



Grass Roots Dhamma

HERALD OF THE TWIN CITIES VIPASSANA COOPERATIVE



Volume 11, Issue 3—February, 2001

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OUTREACH: AN ONGOING EFFORT

TCVC's mission is to provide residential retreats for vipassana meditation practice.

In a slight departure from that mission, TCVC is offering non-residential, weekend retreats in March and May, both of which are suitable for newcomers and experienced meditators alike. Many people may find that an inexpensive, short, local retreat is more convenient and accessible than traveling to Tau Center in Winona, MN where we typically offer residential retreats.

"Outreach" is an ongoing effort to get support from and give support to like-minded people so that we may practice vipassana meditation and learn to practice dhamma in our lives. We hope to maintain a healthy base of old timers as well as attract newcomers to our retreats.

TCVC needs your help to ensure that our retreats enroll sufficient numbers of people to 1) draw and support meditation teachers who lead our retreats and 2) meet or exceed contract requirements at locations where we hold retreats (primarily at Tau Center in Winona, MN).

Here's how you can help:

1) Gift yourself by attending the March 23-25 retreat and/or the May 4-6 workshop.

2) Invite a friend to attend with you.

Thank you!



ANNUAL TCVC MEETING, APRIL 22, 2001

You are invited to attend our annual meeting. The agenda includes

- Time to acknowledge volunteers who handle the myriad details by which we accomplish our primary mission: offering residential vipassana meditation retreats.
- Reports about status of the TCVC treasury and plans for future retreats.
- Time to socialize and partake of tea.

Time and date: 1 to 3 P.M., Sunday, April 22, 2001

Place: Common Ground Meditation Center
3400 E. 26th St., Minneapolis, MN

NON-RESIDENTIAL VIPASSANA RETREAT WITH MATTHEW FLICKSTEIN MARCH 23-25, 2001

See the retreat description and registration form on pages 2 and 5 of this issue. The retreat is suitable for beginning and experienced meditators alike.

QIGONG AND MINDFULNESS WORKSHOP WITH FRANZ MOECKL, MAY 4-6, 2001

See the workshop description and registration form on pages 3 and 4 of this issue. The workshop is suitable for anyone interested in Qigong with an emphasis on mindfulness.



RADIO BROADCAST OF A SEPTEMBER, 2000 INTERVIEW WITH WES NISKER

Ron Duffey, host of the Inner Journey program on Twin Cities station KFAI-FM Fresh Air Radio, interviewed Wes Nisker when Wes was in town to lead a September residential TCVC retreat. You can hear a broadcast of that interview about Wes's book "Buddha's Nature" or purchase a cassette tape or CD as follows:

Broadcast: Part I on February 20 and Part II on February 27, 2001. Both parts will be broadcast 11:30 A.M. to noon during the Inner Journey radio program, on KFAI 90.3 FM in Minneapolis or 106.7 FM in St. Paul.

Purchasing an audio cassette or CD: Call Ron Duffey at 651-486-7914. Or go to the radio program's web site at www.innerjourneyradio.com, then click the link to Inner Journey Radio Programs on Tapes and CDs.

ATTENDANCE AT JANUARY, 2001 RETREAT, LED BY MATTHEW FLICKSTEIN, FOR EXPERIENCED MEDITATORS

For readers interested in news about past retreats...

- 23 retreatants attended. 12 were from MN; 7 from WI; one each from IL, MI, MO and MT.
- All resided at Tau Center for the duration of the 9-day retreat. (TCVC offered no weekend or commuter option for the retreat.)
- Four yogis attended their first TCVC retreat.

NON-RESIDENTIAL VIPASSANA MEDITATION RETREAT WITH MATTHEW FLICKSTEIN MARCH 23-25, 2001

What is this retreat about?

This non-residential, weekend retreat is an excellent opportunity for beginning and experienced meditators in the Twin Cities to receive instruction from this experienced vipassana teacher. **Participants will attend the entire retreat.**

Instruction will be provided for both sitting and walking meditation practice.

The daily schedule provides time for retreatants to ask questions, listen to dhamma talks (lectures), and to interview with Matthew Flickstein. The retreat will be held in noble silence.



About Matthew Flickstein, guiding teacher

Matthew Flickstein, the resident teacher at The Forest Way Insight Meditation Center in the Blue Ridge Mountains, has been practicing and teaching vipassana meditation for over twenty-

two years. At one time, he was ordained as a monk in the Theravada Buddhist tradition.

Prior to developing The Forest Way, Matthew was a psychotherapist and facilitated personal development workshops.

