

GrassRoots



Dhamma

Dear Friends,

Once again it's time for an evening of frivolity and serious business at the TCVC Annual Meeting. At this meeting we try take a wider view of the retreats and discuss how we can move forward most skillfully. Bring some food or drink to share, or just bring yourself. We hope you can join us.

At this time we also extend our gratitude to our teachers: Kamala Masters, Chas Di Capua, Rebecca Bradshaw and Bonnie Duran. Thank you for making the journey to help us grow in our practice.

Phil Harper and Matthew Buzzard served as registrars, and Nora Murphy and Patrice Koelsch managed the retreats. They spent many hours of their time and took great care to ensure that the retreats were a success. Thank you.

A special thanks to Phil Harper who had the idea for TCVC to upgrade the website and offer online registrations. And then to Shana Scogin and Andrew Decker for bringing that vision to fruition. Check out the new tcvc.info and the easy online registration for the summer retreat.

As board members we're able to not only serve others, but also serve ourselves in these precious opportunities for practice. We're grateful for everyone who makes it possible for us to undertake intensive retreat practice so close to home and so affordably. It's a humble practice at Koinonia and yet it's a place that's given rise to deep insights and to quiet happiness. A big thank you to Kevin Dahlin and all the staff and supporters of Koinonia. We're looking forward to seeing you soon.

Wishing you peace and happiness,

TCVC Board: Elizabeth Archerd, Naomi Baer, Risa Cohen, Andrew Decker, Phil Harper, Joanne Hedrick, Debbie Schnur, Shana Scogin, and Todd Stitt.

TCVC Brunch/Annual Meeting

Saturday, April 8th
10a.m. - 12 noon
Home of Naomi Baer
1812 Princeton, St. Paul 55105
651-698-1458

SUMMER RETREAT

JUNE 16-25, 2017

Steve Armstrong
assisted by Shelly Graf

Awareness, Insight and Liberation

This retreat, suitable for both new and experienced meditators, will integrate the precise meditation instructions of Mahasi Sayadaw with the practical awareness-oriented guidance of Sayadaw U Tejaniya, both highly skilled monastic teachers from Burma. The course teachers will offer a clear path for developing clarity of awareness with each arising moment. This leads to stability of mind and the insightful knowledge of liberation. Relaxed, persevering continuity of mindfulness allows us to recognize each moment's experience, and leads to insightful understanding of the natural order of all things. Such knowledge weakens deeply conditioned habits of mind that cause unhappiness, and strengthens conditions for an enduring sense of well-being. Liberation is the mind released from mental states that result in suffering to oneself and others.

The retreat will be held in Noble Silence, and will include comprehensive guidance for continuous awareness in all activities. Each day will include scheduled periods for sitting, walking, chanting, meals, work-as-practice, Dhamma talks, Q&A, group and individual practice discussions, and opportunities for self-scheduled practice in one's own rhythm.

People of all walks of life are warmly welcome.

ONLINE REGISTRATION AT

WWW.TCVC.INFO

TEACHER BIOGRAPHIES



Steve Armstrong began his Dhamma practice in 1975 with senior Western teachers Joseph Goldstein, Sharon Salzberg and Jack Kornfield. He practiced for ten years, serving on staff, as a board member and Executive Director at Insight Meditation Society, before ordaining as a Buddhist monk in Burma. His Burmese meditation teachers included Sayadaws U Pandita, U Lakkhana and U Jatilla. He also studied the Abhidhamma with Sayadaw U Zagara in Australia. Upon returning to the United States as a lay person in 1990, he began teaching here and abroad, including the annual 3-month retreat at IMS. Since 2004 he has been practicing “mindfulness of mind” with Sayadaw U Tejaniya, integrating the teachings of these two awareness and insight traditions. Steve also directs the Myanmar Schools Project, which has built or renovated 100 schools, 5 clinics and 5 nunneries in Burma since 2005.

Shelly Graf, Licensed Independent Clinical Social Worker, received her Masters degree in Social Work from the University of Minnesota in 2003. For the past ten years, Shelly has been privileged to work with children and teens, primarily in schools. Shelly is the founder and co-owner of Edify Youth, a small business that provides contract social work services to Minneapolis charter schools. Shelly is a trained Circle keeper in the tradition of restorative justice and conflict resolution, and has kept Circles in schools and in the broader community for the past 10 years. Shelly is a grateful practitioner and community leader at Common Ground, and works to bring the practice to teens and young adults.



YOUR GENEROSITY WILL KEEP TCVC RETREATS AFFORDABLE

The 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 with the United Way.

You may specify that your donation support the retreat fund, which reduces retreat costs for all participants, or the scholarship fund, which supports those who could not otherwise afford to attend. Our scholarship fund is running low right now. Please help us to continue our tradition of offering financial support to everyone who asks. 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 write a check to TCVC and send to this address:

TCVC
P.O. Box 14683
Minneapolis, MN 55414

TREASURY REPORT

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 2016, TCVC funded scholarships of \$4,745.

Retreat Fund	\$7,792
Retreat Deposits	\$4,500
Scholarship Fund	<u>\$1,353</u>
Balance	\$13,645

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 JUNE 16-25 WITH STEVE ARMSTRONG, ASSISTED BY SHELLY GRAF

**Registration is due by May 20th. There is a \$25 late fee after May 20th.
Mail your registration to Todd Stitt, 4243 45th Ave S, Minneapolis, MN 55406**

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 \$325
 \$ _____ Retreat Fee* Shared \$650 Single \$825 Optional Roommate
 \$ _____ Add \$25 late fee if mailing after May 20th. Request
 \$ _____ 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 6/16	Registration	3:00–6:00 PM
	Evening meal	6:00 PM
	Retreat opens	7:30 PM
Sun 6/25	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 the registrar, Todd Stitt, 612-729-1715 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, MN 55414

NON PROFIT ORG
US POSTAGE
PAID
TWIN CITIES MN
PERMIT NO. 3197

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

DATES	TEACHERS	CONTACT
TCVC Brunch/Annual Meeting , 10a.m. - Noon Saturday, April 8, 2017	1812 Princeton, St. Paul, MN 55105	Naomi Baer 651-698-1458
June 16-25, 2017	Steve Armstrong, Assisted by Shelly Graf	Todd Stitt 612-729-1715
February 16-23, 2018	Chas DiCapua and Rebecca Bradshaw	Joanne Hedrick 612-724-1951
June 15-24, 2018	Kamala Masters	Todd Stitt 612-729-1715
February 15-22, 2019	Chas DiCapua and Rebecca Bradshaw	Naomi Baer 651-698-1458

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 info@tcvc.info.