



Jane Tanner <jandreatanner@gmail.com>

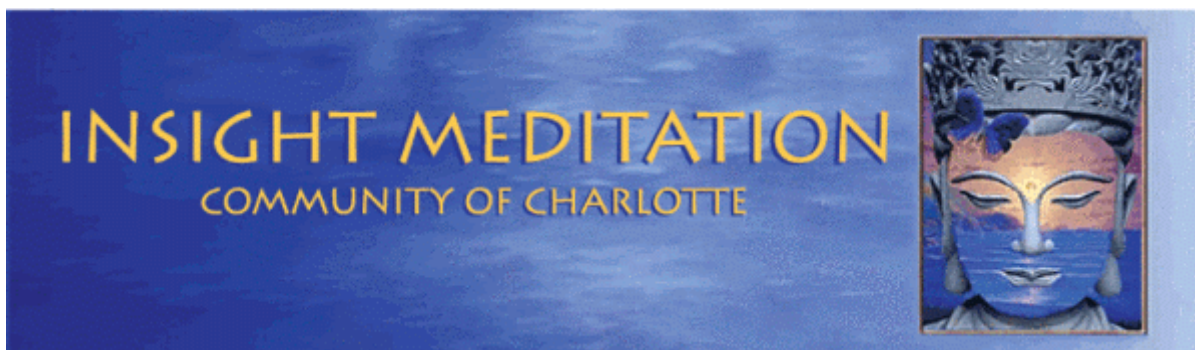
March 2018 IMC Charlotte Newsletter

Insight Meditation Community of Charlotte <info@insightmeditationcharlotte.org>

Thu, Mar 1, 2018 at 7:00 AM

Reply-To: Insight Meditation Community of Charlotte <info@insightmeditationcharlotte.org>

To: jandreatanner@gmail.com



Upcoming Events

Mar. 7,14 ,21.....Series: The Hindrances
 March 10.....Half-day Retreat
 March 17.....Community Service: Friendship Trays
 March 28.....Guest Leader: Randy Bell
 April 2.....New Book Discussion Group
 April 6-8.....2018 Annual Residential Retreat
 April 21.....Daylong Teaching:
 Ven. Dr. Pannaviti and Bhikkhu Pannadipa

Weekly Meditations

Wednesday Evenings 7-9
 Tuesday Midday 12-1

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

Save the Dates

June 2.....Annual Sangha Picnic
 May 1,8,15,22.....Tuesday Night Series:
 Insight Meditation: The Basics



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.

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.



Feb. 28, Mar. 7, 14, 21

- Overview of the Hindrances
- Greed/Aversion
- Sloth & Torpor/Restlessness & Worry
- Doubt



Led by Debbie George

Space is limited, **advance registration is required.**
Walk-in registrations will be accepted only if space is available.



Saturday, March 17

Contact.....For information or to sign-up, email Jay at jksnjy@gmail.com



The author of 13 books and other writings, he also writes a blog on contemporary social issues and a blog on spirituality topics. Previously, he provided a spiritual sanctuary for individual retreatants in the mountains of western NC. He offers spiritual direction, provides instruction in various meditation practices, serves as a guest speaker/session leader, and leads spiritual and personal growth workshops and retreat sessions. He is a member of Spiritual Directors International and the North Carolina Writer's Network.



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*"The silence, it was surprisingly calming and restorative." "An amazing opportunity."
 "Extremely grateful for the opportunity to practice." "My first retreat...very glad I came."*
 Comments from 2017 attendees

Spend a weekend in nature and in community exploring the practice of metta (loving-kindness) meditation. This year's annual retreat is at the St. Francis Springs Prayer Center, about 30 miles north of Greensboro. We start at supper on Friday night and finish after lunch on Sunday.

We'll begin with morning instructions, alternate sitting and walking meditation, and close with evening Dharma talks. There will be opportunity for private practice discussions. Our practice will be conducted in Noble Silence. Previous meditation experience will be helpful, but is not required.

The \$105 per night charge includes all meals (vegetarian), lodging (double occupancy), and tax. Scholarships are available. Dana (donations) to retreat leaders may be offered.

For additional information or to register, contact Denise at deniseowenspt@gmail.com.
 Registration forms can be downloaded at www.imccharlotte.org

OUR SANGHA



Sangha Service

*** Refreshed cushion and zafu stuffing

Doris, Jane, and Elaine worked to save your knees and bums,
 one cushion at a time.
Thanks, ladies!

*** Clean Blankets

Thank you, Robin!



Community Service Event: Crisis Assistance Ministry Free Store

Saturday, February 25

Sangha Building at its best:

Helping the community and enjoying each others' company



Donate to IMC Charlotte

Donations to IMC Charlotte can now 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.



Volunteer Opportunities

New 'Volunteer' Tab on our website IMCCharlotte.org

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 new "Volunteer"™ tab on our website IMCCharlotte.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.

Click here <http://www.insightmeditationcharlotte.org/volunteer.html>



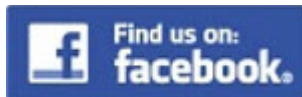
Inclement Weather Policy

We follow the cancellation decisions of the Charlotte-Mecklenburg Schools.

Please check the Charlotte Mecklenburg Schools website to see if school has been cancelled:
<http://www.cms.k12.nc.us/Pages/default.aspx>

If inclement weather is expected in the evening after regular school hours, check to see if school or school events are closed for either that evening or the next day. If so, we will also be closed that evening. Always use your best judgment concerning driving in inclement weather.

******If we are closed or you decide not to come,
please consider meditating at home from 7:30-8 pm******



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