

leap of faith

THE NEW HOPE SANGHA NEWSLETTER

FALL 2008

Weekend of Spiritual Inquiry and Insight Meditation October 31–November 2. See page 3.

Living with Wise Intention

by John Orr

Wise intention is one of the steps in the Buddhist Eight Fold Path, along with right view, speech, action, livelihood, effort, mindfulness and concentration. Wise intention helps us to see more clearly the direction we are headed in our lives. If I want to go to the Emrich Retreat Center, which is north of Ann Arbor, Michigan, and I start heading south, I may eventually get to Emrich, but it will be in a round-about way. If I have a clarity regarding what is my intention, then I'm more likely to move in the right direction. Wise view and intention, which are considered the two wisdom steps on the path are important because right from the beginning we can become clearer about what are our intentions in our practice and in our lives. By intentions I mean: what do I want to focus upon right now? What are the most pressing things for me to bring deeper awareness and understanding to at this point in my life? What is it within me that most needs healing? Do I wish for healing of my physical body or emotional healing? In what direction do I wish my life to flow? Where do I feel blocked or stuck? Would I like more clarity regarding my spiritual life? These are some of the questions that we can focus upon when we reflect upon wise intention.

I first made contact with Asian teachings of Hinduism and Buddhism as a young man in my early twenties. After spending a year studying and practicing in a yoga center in New York

Dear Dharma Friends,

I am writing to you from The Casa de Dom Inacio, a spiritual center in Brazil, which has become a spiritual home. Each time I come to The Casa, I am asked to state my intentions to John of God and Spirit as to what it is that I want to focus on right now in my healing, work and life. Becoming clear as to my intentions helps me and, as well as, those that work at The Casa. It helps me in that I am clearer as to why I am here and what I want to focus on in my healing. It helps Spirit so that they can then address whatever healing I am seeking within the physical, emotional, mental and spirit bodies. We then become partners in this work together. Each time I come here my intentions change to some degree. One intention that I have been focused upon during this visit is to have a clear vision of the New Hope Sangha. We are in the process of forming a board of directors and applying for 501c (3) nonprofit status. I hope to start a teacher-training program and I have some other ideas, which I will share with you in the future. This fall we will have a wide variety of programs focused on meditation and spiritual Inquiry. I hope you will be able to join us and wish you peace and well being through this wonderful excursion of life.

With love,

JOHN

City, I decided I wanted to travel to Asia to live in a yoga ashram in India and have a fuller experience of Hindu Dharma. My intention at that point on my path was to be immersed in yoga practice and teachings. When I got to India and Nepal I was then drawn to Buddhism and decided to visit Southeast Asia where I ordained as a Theravada monk in Thailand. At that point on my journey my intention was to spend as much time as possible immersed in Buddhist meditation and the monk's life. My spiritual search had become refined and I had a strong sense that this was the most skillful thing to do. I then spent eight years as a monk, all of them in monasteries or meditation centers. Here we can see how the intentions in our practice can change and that, along with the shift in our intentions, we can see changes on our path. Our spiritual path, like many aspects of our lives, is fluid, moving and open to change. Each person's path is unique to them. This is one of the things that makes being human such a rich and wonderful experience.

Clarity of intention is a result of our Insight Meditation practice. As our concentration and mindfulness deepens, so will our understanding and intentions become clearer. When we are present in the

moment, we can see our thoughts more clearly, and it is these thoughts that ultimately become our speech and actions. The Buddha said that "the mind is the forerunner of all things," and

continued on page 4

**September 20
Durham, NC**

Mindfulness Meditation: The Art of Living in the Present Moment

Instructor: John Orr

Time: Saturday from 10:00 AM to 5:00 PM

Location: Duke East Campus: 107 The Bishop's House

Course Fee: \$75 for Early Enrollment registrations made by 9/5/08, thereafter \$85.00

Registration: Register online through Duke University Continuing Studies at www.learnmore.duke.edu/weekend/courses/registration.asp or by phone 919-684-6259. Have the following information ready: Class ID 11792 and MC/Visa information. Advance registration is recommended. Registration is possible at the class site, space permitting.

