



Jane Tanner <jandreatanner@gmail.com>

# November 2018 IMC Charlotte Newsletter

1 message

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

Thu, Nov 1, 2018 at 5:29 AM



### Upcoming Events

- November 7.....Guest Leader: Jessica Kross
- November 14.....Dharma Leader Panel
- November 28.....Tashi Kyil Tibetan Monks
- December 5.....Guest Leader: Mary Aubry
- December 15.....Sangha Winter Social
- March 29 - April 1.....2019 Spring Sangha Retreat

### Weekly Meditations

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

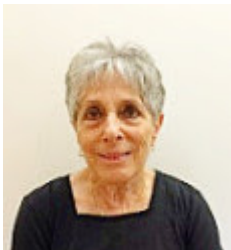
All are welcome. Attendance is free. You have the opportunity to make a financial donation to support us so we can have a space to foster mindfulness, joy, equanimity, and compassion.

#### **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.*



### Guest Leader

**Jessica Kross**

**Wednesday, November 7**

Jessica sat her first retreats at IMS and Southern Dharma Retreat Center in 1985 and has been practicing ever since. In 1991, she took the precepts with the Zen guide, Cheri Huber. She has attended retreats with teachers in all the Buddhist traditions and has long followed Vipassana.

Currently a lay teacher at the Columbia Insight Meditation Community, she looks on Buddhism as a practical guide to living, focusing on the questions "Is it compassionate? Is it useful?"

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### Dharma Leader Panel

**Wednesday Evening, Nov 14**

**Open Q and A!**

#### ***Questions about your practice? Questions about the dharma?***

On this Wednesday evening, during the usual time for the dharma talk, you will have the opportunity to ask the Dharma Leaders any questions you may have about your practice and/or about the dharma teachings. All questions are welcome, even if you are just starting your practice and you think that your question may be too basic. Others can benefit from hearing different perspectives from the Dharma Leaders.

Ready to ask your question(s)?

- Prior to that Wednesday, email your questions to Joy at [alwayskindness@gmail.com](mailto:alwayskindness@gmail.com). (The name of the sender will be kept confidential.)
- That evening, before silent meditation, you can write your question(s) on paper provided in the lobby.
- You can ask your question(s) during the panel.

Your questions will make this a new, interesting, and informative format for learning about the practice. We hope to hear from you.

**Tashi Kyil Buddhist Monks**

**Special Event**

**Wednesday Evening**



## November 28

Monks from Labrang Tashikyil Monastery in Dehra Dun, India are touring the United States to teach the Dharma, educate the public about the culture and religion of Tibet, and to raise much needed funds for their monastery.

Following the destruction of the original Labrang Tashi Kyil Monastery in Tibet, exiled monks rebuilt their monastery in Dehra Dun, India in 1967. To the present day, the chanting styles, rituals, practices, and self initiations are preserved just as they were in Tibet. The Labrang Tashi Kyil monks are a part of the Tibetan Buddhist Gelug Sect, the sect of His Holiness the Dalai Lama.

Join us to learn chants and meditation from the Tibetan tradition and to hear a dharma talk on the Four Noble Truths. Many articles made by Tibetan refugees living in India will be on hand to purchase: bowls, scarves, prayer flags, jewelry and more. Proceeds will benefit the monastery.

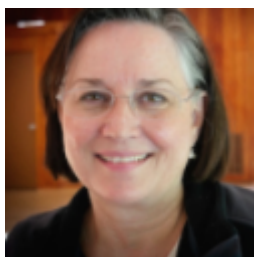
Date.....Wednesday, November 28

Time.....Doors open 6:30. Handmade items for sale will then be available.

Program: 7:00 - 9:00 (The 7:00 instruction will not be held that night.)

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

Cost.....Free. Donations for monks' monastery encouraged.



