



Jane Tanner <jandreatanner@gmail.com>

May 2018 IMC Charlotte Newsletter

Insight Meditation Community of Charlotte <info@insightmeditationcharlotte.org>
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Tue, May 1, 2018 at 7:24 AM



Upcoming Events

May 2.....Guest Leader: Bob Bushorn
June 2.....Annual Sangha Picnic
June 15.....Ruth King: Mindfulness of Race and Reconciliation

Save the Dates

August 25.....Kevin Griffin: Daylong Retreat
Living Kindness:
Buddhist Teachings for a Troubled World
August 26.....Kevin Griffin: Buddhism and Recovery

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.

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

Bob Bushorn

Wednesday, May 2

Bob Bushorn has been a member of our sangha for four years, since he moved to Charlotte. A partial list of his activities is impressive: program planning committee participant, Tuesday noon sit leader, and 2016 and 2017 IMCC Residential Retreats manager.

He is also actively involved in The Unitarian Universalist Church of Charlotte, teaching classes related to mindfulness and engaged spirituality as well as co-leading the Sunday Morning Meditation.

Bob worked as a professional community mental health administrator as well as having a private practice. He now enjoys the luxury of a part-time clinical practice as a therapist and he finds mindfulness-informed strategies to be invaluable, especially for those who are overwhelmed by anxiety and/or depression.

He has had a conceptual interest in Buddhism for over 40 years. He is inspired by the relevance of the Dharma for our survival as a species and how insight can inform activism to challenge racial, economic and environmental injustice.

He says: "I feel really grateful to my friends at IMCC and to the gentle guidance of our Dharma teachers."

Our sangha is fortunate to have him as a member. We look forward to having Bob share his wisdom.



Saturday, June 2

4 - 7 pm

Freedom Park

Picnic Shelter #6

Bring:

- a vegetarian side dish to share
- a drink (no alcoholic beverages)
- folding chairs
- lawn games
- family and friends

Date.....Saturday, June 2

Time.....4 - 7 pm

Location.....Freedom Park, Picnic Shelter #6 <https://bit.ly/2qY0bAa>

Contact.....For information email Robin: robinsherman@carolina.rr.com

An Evening with Ruth King:



Mindfulness of Race and Reconciliation Talk, Meditation, and Book Launch

Friday, June 15
7 - 9 pm

***Racism remains one of the most rooted and painful impasses of our time.
Why is this so? What does this have to do with me?***

In her talk, Ruth will explore an understanding of our individual and collective racial conditioning and its social proliferation, and how mindfulness builds confidence, faith, and stability, fosters a culture of wise care and provides a foundation for reconciliation.

Her latest book is *Mindful of Race: Transforming Racism From The Inside Out*. King says: "In this book, I have invited all of us to say our prayers, and I have given us a way to see how we got here; how we can shift from racial distress to inner freedom; and how we can heal, reach across the divide, and invest in a culture of care."

Ruth King is an international teacher in the Insight Meditation traditions, and an emotional wisdom author and life coach. She is on the Teacher's Council at Insight Meditation Community of Washington and Spirit Rock Meditation Center, and is the founder of Mindful Members Insight Meditation Community in Charlotte, NC.

Date.....Friday, June 15
Time.....7 - 9 pm
Cost.....Free. Dana (donations) encouraged for the speaker
Location.....Park Road Baptist Church, Milford Chapel, [3900 Park Road, Charlotte NC 28209](#)

Doors open at 6:30 for book sales and signing.

OUR SANGHA



The Practice of Metta (Loving-Kindness) A Weekend Residential Retreat April 6-8, 2018

Nearly forty sangha members gathered last month at the peaceful, wooded St. Francis Springs Prayer Center north of Greensboro for the fifth annual IMCCharlotte Residential Retreat. With all the dharma leaders present, we explored the practice of metta (loving-kindness) meditation.

For some, it was the first experience with a multiple-day retreat and longer periods of sitting and walking meditation, all in noble silence. The staff of St. Francis provided delicious meals and very comfortable lodgings.



Saturday, April 21, 2018 Daylong Teaching Event: Venerable Dr. Pannavati and Bhikkhu Pannadipa Developing the Qualities of a Buddha

Maureen Hall serves as a "Dharma Troubadour" providing musical support for meditation retreats lead by the Venerable Pannavati.

Our sangha participated in a special experiential teaching. We heard portions of the Sakyamuni

Sadhana, chanted the mantra, learned mudras (hand gestures used during meditation that direct the flow of energy "inward") and did the nine recommended meditation contemplations. As always, these teachers demonstrated wisdom and loving-kindness, enriching our spirits. AND Maureen added wonderful Dharma-based songs!



IMCC Volunteer Spotlight:

Cindy and Dave Cowan

"It's a wonderful environment for learning and personal growth."

Cindy and Dave are involved in many aspects of our sangha, not just as volunteers. Intrigued by the Tibetan monks' visit in 2015, they began attending on Wednesday evenings and now Cindy serves on the Program Committee with a focus on community service. They also value their KM group, IMCC's Residential Retreats, movie nights, and especially our dharma leaders.

Why do they volunteer? Volunteering gives them a sense of satisfaction. "...It's a good practice to help...and also a good way to get to know people." The Cowan's feel our members are intelligent and kind, as are they. In fact, they love learning, traveling, and family - so being with people of like mind is important.

How about you?

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



Donate to IMC Charlotte

Donations to IMC Charlotte can now be made through our website - 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.***



Volunteer Opportunities

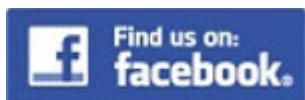
New 'Volunteer' Tab on our website IMCCharlotte.org

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 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.

Click here: <http://www.insightmeditationcharlotte.org/volunteer.html>



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