His primary teacher has been Bhante Henepola Gunaratana with whom, in 1982, he co-founded the Bhavana Society Monastic and Meditation Center in West Virginia.

Matthew's most recent book, "Swallowing the River Ganges: A Practice Guide to the Path of Purification," was published in January, 2001. His first book, "Journey to the Center: A Meditation Workbook," was published in 1998.

Retreat location and directions

The Phat An Temple is the site for this retreat. Built in the 1980s by the Twin Cities Vietnamese community, the Temple supports activities related to Buddhist studies, events and worship.

Phat An Temple address: 475 Minnesota Avenue, Roseville, MN.

The Temple is on the north side of Minnesota Avenue, a frontage road just north of Highway 36, between Rice Street (to the east) and Dale Street (to the west).

If this is your first visit to Phat An Temple, we recommend that you exit Highway 36 at Rice street and turn north. The first stop light is at Minnesota Avenue. Turn left (west) onto Minnesota Avenue. Then travel until you see Phat An Temple, and turn right (north) into the Temple's parking lot. (If you arrive at Dale Street, you've traveled too far.)

An alternative route is to exit Highway 36 at Dale Street, then turn north. Turn right (east) at the first stop light. Follow the curve in the road, past Concordia High School. Turn left (north) when you see Phat An Temple.

In the event of bad weather or other emergency, call the TCVC Info Line at 651-229-3139 for retreat status.

What to bring

Please wear unscented personal products, such as shampoo, lotions and deodorant. **Do not use essential oils, perfumes, hairspray, medicinal ointments or aromatic balms.** Scented products are distracting and may trigger allergies in sensitive people.

- Wear comfortable, loose-fitting clothes.

- Bring a bag lunch on Saturday and again on Sunday. There will be refrigerator space, if needed, for your bag lunch.
- If you attend the optional 6:30 A.M. to 7:30 A.M. meditation sessions on Saturday and Sunday, you may bring a breakfast snack to eat between 7:30 and 8:15 A.M.
- Bring a firm pillow or meditation cushion. Also bring a blanket or zabuton to place under the pillow or cushion. (TCVC will provide a limited number of meditation cushions.) Folding chairs will be available, if you prefer to sit in a chair. Bring a blanket or shawl to wrap yourself in if you tend to get chilly while sitting.

Dana

The teacher for this retreat does not ask for nor receive any payment from TCVC for the teaching. For support, the teacher relies on *dana* (meaning *generosity* in the Pali language), a form of voluntary giving by students. Dana enables the teachers to continue devoting themselves to teaching.

Equally important, *dana* provides retreatants an opportunity to practice generosity and open-heartedness. At retreat's end, participants will have an opportunity to practice *dana* by offering contributions. There is no specific contribution amount expected; give what feels right.

Retreat attendance and schedule

- Full time participation is expected.
- **Friday, March 23:** Arrive between 6:30 P.M. and 7:30 P.M. to check in and get settled. The evening ends at 10 P.M.
- **Saturday, March 24:**
6:30 A.M. to 7:30 A.M. - Optional meditation session.
7:30 A.M. to 8:30 A.M. - Arrive and get settled, if you didn't attend the 6:30 A.M. session.
Or take a tea break (tea is provided) if you attended the 6:30 A.M. session.
8:30 A.M. to 6:00 P.M. - Meditation sessions.
- **Sunday, March 25:**
6:30 A.M. to 7:30 A.M. - Optional meditation session.
7:30 A.M. to 8:30 A.M. - Arrive and get settled, if you didn't attend the 6:30 A.M. session.
Or take a tea break (tea is provided) if you attended the 6:30 A.M. session.
8:30 A.M. to 3:00 P.M. - Meditation sessions.

Retreat fees and refund

- **The fee** is \$30. Send a check, payable to "TCVC," for \$30 along with the registration form shown on page 5.
- **Due date:** Your envelope must be **POSTMARKED** on or before **Friday, March 16.**
- **Late fee:** Add \$5.00 to your fee, if your registration is post-marked after March 16.
- **No confirmation:** The registrar won't send a confirmation if your registration is accepted.
- **Cancellation:** Your fee will not be returned if a cancellation request is received after March 16 at the TCVC PO box.
- **Refunds:** Your fee will not be refunded if you attend only part of the retreat.

