

# GrassRoots



# Dhamma

Dear Friends,

Please join us for the TCVC Annual Meeting, a potluck and social gathering, with a little bit of official business thrown in. Bring some food or drinks if you wish and your ideas and opinions about our retreats. If you're interested in getting more involved with TCVC, this a good time to join the board, but you're welcome to this or any TCVC meeting without making that kind of commitment.

We thank our teachers Steve Armstrong, Chas DiCapua, and Rebecca Bradshaw and the teachers in training that joined them: Alex Haley, Alexis Santos, and Vance Pryor. You helped so many of us grow in our practice. A big thanks also to registrars Steve Burt and Patricia Koelsch, managers Naomi Baer and Todd Stitt, and all of you who volunteered and offered financial support to make the retreats a success.

The Buddha taught people from all walks of life, from kings and scholars to the poorest and most oppressed people in his time. Many of us reading this can remember the person who introduced us to a teacher or group that inspired us to practice. We encourage you to be that person and help make others feel comfortable with the idea of attending a retreat. We think it's this person-to-person connection that can best help extend our invitation to a wide and diverse group of people.

Wishing you well,

**TCVC Board:** Elizabeth Archerd, Naomi Baer, Matthew Buzzard, Risa Cohen, Phil Harper, Joanne Hedrick, Nora Murphy, Todd Stitt and Bob Zeglovitch

## TCVC Potluck/Annual Meeting

Saturday, April 9<sup>th</sup>  
6:30 – 9:00 PM  
Home of Naomi Baer  
1812 Princeton, St. Paul 55105  
651-698-1458

### SUMMER RETREAT

JUNE 17-26, 2016

**KAMALA MASTERS & BONNIE DURAN  
WITH VANCE PRIOR**

The Deepening of Love, Awareness, and  
Wisdom

*The spirit of this retreat aims to strengthen our ability to maintain a continuous quality of awareness, not only on retreat but also in our daily life. We will explore the Four Foundations of Mindfulness with an emphasis on awareness of the qualities of mind. Sayadaw U Tejaniya's teaching of Mindfulness of Mind will be offered along with one of his books, which participants may read during the retreat as a support for their practice.*

*The teachings of Equanimity will also be offered as a way to integrate the love and wisdom aspects of awareness practice. Through the cultivation of lovingkindness in our hearts, we will see more clearly how to uncover the wisdom of our minds.*

*The retreat will be held in Noble Silence with a format based on our usual schedule of sitting and walking periods. For those that find an open schedule more suitable, they will be supported to find their own rhythm of practice. Appropriate for both beginning and experienced students, the retreat will include meditation instructions, Dharma talks, guided lovingkindness and equanimity meditations, Q&A, and group and individual practice discussions.*

*Kamala will be assisted by Bonnie Duran who offers her own multi-cultural perspective on the Dhamma, along with Vance Pryor who is continuing his teacher training. Together, they offer a rich diversity*

Retreats are held at Koinonia Retreat Center  
near Annandale, MN

[www.KoinoniaRetreatCenter.com](http://www.KoinoniaRetreatCenter.com)

## TEACHER BIOGRAPHIES

**Kamala Masters** is one of the founders and teachers of the Vipassana Metta Foundation on Maui. She teaches retreats in the Theravada tradition at venues worldwide, including being a Guiding Teacher and member of the Board of Directors at the Insight Meditation Society at Barre, Massachusetts. She is also on the Advisory Board at Common Ground Meditation Center in Minneapolis, Minnesota. Practicing since 1975, her teachers have been the late Anagarika Munindra of India and Sayadaw U Pandita of Burma, and Sayadaw U Tejaniya of Burma with whom she continues to practice. Kamala has a commitment to carrying and offering the purity of the teachings of the Buddha in a way that touches our common sense and compassion as human beings, and allows the natural inner growth of wisdom. She lives on Maui where she raised four children, and is now blessed with five grandchildren. Kamala has practiced both insight and loving kindness meditations intensively under the guidance and preceptorship of Sayadaw U Pandita, in the USA, Australia and in Burma as a nun and a lay woman.



**Bonnie Duran** met the Dharma in 1982 when she sat a month at Kopan Monastery in Nepal and learned Vipassana in Bodh Gaya India. Since then, she has taken teachings from many western teachers including Joseph Goldstein and Marcia Rose, as well as Tibetan teachers, Venerable Tsoknyi Rinpoche and Lama Zopa Rinpoche. Bonnie is a graduate of the SRMC/IMS Community Dharma Leader training program and will complete the retreat teacher-training program in 2016. She teaches at the Insight Meditation Society and Spirit Rock Meditation Center, and helps organize the People of Color and Allies Sangha that meet weekly in Seattle. She is a contributor to Hilda Guitierrez Baldoquin's book, *Dharma, Color and Culture: New Voices in Western Buddhism* and has written for the *Turning Wheel*. Dr. Duran is an associate professor in the Schools of Social Work and Public Health at the University of Washington, is director of the Center for Indigenous Health Research, and is involved in Native American spiritual practices and



**Vance Pryor, Psy. D.**, began practicing insight meditation in 1998. He spent time as a monk with Sayadaw U Tejaniya and continues to make regular practice trips to Myanmar. He is currently being trained as a teacher by Steve Armstrong and Kamala Masters.



