

# GRASSROOTS DHAMMA



Summer 2023

*TCVC Annual  
Meeting and Potluck  
All are welcome!*

**Saturday, May 20<sup>th</sup>**

**10am - 12 pm**

**Home of Joanne Hedrick**

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

**612-724-1951**

## **SUMMER RETREAT JUNE 17-24, 2023**

**With Deborah Helzer and Vance Pryor**

### **Continuity, Clarity & Care: An Insight Meditation Retreat**

A period of intensive retreat gives us the rare opportunity to set aside everyday responsibilities for a while and connect more fully with our inner life. This retreat will emphasize a relaxed continuity of mindfulness in all activities throughout the day. Through graduated instructions, participants will be guided to explore the broad terrain of the body and heart-mind, creating supportive conditions for insight to arise. We will discuss ways to foster a wise and caring relationship with the different aspects of our experience, learning to meet them with a greater sense of ease and clarity. This retreat will be held in Noble Silence, based on a simple schedule of alternating sitting and walking periods. It will include meditation instructions, dharma talks, and discussions with the teachers. Guided heart-opening meditations will be offered to balance the mindfulness practice and encourage an attitude of compassion. We hope you'll join us for this journey.



**Teacher Biographies and Online Registration are available at**

**[WWW.TCVC.INFO](http://WWW.TCVC.INFO)**

Dear Friends,

*Our first in person retreat since the pandemic was held in February at St. Anthony Spirituality Center, and we want to thank Joanne Hedrick, a devoted member of our community, for her meticulous planning. Joanne visited St. Anthony twice to figure out how the facility could work best for our group of*

*yogis and communicated our requirements, Covid protocols, and the expectations of a Vipassana retreat to the St. Anthony staff. Thank you to the many people who supported the retreat and to Gabe Keller Flores for his kindness and diligence as retreat manager. The private rooms, beautiful indoor and outdoor walking spaces, and the historical context of spiritual practice were greatly appreciated.*

*For the upcoming summer retreat, we have revised our Covid protocols, similar to the guidelines established by IMS (Insight Meditation Society). We will no longer require proof of COVID vaccination but will continue to implement rapid testing and masking protocols.*

*Finally, we would like to welcome everyone to our annual meeting and potluck on Saturday, May 20<sup>th</sup>. It's an opportunity for us to build community and share something tasty. Best Wishes, The TCVC Board*

#### **COVID Safety Protocols for Retreat Participants:**

- Bring masks and plan to wear one in all public spaces. Only N-95, KN-95 or KF-94E masks are acceptable. Bring 2 FDA-approved rapid Covid Antigen Tests. If possible, bring additional tests in case further testing becomes necessary. Make sure the tests haven't expired.
- You will take a Rapid Test upon arrival at St. Anthony Spirituality Center. Your test must be negative in order to check in and enter the rest of the building. You will take a second Rapid Test about 72 hours into the retreat. Depending on conditions, participants may be able to remove their masks after the second round of testing. SASC staff will test with us and wear masks.

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## The Joy of Discovery by Deborah Helzer

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Step, step, step. I paced back and forth between the tables of the dining hall. In between my steps, however, I kept coming up against the nagging awareness of a searing pain in my neck, which had been with me for the last couple of weeks of this retreat.

I had tried adjusting the alignment of my sitting and walking postures, multiple times. I was being mindful according to all the instructions: noting the burning, stabbing, tension, and pain. I had broken down and resorted to taking pain killers. All to no avail. Pacing back and forth I was still at it, noticing my steps intermingled with the unrelenting pain.

Then suddenly, it hit me: I hated this! I absolutely hated it. I stopped, dumbfounded. Suddenly, I could directly see the hatred, the mind state of massive aversion to this pain. I almost burst out laughing. How had I missed it? It was so obvious. Clarity and compassion streamed in and softened the haze of aversion that I had been walking around in for weeks, without even realizing it.

It's these moments in practice, of waking up to some unseen veil that's been covering over experience, that I find some of the most rewarding. Those times when a curtain is pulled back and some new aspect of reality is revealed. This is a large part of the joy of being on the path. There is always something to be discovered. A greater deepening is never more than a moment away.