### Guest Leader

Mary Aubry

Wednesday, December 5

Mary Aubry has been meditating and attending insight retreats for over 25 years. Her teachers have included Joseph Goldstein, Sharon Salzberg, Tara Brach, Leigh Brasington, Rodney Smith, Bhikkhu Analayo, and Gregory Kramer. In 2009, she attended her first jhana retreat with Leigh Brasington. In 2016, he authorized her to teach the jhanas in the tradition of the Venerable Ayya Khema. Since 2009 she has been a teacher with Insight Meditation Community of Washington, D.C.

Mary served for seven years on the Board of Directors of the Southern Dharma Retreat Center in North Carolina, attended the Dalai Lama's 2011 eleven-day Kalachakra for World Peace event in Washington, DC, and graduated from Spirit Rock's Community Dharma Leadership program in 2012. She co-taught IMCW's 2014-15 heavenly messenger program, "Sacred Journey: Being Present with Aging, Illness, and Dying" and developed and co-taught IMCW's True Refuge Companion Program, which offers in-home meditation companions for the aging, ill, dying, and bereaved in the IMCW community.

Currently, Mary teaches retreats nationally and internationally on insight, the jhanas, and the brahma viharas.



### Sangha Winter Potluck Social

Saturday, December 15

7 - 9 pm

**Join us for an evening of friendship, fun, and delicious food.**

This is a wonderful way to get to know your sangha members AND their significant others!!!

Please bring a **vegetarian** dish to share and a beverage of your choice.  
(Remember to bring a serving utensil.)

Date.....Saturday, December 15

Time.....7-9 pm

Cost.....Free

Contact.....email Denise to RSVP & get directions: [ddherenow8@gmail.com](mailto:ddherenow8@gmail.com)



## Living in Openness & Freedom:

*Developing Generosity, Loving-kindness, & Wisdom*

Spring Residential Retreat

Friday, March 29 - Monday, April 1, 2019 (3 nights)

*"I feel rejuvenated, hopeful, grateful." "The center was spectacular and beneficial to my practice."  
"I truly benefited from this retreat experience" "100% way cool." Comments from 2018 attendees*

Join us as we practice ways to develop generosity, loving-kindness, and wisdom to counter the forces of greed, hatred, and delusion. This year's spring annual retreat at the St. Francis Springs Prayer Center will be for 3 nights, *beginning at supper on Friday night and finishing after lunch on Monday.*

There will be morning instructions, alternate sitting and walking meditation periods, and evening Dharma talks. There will be opportunity for private practice interviews. 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. There will be an opportunity to practice Dana towards the retreat leaders.

Registration forms can be downloaded at [www.imccharlotte.org](http://www.imccharlotte.org).

To reserve a space, the registration form and deposit must be sent to Ana Acosta (contact info on Registration form).

Contact Denise Owens with questions at [ddherenow8@gmail.com](mailto:ddherenow8@gmail.com)

## OUR SANGHA



Donald Rothberg

"Things Are Not As They Appear"

Four Ways of Training and Inquiry

On Saturday, October 27, over 30 fortunate people - not all IMCC sangha members - attended a daylong training that lived up to the title. The day consisted of walking, guided, and sitting meditations, talks by this gifted teacher, as well as discussions. Rothberg expertly pointed out the ways we can practice to see things as they really are and not as they appear.

### DANA (Pali for generosity)

Volunteering is an important way to give dana 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](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.



Donate to IMC Charlotte

Donations to IMC Charlotte can 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.*

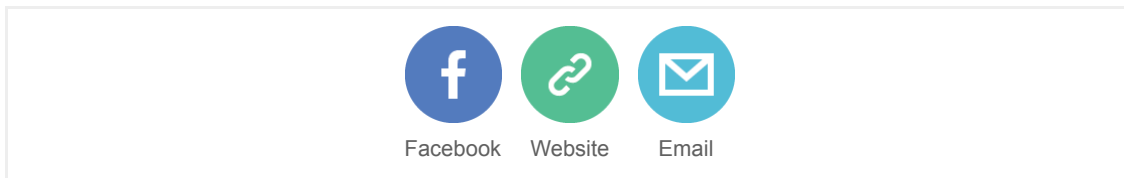


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