

Twin Cities Vipassana Cooperative (TCVC)

is a community interested in developing and deepening their meditation practice. We provide opportunities to hear and practice the teachings of vipassana (insight) and metta (lovingkindness) meditation, primarily in the Theravada Buddhist tradition.

GrassRoots Dhamma is published by the Twin Cities Vipassana Cooperative and edited by Barbara Wulf. To join our mailing list, send your name, address, and phone number to:

TCVC
P.O. Box 14683
Minneapolis, MN 55414
e-mail: TCVCoop@hotmail.com

For more information or inquiries please see our website www.tcvc.info or send an e-mail to the above address.

Call for Volunteers

TCVC is served by volunteers. We all move into and out of service as the law of changes demands. Please consider giving service. **We are currently in need of a volunteer coordinator and a secretary.** If you are interested in any of these positions or if you would like to get involved without an official position, **please contact Naomi Baer at 651-698-1458 or e-mail: baern@msn.com, or attend the next TCVC meetintg.** Your service dana is valued.

Many thanks from the TCVC coordinating team: Naomi, Terry, Merra, Jean, Joanne, Veronica and Barbara.

January Retreat With Santikaro:

Jan. 14-16 or
Jan. 14-21



Santikaro is the founder and guiding teacher of Liberation Park in Oak Park, IL near Chicago.

Born and raised in Chicago, he lived in Thailand for 20 years, mainly as a Theravada Buddhist monk. After serving in the US Peace Corps, he trained as a Buddhist monk from 1985 through 2003. He lived at Suan Mokkh, a forest monastery in Southern Thailand for fifteen years, where he studied under Buddhadasa Bhikkhu, an influential teacher and reformer (who died in 1993). Santikaro taught meditation and Buddhism in Thailand for many years. He now lives and teaches in the Chicago area, pursuing his vision of Liberation Park, a modern American expression of Buddhist practice, teaching, community, and social

responsibility. He continues to teach meditation and translate his teacher's work, along with pondering the application of Buddha-Dhamma to our hectic high-stress ways of life, teaching Enneagram, and working in socially engaged Buddhism.

Santikaro will be giving a talk on *Equanimity and Action: Serving the World with Wisdom and Compassion* at Common Ground Meditation Center (612-722-8260) on Friday, January 21st, 2005 at 7:00 – 9:00 p.m.

January Retreat with Santikaro:

January 14-16 or January 14-21 • Registration Deadline: December 30th, 2004

Yogi jobs are included in the retreat schedule for full-time participants. These half-hour mindful work periods will be assigned on a first-come, first-served basis at check-in time.

Attendance: Please plan to arrive by 6:00 p.m. on the opening day of the retreat and to stay for the duration. The weekend retreat ends at 4:00 p.m. Sunday, January 16th; the full-time retreat ends after the noon meal on Friday, January 21st. Exceptions must be approved by the retreat manager.

Meals and Facilities: Vegetarian meals begin with an evening meal from 6:00—7:00 p.m. on Friday night and end with lunch on the last day of your retreat.

Accommodations at the Christine Center are shared with one or more people and vary from rooms in the main house to modern and rustic cabins. Room assignments are made on a random basis with the

exception of those with special needs. In order to treat everyone fairly and to care for the container of the retreat, preferences and roommate requests are not considered when assigning rooms.

What to Bring: Come prepared for the outdoors: flashlight, sturdy walking shoes, an umbrella, and a warm coat. Consider bringing boots as the grounds may get muddy if it rains. Bring an alarm clock and earplugs, if you are a light sleeper. Towels and bedding are supplied with rooms.

The Christine Center has extra meditation cushions, benches and floor pads, but not enough for the whole group. Bring your own if you can. Chairs are also available at the center.

Contact Naomi Baer, registrar, at 651-698-1458 or baern@msn.com

Teacher Trainee at Summer Retreat

Steve Armstrong and Kamala Masters, along with Joseph Goldstein, Carol Wilson and Michelle McDonald-Smith are in the process of training seven senior students in guiding dharma-farers, such as ourselves. Now in their fifth year of training, it is important for them to continue their exposure to a variety of students.

Steve and Kamala have asked if TCVC would be willing to provide the opportunity for Deb Ratner to attend the summer retreat for a second time, offering interviews, instruction and Dharma talks. The committee has agreed to provide this opportunity so that the dharma may be passed on to many future generations.

The committee has offered to provide Deb's room and board, which will be raised separately from existing funds. As there was money left over from this fund last year, \$300.00 is needed. If you would like to

TCVC Treasury Report 11/26/04

Retreat Fund	\$1,818.86
Operating Fund	43.67
Scholarship Fund	571.69
Backup Fund	750.00
Trainee Fund	170.00
Cash Balance	\$3,354.22

TCVC operates retreats on a break-even basis, with any money left over from one retreat put forward to cover expenses for subsequent retreats. The Operating Fund pays for our website, PO Box and banking fees as well as 50% of the newsletter expenses. The Scholarship Fund makes it possible for people unable to afford the registration fees to attend our retreats.