What to bring: A bag lunch if you wish. A folded blanket and cushion if you want to sit on the floor. Chairs are available.

Recommended text: *Mindfulness in Plain English* by Henepola Gunaratana ISBN#0-86171-064-9

**September 27
Raleigh, NC**

Half-Day Retreat: Sponsored by The Raleigh Meditation Group

This special half-day retreat will include instruction in sitting and walking meditation, chanting, and dharma discussion.

Instructor: John Orr

Time: Saturday, 10 am– 1 pm

Location: Band Practice Room, Long View Center, Moore Square, Raleigh. The Long View Center is located at 118 S. Person Street, Raleigh 27601, and is on the northeast side of Moore Square, right next to Exploris and the Exploris Middle School. The entrance is at the rear of the building through the second door from

the left. Tom Barrie will meet you there and provide directions to the Band Rehearsal Room.

Arrival: Please plan on arriving between 9.30 and 9.50 am

Parking: There is parking on the street and in a lot behind Exploris. Please do not park in the lot directly behind the building.

What to bring: Participants should bring a cushion to sit on. There are also chairs available.

Fee: A \$15 registration fee payable at the retreat covers the cost of advertising and a donation to the Long View Center for use of the space. Following the Buddhist tradition, the retreat will be offered by John on a Dana (Generosity) basis. Participants will have the opportunity to practice generosity to the teacher, so he can continue to offer such retreats. For registration or information contact Tom Barrie at 919-605-1476 or dharma55@aol.com.

**October 4
Raleigh, NC**

Discovering a Spiritual Path with Heart

Instructor: John Orr

Time: Saturday from 10:00 AM to 5:00 PM

Location: Meredith College: Chapel Commons Room

Fee: \$70 Register and pay online at www.meredith.edu/academics or Call Meredith Graduate and Professional Studies at 919-760-8450 and pay with MasterCard/VISA. 0.6 CEU, (CE 1097).

What to bring: Bring a folded blanket and cushion if you wish to sit on the floor.

Recommended text: *A Path with Heart* by Jack Kornfield

**October 10-14
Hot Springs, NC**

Residential Retreat

Join us for this autumn retreat in the beautiful Smoky Mountains.

Instructors: Barbara Brodsky and John Orr

Location: Southern Dharma Retreat Center, 1661 West Rd., Hot Springs, NC 28743.

Registration: Call 828-622-7112 or www.southernndharma.org

**October 24-26
Ann Arbor, MI**

Residential Retreat

Instructors: Barbara Brodsky, Aaron and John Orr

Registration: For information contact Pat Shalis at pshalis@tds.net or 734-996-3743.

**October 31-
November 2,
Chapel Hill, NC**

*Residential/Non residential
Retreat*

See page 3 for more information.

Instructors: Barbara Brodsky, Aaron and John Orr

Location: Val Halla Retreat Center.

**November 15
Durham, NC**

The Power of Now

Ever since his groundbreaking book *The Power Of Now* and his latest book *A New Earth*, Eckhart Tolle has been a guiding light for many people regardless of their religion or spiritual persuasion. During this workshop we will explore some of these profound teachings and hopefully they will come alive for us and enrich our lives. There will be a good mixture of spiritual discussion and meditation during the course of the day.

Instructor: John Orr

Time: Saturday from 10:00 AM to 5:00 PM

Location: Duke East Campus, 107 The Bishop's House

Fee: \$75 for Early Enrollment registrations made by 10/31/08, thereafter \$85.00.

Registration: Register online through Duke University Continuing Studies at www.learnmore.duke.edu/weekend/courses/registration.asp or by phone 919-684-6259. Have the following information ready: Class ID 11793 and MC/Visa information. Advance registration is recom-

mended. Registration is possible at the class site, space permitting.

What to bring: Anyone wanting to sit on the floor should bring a folded blanket and cushion.

