

Buddhist Groups Near Duke Campus

MONDAYS

Eno River Buddhist Community

**Eno River Unitarian Universalist Fellowship, 4907 Garrett Rd., Durham.
CARE Bldg., Room 4/5.
Mondays, 7:30-9:00 p.m.**

This is a peer-led practice group in the Insight Meditation (vipassana) tradition. The group meets for sitting and walking meditation, dharma talks, and practices such as loving-kindness meditation Mondays from 7:30-9:00 p.m. Basic meditation instruction is offered concurrently on the third Monday of the month. We also hold a morning retreat on the 2nd Saturday of each month from 9:00 a.m. to noon.

More information: Steve Seiberling, 919-968-4445 or sseiber@email.unc.edu), or <http://www.pgacon.com/erbc/>

TUESDAYS

New Hope Sangha

**Biweekly Meditation and Dharma Discussion
Eno River Unitarian Universalist Fellowship, 4907 Garrett Rd., Durham
In the Chapel to the right of the main Sanctuary
1st and 3rd Tuesdays each Month, 7-9:30 p.m. Please arrive by 6:50 p.m**

**Questions: Jim Jarvis, 919-309-2922, jpjarvis@mindspring.com
www.newhopesangha.org
newsletter requests: info@newhopesangha.org**

New Hope Sangha practices draw upon Vipassana (insight) meditation, Metta (lovingkindness) meditation, and Dzogchen (non-dual awareness, similar to Zen). The first Tuesday of the month, sitting and walking meditation are followed by a Dharma talk. On the third Tuesday, meditation is followed by discussion.

From Duke Campus

Take Highway 15-501 south/east toward Chapel Hill. On the long, straight section of the highway just past the Old South Square/MLK Blvd., interchange, take the first left onto Garrett Rd. (you will see car dealerships on your left). Go south on Garrett Rd., keeping an eye out for the Eno River Unitarian Universalist Fellowship sign on your left. Turn left into the parking area and walk down to the cluster of buildings. The main Sanctuary is a large building on the right; the Chapel adjoins it on the right.

WEDNESDAYS

Buddhist Community at Duke

**Multicultural Center Lounge, Bryan Center, Basement Level (West Campus)
Wednesdays, 7-8:30 p.m. during the academic year**

Info: Shian Ling Keng, slk18@duke.edu

www.duke.edu/web/meditation/index.html

Subscribe to our e-mail list, see our calendar of events, explore many links to local Buddhist groups, retreat centers, and other resources.

The Buddhist Community at Duke is a multicultural, nonsectarian group that welcomes everyone, regardless of their religious affiliation (or lack thereof). Each week during the 2005-2006 academic year, an invited Buddhist teacher from the local community will teach meditation, offer a talk on the theme "Simplifying Your Life," and lead a discussion. In the fall, we will sponsor teachers from Thai Theravada, Korean Won, and Rinzai Zen traditions. In the Spring, we will sponsor teachers from Tibetan traditions and offer a complementary practice called InterPlay®. We also sponsor social gatherings, movies, and other events during the academic year. An ordained Buddhist chaplain is available on campus for consultation, as well.

THURSDAYS

Community of Mindful Living

**Weekly Meditation Practice and Dharma Discussion
Durham Friends Meeting House (404 Alexander Ave., Central Campus)
Thursdays 7:30pm - 9:00pm**

**Questions: Bud Reiter-Lavery, (919) 667-0965 or budrl@earthlink.net
www.meditation-durham.org**

Members of the community come together to sit quietly in meditation, to learn mindfulness practices (from sitting meditation to cookie eating meditation), and to support one another in our lives' journeys. The evening usually includes two 25 minute sessions of sitting meditation with walking meditation in between, and a 30 minute program (which may be a talk, a guided meditation, or an experiential activity). The program is followed by a group discussion about bringing mindfulness into our lives, families, work, and society. Newcomers and experienced practitioners are always welcome.

A \$2 donation is requested to cover the cost of renting the building.

Durham Shambhala Center

Weekly Group Meditation

733 Rutherford Street, Durham (near Central Campus)

Thursdays, 7-8 p.m. and Sundays 9 a.m.-noon

Meditation Instruction: *by appointment* on Sundays 10 a.m. or by arrangement

Call 919-471-3988 for appointment

Other info: (919) 286-5508 or durhamshambhala@yahoo.com

www.shambhala.org/centers/durham/

The Shambhala Center is part of Shambhala International, founded by the Tibetan teacher Chogyam Trungpa Rinpoche, and now headed by his son, Sakyong Mipham Rinpoche. It offers both Buddhist meditation practices, in the Tibetan Kagyu and Nyingma traditions, and the secular Shambhala Training.

