



SPRING RETREAT



WITH MARCIA ROSE

See next page for details and registration

SPRING CALENDAR

- March 16, 7:00 P.M. TCVC Business Meeting
Retreat Policies
Home of Joanne Skarjune
3518 East 25th Street
(612) 724-9357
- March 18, 9:00 A.M. Common Ground
& Meditation Center
- April 15, 9:00 A.M. Day-Long Retreats
w/Mark Nunberg
(612) 722-8260
- April 16, 1:00 P.M. Rivers' Way Meditation
Retreat w/Merra Young
St. Paul Yoga Center
1162 Selby Avenue, St. Paul
(612) 376-9069

PLEASE JOIN US FOR THE TCVC ANNUAL MEETING

SUNDAY, APRIL 30

12:30 P.M. — 1:00 P.M.

**COMMON GROUND MEDITATION CENTER
3400 EAST 26TH STREET, MINNEAPOLIS**

Once a year the TCVC sangha holds an annual meeting. The theme for these meetings vary, and at this time we're not sure exactly what the plan will be, but we always take time to recognize the generosity of the volunteers that have kept TCVC going for another year.

The coordinating committee remained unchanged for a second year with **Robin Blake** serving as retreat coordinator, **Naomi Baer** as secretary, **Virginia Robinson** as treasurer, **Patrice Koelsch** as volunteer coordinator, and **Joanne Skarjune** as newsletter coordinator. **Paul Norr** has continued to maintain our mailing list and print the newsletter labels, and **Sylvester Fernandez** has again hosted the newsletter mailing parties. **Robin Blake** and **Kay Wicker** have updated the information line, and **Patrice Koelsch** has taken care of looking after our Post Office box.

Paul Norr served as manager for the spring retreat with Bhante Rahula. **Terri Hanson** and **Naomi Baer** managed the summer retreat with Kamala Masters and Steve Armstrong. **Terri** also managed the Eugene Cash retreat in the fall. **Joanne Skarjune** managed the retreat with Matthew Flickstein this winter. **Vera Matich** and **Steve Burt** served as registrar for two retreats each this year.

TCVC is also supported by other volunteers on a more short-term basis. A group of people get together to help get this newsletter ready to be mailed. Other volunteers help the retreat managers by bringing flowers and gifts and helping on the opening and closing day of the retreats. Other people show up consistently for business meetings and help shape policy. Others (like **Patrice Koelsch**) organize the Annual Meeting.

Volunteering for TCVC is a way for us to offer something in return for what we have received from the dhamma. Volunteering helps us stay connected to others who share our commitment to this path. The work is not always easy, but it is never a waste of time—even if things don't always turn out as planned.

So here's a big thank you to all who have made our retreats possible this year and in years past. It is only through your efforts that we are able to continue to hear and practice the dhamma. Please call Patrice Koelsch at (612) 722-3813 if you would like to volunteer.





TCVC Residential Retreat with Marcia Rose



**Opens Friday, April 7 at 8:00 P.M. and ends Tuesday, April 11 at 1:00 P.M.
Registration is from 6:00 – 7:30 P.M. Please do not arrive before 3:00 P.M.**

Meditation Retreat

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.

This retreat will be held in noble silence and will include sitting and walking meditation with clear instructions, a daily guided mindful movement (Rupa Lila) session, metta “sit,” dharma talks, and group and individual meetings with the teacher. The retreat will provide an introduction for new students and an opportunity for experienced students to renew and deepen their practice.

About the Teacher

Marcia Rose lives in Taos, New Mexico and is a Co-founder and Guiding Teacher for the Taos Mountain Sangha Meditation Center and the Southwest Dharma Association. She has been studying and practicing Buddhist teachings, meditation and related disciplines with Asian and Western teachers since 1970, primarily in the Vipassana-Theravada (Path of the Elders) and Dzogchen Tibetan Buddhist traditions. She teaches worldwide and is an Associate Teacher at the Insight Meditation Society in Barre, Massachusetts where she was Resident Teacher from 1991–1995. She is currently a member of the Board of Directors of Dharma Seed, the archival center for the preservation of western Buddhist teachings. As a Buddhist teacher, Marcia integrates her experience as mother and grandmother, along with her interest in the creative arts and nature. She is dedicated to offering the depth and breadth of these ancient teachings and practices in ways that make them accessible and authentic for us in contemporary culture.

