



Jane Tanner &lt;jandreatanner@gmail.com&gt;

## February 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, Feb 1, 2018 at 6:24 AM



### Upcoming Events

February 2.....Movie/Social Night  
 February 7.....Annual Meeting  
 February 21.....Guest Leader: Cindy Rhodes  
 February 24.....Community Service Event  
 Feb. 28, Mar. 7, 14, 21...Series: The Hindrances  
 March 10, Saturday.....Half-day Retreat  
 April 2.....New Book Discussion Group  
 April 6-8.....2018 Annual Residential Retreat

### 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.

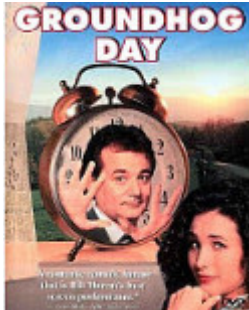
All are welcome. Attendance is free. You have the opportunity to make a financial donation to support us so we can have a space to foster mindfulness, joy, equanimity, and compassion.

### 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.

*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.*

**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.



### Annual Winter Social AND a Movie

This Friday  
February 2, 2018  
Groundhog Day!

7 pm

**We hope you come. Bring a friend or your significant other.  
It's a wonderful way to get to know your fellow meditators - and *their* significant others.**

### *Friends - Fun - Food - Film*

Bill Murray plays Phil Connors, a self-centered, egotistical TV newscaster who goes to the town of Punxsutawney, Penn. to cover the Groundhog Day celebrations there, and is forced to relive the same day over and over until he learns how to be a nicer person. This film is an extraordinary parable about personal transformation, utilizing such Buddhist principles as Samsara and Karma and Rebirth.

*The movie will be shown on two screens. Viewing the movie is optional.*  
Please bring a **vegetarian appetizer or dessert** to share and a beverage of your choice.  
(Remember to bring a serving utensil, if needed.)

Date.....Friday, February 2, 2018

Time.....7:00 pm

Cost.....Free

Contact.....Gail Goforth ([gailgoforth@bellsouth.net](mailto:gailgoforth@bellsouth.net)) to RSVP & get location and directions



### Annual Meeting

Wednesday, February 7

We will follow our normal schedule of instruction and meditation from 7:00 - 8:00. The meeting will be held from 8:00 - 8:30, in lieu of the Dharma talk and discussion.

The board will report on the activities of the past year, as well as plans for the upcoming year.

***Please attend and participate.  
Your input helps to ensure that the programming being offered meets your needs.***

### Guest Leader

**Cindy Rhodes****February 21**

Cindy Rhodes is a psychotherapist who first developed an interest in the transformative power of mindfulness while in graduate school. She has since devoted her professional life to assisting individuals and groups in tapping into their deep inner resources for learning, growing, healing, and transformation. Cindy was one of the original Dharma leaders at Insight Meditation Community of Charlotte, and she has taught Mindfulness-Based Stress Reduction classes in a variety of settings. She is certified in Qi Gong and enjoys teaching and practicing this moving meditation. Additionally, Cindy facilitates meditation programs in nature. Her recent passion is combining meditation with flotation therapy.

**Community Service Event:****Crisis Assistance Ministry****Saturday, February 24**

Get to know the members of our sangha and provide a service to the community at the same time. Join 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 12 volunteers to help out in the Free Store Warehouse where we will inspect, sort and stock donated items. The Free Store is 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, February 24

Time.....9 - 11 am

Contact....For additional information and directions to the event  
contact Cindy Cowan at [cacowan38@gmail.com](mailto:cacowan38@gmail.com)

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

**The Hindrances****4 Week Wednesday Evening Series****Feb. 28, Mar. 7, 14, 21**

Hitting a brick wall in your meditation and mindfulness practice? During this series, we will investigate the common hindrances to meditation and mindfulness practice and learn practical and helpful ways to counteract them.

