

GRASSROOTS DHAMMA



Summer 2018

TCVC Annual Meeting

Saturday, April 14th
10 am – 12 pm
Home of Naomi Baer
1812 Princeton Avenue
St. Paul, MN 55105

SUMMER RETREAT JUNE 15-24, 2018

With Kamala Masters

Deepening Awareness of Life with Equanimity

We are drawn to meditation practice because of our heartfelt wish to be more aware, to calm our minds and open our hearts. But in the hurry and scurry of life, when we sit down to meditate, we often find ourselves reacting to thoughts of the past with regret, shame or anger, and to the future with anxiety or fear, often feeling overwhelmed.

In this retreat, we will develop the practice of equanimity, which allows us to be with the challenging outer situations of our lives with greater balance, acceptance, and ease. Along with the foundational practice of awareness, we will develop a stability to be with the inner unfurling of our hearts with greater courage. As these capacities of awareness and equanimity begin to work together, mutually strengthening and benefiting one another, we are able to be more fully present for both the joys and sorrows of life, meeting each situation with kindness and compassion.

This retreat will be held in Noble Silence, and offer support for the steady development of a combination of awareness and equanimity practices, with some foundational practice of loving kindness. There will be guided meditations, group interviews, question and answer periods, and evening dharma talks.

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



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. 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.

EQUANIMITY: *Seeing the World with Quiet Eyes* by Kamala Masters

Equanimity is an important inner quality to reflect upon during these times we live in. The Buddha often spoke of equanimity in relation to the eight worldly conditions, or the four pairs of vicissitudes of which we are constantly feeling the flux. They are praise and blame, gain and loss, fame and disrepute, pleasure and pain. These ups and downs of everyday life majorly contribute to the vulnerability we experience as human beings.

Some years ago, I came across this writing by the late Rev. Howard Thurman from a collection of his meditations. Within this writing is a question that continually begs to be answered with our deepest wisdom: “How may we work in the world courageously and intelligently on behalf of a decent world, without despair and complete fatigue. What are the resources for personal rehabilitation and renewal....that we may be able to look out on life with its vicissitudes of cruelty and transient joys...with quiet eyes and a tranquil spirit.” Seeing the world with quiet eyes and a tranquil spirit is the subjective experience of equanimity. It’s a calm, quiet, inner stillness and spaciousness that can stay connected with the joys and the sorrows of life in a balanced way.

With the accessibility, speed and the fascination we have of news and information, we witness closely and repeatedly the confusion and disharmony of politics, the growing environmental concerns, the injustices around culture, race, genderism, sexism, and ageism. Closer to home, there are the family and community issues that cause hopes and fears. External conditions are constantly triggering reactive thoughts, emotions, and mental states of various degrees of greed and aversion in relationship to the world around us. This reactivity is usually acted out in the world without any impulse control.

There are two levels of reactivity. One is in relationship to the world around us. For example, sometimes when I hear news of the injustices around diversity, I have a deep sadness and frustration that it is that way, and sometimes I can feel paralyzed and not have energy to take appropriate action.

The second level of reactivity is in relationship to our inner world. An example of this is when I was younger, I reacted to the outer unjust conditions I was facing with not-so-nice, ineffective words; and then afterwards, I reacted to that with yet another level of reactivity towards myself! I cringed with guilt and shame that I did not handle that so well.

The direct opposite of equanimity is reactivity, sometimes called the ‘far enemy’ because it can be seen from afar. Reactivity has two aspects to it, craving and aversion.

With the deepening practice of equanimity, we learn to incline our hearts/minds towards calmly assessing what we are facing with the balance of wisdom and compassion. We look at as many aspects of the situation as we can and allow our spacious hearts and minds to contain the truth of what is being experienced. Towards experiences around me that are hard to face, I sometimes use these simple words that incline the heart/mind to equanimity, “May I open my eyes and mind to how it is right now.” I remember this quietly in a tender way, not as a command, but as an intention to see clearly, to care deeply, and then to act wisely. It is not about having some attachment to result. It is leaning towards goodness with faith and love. It is said that equanimity is love that can encompass everything, yet possess nothing.

The near enemy of equanimity is passivity, apathy, or indifference. They are called near enemies because they can seem like equanimity. But these qualities are weak with emotional emptiness, an absence of compassion or connection. It’s when we feel helpless, paralyzed, closed down. In these states of mind there is no clarity to assess wisely in order to do our best to respond to life. Equanimity is a powerful balancing force in our lives... to be able to navigate our way through life’s vicissitudes with ease, wisdom and compassion. It also empowers us to sail through our spiritual life confidently feeling clearly connected with faith in ourselves and the Buddha’s path to freedom. The Buddha would say that “for one who develops a deep abiding equanimity, it is a natural law to know and see things as they really are, to know the Dhamma.”

TREASURY REPORT 2017

Retreat Fund	\$12,165
Retreat Deposits	\$ 4,500
Scholarship Fund	<u>\$ 2,348</u>
Balance	\$19,013

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 2017, TCVC funded scholarships of \$4,855.

Dana, or generosity, is 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 or mailing a check to P.O. Box 14683, Minneapolis, MN 55414

Registration for June 15-24 With Kamala Masters

**Registration is due by May 18th. There is a \$25 late fee after May 18th.
Register online at WWW.TCVC.INFO or mail your registration to Debbie Schnur,
3635 E. 43rd St., Apt. 315, Minneapolis, MN 55406**

Name _____ Please identify your gender _____

Address _____ City _____ State: _____

Zip code _____ 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 contact the registrar.)

I need an assisted listening device.

Enclosed is a scholarship request for \$ _____ Maximum scholarship is \$310

Optional Roommate Request _____

\$ _____ Retreat Fee* Shared \$620 Single \$800

\$ _____ Add \$25 late fee if mailing after May 18th.

\$ _____ 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.

Accommodations at the Koinonia Retreat Center have modern plumbing. Handicap accessible and single rooms are available on a first-come basis. You may leave Koinonia's phone number, 888-801-7746, with family for emergency contact only.

Retreat Schedule

Fri. 6/15	Registration	3:00–6:00 PM
	Evening meal	6:00 PM
	Retreat opens	7:30 PM
Sun. 6/24	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.

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.

You will receive an acknowledgement of registration by email. Shortly thereafter, you will receive a confirmation of your status for the retreat (registration or wait list). Approximately one month before the retreat, you will receive an email giving you more information about the retreat. **If you have any questions or special needs, please email retreats@tcvc.info or call or text the registrar, Debbie Schnur at 612-961-0803.**

TWIN CITIES VIPASSANA COLLECTIVE

P.O. BOX 14683
MINNEAPOLIS, MN. 55414

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



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

Contact Us

retreats@tcvc.info

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

Dates	Teachers
June 15-24, 2018	Kamala Masters
Feb 15-22, 2019	Chas DiCapua & Rebecca Bradshaw
June 14-22, 2019	Steve Armstrong
Feb 14-21, 2020	Chas DiCapua & Rebecca Bradshaw

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.