From Duke East Campus:

Go toward Ninth Street on West Main Street. After crossing 9th Street, go 0.4 miles to the next right, which is at the corner of Erwin Square (the multi-storied office building on the right); turn RIGHT (there is no street sign, but this is Rutherford Street). The Durham Shambhala Center is the only house on the left side of the street between Main Street and Hillsborough Road. It is at the end of the block, the little white house with green shutters, 733 Rutherford Street. There is a parking lot on the left and you should park in that lot or on the right side of the street opposite the Center.

From Duke West Campus:

Take Anderson Street north past the Duke Gardens and over the Durham Freeway (147). Turn RIGHT at the light onto West Main Street. At the next road, turn LEFT (there is no street sign but this is Rutherford Street). See above for directions to the house.

OTHER LOCAL CENTERS

The Triangle area is home to many Buddhist communities, representing a wide range of traditions: Theravada, Soto and Rinzai Zen, Taiwanese Ch'an, Korean Won, Tibetan, Vietnamese Zen, and mixed groups. Below are a few groups we're familiar with. For even more information, see the link below to the Buddhism in North Carolina Project website.

Chapel Hill Zen Center

Japanese Soto Zen, affiliated with San Francisco Zen Center

Meditation Sunday through Friday mornings, and Tuesday and Thursday evenings.

Various classes and other events, meditation instruction on Sunday mornings.

5322 North Carolina Highway 86, 2.5 miles north of I-40 Exit 266

<http://www.intrex.net/chzg/>

Won Buddhism Meditation Temple

Korean Won Buddhism. Meditation daily at 7 a.m., Sunday morning program at 10 a.m.

8021 Old NC 86, Chapel Hill

(919) 933-69-46

Email WonGong, jso001@umaryland.edu

Kadampa Center

Tibetan Gelugpa, affiliated with the Foundation for the Preservation of Mahayana Tradition Meditation Sunday mornings; classes on Monday and Wednesday evenings (Wednesday classes will resume in September 2005)

7404-G Chapel Hill Road, Raleigh, North Carolina 27607

(919) 859-3433

www.kadampa-center.org

Buddha's Light International Association/ International Buddhist Progress Society

Taiwanese Ch'an community affiliated with Fo Guang Shan. They are in the process of constructing a temple complex in Raleigh. Currently they meet in members' homes.

(919) 460-0088, 816-9866

www.blianc.org, www.fgs.org.tw Email: fgsamus4u@fgs.org.tw

Brooks Branch Zendo

Japanese Rinzai Zen. Meditation Tuesday through Friday mornings and Tuesday and Thursday evenings. Sunday morning program includes meditation and a Dharma talk.

283 Quartz Hill Rd., Pittsboro, NC

(919) 542-7411; info@nczencenter.org

www.nczencenter.org

Wat Greensboro Meditation Center

Thai Theravada temple and monastery. Classes on Sunday evenings.

2715 Liberty Rd., Greensboro, NC

(704) 996-6562, (336) 272-1607

dhammarato@yahoo.com

Soka Gakkai International, Raleigh Community Center

International lay Buddhist organization based in Japan. Nichiren Buddhist tradition; the primary practice is chanting Namu-Myoho-Renge-Kyo. Call for info about events and activities.

6307-A Chapel Hill Rd.
Raleigh, North Carolina 27607
(919) 859-0112

ONLINE RESOURCES

Buddhist Community at Duke website

See Resources and Links to find information about other NC Buddhist groups and retreat centers, and to get access to Dharma talks, Buddhist texts, and more!
www.duke.edu/web/meditation

Buddhism in North Carolina Project

Website with information about Buddhist organizations throughout the state. Contact individual centers listed for the most current information.
www.unc.edu/ncbuddhism/

NC Buddhism List

Yahoo Group that allows members to share information about Buddhist-related special events in North Carolina. For more information, visit:
<http://groups.yahoo.com/group/ncbuddhism>

Resource Center for Women and Ministry in the South

The Resource Center sponsors a variety of retreats and workshops, including a number led by women Buddhist teachers. Go to their home page and click on the "Calendar" link to learn about upcoming events. You can also subscribe to their e-mail calendar.
www.rcwms.org

Southern Dharma Retreat Center

Retreats in a variety of religious traditions are offered at this facility in the mountains of western North Carolina. Sitting meditation is a central practice at all retreats. For more information and the current calendar, see:
<http://www.southerndharma.org/>