



Dhamma

Dear Friends,

This year has seen many exciting changes within TCVC. We have increased TCVC's online presence with a new website, expanded retreat registration with an online option (in addition to the standard mail-in option), and updated the room assignment policy to allow for roommate requests. If selecting a roommate would support your practice, we will do our best to accommodate in an effort to promote inclusivity and community. Though roommate requests are not automatically assured, people who request roommates will be contacted if the registrar has any issues. As always, the board cares deeply for our TCVC community members and welcomes any questions or suggestions on how we can help promote a mindful and kind environment for all.

TCVC would also like to express gratitude as members Nora Murphy and Bob Zeglovitch retire from the board and welcome our three new members, Deborah Schnur, Andrew Decker, and Shana Scogin. Members who have chosen to continue their board participation include Elizabeth Archerd, Naomi Baer, Matthew Buzzard, Risa Cohen, Phil Harper, Joanne Hedrick, and Todd Stitt.

Feel free to take a look at the new website at www.tcvc.info and to visit the registration page to check out the new online registration tool. We look forward to continuing to serve the TCVC community and the greater Twin Cities area with metta and compassion.

Dana, or generosity, is such an essential part of TCVC and the Buddhist path. It sustains our organization, and we are always looking for members of the community who have means to give in the capacity they are able. Donations support both our Retreat and Scholarship funds, which help immensely in making the Dharma accessible to a wider range of individuals. If you feel inspired by the Buddha's teachings and the retreats offered by TCVC, please consider making a donation.

Of course, generosity can take many forms. The recent changes to the website, for example, were offered freely by members of our community. If you are able to volunteer at an event, or if you have a special skill that you think might be helpful, let us know. Thank you for your wonderful commitment and practice.

Wishing you well,

The TCVC Board

**WINTER RETREAT
FEBRUARY 17-24, 2017
CHAS DICAPUA &
REBECCA BRADSHAW**

Insight-Full of The Heart

Often the mindfulness practices (Vipassana) and heart practices (Brahmaviharas) are taught as two distinct methodologies; finding a way to cultivate them together leads to a deeper and richer meditation practice. Each practice is more onward leading when strengthened and supported by the other. Cutting through the tendency to have an intellect dominated approach to the mindfulness practice, the Brahmaviharas bring balance with heart and body awareness. There is no need to have practiced the Brahmaviharas prior to this retreat as instructions for both Vipassana and the Brahmaviharas will be given.

**TEACHER BIOGRAPHIES
AND ONLINE
REGISTRATION ARE
AVAILABLE AT
WWW.TCVC.INFO**

In the winter retreat, Chas and Rebecca will be teaching both vipassana and Brahmavihara practices, encouraging participants to incorporate the flavor of these four kinds of love into their vipassana practice.

Insight-full of the Heart by Rebecca Bradshaw

In my early years of meditation, I practiced mindfulness or vipassana exclusively. I wasn't interested in the metta, or loving kindness, practice; in fact, I didn't like it at all as I just couldn't connect with it. There came a point, however, when I felt stuck. I knew I was suffering, but didn't feel any sense of movement. My teacher recommended I do a metta retreat, and out of desperation I decided to give it a try. I dove into metta practice with a two month retreat, and at the end of this experience, I had a stronger, gentler, and more courageous heart and a deep appreciation for the power of metta. I realized I had needed this stronger sense of love to go deeper into my exploration of suffering and freedom.

Buddhist teachings offer a very detailed map of what love is, what it isn't, and its distinct flavors through the practice of the four Brahmaviharas, or "heavenly homes." They are called such because dwelling in these states is like being in heaven. The four flavors of loving kindness, compassion, appreciative joy, and equanimity serve as guidelines for responding with a friendly heart towards all beings and all circumstances of life. The teachings also help us recognize when we have gotten caught in energy that is self-centered, that may appear to be one of these four flavors but is actually a distortion of them. For example, we learn the difference between unlimited friendliness and friendliness with strings attached, the difference between compassion and pity or despair. In these practices we are encouraged to explore these differences between unconditional love and self-centered or attached love.

Doing metta and the companion Brahmavihara practices we navigate the vast territory of our own heart, learning to recognize for ourselves when love is present, and when we have gotten caught. By practicing with both "easy" and "difficult" people, or with the easy and difficult experiences that present themselves, we extend the limits of our love, the space of our beautiful hearts. And it's a practice! It's important not to have some idea of what should be happening and expect ourselves to meet that ideal - such demanding is one of the quickest ways to shut down our heart - but rather to be open to listening and learning from our own heart. In this process, everything is included: love and not-love, openness and contraction, spaciousness and stuckness. Through this journey, we develop a deep and abiding trust in our own hearts, and our own capacity to find our way home to our deepest and truest intentions. Armed with love, we carry on in our journey of awakening.

YOUR GENEROSITY WILL KEEP TCVC RETREATS AFFORDABLE

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 www.tcvc.info and click on "Donate now" or go to www.givemn.org

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

TCVC
P.O. Box 14683
Minneapolis, MN 55414

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.



REGISTRATION FEB 17-24 WITH REBECCA BRADSHAW AND CHAS DICAPUA

**Registration is due by January 20th. There is a \$25 late fee after January 20th.
Mail your registration to Phil Harper, 1148 Hague Avenue, St. Paul, MN 55104**

Name _____ Please identify your gender _____
 Address _____ City _____ State: _____
 Zipcode _____ 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 \$255
 \$ _____ Retreat Fee* Shared \$510 Single \$660
 \$ _____ Add \$25 late fee if mailing after January 20th.
 \$ _____ Optional tax-deductible donation to TCVC
 \$ _____ Total Enclosed (Make check payable to TCVC) Optional Roommate Request

*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

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|-----------|---------------|-----------------------|
| Fri. 2/17 | Registration | 3:00–6:00 PM |
| | Evening meal | 6:00 PM |
| | Retreat opens | 7:30 PM |
| Fri. 2/24 | 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 at 612-396-5632, or email 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.

TWIN CITIES VIPASSANA
COLLECTIVE

P.O. Box 14683
Minneapolis, MN55414

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US POSTAGE
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TWIN CITIES MN
PERMIT NO. 3197

TWIN CITIES VIPASSANA COLLECTIVE CALENDAR VISIT US AT WWW.TCVC.INFO

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| | | |
| February 17-24, 2017 | Chas DiCapua & Rebecca Bradshaw | Phil Harper 612-396-5632 |
| June 16-25, 2017 | Steve Armstrong | Elizabeth Archerd 612-454-5500 |
| February 16-23, 2018 | Chas DiCapua & Rebecca Bradshaw | Joanne Hedrick 612-724-1951 |
| June 15-24, 2018 | Kamala Masters | Todd Stitt 612-729-1715 |

Retreats are held at Koinonia Retreat Center near Annandale, MN www.KoinoniaRetreatCenter.com

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. 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.