The balances of the Operating Fund and Scholarship Fund are lower than usual. TCVC depends on the generosity of the community to sustain both of these funds. If you would like to help ensure our continued operation and participation levels for future retreats, please consider making a donation. Checks to TCVC may be mailed to our PO Box or included with your registration. As TCVC operates as an informal club, donations are not tax-deductable. Thanks for your support!

contribute, please send a donation to the TCVC PO Box, or include with your registration. Thank you in advance for your support.



Jon Kabat Zinn visits Minnesota

On January 17 & 18, 2005, Jon Kabat-Zinn, Ph.D., will come to Minnesota and present *A Day of Mindfulness Practice and Dialogue* and a public talk on his new book



Coming To Our Senses: Healing Our Selves and the World Through Mindfulness benefit the U of MN, CSH Mindfulness Based Stress Reduction Program Scholarships.

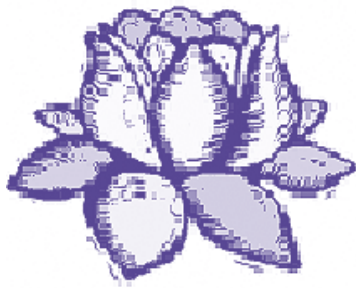
For more informa-

tion go to www.csh.umn.edu.

Drawing upon his experiences working with people with stress, pain and illness in the field of mind/body medicine, on the instructions and practices of mindfulness, as well as the insights of great Eastern and Western thinkers, he will demonstrate how living moment by moment can liberate us from our lack of presence and inattention, and open up profound new dimensions of well-being and integrity, of wisdom and compassion and kindness. With this knowledge, we can literally and metaphorically come to our senses, both as individuals and as a society.

To register for *A Day of Mindfulness Practice and Dialogue; Dedicated to the Life and Work of Martin Luther King* on Monday, January 17, 9 – 5 PM call Beth Somerville at 612-626-2395. Cost: \$65 (includes space, new book and box lunch) and the practice of DANA (Generosity) – A gift from the Heart.

Tickets for the public talk *Coming To Our Senses: Healing Our Selves in Ways Little and Big through Mindfulness* on January 18th at 7 PM. Call UMATA at 612-624-2345. Cost: \$50 includes VIP reception, \$30 general admission, \$15 students.



General Information about TCVC Retreats

Insight Meditation (Vipassana) is a simple, direct and powerful practice—the moment to moment observation and investigation of the mind-body process through the development of a calm, focused, and balanced awareness. As stillness deepens, we begin to understand life and ourselves as a constantly changing process, thus beginning to free the heart/mind from fear and clinging. We awaken to living more fully in the present moment with greater wisdom, compassion, and an inner peace.

These retreats will be held in noble silence and will include sitting and walking meditation with clear instructions and dharma talks. The retreats provide an introduction for new students and an opportunity for experienced students to renew and deepen their practice.

Dana (Generosity) Since the teachings of the Buddha are considered priceless, they have traditionally been offered freely and out of the spirit of dana. Teachers for these retreats do not ask for or receive any payment from TCVC for their teaching. At retreat's end, retreatants may practice dana by offering a voluntary donation to express appreciation for the benefit they have received and to support the teacher's continued dharma work and meditation practice.

Note: Please do not wear or bring strongly scented lotions or shampoos, perfumes, incense, essential oils, or aromatic balms.

Scholarships are available for up to 50% of the retreat fee. To apply for a scholarship, attach a letter with your registration, giving the background of your need and the amount of your request. Send a check for the retreat fee minus the scholarship amount requested. Those with financial resources may wish to help others by donating to the scholarship fund.

To Register send a check payable to TCVC for the full amount along with the registration form. Registrations are not confirmed unless you send a self-addressed, stamped envelope or postcard along with your registration. If you send a self-addressed, stamped business-size envelope you will receive some general orientation information. You can also retrieve this information under the *Retreats* section of our website at www.tcvc.info.

Cancellations Notify the registrar as early as possible if you need to cancel. TCVC retains a \$25 fee for cancellations received after the due date, along with any cancellation fees charged by the retreat venue.

Vipassana Practice in the Twin Cities

Common Ground Meditation Center

3400 East 26th Street
Minneapolis, MN 55406

Common Ground is a community meditation center dedicated to the practice of mindfulness. There are on-going programs in vipassana (insight meditation) and metta practices. Please join us for daily open meditation sessions, a Buddhist study program, weekly sitting groups, and monthly non-residential or residential retreats. Programs led by Mark Nunberg and guest teachers. All retreats led by Mark Nunberg.