Recommended text: *The Power of Now* By Eckhart Tolle ISBN# 1-57731-152-3

**December 6
Durham, NC**

Half-Day Retreat: Sponsored by New Hope Sangha

This special half-day retreat will include meditation instruction, chanting, and dharma discussion.

Instructor: John Orr

Time: Saturday, 10 am– 1 pm

Location: Durham Friends Meeting House (The Original Meeting House), 404 Alexander Ave.

Durham, NC (Located next to the Ronald McDonald Children's House. Near Duke University Central Campus)

Arrival: Please plan on arriving between 9:30 and 9:50 am

Parking: Park on the Friends Meeting side of the parking lot or in front of the building.

What to bring: Participants should bring a cushion to sit on. There are also chairs available.

Fee: There is a \$15 registration fee, which goes to the Friends Meeting House for the use of the building and for advertising, payable at the retreat site. Following the Buddhist tradition, the retreat will be offered on a Dana (Generosity) basis. Participants will have the opportunity to practice generosity to the teacher, so he can continue to offer such retreats.

Upcoming Retreats in 2009

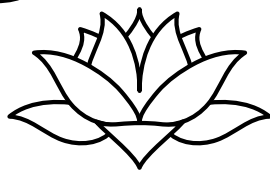
**February 20-22, 2009
Mebane, NC**

Residential Retreat: Sponsored by New Hope Sangha

Instructors: Barbara Brodsky, Aaron and John Orr

For information, contact Janice at 919-563-4454 or email retreat@newhopesangha.org.

Take Refuge in the Silence



A Weekend of Spiritual Inquiry and Insight Meditation

October 31 – November 2, 2008

A weekend retreat is an opportunity to develop calmness, wisdom, and compassion in a supportive environment. Emphasis is placed upon developing mindfulness in sitting, standing, and walking to help us access our innate understanding, joy, and peace. A weekend retreat such as this can be a wonderful way to learn meditation and to deepen one's practice. Beginners, as well as the more experienced, are welcome to attend. There will be instructions, practice, dharma talks, chanting from various spiritual traditions and silence.

THE TEACHERS **Barbara Brodsky** is a Quaker and trained dharma teacher in the Buddhist tradition. She is the guiding teacher of Deep Spring Center in Ann Arbor Michigan. Barbara has been deaf for 35 years. She is the channel for the discarnate entity, Aaron. **Aaron** is a being of light who has evolved beyond the need to return to the physical plane. We have a special page on Aaron at our web site, newhopesangha.org. **John Orr** received Theravada Buddhist ordination and training for eight years while living in Thailand and India. He has been teaching meditation and leading retreats since 1980. John is the guiding teacher of New Hope Sangha and teaches at Duke University.

THE LOCATION The retreat will be held at the Val Halla Retreat Center, 9423 Charles Lane (off Orange Grove Rd.) Chapel Hill, NC. This is a lovely Center located on 79 beautiful acres west of Carrboro. There are dormitory-style accommodations available on a first register first serve basis. Tent sites are available and commuting is another option. Check in will begin at 5:00 pm on Friday and supper will be served from 6:00-7:00 pm. Course opening is at 7:30 pm. We will end by 9:30 each evening to allow time for commuters to return home. The retreat will end at 4:00 pm on Sunday. There will be no work period as in other retreats. Upon registration you will receive directions to Val Halla Center and other information.

REGISTRATION The retreat fee for the weekend is \$145 whether you are commuting, tenting or sleeping in a bed at the center. Early registration is \$130 and must be paid in full by October 7. This fee includes all retreat expenses including lodging, vegetarian meals, Barbara's teacher travel, advertising, etc. Barbara and John will offer the retreat on a "dana" generosity basis. Participants will have the opportunity to offer dana to the teachers at the retreat. Your generosity enables the teachers to continue to offer these retreats and is the main source of their livelihood. A deposit of \$95 will hold a place in the retreat, with the remaining \$50 due on arrival. This fee is non-refundable unless there is a waiting list. For more information call Janice at 919-563-4454 or e-mail her at retreat@newhopesangha.org.

