

GRASSROOTS DHAMMA



Winter 2018

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. The Retreat fund reduces the cost of fees for all attending. The Scholarship fund is for those who make a specific request. If you feel inspired by the Buddha's teachings and the retreats offered by TCVC, please consider making a donation at www.TCVC.INFO

WINTER RETREAT FEBRUARY 16-23, 2018

With Chas DiCapua & Rebecca Bradshaw

Walking the path of love and wisdom

In the Noble Eightfold Path the Buddha describes an integrated spiritual path leading to deep happiness and peace. In this retreat, we will explore this journey, including a grounding in ethics and living from our deepest values, techniques and practice in training the mind and heart in mindfulness and loving kindness, and the development of wisdom. Each day will include sitting and walking meditation, instructions in mindfulness and loving kindness practice, talks about the teachings, and meetings and discussions with the teacher. This weeklong silent retreat will give you the opportunity to connect deeply with yourself, life, and the path the Buddha laid out that fosters that connection.

Teacher Biographies and Online Registration are available at WWW.TCVC.INFO



Please visit the TCVC website for more in depth information about retreat practice. We offer suggestions for how to prepare for a retreat as well as guidelines and etiquette policies once you arrive. We look forward to continuing to serve the TCVC community and the greater Twin Cities area with metta and compassion.

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,

TCVC Board

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.

Thoughts on the Noble Eightfold Path by Chas DiCapua

The Noble Eightfold Path is the fourth of the Four Noble Truths, the liberating wisdom that the Buddha woke up to on the night of his enlightenment. Everything we need to know about how to be truly happy can be found in the Noble Eightfold Path. The 8 path factors include: Wise View, Wise Intention, Wise Speech, Wise Action, Wise Livelihood, Wise Effort, Wise Mindfulness and Wise Concentration.

What is interesting to note and important to understand is that the Noble Eightfold Path is found within the Four Noble Truths, and the Four Noble Truths are found within the Noble Eightfold Path in Wise View. The two cannot be separated.

Another aspect of the path that is interesting to take note of is that only three of the eight path factors deal directly with meditation and a full three refer to our actions in the world. The Noble Eightfold Path truly relates to all aspects of our life.

There is a relationship we are to cultivate with each Noble Truth. The first, Suffering, is to be understood or experienced. The second, Craving, is to be abandoned. The third, Freedom or Enlightenment, is to be realized. The fourth, The Noble Eightfold Path, is to be cultivated.

Some synonyms for cultivate include: Develop, Nurture, Foster, Encourage, and Promote. These words help point to the nature in which we are to cultivate the Eightfold Path. That is, we are to do it in a way that is gentle, steady and ongoing, staying away from rushing, harshness, and striving. The path factor of Wise Effort, to some degree, sheds some light on this matter.

So, there is this sense of the Noble Eightfold path unfolding and developing over time. How does this happen? The sequencing of the path factors gives us a clue as to how. The path is divided into three categories. Wisdom (Wise View and Wise Intention) Ethics (Wise Speech, Wise Action, Wise Livelihood), and Heart/Mind development (Wise Effort, Wise Mindfulness, Wise Concentration), in that order.

The path starts with Wisdom. Sometimes people wonder why that is. Shouldn't wisdom be at the end of the path? Isn't it the liberating wisdom of the Buddha that comes after much practice and cultivation? While this is true, in order for a person to begin walking/cultivating the Noble Eightfold Path, there needs to be some form of nascent wisdom present. Some inkling in the heart and mind that knows, "Something is not right here. This life was meant for more than this." Fueled by this wisdom the person begins to enter the path and put the teachings into practice.

Practice begins (and continues!) with living by the 5 training guidelines or precepts for lay practitioners. This is important, because without curbing the acting out of unwholesome tendencies in the heart and mind, one's life is riddled with difficult situations, and more importantly, one's mind is agitated and disturbed, making further progress on the path that depends on a mind that can be at least somewhat settled, not possible. As a practitioner continues with working with the precepts, the difficulties and agitation in their mind begin to diminish because they are no longer saying and doing things that would result in such difficulty and agitation.

This sets the stage for the next part of the path to be cultivated, the development of the heart and mind. Now, through meditation, the practitioner can further develop a sense of steadiness, ease and calm in their heart and mind. Instead of being a thing that is unruly and a cause of difficulty, the mind becomes tamed and a cause for ease and inner well-being. More importantly, the mind can now look and see clearly at the things of this world, including ourselves, and see them for what they truly are. This is wisdom. Of course, this is a gradual process. But, now, with a bit more wisdom, the practitioner continues the path. Cultivating the precepts, which in turn support even more development of the heart and mind, which in turn supports more wisdom.

And so the Noble Eightfold path starts with Wisdom and spirals upwards in ever widening and liberating circles. From the beginning to the middle, to the end, the Noble Eightfold Path is a joy to walk and offers its fruits freely along the way.

Registration for Feb 16-23 With Rebecca Bradshaw and Chas DiCapua

Registration is due by January 20th. There is a \$25 late fee after January 20th.
Register online at WWW.TCVC.INFO or mail your registration to Andrew Decker
620 5th St. N.E. #4, Minneapolis, MN 55413

Name _____ Please identify your gender _____

Address _____ City _____ State: _____

Zipcode _____ Phone _____ Email _____

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.)

I need an assisted listening device.

Enclosed is a scholarship request for \$ _____ Maximum scholarship is \$250

Optional Roommate Request _____

\$ _____ Retreat Fee* Shared \$500 Single \$650

\$ _____ Add \$25 late fee if mailing after January 20th.

\$ _____ 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. 2/16	Registration	3:00–6:00 PM
	Evening meal	6:00 PM
	Retreat opens	7:30 PM

Fri. 2/23	Retreat ends	After 10:30 AM brunch
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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 952-261-9978, 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.

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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 CALENDAR

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

Contact Us

WWW.TCVC.INFO

Dates	Teachers
February 16-23, 2018	Chas DiCapua & Rebecca Bradshaw
June 15-24, 2018	Kamala Masters
Feb 15-22, 2019	Chas DiCapua & Rebecca Bradshaw
June 14-22, 2019	Steve Armstrong