

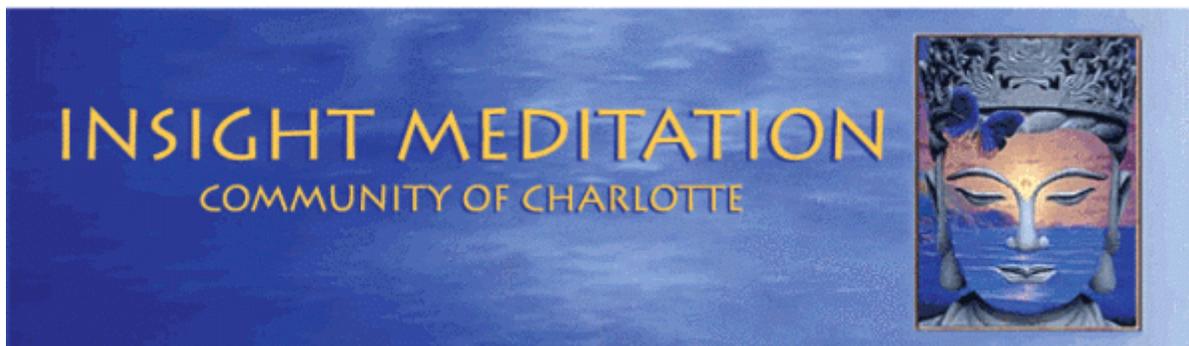


Jane Tanner <jandreatanner@gmail.com>

## April 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

Sun, Apr 1, 2018 at 5:14 AM



### Upcoming Events

- April 21.....Daylong Teaching:  
Ven. Dr. Pannavati and Bhikkhu Pannadipa
- May 2.....Guest Leader: Bob Bushorn
- May 5.....Community Service: Friendship Trays
- May 1,8,15,22.....Tuesday Night Series:  
Insight Meditation: The Basics
- June 15.....Ruth King: Mindfulness of Race and  
Reconciliation

### 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
- August 25.....Kevin Griffin: Daylong Retreat  
Living Kindness:  
Buddhist Teachings for a Troubled World
- August 26.....Kevin Griffin: Buddhism and Recovery



## 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.*



### 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, 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](http://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

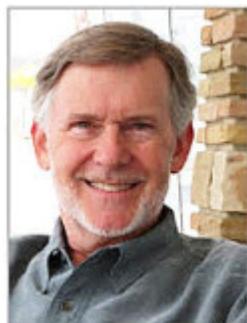
Time.....9 - 4

Location....Park Road Baptist Church, Milford Chapel, [3900 Park Road, Charlotte, NC 28209](http://www.HeartwoodRefuge.org)

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](mailto:lindareight@yahoo.com) by April 14



### Tuesday Night Series

May 1, 8, 15, & 22

Led by Ward Simmons

Are you new to insight meditation? Have you been practicing for a while, but unsure if you are "doing it right?" Have you been at it a long time, but would like to revisit the basics and cultivate "beginner's mind?" Don't miss this opportunity to get your practice started or to deepen your existing practice. Topics will include cultivating mindfulness and concentration, working with hindrances that arise during meditation, cultivating contentment, and taking our practice into our daily lives.

Dates.....Tuesdays: May 1, 8, 15, & 22

Time.....7:00 pm to 9:00 pm

Location.....Park Road Baptist Church, [3900 Park Road, Charlotte, NC 28209](#)  
 Cost.....\$40.00 registration fee plus Dana (donation) for the Leader  
 (Scholarships available. See cancellation refund policy at [IMCCharlotte.org.](#))  
 Contact.....Email Ward Simmons at [WardSimmons@bellsouth.net](mailto:WardSimmons@bellsouth.net) to register or for additional information

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### Guest Leader

**Bob Bushorn**

**Wednesday, May 2**

Bob Bushorn has been a member of our sangha for four years, since he moved to Charlotte. A partial list of his activities is impressive: program planning committee participant, Tuesday noon sit leader, and 2016 and 2017 IMCC Residential Retreats manager.

He is also actively involved in The Unitarian Universalist Church of Charlotte, teaching classes related to mindfulness and engaged spirituality as well as co-leading the Sunday Morning Meditation.

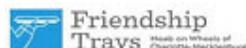
Bob worked as a professional community mental health administrator as well as having a private practice. He now enjoys the luxury of a part-time clinical practice as a therapist and he finds mindfulness-informed strategies to be invaluable, especially for those who are overwhelmed by anxiety and/or depression.

He has had a conceptual interest in Buddhism for over 40 years. He is inspired by the relevance of the Dharma for our survival as a species and how insight can inform activism to challenge racial, economic and environmental injustice.

He says: "I feel really grateful to my friends at IMCC and to the gentle guidance of our Dharma teachers."

Our sangha is fortunate to have him as a member. We look forward to having Bob share his wisdom.

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### Community Service Project

**Friendship Trays/ Meals on Wheels**

**May 5, 10 am - 12 noon**

We have an opportunity to volunteer with Friendship Trays/Meals on Wheels for Charlotte & Mecklenburg County on May 5.

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 its own produce in a garden located at Garringer High School and relies on volunteers to maintain the garden.

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.

*Bring a friend or family member and come play in the dirt. Saturday May 5. Help Friendship Trays feed people who are unable to feed themselves.*

Date.....Saturday, March 17

Time.....10 am - 12 noon

Bring.....Closed toed shoes, work gloves, & water

Location.....Garringer High School, [1100 Eastway Drive, Charlotte NC 28205](#)

Contact.....email Jay: [jcksnjy@gmail.com](mailto:jcksnjy@gmail.com) for information or to sign up

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### An Evening with Ruth King:



## Mindfulness of Race and Reconciliation

Friday, June 15

7 - 9 pm

Join us for An Evening with Ruth King, international teacher in the insight meditation tradition, emotional wisdom author and life coach.

Ruth will introduce us to her new book, *Mindful of Race*, as she presents an understanding of our individual and collective racial conditioning, and how mindfulness builds confidence, faith, and stability, fostering a culture of wise care.

Date.....Friday, June 15

Time.....7 - 9 pm

Cost.....Free. Dana (donations) encouraged for the speaker

Location.....Park Road Baptist Church, Milford Chapel

*Doors open at 6:30 for book sales and signing.*

## OUR SANGHA



Feedback from our recent sangha survey

58 people participated.

Thank you!

The respondents have been practicing meditation for from one month to five years or more! It was great getting responses from such a wide range of practitioners. Most have been attending the Wednesday evening meditation and appreciate having a place to practice with others, to be in a community, and to learn from the dharma teachings. Several have also attended our other sangha offerings such as socials, service events, movie nights, book discussion groups, the Tuesday noontime sit, and the various classes.

Most of you responded that you heard about IMC Charlotte from a friend which is the best way to help our sangha grow. You are enjoying your KM groups but would also like to have a better way to keep up with other sangha members. You also suggested some good topics for possible dharma talks.

The Board of Directors reviewed all your suggestions and ideas at our annual planning meeting. Your input is valuable and will help improve our sangha. In addition, don't forget you are always welcome to talk to any of the board members or put a suggestion in the dana/suggestion box.

Thanks again for your feedback.  
IMC Charlotte Board of Directors



## IMCC Community Service Project

Friendship Trays/  
Meals on Wheels



On March 17, we planted 80 flats of turnips and 40 flats of oregano!

Thank you, Jay, for organizing this fun, worthwhile morning.



## Donate to IMC Charlotte

Donations to IMC Charlotte can now be made through our website - [IMCCharlotte.org](http://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](http://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 [IMCharlotte.org](http://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.

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



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