### TREASURY REPORT

Retreat Fund	\$ 270
Retreat Deposits	\$4,500
Scholarship Fund	<u>\$2,298</u>
Balance	<b>\$7,068</b>

Thanks to everyone who has donated to TCVC. With your support, many people have been able to undertake intensive retreat practice here in the Midwest. In 2015, TCVC funded scholarships of \$3,445.

Twin Cities Vipassana Collective is a 501(c)(3) nonprofit organization and your donations are tax-deductible. Since 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. For more information, contact TCVC's treasurer, Todd Stitt, at 612-729-1715. 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). To donate by check, make payable to TCVC and send to **TCVC, P.O. Box 14683, Minneapolis, MN 55414**

# REGISTRATION JUNE 17-26 WITH KAMALA MASTERS AND BONNIE DURAN

**Registration is due by May 20. There is a \$25 late fee after May 20.**

**Mail your registration to Matthew Buzzard, 3128 E. 25<sup>th</sup> St. APT 2, Minneapolis, MN 55406**

Name \_\_\_\_\_ Male/Female/Trans (circle one)

Address \_\_\_\_\_ City \_\_\_\_\_ State: \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Email confirmation is sufficient  Please send a confirmation via postal mail

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 email the registrar.)

I use a CPAP or other medical device. (Please specify or email the registrar.)

Enclosed is a scholarship request for \$ \_\_\_\_\_ Maximum scholarship is \$320

\$ \_\_\_\_\_ Retreat Fee\* Shared  \$640 Single  \$800

\$ \_\_\_\_\_ Add \$25 late fee if mailing after May 20.

\$ \_\_\_\_\_ Optional tax-deductible donation to TCVC

\$ \_\_\_\_\_ 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.

Held in noble silence, the retreat includes sitting and walking meditation, instructions, Dharma talks, and group and individual meetings with the teachers.

**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 Retreat 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 \$50 fee for cancellations received before the due date, \$75 after the due date.

## Schedule

Fri 6/17	Registration	3:00–6:00 PM
	Evening meal	6:00 PM
	Retreat opens	7:30 PM
Sun 6/26	Retreat ends	After 10:30 AM brunch

**Attendance** Yogis are expected to arrive by 6:00 PM on opening day and to stay for the duration. Exceptions must be approved by the teachers. Priority is given to people who commit to the full retreat.

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

**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 the 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. If you have any questions or special needs, please call or text the registrar, Matthew Buzzard at 612-810-7703 or email [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.

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

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TWIN CITIES VIPASSANA  
COLLECTIVE

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P.O. Box 14683  
Minneapolis, MN 55414

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PERMIT NO. 3197

**TWIN CITIES VIPASSANA COLLECTIVE CALENDAR VISIT US AT [WWW.TCVC.INFO](http://WWW.TCVC.INFO)**

<b>DATES</b>	<b>TEACHERS</b>	<b>CONTACT</b>
<b>Saturday, April 9, 2016</b>	Potluck/ Annual Meeting	Naomi Baer 651-698-1458
<b>June 17-26, 2016</b>	Kamala Masters & Bonnie Duran With Vance Prior	Matthew Buzzard 612-810-7703 email <a href="mailto:Retreats@tcvc.info">Retreats@tcvc.info</a>
<b>February 17-24, 2017</b>	Chas DiCapua & Rebecca Bradshaw	Todd Stitt 612-729-1715
<b>June 16-25, 2017</b>	Steve Armstrong	Elizabeth Archerd 612-454-5500

TCVC is an organization that provides opportunities to hear and practice the teachings of vipassana (insight) and metta (lovingkindness) meditation through residential retreats led by senior teachers in the Theravada Buddhist tradition.

TCVC retreats are appropriate for both beginning and experienced meditators. We are committed to cultivating a retreat environment that is welcoming to people of diverse identities, including those of all races, ethnicities, cultures, sexual orientations, gender identities, religions, abilities and ages. It is our aim that all may feel safe and respected on their TCVC retreat.

TCVC publishes *GrassRoots Dhamma* about twice a year. To receive an electronic copy of this newsletter, follow the link on our homepage at [www.tcvc.info](http://www.tcvc.info). If you include your address when you sign up, we'll put you on our postal mailing list also. To remove yourself from our postal mailing list, send us an email at [mailings@tcvc.info](mailto:mailings@tcvc.info).