Dana

The teachers that TCVC asks to lead our retreats charge no fees for their teachings. They rely on *dana*, a form of voluntary giving by their students, for their support. Dana enables the teachers to continue to devote themselves to teaching. Equally important, *dana* provides students an opportunity to practice generosity and open-heartedness. There is no expected contribution; give what feels right and is within your means.

Scholarships

Scholarships are available for up to 50% of room and board. There is no scholarship for the registration fee or late fee. To apply for a scholarship, attach a letter with your registration giving the background of your need and the amount of your request. Those with financial resources may wish to help others by donating to the scholarship fund.

Meals and Facilities

The retreat includes meals beginning with Saturday breakfast through lunch on Tuesday, April 11 (Sunday, April 9 for weekend retreatants). **The kitchenette is not available for this retreat.** All meals are vegetarian and high in carbohydrates. An effort will be made to work with the cooks at the Tau Center to try to accommodate the diet of those with common food allergies. If you have special dietary needs, you may wish to bring along supplemental food that requires no facilities to store or prepare.

Accommodations at the Tau Center include private rooms with towels and bedding supplied. Showers and bathrooms are shared. Please bring comfortable, loose-fitting clothes and a blanket if you tend to get chilly sitting. Bring a cushion and soft floor pad for meditation, or you may sit on a chair if you prefer.

The Tau Center's phone number is 507-454-2993. **Use for emergencies only. Do not direct questions to Tau Center.**

Retreat Fees and Registration

All registrants pay room and board fees plus a non-refundable registration fee covering retreat center fees and TCVC expenses associated with the retreat.

Applications, accompanied by a check for the full cost of the retreat, must be received by Friday, March 24. **Registration for this retreat is limited to 40 participants. Preference will be given to full-time participants. You will be notified if your registration is not accepted because the retreat is full.** If you are successfully registered, you will not receive a confirmation.

Retreatants are expected to arrive by 7:30 P.M. on Friday night and stay for the duration of the retreat. Any exceptions must be approved by the retreat manager. Early departures are not eligible for a reduced rate or refund.

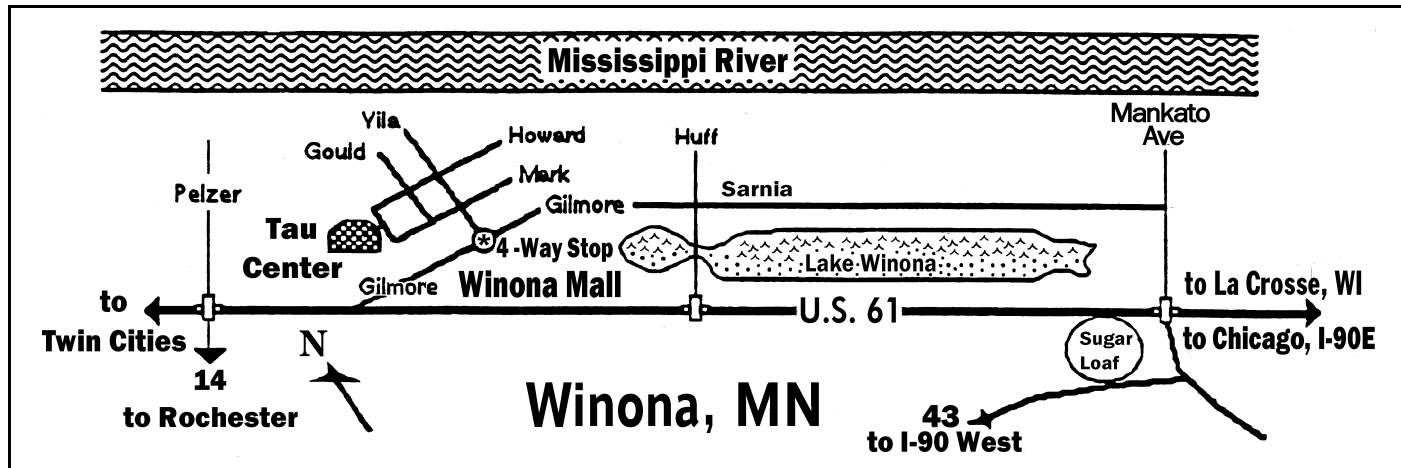
Contact the registrar, Vera Matich at 612-871-6594, or the TCVC PO Box, for correspondence concerning this retreat.

