

GRASSROOTS DHAMMA



Winter 2022

Teacher Biographies and
Online Registration are
available at

WWW.TCVC.INFO



WINTER RETREAT FEBRUARY 18-23, 2022

Chas DiCapua and Rebecca Bradshaw

Compassion and Wisdom: Empowering the heart and mind

In our meditation practice, we seek to strengthen and balance the force of love with radical grounding in the truth of impermanence. In the deep silence and stillness of winter, we will attune to our inner landscape, and let our own experience be the guide and teacher for developing an open heart and mind that can survive and thrive in all conditions of life.

To support the integrity of the retreat, participants will be expected to commit to the entire retreat.

Dear Friends,

With the uncertainty of the pandemic, TCVC is again offering an online retreat this winter. We'll be resuming in person retreats when we're confident that it's safe to congregate. We're looking forward to practicing together in a new setting, St. Anthony Retreat Center in Marathon, Wisconsin hopefully sometime soon.

TCVC is grateful to everyone who's donated to our BIPOC (Black, Indigenous and People of Color) Retreat Fund. We've raised over \$3,000 so far. All funds designated for the BIPOC retreat fund will be offered to the Black Women's 1st Annual Midwest Insight Residential Retreat in June. Taught by Amana Brembry Johnson with assistance from Alissa Dennis, this retreat is offered to Black women and female-identified/non-binary/trans people. The Black Women's retreat is being organized by senior Black women practice leaders in the Twin Cities metro area. Common Ground Meditation Center and TCVC are co-sponsors.

We encourage everyone attending the online winter retreat to round up your registration fee in support of the Black Women's retreat. You can also contribute by specifying the BIPOC retreat fund when you donate online www.tcvc.info or mail a check payable to TCVC to Todd Stitt, treasurer, 4532 46th Avenue S., Minneapolis, MN 55406.

TCVC is also looking for more people to join the board. Please contact Joanne Hedrick at 612-724-1951 if you're interested in helping to organize these retreats and contribute to the Dharma.

Wishing you well,
TCVC Board

Compassion and Wisdom: Empowering the heart and mind by Chas DiCapua

Compassion and wisdom develop in tandem during one's development of the Noble Eightfold Path. From the very beginning as we begin to turn our attention to our present moment experience, to the final stages of letting go, wisdom and compassion are guiding our journey.

It is wisdom that supports the first thoughts that perhaps we could live this life in a more conscious, kinder way. Compassion for our own well-being gives us the courage to take the first steps, even though they can be in opposition to what we have been acculturated to and how we view the world. Through all the ups and downs of the meditative journey, the growing wisdom that begins to see things as they are keeps us headed in the direction of liberation. Compassion responds to what is known, connects with others and with life, helping to foster Sangha, and buoying the heart and mind so we can continue to show up more fully.

While it may seem that compassion is of the heart and wisdom of the mind, in practice, they are like two sides of the same coin. The English language, and the understanding that many western speaking people have, separates the realm of feelings and emotions (heart) from the realm of thoughts and thinking (head). In the Pali, the language the teachings were first recorded in, and in the sensibilities of those that practiced the Dharma, the heart and the mind are not separate, there is only the word Citta. So whether we are referring to a thought, an emotion, or a mind state, it is in the realm of Citta. This understanding helps to underscore that, while compassion and wisdom are considered two different mind states, they wax and wane together and give rise to and support one another. If one is present, the other will surely be close at hand.

As we understand the radical nature of change, and the uncertainty and vulnerability it brings, there is the knowing of "this is how it is" (wisdom). In that same moment of knowing, there is the understanding that all things, all sentient life, shares this uncertainty and vulnerability (compassion). As we come to grips with the truth of old age, sickness and death (wisdom), the preciousness of all living things is felt (compassion). We see clinging as being the cause of suffering in our own experience (wisdom), and understand that this is how it is for everyone (compassion). Allowing ourselves to be touched by the pain of the world (compassion), reveals its universality (wisdom). Opening to and feeling the truth of systemic racism in our culture (compassion) reveals the fact that it is not about any one person (wisdom). Letting in the realities and impacts of climate change (compassion) shows us that we can't live in isolation from the impacts of our actions (wisdom). And so on.

In paying attention to how things are, sometimes wisdom will take front stage and at other times compassion. Additionally, people's personalities will tend to inhabit one or the other more naturally as they become more intimate with life. Sometimes this can become a bit out of balance, and if so, investigation into what the causes of the imbalance are will be necessary. Are there old emotional pains or traumas that are inhibiting us in feeling the sorrows in this life? Perhaps there is habitual strong desire and wanting that hinder clear seeing into the truth of the three characteristics (change, unreliability, not self). When this is the case, we use our practice of mindfulness (and other healing modalities at times) to bring these often semi-conscious patterns into the light where they can be fully understood, cared for, and eventually transformed. Thereby, we allow compassion and wisdom to do their work of strengthening one another, and allow the heart/mind, the Citta, to continue to let go of all that binds it to suffering.

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 for February 18-23, 2022 with Chas DiCapua & Rebecca Bradshaw

Register online at WWW.TCVC.INFO or mail your registration to Todd Stitt,
4532 46th Avenue S., Minneapolis, MN 55406

Name _____
Address _____ City _____ State: _____
Zip code _____ Phone _____ Email _____
☐ This is my first retreat
☐ Enclosed is a scholarship request for \$_____ Maximum scholarship is \$25
\$ _____ Retreat Fee* Base Fee ☐ \$50 Round up for BIPOC Retreat Fund ☐ \$100
If you round up, \$50 is tax-deductible
\$ _____ Optional tax-deductible donation to TCVC Retreat Fund ☐ Scholarship Fund ☐
BIPOC Retreat Fund ☐
\$ _____ Total Enclosed (Make check payable to TCVC)

*The teachers who 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 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.

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 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

Most people will be participating from home. If you are interested in doing a retreat in solitude, there are many individual retreat cabins available in Minnesota.

Retreat Schedule

The Zoom links and retreat schedule will be emailed to you before the retreat. The retreat opens on Friday, February 18 at 6:30 PM CST with an important orientation meeting. The retreat ends 11:00 AM CST on Wednesday, February 23.

To support your independent practice the teachers will offer three daily Zoom sessions: morning instructions, late afternoon Dharma talk, and early evening Metta sit.

You will have two group meetings, one with each teacher, every other day.

Meals Try to anticipate what you'll need ahead of time to avoid having to go out during the retreat. This applies not only to food, but also medications and other daily things that you need.

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 two weeks 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 the registrar, Todd Stitt, at retreats@tcvc.info or call 651-500-1469.**

Cancellations Please notify the registrar as soon as possible if you need to cancel. Participation in this retreat is limited; your cancellation may open the retreat for someone on the waiting list. Retreat fees are not refundable.

TWIN CITIES VIPASSANA COLLECTIVE

3518 E. 25TH ST.
MINNEAPOLIS, MN. 55406

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



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
February 18-25, 2022 Registration opens November 1, 2021	Chas DiCapua & Rebecca Bradshaw
Friday, June 17 – Tuesday, June 21 Online	Kamala Masters & Steve Armstrong
February 17-24, 2023	Chas DiCapua & Rebecca Bradshaw
June 16-24, 2023	Kamala Masters

Contact Us

retreats@tcvc.info