(continued on page 5)

DESCRIPTION AND REGISTRATION FOR
AWAKEN TO THE JOY OF BEING ALIVE
A QIGONG AND MINDFULNESS WORKSHOP WITH FRANZ MOECKL
FRIDAY, MAY 4 TO SUNDAY, MAY 6, 2001
AT SISTERS OF ST. JOSEPH OF CARONDELET, THE CARONDELET CENTER, ST. PAUL, MN

What is this workshop about? The workshop begins Friday evening, May 4, with a talk on Mindfulness of the Body followed by an introduction to the Qigong practice as a compliment to formal meditation practice. The Qigong exercises you will learn in this workshop are for every body, regardless of shape or age. The exercises consist of slow, gentle movements in harmony with breathing and the awareness of it. This causes the Qi (life force) to permeate the body, thereby increasing the oxygen level in your blood and strengthening the immune system. This workshop will also include daily sitting (meditation) time. We will learn to:

- Develop mindfulness of the body.
- Open the joints for Qi to flow freely.
- Purify and cleanse the mind and body of stale and stagnant energy.
- Connect to and collect the energies of Heaven and Earth.
- Circulate and balance this fresh energy for vitality and well-being.

About Franz Moeckl, guiding teacher: Franz Moeckl has practiced Qigong and Tai Chi Ch'uan for more than 20 years. In 1985 he began to practice vipassana meditation both in the West and in Asia, where he spent time as a Buddhist monk. He trained at the Stress Reduction Clinic in Worcester, MA, founded by Jon Kabat-Zinn, where he also co-taught the program. He now teaches Qigong in the U.S., Europe and Asia often at vipassana meditation retreats.

Workshop attendance and schedule

Full time participation is expected. The workshop start and end times are as follows:

Friday, May 4	7 P.M. - 9 P.M.	Please arrive at 6:30 P.M. to check in.
Saturday, May 5	8 A.M. - 5 P.M.	Arrive between 7:30 and 7:45 A.M.
Sunday, May 6	8 A.M. - Noon	Arrive between 7:30 and 7:45 A.M.

Driving directions to and parking at Carondelet Center: *Address:* 1890 Randolph Avenue in St. Paul, MN. The Carondelet Center is located next to the campus of The College of St. Catherine. The entrance for free off-street parking and for the center is on Randolph between Cleveland and Fairview Avenues.

What to bring: Bring a meditation cushion for the entire workshop. Wear comfortable, loose-fitting clothes. Please wear unscented lotions and deodorant. Please do not use perfumes, hairspray, or essential oils. Scented products are distracting and may trigger allergies in sensitive people.

(continued on the other side of this page)



-----Cut here to detach the registration form.-----

TCVC Registration Form: Qigong and Mindfulness Workshop with Franz Moeckl, May 4-6, 2001

Before you fill out this form, please read "Workshop attendance and schedule" above and "Workshop fee and refund" on the other side of this page.

Name _____ Phone: (____) _____

Address _____ City, state, zip code _____

Please change the TCVC mailing list because I've listed a new address or phone number above.

Please check all that apply:

This is my first TCVC Retreat.

Please contact me before the workshop, so that I can ask questions about the meditation practice and/or workshop.

- How I heard about this retreat : I'm on the TCVC mailing list.

Other (how/when?) _____

Please send this registration form and check for \$45 (payable to "TCVC") to:
 Attention: Mark Nunberg, TCVC, PO Box 14683, Minneapolis, MN 55414

**QIGONG AND MINDFULNESS WORKSHOP
WITH FRANZ MOECKL MAY 4-6, 2001**

(continued from page 3)

Teacher donation: The teacher for this workshop does not ask for nor receive any payment from TCVC for the teaching. For support, the teacher relies on *dana* (meaning *generosity* in the Pali language), a form of voluntary giving by students. Dana enables the teachers to continue devoting themselves to teaching.

Equally important, *dana* provides participants an opportunity to practice generosity and open-heartedness. At retreat's end, participants will have an opportunity to offer contributions. There is no specific contribution amount expected; give what feels right.

Workshop fee and refund:

- **Fee:** \$45. The fee, which must be sent with your registration form (on the other side), covers teacher's airfare and TCVC rental and mailing expenses only.
- **Due date:** Your registration must be postmarked on or before April 21. Space for this workshop will be reserved in the order that completed registration forms are received.
- **No confirmation:** The registrar won't send a confirmation of receipt of your registration
- **Cancellation:** Your fee will not be returned if a cancellation request is received after April 21 at the TCVC PO box.
- **Refund:** Your fee will not be refunded if you attend only part of the workshop.

Applying for a scholarship: No one will be turned away due to inability to pay the fee for this workshop. Our typical scholarships provide up to 50% of the fee. To apply for a scholarship, please send 1) a letter giving the background of your need; 2) your registration form; and 3) check for the \$45 fee minus scholarship amount.

