



Jane Tanner <jandreatanner@gmail.com>

June 2018 IMC Charlotte Newsletter

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

Fri, Jun 1, 2018 at 6:00 AM



Upcoming Events

- June 2.....Annual Sangha Picnic
- June 15.....Ruth King: Mindfulness of Race and Reconciliation
- June 27.....Guest Leader: Joe Parisi
- August 25.....Kevin Griffin: Daylong Retreat Living Kindness: Buddhist Teachings for a Troubled World
- August 26.....Kevin Griffin: Sunday Evening Talk 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.



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, 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.

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



Guest Leader

Joe Parisi

Wednesday, June 27

Joseph Parisi, Ph.D., is a psychologist with an interest in meditation and mind/body health for more than 40 years. As the former Director of Psychology and Behavioral Medicine at Presbyterian Hospital, he established the hospital's Center for Mind-Body Health and co-founded the Center for Integrative Medicine. In those roles he introduced meditation on the psychiatric units and led Charlotte's first Mind Body Stress Reduction Program.

Currently, Joe is in private practice where he continues to integrate mindfulness and psychotherapy. He has maintained a daily meditation practice since the early 1990's and sits with the Charlotte Community of Mindfulness.

We are honored to have Joe share his wisdom with us.

Finding Your Way: The Practice and How We Live It

Wednesday Evening Summer Series

Jul 11, 18, 25 & Aug 1, 8



For five weeks, starting on July 11, the Dharma Leaders will talk about their personal experiences with the practice - meditation and mindfulness. You will hear about how their meditation practice was developed, the challenges each faced and how they worked with these challenges. Furthermore, you will hear how their practice is now expressed in their daily lives.

Each of us is on a unique, personal journey. Hearing what others have undergone and continue to face helps us find our way as we travel this path together.



Kevin Griffin

Daylong Retreat

Living Kindness:
Buddhist Teachings for a Troubled World

Saturday, August 25, 2018
9 am - 5 pm

Sunday Evening Talk: Buddhism and Recovery

Sunday, August 26, 2018
7 - 9 pm

Kevin is an internationally respected Buddhist teacher and author known for his innovative work connecting dharma and recovery, especially through his 2004 book *One Breath at a Time: Buddhism and the Twelve Steps*. He has been a Buddhist practitioner for over thirty-five years and a teacher for two decades. He reaches a broad range of audiences in dharma centers, wellness centers, and secular mindfulness settings. His latest book is *Living Kindness: Buddhist Teachings for a Troubled World*.

For more information about Kevin go to www.kevingriffin.net.

Daylong Retreat

Living Kindness: Buddhist Teachings for a Troubled World

Saturday, August 25, 9 am - 5 pm

Lovingkindness, or metta, is sometimes depicted as a simple “open your heart and love everybody” practice but a closer look at the Buddha’s teachings reveals a more complex and nuanced picture. In a time of great conflict and contention in our society, it can be extremely valuable to see how the Buddha addressed these relevant topics:

- the challenges of living with other people;
- the risk of hating anyone, even your enemies;
- and the dangers inherent to conventional loving relationships.

Kevin uses his teachings on lovingkindness to emphasize the importance of sila, or ethical behavior, the potential for opening into deeper meditative states of peace and equanimity, and the importance of developing a non-discriminating, unconditional love on the path of awakening. The retreat will include meditation, lecture, small group discussion, and Q&A.

Date.....Saturday, August 25
 Time.....9 am – 5 pm
 Cost.....Registration fee: \$35. **Registration required.**
 Donations are encouraged for the speaker.
 Location.....Park Road Baptist Church, Milford Chapel, [3900 Park Road, Charlotte, 28209](#)
 Contact.....For questions or to register,
 email Bob Bushorn: IMCCnregistrar@gmail.com

Sunday Evening Talk: Buddhism and Recovery

Sunday, August 26, 2018, 7 - 9 pm

Buddhist practices and teachings have become essential elements of many people’s recovery programs. Kevin Griffin has been teaching on this intersection for over 15 years. On this evening he will explore themes relevant to people dealing with any form of addiction, whether substance or process-oriented, making connections with core Buddhist teachings on mindfulness, compassion, and ethics.

Date.....Sunday, August 26
 Time.....7 – 9 pm
 Cost.....Free. Donations encouraged for the speaker.
 Location.....Park Road Baptist Church, Milford Chapel, [3900 Park Road, Charlotte, 28209](#)

OUR SANGHA

May 5, 2018
Community Service
Friendship Trays/Meals on Wheels



IMCC Sangha Members

We planted beets, turnips, and parsley and seeds of loving kindness.

In the teaching of the Buddha, the practice of giving claims a place of special eminence, one which singles it out as being, in a sense, the foundation and seed of spiritual development.

Mundane gifts to the citizens of one’s town would include... keeping a neighborhood park neat and clean. If one does not merely contribute funds for such projects but provides physical labor as well, the kammic results will be even greater.

And we had fun!

We offer the opportunity to become involved in a community service project several times a year.



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

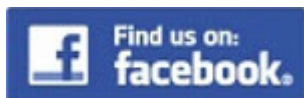
New 'Volunteer' Tab on our website IMCCharlotte.org



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>



Are you on Facebook?

Visit our page and tell us what you think.

Follow us, like us!

<https://www.facebook.com/InsightMeditationCharlotte/>



Facebook



Website



Email

Copyright © 2015 Insight Meditation Community of Charlotte, All rights reserved.

Website: www.InsightMeditationCharlotte.org

Contact us: insightmeditationcharlotte@gmail.com

6/7/2018

Gmail - June 2018 IMC Charlotte Newsletter

Facebook: www.facebook.com/InsightMeditationCommunityofCharlotte

[Please forward this newsletter to a friend who may be interested](#)

[unsubscribe from this list](#) [update subscription preferences](#)