



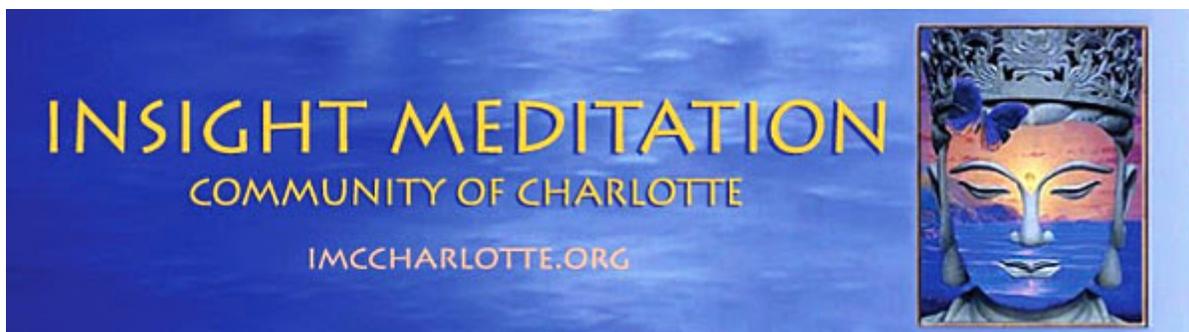
Jane Tanner <jandreatanner@gmail.com>

# October 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

Mon, Oct 1, 2018 at 6:00 AM



### Upcoming Events

- October 3.....Fall Evening Series Begins:  
The Paramis
- Oct. 23, 30, Nov. 6, 13 Beyond the Basics:  
The Three Characteristics  
of Existence
- October 27.....Donald Rothberg: Daylong Retreat  
Things Are Not as They Appear:  
Four Ways of Training and Inquiry
- November 7.....Guest Leader: Jessica Kross
- November 14.....Dharma Leader Panel
- November 28.....Tashi Kyil Tibetan Monks

### Weekly Meditations

Wednesday Evenings 7-9 pm  
Tuesday Midday 12-1 pm  
  
Milford Chapel  
Park Road Baptist Church  
**3900 Park Road**  
Charlotte, NC 28209

### Save the Dates

- Saturday, Dec 15.....Winter Social
- March 29 - April 1.....2019 Spring Sangha Retreat (3 days)



## 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.*



## Things Are Not As They Appear: Four Ways of Training and Inquiry

Daylong Retreat  
Saturday, October 27, 2018

Led by Donald Rothberg

The central metaphor of our spiritual practice is that of *awakening*, of "*waking up*" from being asleep and often living as if in a dream. The understanding is that we don't see our lives and experience clearly; things are not as they appear to us. Yet seeing clearly, with wisdom and compassion, and responding skillfully, are possible!

In this daylong, we explore four ways that we see in a distorted manner, working with understandings and practices to help us see more clearly in these four areas. We begin with what is easier to see and move in the afternoon into more subtle dimensions. We investigate how we often see in four problematic ways: (1) through the lens of the personal self; (2) through our social conditioning; (3) by imagining a world of solid, enduring, separate individual beings and objects (as opposed to seeing impermanent, "empty," interdependent phenomena); and (4) by seeing a separation between oneself and all else (other selves and objects), where there is ultimately non-separation. The daylong will include sitting and walking meditation, including some guided practices, with short talks and discussion.

Donald Rothberg, Ph.D., a member of the Teachers Council at Spirit Rock Center and a teacher at the East Bay Meditation Center, both in Northern California, has practiced Insight Meditation since 1976, and has also received training in Tibetan Dzogchen and Mahamudra practice and the Hakomi approach to body-based psychotherapy. He regularly teaches insight and lovingkindness meditation. Other areas he teaches are transforming the judgmental mind, mindful communication and wise speech, working skillfully with conflict, and socially engaged Buddhism. He is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*.

Date.....Saturday, October 27

Time.....9 am - 5 pm

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

Cost.....\$35 registration fee plus Dana (donations) encouraged for the teacher, who is not otherwise compensated. Scholarships available. See cancellation policy at [IMCCharlotte.org](#).

Contact.....To register, email Ana: [IMCCncregistrar@gmail.com](mailto:IMCCncregistrar@gmail.com)

## Fall Wednesday Evening Series

### The Ten Paramis (Perfections)

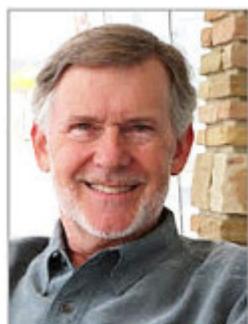


## Starting Wednesday, October 3

The Paramis are wholesome qualities of character that practitioners are encouraged to cultivate. They are considered to be particularly suited for daily life and are oriented toward being of benefit to others.