NEW HOPE SANGHA
Fall Retreat, October 31 – November 2, 2008

REGISTRATION FORM

To register for the retreat, return this form to Durham Meditation Center, c/o 4316 Bradford Ridge Road, Efland, NC 27243.

Name(s) _____

Address _____

Telephone _____

Email Address _____

Please check appropriate boxes. If possible pay in full, otherwise a deposit is required. Please make checks payable to Durham Meditation Center.

- I will be commuting
 I will be tenting
 I will be needing a bed in the center

Early registration \$130 (*must be received by Oct. 7*) _____

Paid in full \$145 _____

Deposit enclosed \$95 _____

TOTAL DUE _____

TOTAL PAID _____

Living with Wise Intention CONTINUED FROM PAGE 1

seeing the arising of thought clearly will help us make wise choices in terms of what we say and do. Buddhist psychology tells us that there is a mental impulse or intention that precedes everything that we say or do. Mindfulness helps us to see this to say or to do moment with increasing clarity. We then have a choice, is what I am about to say or do skillful or not? Will this speech or action create suffering or will it bring peace and harmony to my life and to those around me? Wise intention is a powerful practice that requires continuous mindfulness and the willingness to live with non-harm for the benefit of all beings.

Becoming increasingly aware of our intentions also implies a willingness to open to change. If I truly wish to live with non-harm to others and myself, then I will need to look at conditioned patterns of mind and emotions, such as, fear, anger, unworthiness, resentment and grasping mind that can be deeply entrenched. This takes courage and willingness to look honestly at my experience and at what conditioned patterns I may be clinging to because they are familiar and to some degree, at least, comfortable. For example, many Western people experience

feelings of unworthiness, inadequacy and fear of rejection by others. For a good portion of our lives we live within this illusion of unworthiness and become the unworthy one. We self-identify with this particular pattern of mind and create a false identity. Resentment and blaming others is another habit energy that we can become stuck in. The author, Carolyn Myss, once said that "Holding on to resentment is like taking poison and hoping the other person will die." The mind can hold onto resentments and blame for dear life, so we don't have to take responsibility for our part in relationships with others. Still another common pattern is the fear that our needs, whatever they may be, will not be met. Living in this fearful, grasping mind we may find ourselves trying to manipulate and control the circumstances of our lives, so we are assured that our needs will be met and we will be safe and secure.

Mindfulness helps us to become increasingly aware of these habit patterns of mind as they arise in our experience and we come to know the pain associated with them. It can be challenging to meet these "old friends" that we have hung out with for most of our lives and begin to relate honestly and compassionately with them. In the beginning we may judge them and try to convince ourselves that these habit energies

shouldn't exist for someone on a spiritual path. Another strategy is to resist their presence and try to distract ourselves from feeling them. I have a question for you. Have you ever noticed resistance to meditation at times while at home or perhaps at a retreat? I've been meditating for 35 years and there are times when I still have resistance to meditation. Call this: Confessions of a Dharma Teacher. There are times when the intention arises to sit in the morning, or some other time of the day, and the last thing I want to do is put my bottom on the cushion. Of course, meditation does take a certain amount of effort and energy. However, the resistance may be fear that if I allow myself to be still and quiet, something unpleasant, uncomfortable, or even painful may arise. Therefore, there is resistance to being present. It's all too human to experience resistance to anything that may be unpleasant, whether it be illness and physical discomfort, negative emotions, conflict in relationships and at work, or anything that may be challenging.

Before I got married many years ago I experienced loneliness. When I was married and had a family, I didn't feel lonely at all. But after divorce and living alone again the loneliness returned. I believe I am presently experiencing this as an opportunity to see the illusion of separation. When I am sitting in meditation at home I am alone, but the loneliness arises as fear that I am separate from all that is. The illusion of separation is uncomfortable, and at times, something that I would rather not have to feel. At times, I then seek distraction as a means of avoidance and, as we all know, there are many ways to distract ourselves, especially in western culture. Here it is helpful to simply note the fear, loneliness, unpleasant feelings, resistance, or whatever it is we may be experiencing. We learn to hold these emotions and habit energies in a kind attention. We bring them closer to our hearts where they become transmuted into wisdom and compassion.

