

## WINTER RETREAT with REBECCA BRADSHAW



Jan. 27–29 or Jan. 27–Feb. 1

Koinonia Retreat Center  
near Annandale, MN

### Kindhearted Awareness: Insight Meditation Retreat

The practices of mindfulness and lovingkindness help us to connect with and accept all experiences of life that arise in body, heart, and mind. Throughout this silent retreat, we will explore infusing mindfulness with kindness, discovering for ourselves a deeper sense of relaxation, clarity and peace.

Meditators are encouraged, if possible, to sign up for the full five days. This longer retreat gives new meditators a chance to experience more deeply what retreat can offer, and gives experienced meditators the time to settle in, re-connecting and refreshing their practice.

**Rebecca Bradshaw** is the Guiding Teacher of the Insight Meditation Center of Pioneer Valley in Easthampton, Massachusetts. She has been practicing Vipassana meditation since 1983 in the United States and Myanmar (Burma) and teaching since 1993. She completed her dharma teacher training at Insight Meditation Society in Barre, Massachusetts, where she is part of the three month retreat teacher team and leads retreats for teens and young adults. She also teaches at other locations in the United States and abroad, including a Spanish language retreat in Puerto Rico. Rebecca has a master's degree in Counseling Psychology, is a Licensed Mental Health Counselor (LMHC), and works as a psychotherapist with meditators interested in supplementing their meditation practice with psychotherapeutic work. Her teaching explores the convergence of love and wisdom.

## Protections for the Heart by Rebecca Bradshaw *Adapted from a talk given at Common Ground Meditation Center July, 2011*

We have been born into this awesome, mysterious, incomprehensible, wild world of change. As humans, we're not super excited about continuous change. It makes us feel vulnerable. We have this yearning for openheartedness in this world, and yet we'd like to feel safe, too. We want some kind of lasting security, which we go about trying to arrange as best we can. We look for protection for our vulnerable hearts and mind by trying to control this world. The usual control strategies are the three Buddhist roots of suffering: ignorance or delusion, attachment and aversion. First, we ignore, sublimate, deny or otherwise try to avoid the truth of change in this world. We then try to control the world so that we experience only what we want (pleasantness) through holding on, and avoid what we don't want (unpleasantness) through pushing away. In this way, we hope to make this world manageable and to protect our heart/mind from the vulnerable business of being a human being.

Continued on next page

Dear friends,

The TCVC board is grateful that conditions continue to support our ability to offer residential retreats here in the Midwest. This is no accident. It is the result of many hours of volunteer time, the commitment of our beloved teachers and your financial support.

Our tradition is to ask for donations at this time of year. It's also an opportunity for us to be transparent in how TCVC resources are used.

Retreat expenses at Koinonia have risen, but TCVC will be able to limit the increase in retreat fees due to a surplus in the retreat fund. We plan to lose \$1,000 on the 2012 winter retreat and \$4,000 on the summer retreat. Even though retreat fees are higher, they are lower than they would be without using the surplus.

Scholarships are funded solely through your donations. In 2011 TCVC offered \$2,225 in scholarships. Your generosity has made it possible for many people to experience this practice who would not otherwise be able to attend. Thank you.

The operations fund supports ongoing overhead, such as our P.O. Box and website. TCVC has no paid staff, though retreat fees for managers are reduced by half.

Inside this newsletter you'll find information about different ways to donate to TCVC. On behalf of all who benefit from these teachings we extend our sincere gratitude for your support.

TCVC Board

Elizabeth Archerd, Naomi Baer,  
Matthew Buzzard, Nora Murphy,  
Joanne Skarjune, Todd Stitt and  
Bob Zeglovitch

## Protections for the Heart continued

The great disappointment we face in our spiritual quest is learning that these strategies don't work. Our efforts to find security in this way impede our deepest wish for openheartedness. We see that we suffer unease and contraction of heart/mind from trying to control this life, and lose the spaciousness and connectedness we yearn for.

Ignorance, or denial of truth, demands a high price. Maintaining the highly cherished illusion of permanency and constancy necessarily involves living at a remove from life. We know that it's an uncontrollable universe and keeping this truth at bay takes lots of energy. When we try to protect our hearts through denial of the truth, we don't know peace.

Attachment and aversion fail as worthy protection strategies as their very nature is one of contraction and restlessness. They keep us very busy trying to micro-manage life! They ultimately fail because life moves, morphs, and changes, whether we want it to or not. And they shrink the heart/mind, in the process sacrificing openness and connection.