Upcoming retreats:

- Annual Holiday Retreat:
Monday, Dec. 27th, 7:00 p.m. –
Friday, Dec. 31st, 12 noon.
- Day-long retreats: Jan. 22nd and
Feb. 19th, 9 a.m. – 6 p.m.
- Half-day retreat: Saturday, Feb. 5th,
9 – 1 p.m.
- Three-day residential retreat:
Thursday, March 24th, 7 p.m. –
Sunday, March 27th, noon.

All retreats led by Mark Nunberg

Contact Mark Nunberg:

612-722-8260

info@commongroundmeditation.org

www.commongroundmeditation.org

Minnesota Vipassana Association

807 University Avenue NE Minneapolis,
MN 55413

Contact: Jane Scamurra

651-649-4725

www.dhamma.org

Thich Nhat Hanh Sangha

Heartwood Mindfulness Practice Center
3706 East 34th Street
(north edge of Lonfellow Park)
Minneapolis, MN 55406

Studying the teaching of Thich Nhat Hanh
to support mindfulness in everyday life.

Weekly sitting practice:

Sunday 7:30-9 p.m.

Contact: Judith Lies

612-724-8168

Vietnamese Buddhist Association of MN

Phat-An Temple: Chua Phat-An:
475 Minnesota Avenue
Roseville, MN 55113

Mailing address:

PO Box 13682 Market Place
Roseville, MN 55113

Tel: 651-482-7990:

- Meditation Program every Saturday from
7:00 a.m.-9:00 a.m.
- Second and fourth Saturdays from
7:00 a.m. - noon

Contact persons:

Nita Truitner:

651-644-8641

nitatruitner@yahoo.com

Kieu Ngan Doan

612-374-2225

doanx008@tc.umn.edu

Triple Gem of the North

Vipassana meditation classes with
Bhante Sathi at Phat An Temple
(475 Minnesota Avenue , Roseville, MN)
every Friday night (with the exception of
the third Friday in the month).

- 7:00-8:20 p.m.: Meditation instruction
and discussion.
- 8:30-9:00 p.m.: Sutta Study

Mondays at the Unitarian Universalist
Church in Mankato 7:00 p.m.:
Meditation instruction and discussion

Contact person:

Bhante Sathi 612-636-7422

sathi22@hotmail.com

Other Twin Cities Resources

Buddhist Peace Fellowship

For information about the next
meeting call Michael O'Neill at
612-825-7658.

Beverly White Community Outreach

Opportunity to facilitate simple
self-awareness meditation sessions for peo-
ple in challenging life circumstances.

Call Cal Appleby at

612-929-0901.

Regional Vipassana

Liberation Park: Buddhist Abbey & Meditation Center

532 N Ridgeland Avenue
Oak Park, IL 60302

info@liberationpark.org

www.liberationpark.org

Madison Vipassana, Inc.

Upcoming retreat:

- April 5-10, 2005: residential retreat with
Myoshin Kelley (Christine Center,
Willard, WI)

Contact: Tony Fernandez

608-661-9959

tony.fernandez5@gmail.com

www.vipassana.net

Mid America Dharma

P.O. Box 120246

Kansas City, Missouri 64112

Upcoming retreats:

- Dec. 30 – Jan. 2, '04-'05: residential
with Ginny Morgan (Conception, MO)
- Jan. 21 – 23, '05: non-residential with
Rodney Smith (Kansas City, MO)
- April 22 – 24, '05: non-residential
with Gina Sharpe (Columbia, MO)
- May 26 – 30, '05: residential with
Mathew Flickstein (Conception, MO)

Contact: Ginny Morgan:

573-817-9942 for retreats

phil@midamericadharma.org

www.midamericadharma.org

Winona Sitting Group

A vipassana meditation group meets
every Sunday from 8:00-9:00 a.m.

Contact Lynn Rabuse

507-457-0347

lynnrabuse@yahoo.com

Metta on Maui

Vipassana Metta Foundation

P.O. Box 1188

Kula HI 96790

Upcoming retreat:

Aug. 17-31, 2005. Kamala Masters and
Steve Armstrong on Maui.

808-573-3450

meditate@maui.net

www.vipassanametta.org

Directions to the Christine Center

The Christine Center is a 2 1/2 - 3-hour drive from Minneapolis/St. Paul depending on conditions. Traffic is often heavy and delayed on Friday afternoon.