During a retreat at the beach on Emerald Isle, North Carolina, our teacher, Aaron (a Being of Light channeled by Barbara Brodsky) gave everyone a shell from the beach. These were not necessarily beautiful whole shells that we sometimes find on the beach and want to take home. Rather, he gave us broken shells that had holes in them and were discolored. He told us that these shells represented that which we perceived as being broken within ourselves, such as, anxiety, depression, addiction, shame and guilt. Aaron then had us reflect upon something that we

A growing awareness of intention is a vital aspect of our path. By being present we begin to see our intentions more clearly and can then decide what is the most skillful action to take at any given moment. As a result, we experience less suffering and more freedom. Spiritual growth requires that we be open to change and any resistance to change

had experienced during the course of the day that had caused suffering and pick up the shell and hold it to our hearts. When we are able to let our hearts be touched by what is painful, then the resistance to that habit energy begins to break down. Some of the most meaningful words that I've heard Aaron speak are, "You cannot let go of that which you do not accept." When we are not busy judging, condemning, disliking, resenting, resisting, avoiding, and fighting with whatever it is that we are experiencing, when we truly find acceptance of what is, then we can let go of it. The Buddha called this the "Sure heart's release from suffering." All of us want to find liberation from suffering and this is why we practice. If you have something in your home or garden, like a stone, crystal or religious artifact that you can have near you when you meditate or go about your day and experience a habit energy or painful emotion, hold the object to your heart and say to yourself, breathing in I'm aware of the unworthiness, breathing out I smile to the unworthiness. Breathing in I'm aware of resentment, breathing out I smile to the resentment. Breathing in I'm aware of the fearful grasping mind, breathing out I smile to it. It is through mindfulness, kindness, compassion and acceptance of what is that we are able to find equanimity with these difficult states that have been painful to us for so long. It is through this process of acceptance and let-

ting go that we find resolution of unwholesome adhering karma and the sure hearts release from suffering.

A growing awareness of intention is a vital aspect of our path. By being present we begin to see our intentions more clearly and can then decided what is the most skillful action to take at any given moment. As a result we experience less suffering and more freedom. Spiritual growth requires that we be open to change and any resistance to change. Our meditation practice is a powerful tool that enables us to see conditioned mind and habit energies that have held us back for so long and now we are ready to be touched by this pain in a new way, with love instead of fear. Standing with a monk friend in a sandy area of our monastery in Thailand, my friend drew a line on the sand in front of us. He said, "This line is where you feel resistance, stuck or limited in your practice. You must take one step beyond the line." Then at some point there will be another line, take another step beyond it and another step and then another. Keep going, keep going, keep going. Keep moving forward on your path with awareness, courage and your beautiful loving heart to guide you.

SPIRITUAL COUNSELING & MEDITATION INTERVIEWS

Spiritual Counseling addresses both psychological and spiritual issues, honoring the wisdom of many paths. It is helpful for people who are just beginning to explore their psychological and emotional experience. This counseling can also be relevant for those who have been in psychotherapy and now wish a more transpersonal counseling perspective that helps them know more fully their divinity. Sessions may also include instruction in mindfulness meditation. Rates for counseling meetings are on a sliding scale.

Meditation interviews are also offered and are similar to interviews given at retreats. The content of the session is about your meditation and what you are experiencing in your practice. Meditation interviews are available on a dana (generosity) basis. John is welcoming new clients at his Durham office and also does telephone consultations. As an interfaith minister, he also officiates at weddings and funerals. For more information or to make an appointment call 919-286-4754 or email john@newhopesanhga.org.