Fortunately, meditation practice offers us sane and peaceful ways to protect the heart/mind. We can think of practice as a slow transition from relying on these ineffective and suffering forms of protection to developing saner ones that lead to peace. Through clear seeing and in depth investigation into the control strategies of ignorance, attachment and aversion, we discover the shortcomings

of these forms of relating to the world and answer the yearning for openheartedness and connection. We develop saner protections for the heart/mind, the protections of equanimity and metta (loving kindness or unconditional love).

Equanimity is continuous accommodation to the truth of the present moment. An equanimous heart/mind can connect with this world and all its changes with balance, poise, grace, and flexibility. It's not flipped out by the continuous coming and going of pleasant and unpleasant experiences. With equanimity, we learn to trust deeply, and relax into, our capacity to flow with the river of change.

A heart/mind filled with metta loves this world and all things in it unconditionally, just as it is. Its power lies in its complete inclusivity; nothing is exiled. Its gentleness and softness melts the edges of the dukkha of reality. Love makes being in touch with the full truth of this life possible.

Meditation practice deepens these qualities of equanimity and metta and strengthens our capacity to be openhearted with life. With hearts strong and protected in equanimity and metta, we find the courage to connect with life as it is and we nourish the liberating wisdom that comes from this connection. May our practice deepen these wholesome qualities of mind/heart, guiding us towards deeper and deeper levels of freedom.

### Go Paperless! Get *Grassroots Dhamma* by Email—or not

Call us old-fashioned, but some of us like to get our *Grassroots Dhamma* in the mail. If you currently receive your newsletter via postal mail, you will continue to do so unless you tell us otherwise. To discontinue or to receive your newsletter by email, send an email to [mailings@TCVC.info](mailto:mailings@TCVC.info) or mail a letter to the address below.

Some of us like to save paper. We encourage you to sign up for our email, even if you get a hard copy. We send a minimal number of emails and this is sometimes our only way to communicate late-breaking news about a retreat. It also makes it easy to share the newsletter with others—which we appreciate and encourage.

To receive the newsletter via email, go to [TCVC.info](http://TCVC.info) and click on “[subscribe to our newsletter](#).” If you enter your address, state and zip, you will be added to our postal mailing list. You can also email [mailings@TCVC.info](mailto:mailings@TCVC.info).

The newsletter can also be downloaded from [TCVC.info](http://TCVC.info) or picked up at Common Ground Meditation Center.

### Donating to TCVC

Twin Cities Vipassana Collective is a 501(c)(3) nonprofit organization and your donations are tax-deductible. Because we are an educational nonprofit, your donation may be eligible for a matching grant from your employer. You may also select TCVC as the recipient of your donation through the United Way.

To make a secure on-line donation, go to [TCVC.info](http://TCVC.info) and click on “[make a donation](#)” or go to [www.givemn.org](http://www.givemn.org)

For more information, contact TCVC's treasurer, Todd Stitt, at 612-729-1715.

Name: \_\_\_\_\_

I would like to donate to  Operations  Scholarships  Either Fund

To donate by check, make payable to TCVC and send to

TCVC  
P.O. Box 14683  
Minneapolis, MN 55414

Thanks for your support!



# REGISTRATION JAN 27-29 or JAN 27-FEB 1 with REBECCA BRADSHAW

Registration deadline is January 6. There is a \$25 late fee after January 6.  
Mail your registration to Matthew Buzzard, 2528 33rd Ave. S., Minneapolis, MN 55406

Name \_\_\_\_\_ Male/Female (circle one)  
Address \_\_\_\_\_ City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

- Email confirmation is sufficient  Enclosed is a stamped, self-addressed business-size envelope for postal confirmation  
 This is my first retreat  I can help set up or clean up  I need a ride  I can give a ride  
 I have special accessibility, dietary or other needs. (Please enclose a description or contact the registrar.)  
 I use a CPAP or other medical device. (Please specify or contact the registrar.)  
 Enclosed is a scholarship request for \$ \_\_\_\_\_ (Maximum scholarship is \$95 for weekend, \$140 for full-time)  
\$ \_\_\_\_\_ Retreat Fee\* Fulltime Double  \$280 Single  \$370 Singles are available on a first-come basis.  
Weekend Double  \$190 Single  \$230  
\$ \_\_\_\_\_ Add \$25 late fee if mailing after January 6  
\$ \_\_\_\_\_ Optional tax-deductible donation to TCVC:  Operations  Scholarships  Either Fund  
\$ \_\_\_\_\_ **Total Enclosed** (Make check payable to TCVC)

\* The teachers that we ask to lead our retreats do not request or receive any compensation from us for their teaching. At the end of the retreat, students are encouraged to practice *dana* (generosity) by offering a donation to the teachers.