Beginning February 28, each Wednesday evening we will explore the following:

- Overview of the Hindrances
- Greed/Aversion
- Sloth & Torpor/Restlessness & Worry
- Doubt

**Half-Day Meditation Retreat:  
The Nourishment of Sitting with Compassion**



**Saturday, March 10  
8:45 to noon**

**Led by Debbie George**

This half-day retreat is an opportunity for extended practice beyond your daily shorter practice. The retreat is appropriate for beginners through experienced meditators.

*Join your fellow meditators to:*

- understand why 'mindfulness' could have been rendered "*heartfulness*"
- learn and practice new ways to access concentration through relaxation
- explore new steps to prepare the heart/mind for sitting and walking with greater ease of well-being
- deepen your practice to get ready for our April residential retreat

Date.....Saturday, March 10, 2018

Time.....8:45 am to noon

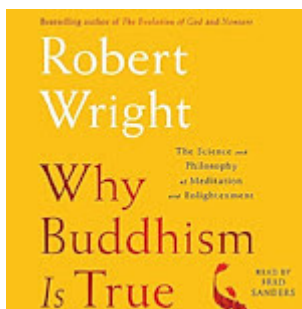
Location.....Milford Chapel, Park Road Baptist Church, [3900 Park Road, 28209](#)

Bring.....A favorite sitting cushion (meditation cushions and chairs will be provided), water, and comfortable, warm clothing

Cost.....\$20.00 registration fee (no one turned away) plus Dana (donation) for the Leader.  
(See cancellation refund policy at [IMCCharlotte.org](#))

Contact.....To register or for additional information contact Debbie George at [yogamom14@aol.com](mailto:yogamom14@aol.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.



### **New Book Discussion Group**

***Why Buddhism is True:  
The Science and Philosophy of Meditation and  
Enlightenment***  
by Robert Wright

**Beginning Monday, April 2**

**Led by Joy LiBethe and Elaine Greenberg**

In a *New York Times* bestseller, the author offers a funny and personal account of finding answers to life's suffering, anxiety, and questions of self through Mindfulness Meditation. With support from science and a secular approach, the author makes a case for how being in the here and now can change our lives.

Date: 3 months, April, May, and June

Time: 7:00 - 8:30 pm

Location: Park Road Baptist Church, room CC 505

Cost: Free. Dana for facility rental

Contact: For additional information or to register,  
email Elaine at [egreenberg.AgelessRemedies@gmail.com](mailto:egreenberg.AgelessRemedies@gmail.com)

Space is limited, so please register in advance.  
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](mailto:deniseowenspt@gmail.com). Retreat is at capacity. New registrations will be placed on a wait list.

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

## OUR SANGHA



### Volunteer Spotlight

on

Linda Reight

Linda Reight is one of the people who keep our sangha strong. Largely unseen and unsung, she shares her exceptional organizational skills through her participation on the Program Committee. She also enjoys community service events and socials as well as her KM (Kalyana Mitta) group.



For 30 years, Linda explored many spiritual teachings. The moment she came to our sangha, she knew she was home. Now she embodies the essence of being a volunteer, believing "For whom it is given, much is expected...My life is so good and so blessed, (I want to) share it." When she serves our community, she meets people and in return gets support and a feeling of well-being.



### Donate to IMC Charlotte

Donations to IMC Charlotte can now 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, and contributions are tax-deductible to the extent allowed by law.



### Volunteer Opportunities

New 'Volunteer' Tab on our website [IMCCharlotte.org](http://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 [IMCCharlotte.org](http://IMCCharlotte.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>



### Inclement Weather Policy

***We follow the cancellation decisions of the Charlotte-Mecklenburg Schools.***

Please check the Charlotte Mecklenburg Schools website to see if school has been cancelled:  
<http://www.cms.k12.nc.us/Pages/default.aspx>

If inclement weather is expected in the evening after regular school hours, check to see if school or school events are closed for either that evening or the next day. If so, we will also be closed that evening. Always use your best judgment concerning driving in inclement weather.

***\*\*\*If we are closed or you decide not to come,  
please consider meditating at home from 7:30-8 pm\*\*\****



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Website



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