NEWSLETTER

The newsletter is usually published three times each year and is offered freely. You donations allow us to continue to publish the newsletter. If you would like to contribute to the cost of printing and mailing the newsletter, then please make a check out to the Durham Meditation Center and mail to 1214 Broad Street #2, Durham, NC 27705.



Insight and Healing

JANUARY 11 - 25, 2009

May 17-31, 2009

Travel with two senior
vipassana teachers to be with

John of God

at his Healing Center
in Abadiânia, Brazil

www.vipassanahealing.com

To contact John Orr:
John@vipassanaHealing.com

For Barbara Brodsky:
Barbara@vipassanaHealing.com

Breaking the Chain

by Jane Dyer

In our meditation practice we use the tools of concentration and awareness to know, with precision, clarity, and equanimity, what is happening in this present moment. Our experience happens at the moment of contact as consciousness arises at any of the five “sense doors” plus the mind when there is a stimulus present. For example, when there is a sound, creating vibrations or waves that touch the eardrum, hearing consciousness arises to meet the stimulus, which then becomes the object of our awareness. This “contact” is one of the twelve points of what the Buddha called the Wheel or Cycle of Dependent Origination, one of his most important teachings which shows how certain conditions lead to outcomes which then become the conditions for further outcomes, and so on and so on in an endless circle.

As our teacher Aaron says in his book *No Chain at All*, the teachings “speak of the way we have each become caught in this chain, moving blindly from one incarnation to another, never able to find freedom from suffering.” And yet, he goes on to say, “there is no chain at all, nor has there ever been. You are free. You have always been free.” I would like to focus on the part of the cycle beginning with contact and progressing through feeling and craving to clinging, and how it affects our actions, to suggest opportunities along the way for freedom, i.e., where we can, through concentration and awareness, change the outcomes of certain conditions that may arise.

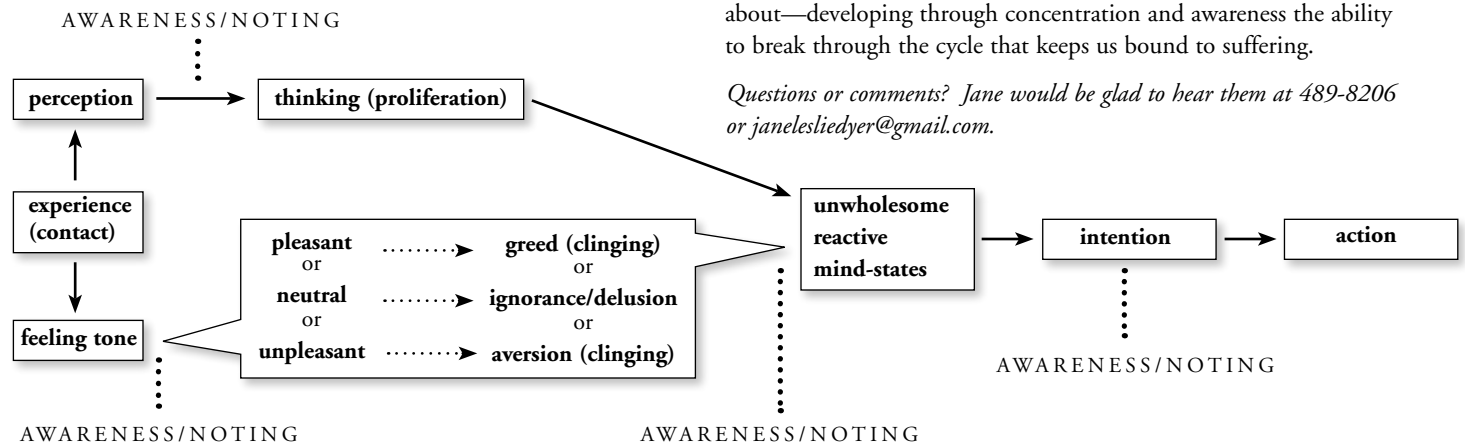
Looking at the chart below, we see that in any experience simultaneously with contact there are two other arisings, namely, feeling tone and perception. Feeling tone (and I use the word “tone” here, as some teachers do, to distinguish it from the word “feelings” used as a synonym for emotions) is the constellation of sensations in the body experienced as pleasant, unpleasant, or neutral. For example, the sound of a gas-powered machine starting up when one is meditating could create an unpleasant feeling tone; the sound of birds chirping could be pleasant; and the hum of the refrigerator in the background could be neutral. The teachings and our own experience tell us that pleasant feelings can lead to greed and clinging and unpleasant ones can lead to dislike or aversion. Less apparent but no less true is that neutral feelings can lead to “tuning out” or lack of attentiveness that feeds into ignorance and delusion.

