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August 2018 IMC Charlotte Newsletter

Insight Meditation Community of Charlotte <info@insightmeditationcharlotte.org>
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Wed, Aug 1, 2018 at 5:59 AM



Upcoming Events

- August 25.....Kevin Griffin: Daylong Retreat
Living Kindness: Buddhist Teachings
for a Troubled World
- August 26.....Kevin Griffin: Sunday Evening Talk.
Buddhism and Recovery
- August 29.....Guest Speaker: Larry Dawalt
- September 29.....Debbie George: Daylong Retreat
Meeting the Second Arrow with
Equanimity

Weekly Meditations

Wednesday Evenings 7-9
Tuesday MIDDAY 12-1

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

Save the Dates

- October 27.....Donald Rothberg: Daylong Retreat.
Things Are Not as They Appear:
Four Ways of Training and Inquiry
- March 29 - April 1...2019 Spring Sangha Retreat (3 days)



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.



Finding Your Way:

Wednesday Evening Summer Series

Aug 1, 8

The Practice and How We Live It

Our summer Wednesday evening series continues this month for two more weeks. 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

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.** (No one turned away.)

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: IMCCncregistrar@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](#)



Guest Speaker

Larry Dawalt

Wednesday, August 29

Larry Dawalt began his study of the Dharma and meditation in 2012 with a specific interest in Vipassana and the application of mindfulness principles in end of life care. During the past year, he has been one of 12 sangha members participating in IMCC's first year-long Dharma Study Practice Program. He was also a participant in the IMCC book study of Joseph Goldstein's *Mindfulness: A Practical Guide to Awakening* and a 2017 retreatant at Southern Dharma.

He is Senior Director of Spiritual and Grief Care Services for Hospice & Palliative Care Charlotte Region, joining the organization in 1997. As an invited speaker, Larry has addressed national, regional and local organizations on topics dealing with spirituality, comparative religion, compassionate communication, end of life care, and grief.

In addition to his studies and specific training in Clinical Pastoral Education, Larry is a Board Certified Healthcare Chaplain and has received the designation Certified in Thanatology from the Association of Death Educators and Counselors. He is also a Certified Trauma Services Specialist.



Meeting the Second Arrow with Equanimity

Daylong Retreat

Saturday, September 29

Led by Debbie George

Life is inherently stressful. At times we experience physical and mental pain, disappointment, loss, difficult relationships, and feelings of disconnection, regret, longing, and insult.

The Buddha’s simile of the Second Arrow teaches us that how we relate to life’s hardships, the first arrow, can ease or heighten our suffering.

On this Daylong Retreat we will practice ways to cultivate a skillful response to problems, bringing more ease of wellbeing to meet life’s inevitable challenges.

Morning meditation instruction will be followed by alternating periods of sitting and walking meditation with mindful eating of lunch and continuing the same in the afternoon which also will include a Dharma talk. Participants will experience a day of silent practice in community. Appropriate for current meditators with new to extended practice.

Registration is required.

Date.....Saturday, September 29
Time.....8:45 am - 5:00 pm
Location.....Milford Chapel, Park Road Baptist Church,
3900 Park Road, Charlotte, NC 28209
Cost.....\$35 registration fee (no one turned away) plus
Dana (donations) encouraged for the teacher
To register and for further information, email.....IMCCncregistrar@gmail.com

OUR SANGHA

CHANGES to the IMCC BOARD OF DIRECTORS



Retiring Board Members

Ward Simmons and Robin Sherman retired from the IMCC Board when their terms ended on June 30th. During their time on the Board, the sangha saw incredible growth.

Ward served on the Board for several years as Treasurer and Board Chair. He is still one of our regular Dharma Leaders and continues to serve on the Finance committee.

Robin served on the Board for 3 years and was chair of the Metta committee. Robin will be traveling extensively in the upcoming months and we wish her safe travels.

THANK YOU BOTH FOR YOUR DEDICATED SERVICE TO THE SANGHA!



New Board Member

Yvonne McCracken

Yvonne has practiced meditation since 2006 and been a member of IMCC shortly after our sangha was formed.

She is on the finance committee and **has served as a volunteer coordinator longer than anyone alive!** Yvonne has attended IMCC silent retreats as well as retreats at Southern Dharma. She says: "I am grateful that my life journey has brought me to the teachings of the Buddha and the IMCC sangha."

WELCOME TO THE BOARD!



Donate to IMC Charlotte

Donations to IMC Charlotte can 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

Check out the 'Volunteer' Tab on our website

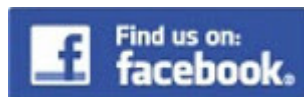
IMCCharlotte.org



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 'Volunteer' tab on our website 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>



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