**Vipassana (insight) meditation** is a simple and direct practice: the moment-to-moment investigation of the mind/body process through calm, open and precise awareness. Learning to observe experience from a place of spacious stillness enables one to relate to life with a balance of wisdom and compassion.

**Retreats are held in noble silence** and include sitting and walking meditation, instructions, Dharma talks, and time for questions with the teacher.

**As the teachings of the Buddha** are considered priceless, they have traditionally been offered freely. The teachers do not receive payment from TCVC for teaching. The registration fee covers room and board, travel expenses for the teachers and other expenses. At the end of the retreat, students are encouraged to offer a donation to the teachers to support their living expenses so they may continue to practice and teach.

**To apply for a scholarship**, include a letter with your registration giving the background of your need. Scholarship requests must be received by the due date and are limited to one retreat per person per calendar year.

Those who wish may help others by donating to the TCVC Scholarship Fund or Operating Fund.

**Registration** Send a check for the full amount to secure your registration. If you are applying for a scholarship, subtract the scholarship amount requested from the registration fee.

**Cancellations** Notify the registrar if you need to cancel. TCVC retains a \$25 fee for cancellations received after the due date, along with any cancellation fees charged by the retreat venue.

## Schedule

Fri 1/27	Registration	3:00-6:00 PM
	Evening meal	6:00 PM
	Retreat opens	7:30 PM
Sun 1/29	Wkend Retreat ends	3:00 PM
Wed 2/1	Fulltime Retreat ends	after brunch

**Yogi jobs** are included in the schedule for fulltime participants. These mindful work periods are assigned on a first come, first served basis at check-in time.

**Attendance** Please plan to arrive by 6:00 PM on the opening day of the retreat and to stay for the duration. Exceptions must be approved by the retreat manager.

**Meals** Vegetarian meals begin with an evening meal from 6:00-7:00 PM on Friday night and end with brunch on the last day of your retreat.

**Accommodations** at the Koinonia Retreat Center have modern plumbing. Handicap accessible and single rooms are available on a first-come basis.

**Detailed information** about the retreat is mailed upon registration. Contact the registrar, Matthew Buzzard at 612-810-7703 or [retreats@tcvc.info](mailto:retreats@tcvc.info)

## Directions to Koinonia from Minneapolis

394 West to 169

North on 169 for 1/4 mile

West on Highway 55 2.5 miles past Annandale

South (Left) on County Road 3 for 4/10 of a mile

West (Right) on 80th Street for one mile

South (Left) on Pilger Avenue for 2/10 of a mile

Allow two hours travel time from Minneapolis on Friday afternoon. Alternate routes and more information is available at [KoinoniaRetreatCenter.org](http://KoinoniaRetreatCenter.org).

You may leave Koinonia's phone number, 888-801-7746, with family for emergency contact only.

**Twin Cities Vipassana Collective**  
**P.O. Box 14683**  
**Minneapolis, MN 55414**

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## **Twin Cities Vipassana Collective Calendar Visit us at [www.tcvc.info](http://www.tcvc.info)**

**Retreats are held at Koinonia Retreat Center near Annandale, MN [www.KoinoniaRetreatCenter.com](http://www.KoinoniaRetreatCenter.com)**

<b>Date</b>	<b>Teachers / Event</b>	<b>Contact</b>
Jan. 27–29 or Jan. 27–Feb. 1, 2012	Rebecca Bradshaw	Matthew Buzzard 612-810-7703 <a href="mailto:retreats@tcvc.info">retreats@tcvc.info</a>
June 8–17, 2012 Full-time only	Steve Armstrong and Kamala Masters	Naomi Baer 651-698-1458
Feb. 8–10 or Feb. 8–15, 2013	Chas DiCapua	Bob Zeglovitch 612-462-0270
June 14–23, 2013 Full-time only	Steve Armstrong and Kamala Masters	Nora Murphy 651-698-4546

**TWIN CITIES VIPASSANA COLLECTIVE (TCVC)** is a community of people interested in developing and deepening their meditation practice. We provide opportunities to hear and practice the teachings of *vipassana* (insight) and *metta* (lovingkindness) meditation, with an emphasis on residential retreats led by senior teachers in the Theravada Buddhist tradition.