Meanwhile, occurring in the mind is perception, or recognition and interpretation of the stimulus, primarily according to memory of past similar experience. Perception involves thinking, which can often proliferate quite rapidly. So, in our example, the mind could, upon hearing the sound of the machine, perceive it as a lawn mower and then go on to wonder who is mowing at this hour, when it will stop, how loud it may get, etc., etc., etc. Going back to our chart, any combination of feeling tone and perception which arises from contact with an object can lead to unwholesome, reactive mind states, i.e., states of irritation, anger, fear, frustration—all those states which cloud the mind and cause us to suffer. These mind states can lead to intention to act and then the act itself which, coming from a place of reactivity, may not be skillful and may actually increase the suffering that produced it. What can we do?

Again, referring to the chart, when there is sufficient awareness to note each aspect of the experience as it is happening, the seemingly inevitable chain of events leading to regrettable action can be averted. If one can be aware of unpleasant sensations in the body resulting from contact with a particular object and note it (either verbally or non-verbally) there occurs a moment of freedom from engulfment by those sensations, creating the possibility of acceptance of the unpleasantness without going over into reactivity. In this way, one establishes stability of mind or equanimity. Similarly, awareness of thoughts defining certain perceptions can break through old ways of seeing things that keep us trapped in unhelpful habit patterns. Just noting “thinking” when one becomes aware of it gets one off that train of thought; yes, the thoughts may come back, but in that moment of awareness there is freedom from their grip on us.

OK, what if one doesn’t catch the feeling tone as it manifests in the body, or the perception as it manifests in the mind? These processes occur very quickly; that’s why the concentration and awareness built up in sitting practice are so important—practice really does help! Yet, even if awareness doesn’t break in at these points in the cycle, there is one last exit from the inevitability of unskillful action, and that is at the point of intention. Before we open our mouths to speak or engage in a specific behavior we can note the intention to do so, thus creating a last moment of freedom to choose another course. This, in a sense, is what our practice is all about—developing through concentration and awareness the ability to break through the cycle that keeps us bound to suffering.

Questions or comments? Jane would be glad to hear them at 489-8206 or janelesliedyer@gmail.com.



NEW HOPE SANGHA

Twice Monthly Meditations & Dharma Discussion

Our community, the New Hope Sangha, will be holding meditations and dharma discussion the 1st and 3rd Tuesdays of each month, at the Eno River Unitarian Universalist Fellowship on Garrett Rd. in Durham. We will meet from 7:00–9:00pm in the Chapel, which adjoins the main Sanctuary. This is an ideal location, which is accessible from anywhere in the Triangle. The first hour will be sitting and chanting followed by a brief fellowship or walking meditation period. The second hour we will have a dharma talk and/or discussion. Any questions about your meditation practice or spiritual life are welcomed. If you are late arriving and you hear chanting you may enter quietly. If you arrive late and the chapel is quiet we ask you to wait or sit in the sanctuary or other areas. The chapel door will be opened again during the walking and fellowship period. We will conclude the evening by 9:00.

Please plan on arriving by 6:50 so we can be in our seats by 7:00. This is an open group and all are welcome to attend. If you are new to meditation and need meditation instructions please come to the Chapel by 6:50 pm and one of the group leaders will meet with you separately to give you instructions and guidance in the practice. If you have any other questions concerning the group please call Jim Jarvis at his office 309-2922 or e-mail him at jjjarvis@mindspring.com. There is no fee charged. There will be a dana (generosity) basket available to help pay the cost of the room rental and a dana basket for the teacher.