The veils that obscure the truth of the moment come in many forms. If suffering is happening, then we can be certain there is some kind of ignorance, or delusion, in the mind, coloring our experience. It's a sure bet that we are missing something. Layer upon layer of thoughts and ideas, attitudes and assumptions, perceptions and misperceptions lurk unrecognized in the mind, keeping us disconnected in one way or another.

Through insight practice, we cultivate the beautiful qualities of mindfulness, concentration, faith, kindness, courage, patience, and many others that allow us to recognize more and more of what separates us from the truth. We don't forcibly remove the veils, we simply see them for what they are, and they become transparent, part of the truth, rather than a barrier to it.

In this way, more and more of the fullness of our experience comes within the view of awareness. Aspects of the mind and body that had been hidden from sight become visible and integrated with understanding and care. We are able to connect with more and more of the deep, rich complexity of being human. This is another of the great joys of being on the path.

This process requires a skillful attitude of open-minded curiosity, and a lot of humility. A sense of humor doesn't hurt either! We have to be willing to be repeatedly proven wrong about what we think is going on, and to open to what is actually happening. Will we ever remove the final veil and see the full and complete truth? The Buddha said that it is possible for each of us. But even just removing a single veil can make all the difference in how we relate to our lives and each other.

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### Treasurer's Report 2022

Retreat Fund	\$14,710
Scholarship Fund	4,136
BIPOC Fund	4,542
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Balance	\$23,387

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. If you feel inspired by the Buddha's teachings on Dana and the retreats offered by TCVC, please consider making a donation at [www.TCVC.INFO](http://www.TCVC.INFO) or mailing a check to 3518 E. 25th St, Minneapolis, MN 55406.

*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 June 17-24, 2023 with Deborah Helzer and Vance Pryor

Register online at [WWW.TCVC.INFO](http://WWW.TCVC.INFO) or mail your registration to Jennifer Stewart,  
1353 Kenneth St., St. Paul, MN. 55116

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 need an assisted listening device.

I agree to follow all COVID Safety protocols including wearing a mask in public areas and taking COVID Rapid Tests as directed. **(Required for all participants)**

Scholarship request (\$50 - \$500) \$ \_\_\_\_\_

\$ \_\_\_\_\_ Retreat Fee\* \$750

\$ \_\_\_\_\_ Optional tax-deductible donation to TCVC       Retreat Fund       Scholarship 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 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 receive a scholarship**, enter the amount requested and subtract this amount from the registration fee. Scholarships are limited to one retreat per person per calendar year. Those who wish to may help others by donating to the TCVC Scholarship Fund or Retreat Fund.

**Accommodations** at St. Anthony Spirituality Center are ADA-compliant, and everyone will have a single room. Pillows, sheets, a light bedspread, and towels are provided; **participants must bring their own blankets**. You may leave St. Anthony's phone number (715-443-2236) with family for emergency contact only.

#### Retreat Schedule

Sat. 6/17	Registration	3:00–6:00 PM
	Evening meal	6:00 PM
	Retreat opens	7:30 PM
Sat. 6/24	Retreat ends	After 10:30 AM brunch

**Attendance** Yogis are expected to arrive no later than 5:00 PM on opening day and to stay for the duration. There are no exceptions.

**Meals** Vegetarian meals begin at 6:00 PM on opening night and end with brunch on the last day of the retreat.

#### Registration

Send a check for the full amount to secure your registration. 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 questions or special needs, email the registrar, Jennifer Stewart, at [retreats@tcvc.info](mailto:retreats@tcvc.info) or call 651-504-2078 (google voice).**

#### Cancellations

Notify the registrar if you need to cancel. Cancellation fees are as follows:

Before June 9: \$75

On or after June 9: \$250

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3518 E. 25TH ST.

MINNEAPOLIS, MN. 55406

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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.

*In person retreats will be held at*

*St. Anthony Spirituality Center in Marathon, Wi.*

*<https://sarcenter.com>*

## TCVC CALENDAR

Contact Us

[retreats@tcvc.info](mailto:retreats@tcvc.info)

Dates	Teachers
June 17-24, 2023	Deborah Helzer Vance Pryor
February 16-23, 2024	Chas DiCapua & Rebecca Bradshaw
June 14-22, 2024	Kamala Masters