



Jane Tanner <jandreatanner@gmail.com>

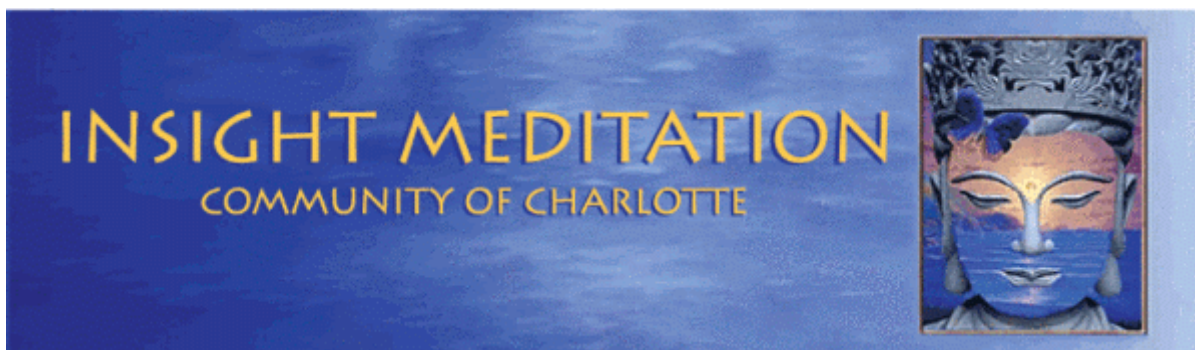
December 2017 IMC Charlotte Newsletter

Insight Meditation Community of Charlotte <info@insightmeditationcharlotte.org>

Fri, Dec 1, 2017 at 7:01 AM

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

To: jandreatanner@gmail.com



Upcoming Events

December 6.....Guest Leader: Mary Aubry
 January 15.....IMCC Annual Survey due
 January 17.....Guest Leader: Karen Oldham
 January 20, Saturday.....Intro to Insight Meditation Class
 April 6-8.....2018 Annual Residential Retreat

Save the Dates

February 2, Friday.....Movie & Social Night
 March 10, Saturday.....Half-day Retreat

Weekly Meditations

Wednesday Evenings 7-9
 Tuesday Midday 12-1

Park Road Baptist Church
 3900 Park Road
 Milford Chapel



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.

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.



Guest Leader

Mary Aubry

Wednesday, December 6

Mary Aubry attended her first Insight Meditation retreat with Rodney Smith in 1993. Since then, she has spent over 400 nights on silent retreat with Rodney and other insight teachers including Joseph Goldstein, Sharon Salzberg, Tara Brach, Leigh Brasington, Bhikkhu Analayo, and Gregory Kramer. Since 2010, she has been a teacher with the Insight Meditation Community of Washington, D.C., where she developed the True Refuge Companion Program for the aging, ill, dying, and bereaved. In 2016, Leigh Brasington authorized her to teach the jhanas in the tradition of his teacher, the Venerable Ayya Khema. She leads silent meditation retreats nationwide on insight, the jhanas, and the Brahma Viharas.

We are fortunate to have the opportunity to hear this dedicated, highly regarded teacher.

IMCC 2018 Annual Membership On-Line Survey

In a few days you will be receiving an email with our on-line 2018 annual membership survey. This year the survey is totally on-line and takes only a short time to answer the questions. The IMCC Board looks at all your responses and uses this information to plan new programs for the upcoming year. Your input is very important. Please fill out the survey by January 15. It takes only a couple of minutes to complete. The survey will also be available on the IMCC's website: imcccharlotte.org.



Guest Leader

Karen Oldham

Wednesday, January 17

Dr. Karen Oldham, a licensed clinical psychologist with almost 25 years of experience, was introduced to mindfulness for psychologists several years ago. She was attracted to the practice by the clear neuroscience and research evidence of the benefits.

The health and wellness benefits also became clear in her personal life. Karen includes teaching mindfulness and meditation classes in her work. She developed an eight-hour Beginner's Mindfulness Practice class for individuals and small groups and wrote a guidebook to accompany this class. In 2015, Karen joined Potential Project, the leading international organization bringing Corporate Based Mindfulness Training to Fortune 500 companies.

Karen is a valued sangha member, a former Dharma Leader, and we look forward to her leading the IMCC Dharma talk in the new year.



Introduction to Insight (Vipassana) Meditation

Introductory Class

Saturday, January 20

Presented by Clyde Alexander

If you are new to meditation, please consider attending this class.

We will learn the fundamentals of Insight (Vipassana) Meditation and explore how it supports mindfulness in our day-to-day lives. Practice sessions will be included. We will cover:

- An overview of Insight Meditation and mindfulness:
- Meditation instructions - intention, posture, and concentration
- Working with physical pain, emotions, thoughts and other obstacles while meditating
- Guidelines on starting a home practice
- Ample time for Q&A

Date.....Saturday, January 20

Time.....1- 4 pm

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

Bring.....Chairs and meditation cushions will be provided.

Cost.....\$15.00 registration fee (no one turned away) plus Dana (donation) for the Leader

Contact.....For additional information or to register, contact Clyde at caofnc@yahoo.com

The class is open to beginning and seasoned practitioners.

Space is limited; **advance registration is required.**

Walk-in registrations will be accepted only if space is available.



The Practice of Metta (Loving-Kindness) A Weekend Residential Retreat

April 6-8, 2018

"The silence, it was surprisingly calming and restorative." "An amazing opportunity." "Extremely grateful for the opportunity to practice." "My first retreat...very glad I came." Comments from 2017 attendees

Spend a weekend in nature and in community exploring the practice of metta (loving-kindness) meditation. This year's annual retreat is at the St. Francis Springs Prayer Center, about 30 miles north of Greensboro. We start at supper on Friday night and finish after lunch on Sunday.

We'll begin with morning instructions, alternate sitting and walking meditation, and close with evening Dharma talks. There will be opportunity for private practice discussions. 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. Dana (donations) to retreat leaders may be offered.

For additional information or to register, contact Denise at deniseowenspt@gmail.com.

Registration forms can be downloaded at www.imccharlotte.org

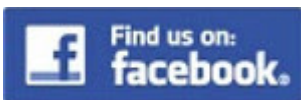
OUR SANGHA

November Potluck Social Honored Joy LiBethe

Joy LiBethe started IMCC in 2009 and since then she has worked for our sangha with dedication and wisdom. She has seen the group grow and flourish, fulfilling her vision. This summer, Joy completed her term on the IMCC Board but remains an active member of the sangha as a Dharma Leader and servicing on the Program Committee.

To honor Joy, many sangha members wrote her letters expressing their appreciation and gratitude. Mary Powers then created a whimsically creative work of art in book form - which included all our letters.

Joy was surprised and touched by this gift. Everyone there - more than 60 people - felt the loving-kindness in the air all evening - and enjoyed the feast. It looks like we had a good time, doesn't it?



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