From the Northwest (Mpls/St. Paul)

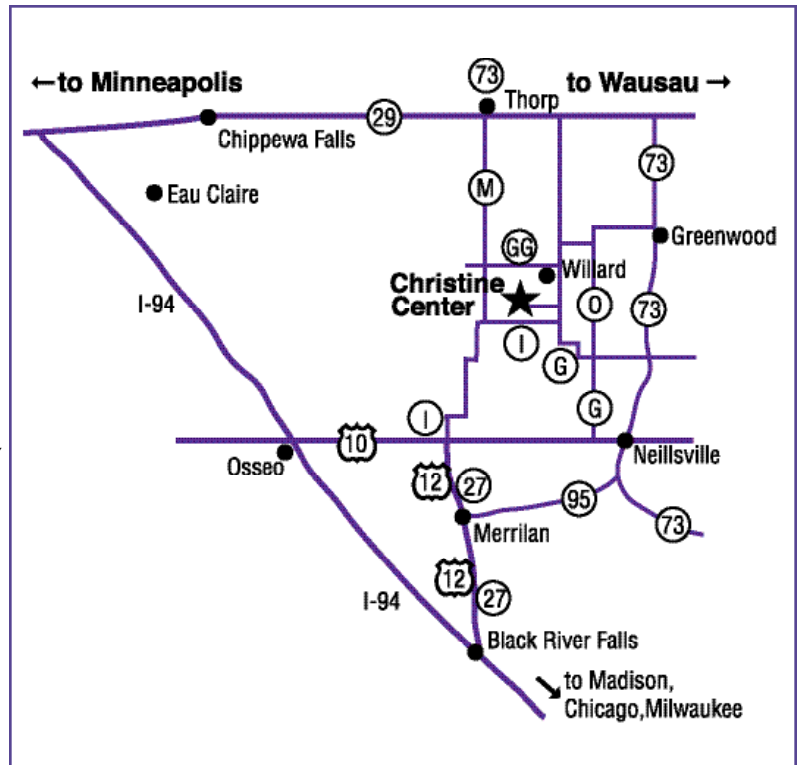
Take I-94 East to Osseo, Wisconsin.
Exit on Highway 10 going East.
Turn left (north) on Clark County I for 15 miles.
Turn left (north) on County G for one mile.
Turn left (west) on side road to Christine Center.

From the Southeast (Madison)

Take I-94 West to Black River Falls.
Exit on Highway 12/27 and head north to Highway 10.
Turn right (east) on Highway 10 and then IMMEDIATELY left (north) on County I for 15 miles.
Turn left (north) on County G for one mile.
Turn left (west) on side road to Christine Center.

Please plan to arrive by 6 p.m. on Friday for an evening meal as well as yogi job assignment for full-time participants.

Christine Center's phone number is 715-267-7507. Use for emergencies only. See also www.christinecenter.org.



TCVC REGISTRATION

TCVC • P.O. BOX 14683 • MINNEAPOLIS, MN 55414

Name: _____ Phone: _____

Address: _____ E-mail: _____

Male Female (circle one)

Please check all that apply:

- I have enclosed a stamped, self-addressed, business-size envelope. Please send registration confirmation.
- This is my first TCVC retreat.
- I can help set up or clean up for this retreat. (Retreat manager will contact you.)
- I have special physical needs: Accessibility ___ Medical ___ I snore ___
Other: _____ (Enclose description of special needs or contact retreat manager.)
- I need a ride. I can give a ride.
- I have enclosed a scholarship request of _____.

_____ Retreat Fees (Check one box only) Weekend, Jan. 14-16 \$155.00

Full-time, Jan. 14-21, \$425.00

_____ Add \$25 late fee if you are mailing your registration after due date. **Registration is due Dec. 30th**

_____ Optional donation to TCVC Operating Fund or Scholarship Fund

_____ Optional donation for room and board for teacher trainee at June retreat (See page 2)

_____ **Total enclosed. Make check payable to TCVC.**

* The retreat fee does not include any compensation for the teacher. At the end of the retreat, students will have the opportunity to practice dana (generosity) by offering a donation to the teacher.

Date	Event	Location	Contact
Jan. 5th, 2005	TCVC Meeting	Home of Gail Iverson 7:30 pm	Gail Iverson: 612-721-8626 giverson@ziegenbein.com
Jan. 14-16 or Jan. 14-21, 2005	Santikaro	Christine Center, Willard, WI	Naomi Baer: 651-698-1458 baern@msn.com
June 10-12 or June 10-19, 2005	Kamala Masters and Steve Armstrong	Christine Center, Willard, WI	Jean Fagerstrom: 612-722-4967 jfagerstrom@mn.rr.com
Sept. 30- Oct. 2 or Sept. 30 -Oct. 4, 2005	Marcia Rose	Christine Center, Willard, WI	Merra Young: 612-724-2185 merrayoung@aol.com



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