

GRASSROOTS DHAMMA



Summer 2026

TCVC Annual

Meeting and Potluck

All are welcome!

Saturday, May 16th

10am - 12 pm

Home of Risa Cohen

2600 Huntington Avenue

St. Louis Park , MN

952-288-5501

SUMMER RETREAT JUNE 7-14, 2026

Deborah Helzer and Wynn Fricke

Attending with Care: Giving Ourselves to the Present Moment

The simplicity and honesty of the present moment can provide a firm foundation for us to rest on within all of the changing conditions of our lives. During this retreat, we will have the precious opportunity to settle deeply into the flow of things, just as they are. The teachings will emphasize bringing a quality of care to every experience. We will cultivate care in the sense of our giving our full attention to the moment, increasing our sensitivity and continuity of mindfulness, as well as care in the sense of relating with kindness, nurturing our ability to be patient and gentle with whatever arises.

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,

We welcome the return of Deborah Helzer and Wynn Fricke as our teachers for the summer retreat on beautiful Lake Koronis and encourage you to join other yogis for this week of dedicated practice.

The winter retreat was inspiring, beginning with a few warm days, the thick ice on the lake becoming slushy on top. When we went back into the deep-freeze for the latter part of the week, the quiet of winter provided a wonderful environment for the inward journey. Rebecca and Chas encouraged us to go outside and connect with nature, the birds singing a foreshadowing of spring. Both teachers brought our attention to embodiment through guided meditations, qigong practice, and dharma talks. A highlight was a Q&A-style dialogue between the two teachers in which they reflected on their own practice. We look forward to another retreat with Chas and Rebecca next year, February 14-21, 2027. We are assured that we will be the only group at the center and can offer single rooms to all yogis.

Wishing you happiness and peace,
TCVC Board

Treasurer's Report 2026

Retreat Fund	\$ 8,146
Scholarship Fund	3,590
BIPOC Fund	1,253
Balance	\$12,989

Bringing An Attitude of Care to Our Practice by Wynn Fricke

The Buddha stressed the importance of *appamada* or “heedfulness,” an attitude of giving oneself fully to something. It is a capacity of mind that is deeply connected to generosity. He compared this attitude to the footprint of the elephant. With its great size, it encompasses the footprints of all other beings. In the same way, *appamada* is the one quality of mind that encompasses and surpasses all others in its power to bring benefits now and in the future. It propels the eight-fold path. It is closely related to *sati*, “mindfulness,” but distinguished in that it is a foundational attitude as opposed to a cultivated skill. Dharma teacher Akinano M. Weber writes, “One’s attitude cannot replace the act of mindfulness, but the act of mindfulness can also not replace the attitudinal dimension of *appamada*.” We can recognize this wholesome quality of active care, just as we can recognize the danger of carelessness and negligence.

I am inspired by the Dhammapada passage, “Corruption” (see below), which poetically and provocatively elucidates the necessity of *appamada*. “As a smith does with silver, the wise one, gradually, bit by bit, moment by moment, removes impurities from oneself.” In this metaphor the silversmith understands their task and goes about it with patience and precision. They have an aim and are heedful. When we discern an impurity or affliction in our heart - some arising of hurt, irritation, blame, righteousness - can we see it in a clear-eyed way, without fear and self-harshness? The capacity to hold a difficult state of mind depends, in part, on having an aim greater than the ease of a pleasant experience. *Appamada* means being grounded in our aspiration toward liberating wisdom. When our aspiration is strong, it shapes our choices and our relationship to the present moment. It generates a ground of prudence and focus that has the strength to bear skillfully with what is unpleasant. When *appamada* is absent, we are left with *pamada*, or “heedlessness.” With *pamada*, Weber states, “I lose complexity. I lose others. I lose my long-term goals. What I maximize is my immediate comfort level.”

“We make an island for ourselves” when we are guided internally by our intention to receive and come to know all aspects of our hearts. This diligence forms a protective field. Our attitude is like an open hand that tends to whatever this moment presents, knowing that no moment is without consequence. “No path exists in space.” We generate our path with heedfulness, internally and externally, and without the weight of self-view. We learn to relate to our impurities and those of others without identification. *Appamada* is without judgement. “Rust corrupts the very iron that formed it.” Corruption is a natural, conditional process that all of us must navigate, and with a noble intention, can gradually transform with insight. “It’s easy to see the faults of others, but hard to see one’s own.” The capacity to offer grace and wisdom to our own challenges along the path, supports our capacity to offer it to others, however lost or corrupted we may perceive their hearts to be.

Chapter 18: Corruption (from the Dhammapada, translated by Gil Fronsdal; excerpts)

You are now like a yellowed leaf;
 Yama’s henchmen are standing by.
You stand at the door of death
 With no provisions for the journey.
Make an island for yourself.

As a smith does with silver,
 The wise one
Gradually, Bit by bit,
 Moment by moment,
Removes impurities from oneself.

As rust corrupts
 The very iron that formed it,
So transgressions lead
 Their doer to states of woe.

It’s easy to see the faults of others
 But hard to see one’s own.
One sifts out the faults of others like chaff
 But conceals one’s own,
As a cheat conceals a bad throw of the dice.

Be quick in making effort. Be wise. No path exists in space;
 No contemplatives exist outside [the Buddha’s path];
No created things are eternal;
 No agitation exists for buddhas.

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 7-14, 2025 with Deborah Helzer and Wynn Fricke

Register online at WWW.TCVC.INFO or mail your registration to Aaron Means,
17849 Liv Ln Eden Prairie 55346

Name _____ Please identify your gender _____

Address _____ City _____ State: _____

Zip code _____ Phone _____ Email _____

- This is my first retreat I can help set 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.
- Scholarship request (\$50 - \$400) \$ _____

\$ _____ Retreat Fee* \$900 Single room/single bath (limited availability) \$590 Single Room/shared bath

\$ _____ Optional tax-deductible donation to TCVC Retreat Fund Scholarship Fund BIPOC 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 your emergency contact person.

Retreat Schedule

Sun 6/7	Registration	3:00–6:00 PM
	Evening meal	6:00 PM
	Retreat opens	7:30 PM
Sun 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, Aaron Means at 651-328-4048.

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

Before May 16: \$75

On or after May 16: \$200

TWIN CITIES VIPASSANA COLLECTIVE

**3425 45TH AVE S.
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.

In person retreats will be held at

Koronis Retreat Center

<https://www.koronisministries.org>

15752 Co R 181

Paynesville, MN

TCVC CALENDAR

Dates	Teachers
June 7-14, 2026	Deborah Helzer & Wynn Fricke
February 14-21, 2027	Chas DiCapua & Rebecca Bradshaw

Contact Us

retreats@tcvc.info