

GRASSROOTS DHAMMA



Summer 2024

TCVC Annual

Meeting and Potluck

All are welcome!

Saturday, May 18th

10am - 12 pm

Home of Joanne Hedrick

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

612-724-1951

SUMMER RETREAT JUNE 9 – 14, 2024

Kamala Masters and Tara Mulay

The Sure Heart's Release

During this Insight Meditation retreat, we will explore qualities of attention that intimately connect us with our moment-to-moment experience. Inclining our minds towards an open, receptive awareness brings joy and ease. Clear perception unclouds and refines our attention. Letting go of a mistaken sense of ownership of passing experience deepens our understanding of the truth of the way things are. These capacities of mind are available to all of us, and they lead to the freedom of the sure heart's release.

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

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

Dear Friends,

With the conclusion of our retreat with Chas and Rebecca, there was a shared sense among us that TCVC has found a new home at Koronis Retreat Center. We ate excellent meals while enjoying the view of the lake. The accommodations are simple, yet comfortable. The director and staff were caring and responsive to our needs. With a better sense of Koronis, we're changing the dates of the summer retreat to have exclusive use of the facility. This will allow use of hotel-style rooms with private bathrooms along with the rooms we used this winter. In addition, we'll have a huge state-of-the-art room for our meditation hall.

Sadly, this will be our last onsite retreat with Kamala Masters. While Steve Armstrong is doing well, Kamala needs to stay closer to home. She wrote, "There are no words adequate for our gratitude to have been able to serve TCVC, and for all the love and care you have given to your Dhamma practice, and to us as your spiritual friends/teachers." Kamala and Steve have been teaching the TCVC summer retreat since 1994. TCVC is grateful for their unwavering commitment to our community and all the love and support we have received. Under their guidance, we have deepened our understanding of the Dhamma in profound ways. Students can stay connected to Steve and Kamala at vipassanametta.org.

Wishing you well,

TCVC Board

COVID Safety Protocols for Retreat Participants:

You will take a rapid test upon arrival at Koronis Ministries, and again, on day 2 of the retreat (Tuesday). If you test positive in either case, you will need to leave. Masking will be optional. Please feel free to wear a mask especially if you have cold symptoms.

Treasurer's Report 2023

Retreat Fund	\$10,475
Scholarship Fund	1,831
BIPOC Fund	4,542
Balance	\$16,848

The Dharma Calls the Heart, an edited version of a 2022 dharma talk by Tara Mulay

“Don’t ask what the world needs. Ask what makes you come alive and go do it. Because the world needs people who have come alive.”—Rev. Dr. Howard Thurman

Samvega is often translated as “spiritual urgency.” It’s the sense that what one has been doing to try to be happy in the midst of all these conditions has been going in the wrong direction. And there must be another way. And dharma practice might be the other way.

Bhikkhu Bodhi describes it as, “The inner commotion or shock we experience when we are jolted out of our usual complacency by a stark encounter with truths whose full gravity we normally refuse to face.” It can arise due to a singular event or the accumulation of them. For me, my initial samvega experience came with my mother’s death when I was 31. That encounter with mortality, that loss, called me to practice.

Samvega can also arise with an initial seeing into the power of mindfulness, an experience of greater clarity that reveals the mechanism of stress and dis-ease in life. We sense that mindfulness and dharma teachings unveil truths we’ve unknowingly been longing to hear, pointing us in the direction of freedom.

Samvega is the sense that freedom is calling the heart. It’s important to explore samvega, because when we understand our spiritual urgency we can feel more motivation and confidence. Samvega also has a seed of wisdom in it, the beginning of understanding that clinging to changing conditions causes suffering (dukkha). The heart then turns to the promise of liberating insights into impermanence and not-self.

The resulting samvega can at times feel like an agitation and unpleasant. It’s what’s called a wholesome, unpleasant, unworldly feeling leading us away from greed, hatred, and delusion.