Beginning on Wednesday, October 3 and continuing for the next three Wednesday evenings, we will be examining the Ten Paramis:

- generosity
- virtue
- renunciation
- wisdom
- energy
- patience
- truthfulness
- resolution
- loving-kindness
- equanimity



### Beyond the Basics:

### The Three Characteristics of Existence

### Tuesday Evening Series

Oct. 23, 30, Nov. 6, 13

Led by Ward Simmons

We all have difficulties in our lives we'd rather not deal with and this resistance can color our perception. We see things the way we'd like them to be rather than the way they are. It can be very liberating when we stop struggling against reality, stop "demanding things be other than the way they are." The Buddha taught that there are three areas in which we are particularly subject to this tendency - the Three Characteristics of Existence.

We create our own dissatisfaction when we fail to recognize the truths of **unreliability** (impermanence), **unsatisfactoriness** (suffering), and **selflessness** (not-self). By cultivating acceptance of these truths, we naturally align with the way things are. The result is greater ease and more happiness in our lives.

In this series, we will explore how our inclination to resist the way things are shows up in our lives, how we can reduce our resistance, and the freedom that is available when we stop resisting.

*This series is appropriate for those with an established meditation practice.*

Dates.....Tuesdays, Oct 23, 30, Nov 6, 13

Time.....7:00 - 9:00 pm

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

[3900 Park Road, Charlotte, NC 28209](https://www.google.com/maps/place/3900+Park+Road,+Charlotte,+NC+28209)

Cost.....\$40 registration fee plus Dana (donations) for the Leader at the last session.

Scholarships available. See cancellation policy at [IMCCharlotte.org](https://www.imccharlotte.org)

Contact.....To register, email [wardsimmons@bellsouth.net](mailto:wardsimmons@bellsouth.net) for details.

*Advanced registration is the way to ensure your place in the series.  
Walk-in registrations at the first session are possible only if the series has not filled.*



**Wednesday, November 7**

**Jessica Kross**

**Guest Leader**

Jessica sat her first retreats at IMS and Southern Dharma Retreat Center in 1985 and has been practicing and sitting ever since. In 1991, she took the precepts with the Zen guide, Cheri Huber and is a lay teacher at the Columbia Insight Meditation Community. She has sat retreats with teachers in all the Buddhist traditions but has long considered herself Vipassana.

Jessica looks on Buddhism as a practical guide to living. She focuses on the questions "Is it compassionate? Is it useful?"



**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](https://www.google.com/maps/place/3900+Park+Road,+Charlotte,+NC+28209)

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

## OUR SANGHA



**Kevin Griffin**

### Two Special Events

*Living Kindness*

*Buddhism and Recovery*

On August 25 and 26 IMCC had the pleasure of hosting two different events with Kevin Griffin teaching about and sharing life stories on *Living Kindness: Buddhist Teachings for a Troubled World* and *Buddhism and Recovery*. Both events were well attended by sangha members and individuals new to our community. Attendees indicated that his message was clear, practical, informal, and fun. Several folks indicated it was helpful to have his teachings grounded in the suttas. Many enjoyed sharing their practices and learning from one another in small groups and during the question and answer periods. Kevin found our sangha to be welcoming, cohesive, and caring.

As you may know, IMCC depends on volunteers to carry out our mission of making the Buddha's teachings available to all who seek them. Volunteering extends loving kindness to our sangha, the community and the world.

**Thank you to the 20 volunteers who pooled their talents, time, and energy to support the planning and implementation of these two events.**

Volunteering 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 **'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.

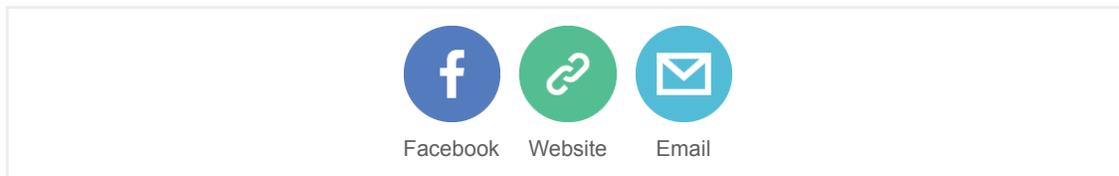
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