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October 2017 IMC Charlotte Newsletter

1 message

Insight Meditation Community of Charlotte <info@insightmeditationcharlotte.org>
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Sun, Oct 1, 2017 at 6:59 AM



Upcoming Events

October 2.....	Evening Book Discussion begins
October 6.....	Movie Night: <i>Tashi and the Monk</i>
October 18.....	Wednesday Night Series Begins: Mindfulness On and Off the Cushion
October 28.....	Donald Rothberg Talk: The Engaged Spiritual Life
October 29.....	Donald Rothberg Daylong Retreat: The Engaged Spiritual Life
November 4.....	Winter Pot-Luck Social
November 15.....	Guest Leader: Ayya Sudhamma

Weekly Meditations

Wednesday Evenings 7-9
Tuesday Midday 12-1

Park Road Baptist Church
3900 Park Road
Milford Chapel

Save the Dates

2018 Annual Retreat April 6-8.....2018 Annual Retreat
St. Francis Springs Retreat Center



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.

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.

Attendance is open to all and free. You have the opportunity to make a financial donation that supports us in having a space for us to foster mindfulness, joy, equanimity, and compassion.

Miford Chapel

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.

Practice Discussion Sessions (First Wednesday each month 6:45 - 7:25)

Those with an *established* practice gather monthly to share and learn from each other's practices during a question and answer session led by a Dharma Leader.

Location: Park Road Baptist Church, 3900 Park Road. Please park in the back of the church and take the sidewalk to the second building on the left.



The Engaged Spiritual Life

Donald Rothberg, Ph.D.

Saturday Evening Talk, October 28, 2017

Sunday Daylong Retreat, October 29, 2017

*To get the most benefit
from the Sunday daylong retreat,
attendance at the Saturday evening talk
is highly encouraged.*

Saturday Evening, October 28, 2017, Talk "The Engaged Spiritual Life: Connecting Inner and Outer Transformation"

Despite contemporary examples such as Mahatma Gandhi and Martin Luther King, Jr., and historical examples such as those of the Jewish prophets, Jesus, and Buddhist bodhisattvas, all too often the spiritual and the social have been separated. Donald Rothberg will explore connecting the spiritual and social, how we might bring them together in a contemporary way, how they deeply require one another, and how this integration might help us respond to the great challenges of our times. He will identify key principles and practices that can help us to weave together the different parts of our lives--personal, interpersonal, and social--increasingly into a seamless whole.

Daylong Retreat, Sunday, October 29, 2017 Awakening Individually and Collectively in a Time of Need: A Day of Mindfulness and Inquiry

Based on the perspective given in the Saturday evening talk, we will explore *practically* how we combine depth of spiritual practice while engaging with the challenges of our world. In this daylong, we will combine periods of silent practice, helping us to quiet our minds, deepen insight, and open our hearts, with exploration of the connection between inner and outer transformation through interactive practices, short talks, and discussion.

Recognizing that there are phases of more inner work and more outer engagement, and very personal ways of navigating this balance, Donald will help us clarify a number of themes related to engaged practice, such as: seeing the world with dharma eyes; working with wise speech and cultivating empathy in the midst of differences and conflicts; opening to difficult emotions and working with reactivity; and connecting with the vision of what Dr. Martin Luther King, Jr. called the "beloved community."

Donald Rothberg, Ph.D., is a member of the Teachers Council at the Spirit Rock Center in California. He has practiced Insight Meditation since 1976 and also received training in Tibetan Dzogchen and Mahamudra practice, in the Hakomi approach to body-based psychotherapy, and in the Somatic Experiencing approach to trauma. He teaches and writes on Insight and Lovingkindness Meditation, and the application of these and other practices to transforming the judgmental mind, speech and communication, working with conflict, social service, and social action; he has also helped to guide a number of six-month to two-year training programs in socially engaged spirituality, both Buddhist-based

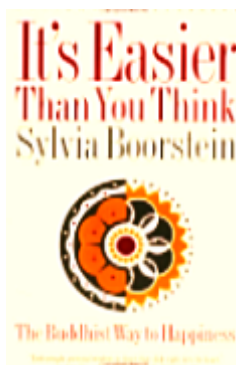
and interfaith—through Buddhist Peace Fellowship, Saybrook Graduate School, and Spirit Rock. Donald is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*, and the co-editor of *Ken Wilber in Dialogue: Conversations with Leading Transpersonal Thinkers*.

Date.....Saturday, October 28
 Time.....7 - 9 pm
 Cost.....Free. Donations (dana) for the speaker are encouraged.
 Location.....Park Road Baptist Church, [3900 Park Road, Charlotte, NC 28209](#)

Date.....Sunday, October 29
 Time.....9 am - 5 pm
 Cost.....\$35 registration fee. (No one turned away.)
 Donations (dana) for the speaker are encouraged.
 (See cancellation refund policy at [IMCCharlotte.org](#))
 New Location.....Central Piedmont Community College, Overcash Building #300,
 [1206 Elizabeth Ave. Charlotte, NC 28204](#)

Space is limited so registration is required for the Sunday event.