Contact for this workshop: For questions, contact the registrar, Mark Nunberg, either at 612-722-8260 or via letter to Attention: Mark Nunberg, TCVC, PO Box 14683, Minneapolis, MN 55414; state your name, mailing address, phone number, and time of day to call in case a call is needed.

**NON-RESIDENTIAL VIPASSANA MEDITATION RETREAT
WITH MATTHEW FLICKSTEIN MARCH 23-25, 2001**

(continued from page 2)

Applying for a scholarship

No one will be turned away due to inability to pay the fee for this retreat. Our typical scholarships provide up to 50% of the fee. To apply for a scholarship, please send 1) a letter giving the background of your need; 2) your registration form; and 3) check for the total cost minus scholarship amount.

Contact for this retreat

For questions, contact the registrar, Steve Burt, either at 612-721-1021 or via letter to Attention: Steve Burt, TCVC, PO Box 14683, Mpls, MN 55414; state your name, mailing address, phone number, and time of day to call in case a call is needed.

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TCVC Registration Form: Non-residential, weekend vipassana retreat with Matthew Flickstein, March 23-25, 2001

On page 2, please read "**Retreat attendance and schedule**" and "**Retreat fees and refund**" before you fill out this form.

Name _____ Phone: (____) _____

Address _____ City, state, zip code _____

Please change the TCVC mailing list because I've listed a new address or phone number above.

Please check all that apply:

This is my first TCVC Retreat.

Please contact me prior to the retreat so that I can ask questions about the meditation practice and/or retreat.

– How I heard about this retreat: I'm on the TCVC mailing list.

Other (how/when?) _____

Retreat fee: \$30.00
Late fee (if your envelope is postmarked after March 16): \$5.00 _____

TOTAL FEE ENCLOSED: _____

**Please send this registration form and check for payment in full (payable to "TCVC") to:
Attention: Steve Burt, TCVC, PO Box 14683, Minneapolis, MN 55414**

TCVC Calendar

Date	Teacher(s)	Location and contact	Suitable for whom?
March 23-25, 2001	Matthew Flickstein retreat	Phat An Temple (Roseville, MN) Contact: Steve Burt at 612-721-1021	Beginning and experienced meditators alike. (NOTE: See registration info inside this issue.)
April 22, 2001	-----	TCVC annual meeting, 1-3 P.M. at Common Ground Meditation Center 3400 E. 26th St., Minneapolis, MN	Anyone whose name is currently on the TCVC mailing list or who has attended a TCVC retreat.
May 4-6, 2001	Franz Moeckl QiGong and Mindfulness Workshop	Sisters of St. Joseph of Carondelet, at Carondelet Center (St. Paul, MN) Contact: Mark Nunberg at 612-722-8260	Anyone interested in Qigong with an emphasis on mindfulness. (NOTE: See registration info inside this issue.)
June 15-24, 2001	Kamala Masters Steve Armstrong	Tau Center (Winona, MN) <i>contact is to be determined</i>	Beginning and experienced meditators alike.
October 17-21, 2001 (Wed. through Sun.)	Eugene Cash retreat	Tau Center (Winona, MN) <i>contact is to be determined</i>	Beginning and experienced meditators alike.

about GrassRoots Dhamma and Twin Cities Vipassana Cooperative (TCVC)



TCVC InfoLine 651-229-3139 for information about business meetings and retreats



TCVC web site <http://www.wordimage.com/tcvc.htm>



E-mail tcvcoop@hotmail.com



TCVC, P.O. Box 14683, Minneapolis, MN 55414 Attn. GrassRoots Dhamma

GrassRoots Dhamma is published three or four times a year by Twin Cities Vipassana Cooperative.

Main editor: Kay Wicker

Other editors and dhamma workers for this issue: Robin Blake, Joey Lee, Paul Norr,
Mark Nunberg, David Skarjune, Joanne Skarjune and Merra Young

We welcome material relating to your vipassana practice at home, in retreat, and in daily life, to be included in the GrassRoots Dhamma when space is available. Newcomers and old timers are equally encouraged to contribute. We are happy to include your practice-related announcements as well. Send copy to the e-mail address or postal address listed above.

To add your name to the mailing list, email or send your name, postal address, and home phone to the TCVC address above.

TCVC is a network of people interested in practicing vipassana meditation, also known as insight meditation or mindfulness meditation. Since 1986, our mission has been to provide opportunities for residential retreat practice. TCVC operates as an informal club. All programs are run by volunteers who reside primarily in or near the Twin Cities of St. Paul and Minneapolis, MN.

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