Have a Great Retreat!

Please bring unscented or lightly scented personal products, such as shampoo, lotions and deodorant. Do not use essential oils, perfumes or hairspray at the retreat. Scented products are distracting and may trigger allergies.

DIRECTIONS TO TAU CENTER, 511 HILBERT STREET, WINONA MINNESOTA 55987

The Tau Center is about 2½ hours by car southeast of Minneapolis/St. Paul near Highway 61. In the event of bad weather or other emergency, call the TCVC InfoLine at 651-229-3139 for retreat information and status.



----- Please mail this form with your payment to: TCVC, PO Box 14683, Minneapolis, MN 55414 -----

REGISTRATION FORM

TCVC RETREAT WITH MARCIA ROSE APRIL 7-9 OR 7-11, 2000

Registration must be received and paid in full by March 24, 1999. Registration for this retreat is limited to 40 participants. Preference will be given to full-time participants. You will be notified if your registration is not accepted because the retreat is full. If you are successfully registered, you will not receive a confirmation. Retreatants are expected to arrive by 7:30 P.M. on Friday night (but not before 3:00 P.M.) and stay for the duration of the retreat. Any exceptions must be approved by the retreat manager. Early departures are not eligible for a reduced rate or refund.

Name _____ Phone (____) _____ M F (Circle One)
 Address _____ City, State, Zip _____

- \$69 Registration fee. Not refundable after March 24, 2000.
- \$ _____ Non-refundable late fee for registrations received after January 24: \$25
- \$ _____ Room and Board Weekend: \$83 Full time: \$171
- \$ _____ Commuter (Meals only) Weekend: \$47 Full time: \$99
- The kitchenette is not available for this retreat.**
- \$ _____ Optional contribution to TCVC funds (please specify)
 - Scholarship Fund Operating Fund
- \$ _____ TOTAL (payable to TCVC) Enclosed

Please check all that apply

- This is my first TCVC Retreat.
- I need a ride. I can give a ride. I am willing to pick up people from the airport.
- I volunteer to host a post-retreat party. (The retreat manager will contact you to confirm.)
- I volunteer to help the retreat manager. Tasks vary but may include arranging for gifts and flowers, helping set up and take down at the retreat center, and registering retreatants. (The retreat manager will contact you.)
- I volunteer to serve as manager or registrar for a future TCVC retreat.
- This is a new address or phone number.

TCVC RESIDENTIAL RETREAT CALENDAR

The Twin Cities Vipassana Cooperative (TCVC) offers retreats to anyone interested in Vipassana and Metta Meditation practice.

Date	Teacher(s)	Location	Contact
April 7-9 or April 7-11	Marcia Rose	Tau Center, Winona	Vera Matich (612) 871-6594
June 9-11 or June 9-18	Kamala Masters & Steve Armstrong	Tau Center, Winona	Su Phenix (612) 729-1330
September 22-24 or September 22-26	Wes Nisker	Tau Center, Winona	TBD
January 12-21, 2001	Matthew Flickstein	Tau Center, Winona	TBD

- **TCVC INFOLINE 651-229-3139** for information on business meetings and retreats
- **TCVC WORLDWIDEWEB SITE** <http://www.wordimage.com/tcvc.htm>

Twin Cities Vipassana Cooperative
P.O. Box 14683
Minneapolis, MN 55414