You might be wondering about samvega involving a type of wanting, and you might question how it can be wholesome. These feelings that cause us to seek out dharma practice are wholesome when they’re infused with the patience needed for gradually training the heart. Samvega is also ideally balanced with a serene form of faith or confidence called “pasada.” The two in balance can give us a sense of having an internal compass guiding us towards transformation.

It’s important to know that the only thing we need to have confidence in on this path is what teacher Winnie Nazarko calls “running the experiment.” It is enough to run the mindfulness experiment in our own bodies and minds and verify it for ourselves. The Buddha said “ehipassiko” or “come and see for yourself.”

When our faith feels challenged, calling to mind an initial experience of samvega can be one of the ways to boost confidence. The need for such an infusion of confidence occurred for me years ago when I was heading to my first one-month retreat at Spirit Rock Meditation Center in California. I had—over the previous couple of years—a problem with my health. I had a foot condition, and I had to have major surgery on it. Before the surgery, I couldn’t walk with the foot in the way it was. After the surgery, I was on crutches for many months.

I was having a really difficult time. And I had been practicing intermittently previous to that. And through the whole intense suffering, I decided for the most part I wasn’t going to practice.

I got angry at life. I fought all the unpleasantness of it. I stewed in my suffering. Then, I remembered that I could practice mindfulness. And I started doing it. And I had this realization that I had to make this the path. Eventually, I decided to do a one-month retreat. I did all the planning. I had the car packed. I was headed off and on the way I was like, “Am I crazy? Have I lost my mind?” I already missed my wife and my dog.

As I got close to Spirit Rock, there was this grocery store, so I stopped. And I was thinking, “Oh my god, what am I doing? I’m nuts to do this.” So, I decided to put my seat back and rest in the car for a little bit. And I reached down and pulled the lever up and I laid back in my seat. And when I did, I saw—on the ceiling of the car—all these crutch marks. All over the ceiling were these marks from my crutches where I had pulled them into the car and hit them against the roof month after month.

And all the doubt and questioning vanished. And I thought, “Oh, that’s why I’m going.” My doubting mind was out the window.

So sometimes it’s the hardest things that ultimately turn us towards the dharma and that we come to see as vehicles for freedom. As my teacher, Howie Cohn, always said, “We make our difficulties the path.” When we nurture that seed of wisdom, our spiritual urgency, we can transform our challenges into opportunities to come alive through practice.

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 9-14 with Kamala Masters and Tara Mulay

**Register online at WWW.TCVC.INFO or mail your registration to Todd Stitt,
4532 46th Avenue S., 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 need an assisted listening device.

I agree to follow all COVID Safety protocols including taking COVID Rapid Tests as directed. **(Required for all participants)**

Scholarship request (\$50 - \$300) \$ _____

All rooms are single occupancy. Hotel style rooms are limited.

\$ _____ Hotel style with private bath Retreat Fee* \$600

\$ _____ Dorm style with shared bath Retreat Fee* \$400

\$ _____ 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 Koronis Ministries are ADA-compliant, and everyone will have a single room. Pillows, sheets, a light bedspread, wool blanket and towels are provided. You may leave the Koronis Ministries phone number (320) 243-4544 with family for emergency contact only.

Retreat Schedule

Sun 6/9	Registration	3:00–6:00 PM
	Evening meal	6:00 PM
	Retreat opens	7:30 PM
Fri 6/14	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 a 10:30 brunch on the last day of the retreat.

Registration

Register and pay online at www.TCVC.info or 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 any questions or special needs, please email retreats@tcvc.info or call or text the registrar, Todd Stitt at 651-500-1469.

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

Before May 17: \$75

On or after May 17: \$150

TWIN CITIES VIPASSANA COLLECTIVE

**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

Koronis Retreat Center

<https://www.koronisministries.org>

15752 Co R 181

Paynesville, MN

Contact Us

retreats@tcvc.info

TCVC CALENDAR

Dates	Teachers
June 9-14, 2024 Registration opens April 1st	Kamala Masters & Tara Mulay
February 16-23, 2025	Chas DiCapua & Rebecca Bradshaw
June 2025 (dates tbd)	TBD