and walking meditation, including some guided practices, with short talks and discussion.

Donald Rothberg, Ph.D., a member of the Teachers Council at Spirit Rock Center and a teacher at the East Bay Meditation Center, both in Northern California, has practiced Insight Meditation since 1976, and has also received training in Tibetan Dzogchen and Mahamudra practice and the Hakomi approach to body-based psychotherapy. He regularly teaches insight and lovingkindness meditation. Other areas he teaches are transforming the judgmental mind, mindful communication and wise speech, working skillfully with conflict, and socially engaged Buddhism. He is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*.

Date.....Saturday, October 27

Time.....9 am - 5 pm

Location.....Milford Chapel, Park Road Baptist Church, [3900 Park Road, Charlotte, NC 28209](https://www.google.com/maps/place/3900+Park+Road,+Charlotte,+NC+28209)

Cost.....\$35 registration fee plus Dana (donations) encouraged for the teacher, who is not otherwise compensated. Scholarships available. See cancellation policy at IMCCharlotte.org.

Contact.....To register, email Ana: IMCCncregistrar@gmail.com

OUR SANGHA



Congratulations DSPP Graduates !!!

On Saturday, August 11, IMCC's Dharma Study and Practice Program graduated its first class of 12 students. The DSPP was a year-long program that gave the students the opportunity to delve deeply into the meaning and significance of the Buddha's teachings. The program included monthly meetings, homework assignments, working with a dharma buddy, and personal mentoring.

We congratulate them for their dedication, hard work, and success.

Above:

The rear row: Gray Clark, Elaine Greenberg, Garry Ballenger, and Bob Bushorn

The middle row: Larry DaWalt, Mary Powers, Karen Ragon, Cathy Francis, Denise Owens, Maria Schutte, and Jay Jackson

The front row: the DSPP teachers: Debbie George, Ward Simmons, and Clyde Alexander

(Not pictured: Noreen George)



Community Service at Crisis Assistance Ministry Free Store

In the group photo, standing in the back row, are Carl Glickman, Cynthia Glickman, Jeanne Brady, Mary Jo Hurka, David Cowan, and Cindy Cowan. Seated in front are Mercedes Carillo, Elaine Greenberg, and Doris Bienz. Pat Wolf also came but is not in the photo.

Lydia Miller is featured in the right-hand bottom photo. She is the volunteer coordinator who showed us the ropes, was extremely appreciative of our efforts and productivity!

We had a great time volunteering at Crisis Assistance Ministry in July! IMCC was well-represented.

Lydia kept us motivated and made excellent use of our volunteer time. Our merry band sorted and stocked more than 5 full pallets of goods for the Free Store—our community's only large-scale resource of donated clothing and household items given to those in need at no charge.

This independent non-profit agency is focused on preventing homelessness and preserving the dignity of Charlotte-Mecklenburg's working poor. The organization may provide assistance with rent and utilities as well as clothing, furniture and household items.

The Insight Meditation Community of Charlotte depends on volunteers to carry out its mission of making the Buddha's teachings available to all who seek them. Volunteering is an opportunity to extend loving kindness to your sangha, the community, and the world. It is an important way to give dana (Pali for generosity) 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 IMCharlotte.org to learn more about our different volunteer opportunities and find contact information to contact to sign-up for an activity. 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 - 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 <http://www.insightmeditationcharlotte.org/donate.html>

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),
- and 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.*

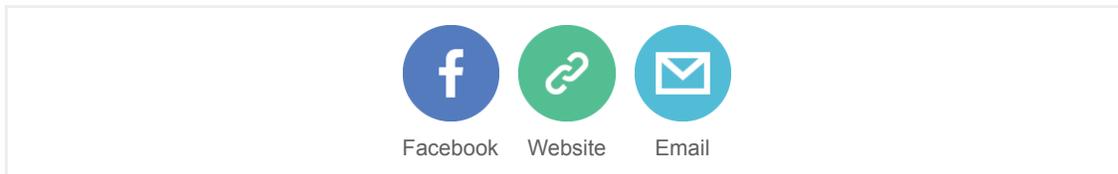
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