

March 2018 IMC Charlotte Newsletter

Insight Meditation Community of Charlotte <info@insightmeditationcharlotte.org> Reply-To: Insight Meditation Community of Charlotte <info@insightmeditationcharlotte.org> To: jandreatanner@gmail.com Thu, Mar 1, 2018 at 7:00 AM



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 30minute 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.

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.

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.



The Hindrances 4-Week Wednesday Evening Series Feb. 28, Mar. 7, 14, 21

Hitting a brick wall in your meditation and mindfulness practice?

During this series, we will investigate the common hindrances to meditation and mindfulness practice and learn practical and helpful ways to counteract them.

Beginning February 28, each Wednesday evening we will explore the following:

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



Half-Day Meditation Retreat: The Nourishment of Sitting with Compassion

Saturday, March 10 8:45 to noon

Led by Debbie George

This half-day retreat is an opportunity for extended practice beyond your daily shorter practice. The retreat is appropriate for beginners through experienced meditators.

Join your fellow meditators to:

- understand why 'mindfulness' could have been rendered "heartfulness"
- learn and practice new ways to access concentration through relaxation
- explore new steps to prepare the heart/mind for sitting and walking with greater ease of wellbeing
- deepen your practice to get ready for our April residential retreat

Date......Saturday, March 10, 2018 Time......8:45 am to noon Location......Milford Chapel, Park Road Baptist Church, 3900 Park Road, 28209 Bring......A favorite sitting cushion (meditation cushions and chairs will be provided), water, and comfortable, warm clothing Cost......\$20.00 registration fee (no one turned away) plus Dana (donation) for the Leader. *(See cancellation refund policy at <u>IMCCharlotte.org</u>) Contact.....To register or for additional information contact Debbie George at <u>yogamom14@aol.com</u> The class is open to beginning and seasoned practitioners. Space is limited; <i>advance registration is required*. Walk-in registrations will be accepted only if space is available. Gmail - March 2018 IMC Charlotte Newsletter

Community Service Event



Friendship Trays/Meals on Wheels Garden Volunteers

Saturday, March 17

We have an opportunity to volunteer with Friendship Trays/Meals on Wheels for Charlotte & Mecklenburg County on March 17. Every day, Friendship Trays delivers balanced meals to people in the community who, because of their age or infirmity, are unable to prepare their own meals. Friendship Trays grows much of their own produce in a garden located at Garringer High School and relies on volunteers to maintain the garden. So bring a friend or family member and come help in the garden. Help Friendship Trays feed people who are unable to feed themselves.

Garden volunteers are required to wear closed toed shoes and work gloves which are not provided. Eat your Wheaties that morning and bring water. We might plant, harvest produce, dig holes, push wheelbarrows, pull weeds, or turn compost. Green thumbs are not required. Just plan on getting dirty. Please sign up. It should be fun!

Date......Saturday, March 17 Time......9 am - 12 noon Bring......Closed toed shoes, work gloves, & water Location.....Garringer High School, 1100 Eastway Drive, Charlotte NC 28205 Contact......For information or to sign-up, email Jay at jcksnjy@gmail.com



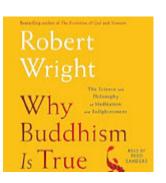
Guest Leader: Randy Bell Awareness: the First Step on the Path to Wisdom Wednesday, March 28

IMCC welcomes Randy back for his sixth year as a guest leader.

Randy Bell is the Director of Spring Creek Spirituality, an inter-spiritual setting independent of a specific religious dogma, welcoming all faiths and backgrounds. Each person's individual spirituality is explored using everyday language.

Randy's spiritual path has taken him to many diverse sources, though he is principally a follower of the teachings of Jesus of Nazareth, Buddha, and Lao-Tsu. He has been a Zen practitioner for 40 years.

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.



New Book Discussion Group!

Why Buddhism is True: The Science and Philosophy of Meditation and Enlightenment by Robert Wright

Beginning Monday, April 2

Led by Joy LiBethe and Elaine Greenberg

In a *New York Times* bestseller, the author offers a funny and personal account of finding answers to life's suffering, anxiety, and questions of self through Mindfulness Meditation. With support from science and a secular approach, the author makes a case for how being in the here and now can change our lives.

Date:3 months, April, May, and JuneTime:7:00 - 8:30 pm

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Location: Park Road Baptist Church, room CC 505 Cost: Contact:

Free. Dana for facility rental For additional information or to register, email Elaine at egreenberg.AgelessRemedies@gmail.com

> Space is limited, so please register in advance. Walk-in registrations will be accepted only if space is available.



Daylong Teaching Event: Reflections on the Qualities of a Buddha Saturday, April 21, 2018 Venerable Dr. Pannavati and Bhikkhu Pannadipa

The Buddha said awakening is possible for us because we possess the same essential nature he had. One special meditation he recommended for his disciples, not well known in the west, is "Reflection on the Qualities of a Buddha." He prescribed it because what we think and ponder on, we become!

Our teachers, Ven. Dr. Pannavati and Bhikkhu Pannadipa, are Co-Founders and Co-Spiritual Directors of Heartwood Refuge in Hendersonville, NC. Both teachers have been ordained in the Theravada and Mahayana (Chan) traditions. Ven. Dr. Pannavati is an international teacher who is both contemplative and empowered for compassionate service. Bhikkhu Pannadipa, as a meditation counselor, shares his finely honed skills to add unspeakable depth to a practitioner's experience. For more information about our teachers and Heartwood Refuge Retreat Center please go to www.HeartwoodRefuge.org.

Join us for this special experiential daylong that will absolutely transform your mind and lift your heart. We will sit with and touch the wisdom revealed in the "Reflection on the Qualities of the Buddha" and portions of the Sakyamuni Sadhana. We will chant the mantra, learn mudras (hand gestures used during meditation that direct the flow of energy "inward") and do the nine recommended meditation contemplations.

Date.....Saturday, April 21 Time.....9 - 4 Location....Park Road Baptist Church, Milford Chapel, 3900 Park Road, Charlotte, NC 28209 Cost......This is a Dana based event with no registration fee. All donations will be given to these beloved teachers to assist in their work. Contact.....Registration is required. Email Linda: lindareight@yahoo.com by April 14



The Practice of Metta (Loving-Kindness) A Weekend Residential Retreat April 6-8, 2018

Retreat is at capacity. New registrations will be placed on a wait list.

"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 <u>deniseowenspt@gmail.com</u>. Registration forms can be downloaded at <u>www.imccharlotte.org</u>

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 - <u>IMCCharlotte.org</u> - 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** <u>http://www.insightmeditationcharlotte.org/donate.html</u>

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 $\hat{a} \in Volunteer \hat{a} \in M$ tab on our website <u>IMCharlotte.org</u> 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: <u>http://www.cms.k12.nc.us/Pages/default.aspx</u>

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

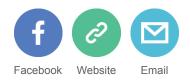


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