Contact.....Linda Reight lindareight@yahoo.com for questions or to register



New! Evening Book Discussion Group

***It's Easier Than You Think:
 The Buddhist Way to Happiness***

By Sylvia Boorstein

Meets Monthly

Monday evenings, starting tomorrow October 2

***Have you been waiting for an IMCC book discussion group that meets in the evenings?
 Your wait is over! Last day to join!***

This short book (160 pages) deals with using the Buddha's teachings in our daily lives. It is extremely practical and down-to-earth. Here are some of the chapters: "Mary Kay and the Onions," "My Grandfather and the Oranges," and "Larry King and the Swami." These titles may seem humorous but the insights are profound and useful. We can relate to the situations Boorstein describes; there's a great deal to discuss.

Sylvia Boorstein is cofounding teacher at Spirit Rock Meditation Center in Woodacre, California, and a senior teacher at the Insight Meditation Society in Barre, Massachusetts. She lectures nationally on Buddhism and mindfulness, and teaches Vipassana and Metta meditation.

Dates.....First Monday of the month beginning TOMORROW, October 2
 Time.....7 - 8:30 pm
 Cost.....Free. Dana is appreciated to help cover facilities cost.
 Location.....Room CC501, Park Road Baptist Church
 Contact.....Elaine if you want to become a member of this new group:
 egreenberg.AgelessRemedies@gmail.com



Movie Night

Tashi and the Monk and Selected Shorts

Friday, October 6

7 pm

On a remote mountaintop in the Himalayas a brave social experiment is taking place. Buddhist Monk Lobsang left his life as a spiritual teacher to create a unique community in the foothills of the Himalayas. It is a community of 85 children – a family, really – who had been orphaned or neglected. They were, like Lobsang, “uninvited guests of the universe.”

5-year-old Tashi is the newest arrival. Her mother recently passed away and she’s been abandoned by her alcoholic father. Wild and troubled, Tashi is struggling to find her place among 84 new siblings.

Will Lobsang’s gentle approach be able to penetrate her tough protective exterior? Will the abundance of love and compassion overcome her fear and aggression? Prepare to be inspired.

Come see this Emmy-Award winning documentary. Since *Tashi and the Monk* is only 40 minutes, we’ll show a few additional short films exploring spiritual loss, gain, and transformation.

“As uplifting a film as you’ll ever see.” *The Week*
 “Compassion in action.” *Banff Mountain Film Festival*
 “Charming and thoughtful.” *Forbes*
 “A sweet surprise.”- *The Washington Post*

Date.....Friday, October 6 at 7:00 pm
 Time.....7 pm
 Cost.....Free. Donations accepted for facility cost
 Location.....The Youth Lounge, Park Road Baptist Church,
 Milford Chapel, [3900 Park Road, Charlotte, NC](#)



Wednesday Evening Fall Series

Mindfulness On and Off the Cushion

Wednesdays, Oct 18, 25 & Nov 1, 8

This fall we will be doing something a little different for our Wednesday evening series. Each Wednesday evening for four weeks, starting on October 18, the Dharma Leader will talk about his/her personal experience practicing mindfulness both during meditating and in day-to-day life. Over the four weeks you’ll hear about what mindfulness means to each leader, his/her challenges with practicing mindfulness, and the benefits from his/her practice. You’ll be able to track the commonalities in their mindfulness practices and what, if any, are the differences. You’ll also have the opportunity to ask the different leaders questions about your mindfulness practice -- both on and off the cushion.



Guest Leader

Ayya Sudhamma

Wednesday, November 15

Ayya Sudhamma grew up in Charlotte. After practicing law, she embraced Buddhism in 1993, when an encounter with cancer offered her a difficult lesson in impermanence.

She joined the monastic community in 1997. In 2003, after several years as a novice, she gained full Bhikkhuni ordination in Sri Lanka, becoming the first Western woman to do so in that country. A few years ago she returned to Charlotte, where she founded the Charlotte Buddhist Vihara. She resides there as an alms-mendicant, teaching meditation and Buddhist suttas, offering spiritual counseling, and conducting traditional Southeast Asian Buddhist rituals.

She has served as guest leader for IMC Charlotte on several occasions, and we are delighted to have her back. Join us on November 15 for what will no doubt be an interesting and insightful evening!

SANGHA BUILDING !!!



Volunteer Spotlight

Doris Bienz

Head of Volunteer Coordinators Extraordinaire

Doris is the main reason our Wednesday night meditations go smoothly. She oversees the volunteer coordinators. In addition to recruiting and training new coordinators, she steps in when the spots aren't filled. For this special woman, volunteering is her way of paying it forward.

She has been a meditator for eight years, developing an increased awareness of how her mind works. This self-knowledge (wisdom) allows her to make better choices in her work as a therapist and in her daily life.

Being with others on the same path and learning about the Dharma are greatly important to our outstanding Volunteer. An active IMCC member, Doris participates in the Program Committee, Book Discussion Group, and two KM groups.

Volunteering is Doris' way of paying it forward.

How about you?

Consider becoming a Volunteer Coordinator.

Repay our teachers a little for all they do for our sangha, learn what goes into organizing our wonderful Wednesday evenings, and make new friends. No experience necessary!

For more information or to sign up, email Doris: dorisadele@gmail.com



Winter Pot-Luck Social

Saturday, November 4

7:00 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!!!)

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

Date.....Saturday, November 4

Time.....7:00 pm

Contact.....Elaine to RSVP & get location & directions egreenberg.AgelessRemedies@gmail.com

Hope to see you there.



Kalyana Mitta (KM) Groups

Are you looking for a way to strengthen your practice?
Consider joining a Kalyana Mitta (Spiritual Friends) Group.

KM groups bring together sangha members to study and share practice experiences in a friendly, supportive environment.

For more information contact Robin:



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