



Jane Tanner <jandreatanner@gmail.com>

July 2018 IMC Charlotte Newsletter

Ardith Allen <ardithallen2@gmail.com>
To: Jane Tanner <jandreatanner@gmail.com>

Sun, Jul 1, 2018 at 9:19 AM

Yes, Jane, I saw it at 6:30am today....THANK YOU! With metta, Ardith

[Quoted text hidden]

[Quoted text hidden]

[Quoted text hidden]



On Wednesday, July 4, there will be the usual Evening Meditation.

Upcoming Events

July 28.....Community Service: Crisis Assistance Ministry
August 2.....Monthly Book Discussion: Dependent Origination
August 25.....Kevin Griffin: Daylong Retreat
 Living Kindness:
 Buddhist Teachings for a Troubled World
August 26.....Kevin Griffin: Sunday Evening Talk
 Buddhism and Recovery

Save the Dates

September 29.....Debbie George: Daylong Retreat
 Meeting the Second Arrow with Equanimity
October 27.....Donald Rothberg: Daylong Retreat.
 Things Are Not as They Appear:
 Four Ways of Training and Inquiry

Weekly Meditations

Wednesday Evenings 7-9
Tuesday Midday 12-1

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



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.



Finding Your Way:

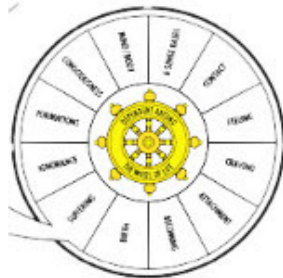
Wednesday Evening Summer Series

Jul 11, 18, 25 & Aug 1, 8

The Practice and How We Live It

For five weeks, starting on July 11, the Dharma Leaders will talk about their personal experiences with the practice - meditation and mindfulness. You will hear about how their meditation practice was developed, the challenges each faced and how they worked with these challenges. Furthermore, you will hear how their practice is now expressed in their daily lives.

Each of us is on a unique, personal journey. Hearing what others have undergone and continue to face helps us find our way as we travel this path together.



Monthly Discussion Group: Dependent Origination

First Thursday of each month
Begins August 2

12 - 2

Led by Joy LiBethe

Buddha: "He who sees dependent arising sees the Dhamma;
he who sees the Dhamma sees dependent arising."

Paticcasamuppada: The central principle of the Buddha's teaching

Includes framework for Four Noble Truths, a method for realizing selflessness, and the scaffolding for spiritual development including Transcendental Dependent Arising.

Rather than a single book, materials will be taken from handouts, online materials, pamphlets, dharma talks, and a related book. Because these are complex teachings, and we always have a waiting list, please consider your interest in this topic and your intention to attend monthly.

Dates.....First Thursday of each month beginning August 2

Time.....12 -2 pm

Location.....Room CC505, Park Road Baptist Church, 3900 Park Road, Charlotte, NC 28209

Contact.....email Joy LiBethe alwayskindness@gmail.com to register or for questions



Kevin Griffin

Daylong Retreat

Living Kindness: Buddhist Teachings for a Troubled World

Saturday, August 25, 2018 9 am - 5 pm

Sunday Evening Talk

Buddhism and Recovery

August 26, 2018 7 - 9 pm

Kevin is an internationally respected Buddhist teacher and author known for his innovative work connecting dharma and recovery, especially through his 2004 book *One Breath at a Time: Buddhism and the Twelve Steps*. He has been a Buddhist practitioner for over thirty-five years and a teacher for two decades. He reaches a broad range of audiences in dharma centers, wellness centers, and secular mindfulness settings. His latest book is *Living Kindness: Buddhist Teachings for a Troubled World*.

For more information about Kevin go to www.kevingriffin.net.

Daylong Retreat

Living Kindness: Buddhist Teachings for a Troubled World

Saturday, August 25, 9 am - 5 pm

Lovingkindness, or metta, is sometimes depicted as a simple "open your heart and love everybody" practice but a closer look at the Buddha's teachings reveals a more complex and nuanced picture. In a time of great conflict and contention in our society, it can be extremely valuable to see how the Buddha addressed these relevant topics:

- the challenges of living with other people;
- the risk of hating anyone, even your enemies;
- and the dangers inherent to conventional loving relationships.

Kevin uses his teachings on lovingkindness to emphasize the importance of sila, or ethical behavior, the potential for opening into deeper meditative states of peace and equanimity, and the importance of developing a non-discriminating, unconditional love on the path of awakening. The retreat will include meditation, lecture, small group discussion, and Q&A.

Date.....Saturday, August 25

Time.....9 am – 5 pm

Cost.....Registration fee: \$35. **Registration required.**

Donations are encouraged for the speaker.

Location.....Park Road Baptist Church, Milford Chapel, [3900 Park Road, Charlotte, 28209](#)

Contact.....For questions or to register,

email Bob Bushorn: IMCCncregistrar@gmail.com

Sunday Evening Talk: Buddhism and Recovery

Sunday, August 26, 2018, 7 - 9 pm

Buddhist practices and teachings have become essential elements of many people's recovery programs. Kevin Griffin has been teaching on this intersection for over 15 years. On this evening he will explore themes relevant to people dealing with any form of addiction, whether substance or process-oriented, making connections with core Buddhist teachings on mindfulness, compassion, and ethics.

Date.....Sunday, August 26

Time.....7 – 9 pm

Cost.....Free. Donations encouraged for the speaker.

Location.....Park Road Baptist Church, Milford Chapel, [3900 Park Road, Charlotte, 28209](#)



Community Service Event Crisis Assistance Ministry

Saturday, July 28

9 - 11 am

Get to know the members of our sangha and provide a service to the community at the same time by joining in our volunteer effort at Crisis Assistance Ministry!

An independent non-profit agency, Crisis Assistance Ministry focuses on preventing homelessness and preserving dignity for Charlotte-Mecklenburg's working poor by providing assistance with rent, utilities, clothing and furniture.

We need volunteers to help out in the Free Store Warehouse where we will inspect, sort, and stock donated items in the Free Store, our community's only large-scale resource for donated clothing and household items that are given to families in need at no charge.

Date.....Saturday, July 28
 Time.....9 - 11 am
 Contact.....For additional information and directions to the event
 email Cindy Cowan at cacowan38@gmail.com

Please add your name to the sign-up sheet on Wednesday evenings.

At the last event, the volunteers had a great deal of fun:



OUR SANGHA



Ruth King Event

On Friday evening, June 15, IMCC hosted An Evening with Ruth King - Mindful of Race: Transforming Racism. Ruth's discussion of her new book was thought-provoking, insightful, and inspiring. More than 70 Sangha members and other participants had the opportunity to buy the book and have it signed by Ruth.

Thank you to Cathy Francis and her team of volunteers who made this occasion possible.



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

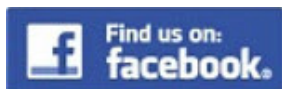
New 'Volunteer' Tab on our website IMCCharlotte.org



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 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>






Are you on Facebook?

Visit our page and tell us what you think.

Follow us, like us!

<https://www.facebook.com/InsightMeditationCharlotte/>

Facebook Website Email

[Quoted text hidden]

[Please forward this newsletter to a friend who may be interested](#)

[unsubscribe from this list](#) [update subscription preferences](#)