The New Hope Sangha is a resource for anyone who wishes to learn and practice the dharma. This is a non-denominational community that respects the wisdom of various spiritual traditions. Our meditation practices are grounded in three Buddhist practices: Vipassana (Mindfulness) Meditation, Metta (Lovingkindness) Meditation and Dzogchen (Non Dual Awareness) Meditation. To facilitate this process we have set up a web site (see: www.newhopesangha.org) that will give up to date information about the meditation programs we are offering, as well as, dharma talks by various teachers and other useful information. Our newsletter, "Leap Of Faith" is available online and in hard copy for those who request it. Send requests to office@newhopesangha.org.

DIRECTIONS TO ERUUF AT 4907 GARRETT RD.

Raleigh/Cary (east), Charlotte/Greensboro (west) via I-40: Exit 270 (15/501). Go north toward Durham. At Garrett Road,



turn right continuing 7/10 mile. Turn left into the entrance. Raleigh/Wake Forest via I-85/70 After Rt.70 merges with I-85, Exit from the left lane onto 15/501 toward Chapel Hill. At Garrett Road (BP Station), turn left and go 7/10 mile to entrance on the left. Greensboro/Hillsborough via I-85/70 Exit Rt. 147 and Exit onto 15/501 toward Chapel Hill. At Garrett Road (BP Station), turn left and go 7/10 mile to entrance on the left. As you enter the church grounds, bear to the right, and park in the lot next to the sanctuary. The chapel adjoins the sanctuary. For detailed maps visit www.eruuf.org.



Raleigh Meditation Group

The Raleigh Meditation Group, which is an affiliate of the New Hope Sangha, meets at the Long View Center, on the 2nd and 4th Tuesdays of the month, from 7:00–8:30pm.

The Long View Center is located at 118 S. Person Street, Raleigh, NC 27601 and is on the northeast side of Moore Square, right next to Exploris and the Exploris Middle School.

There is parking on the street and also in lots behind the Long View Center and Exploris. Enter at the front (Moore Square side) of the building through the door on the far left. Inside a stairway leads to the second floor meditation space.

Bring a cushion to sit on. There will also be chairs available. There is no cost to participants. Registration is not required. There will be a donation bowl to contribute to the cost of the space (which is being provided free of charge).

If you have questions, contact Tom Barrie at 919-605-1476 or email dharma55@aol.com. If you wish to be placed on our email list, please contact Tonie Wheelock at toniewheelock@bellsouth.net.

Raleigh Half-Day Retreat

Sponsored by The Raleigh Meditation Group

SUNDAY, SEPTEMBER 27, 10 AM – 1 PM, RALEIGH, NC

This special half-day retreat will include meditation instruction, chanting and dharma discussion led by John Orr. Located in the Band Practice Room, Long View Center, Moore Square, Raleigh. The Long View Center is located at 118 S. Person Street, Raleigh 27601, and is on the northeast side of Moore Square, right next to Exploris and the Exploris Middle School.

Please see page 2 for more information

Durham Half-Day Retreat

Sponsored by New Hope Sangha

SATURDAY, DECEMBER 6, 10 AM – 1 PM, DURHAM, NC

This special half-day retreat will include meditation instruction, chanting and dharma discussion led by John Orr. Located at Durham Friends Meeting House (The Original Meeting House), 404 Alexander Ave. Durham, NC (Located next to the Ronald McDonald Children's House. Near Duke University Central Campus).

Please see page 2 for more information

FALL2008
leap of faith

Weekend of Spiritual
Inquiry and Meditation
October 31–November 2
See page 3.

ADDRESS SERVICE REQUESTED

DURHAM MEDITATION CENTER
1214 Broad Street, #2
Durham, NC 27705
(919) 286-4754

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