



Grass Roots Dhamma

HERALD OF THE TWIN CITIES VIPASSANA COOPERATIVE



Volume 12, Issue 2—Winter, 2001/2002

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NEW VENUES, NEW TEACHER

Beginning January, 2002, TCVC will offer gatherings for meditation and sangha fellowship weekly on Sunday nights at 7 P.M. at the St. Paul Yoga Center. See "Vipassana Meditation in St. Paul/Minneapolis Area," on page 2.

Santikaro Bhikkhu will lead his first retreat for TCVC, a non-residential vipassana retreat Feb. 8–10, 2002 in St. Paul, MN. Also, this issue describes a Feb. 10 public talk by Santikaro Bhikkhu.

Christine Center will host a TCVC retreat led by Marcia Rose March 8–17. Although Christine Center has been a retreat site for the past 20 years, this is the first time TCVC has conducted a retreat there.

Register early to attend either retreat! Space is limited, and we expect the retreats to fill quickly.

ATTEND JAN. AND APRIL TCVC MEETINGS

TCVC operates as in informal club; if you've attended at least one retreat or workshop, you're automatically a member. We value your input and welcome your participation.

Business meeting: January 12, 2002 7 P.M. at Merra Young's home in Minneapolis. To get driving directions, call ahead and leave a message for Merra at (952) 253-5228.

Annual TCVC meeting: Sunday, April 7, 2002 1 to 3:30 P.M. at Common Ground Meditation Center, 3400 E. 26th Street, Minneapolis. You can recommend teachers to lead meditation retreats, acknowledge work of 2001/2002 TCVC Coordinating Committee members, and renew or make new acquaintances with sangha members.

VISIT THE WWW.TCVC.INFO WEB SITE

Bookmark TCVC's new web address at <http://www.tcvc.info>. David Skarjune, the TCVC volunteer who manages the web site, recently proposed that TCVC register its own domain name and move its web site to a different web host. The TCVC Coordinating Committee approved David's proposal.

TCVC TREASURER'S REPORT

Listed below are fund balances as of November 3, 2001:

Operating fund	\$787.24
Retreat fund	2,158.75
Scholarship fund	824.00
Backup fund	<u>1,500.00</u>
Total	\$5,269.99

TCVC gratefully accepts donations for scholarships and operating expenses. Scholarships assist those who would otherwise be financially unable to attend retreats; the operating fund pays for administrative expenses and part of mailing expenses. You may send a donation to TCVC's PO box, or include it with your retreat fee. You may designate

your choice of scholarship fund or operating fund. Because TCVC operates as an informal club, your donation is not tax deductible.

AIRLINE FLIGHT CREDIT

TCVC has a transferable credit of \$60.50 on Northwest Airlines that must be used by April 3, 2002. Please call Joanne Skarjune at (612) 724-9357 if you are able to use this credit for a flight. Thanks in advance.

TCVC VOLUNTEER OPPORTUNITIES AND CHANGES

To volunteer for or ask questions about TCVC opportunities not listed below, contact Joey Lee, TCVC Volunteer Coordinator, weekdays at (651) 726-2653 or via e-mail to tcvcoop@hotmail.com with *Subject: for Joey Lee*.

Opportunities:

- Learn desktop publishing and how to edit a newsletter, TCVC's *GrassRoots Dhamma*. They are computer skills in great demand and enhance any resumé when job hunting! Previous experience is a plus. Or, if you have basic computer skills, we'll train you in desktop publishing software. For more info, call Kay Wicker (612) 722-5553.
- Pick up mail received at TCVC's PO box at the mail station near University and 27th Ave. S.E., Minneapolis. You'll open and forward the mail to others. Or, you can drop off the mail at the home of another volunteer who'll open and forward the mail. For more info, call Joey Lee weekdays at (651) 726-2653.

Changes:

- Bob Thomas recently filled the Secretary position, which had been vacant for a while. Welcome to the TCVC Coordinating Committee, Bob!
- Adieu, Deah Cain Kinion. Deah had reliably picked up TCVC mail from the PO box, volunteered for other tasks and expressed ideas about TCVC activities. She has relocated to Ely, MN.

SEPTEMBER, 2001 RETREAT ATTENDANCE

For those interested in news about our most recent retreat, led by guiding teacher Eugene Cash in September:

- Twenty-one retreatants attended. Sixteen were from MN and five were from WI. (People attended all four days of the retreat because there was no weekend-attendance option.)
- Three people attended their first TCVC retreat.
- Nineteen retreatants received information about the retreat via TCVC's newsletter and mailing list. One heard about the retreat from a friend. And one learned about it via TCVC's web site.

PUBLIC TALK SUNDAY, FEB. 10, 2002 BY VENERABLE SANTIKARO BHIKKHU, MEDITATION TEACHER AND A FOUNDER OF THINK SANGHA

Doors open: 7:00 P.M. Talk: 7:30 P.M.
at Common Ground Meditation Center
3400 E. 26th Street, Minneapolis, MN

**Topic: Dharmic Lifestyles and Community:
A Socially Engaged Buddhist Perspective**

This talk is offered in the spirit of generosity. Donations to the speaker are gratefully accepted but are not expected.

Ordained monk, scholar, and leader in socially-engaged Buddhism, Santikaro Bhikkhu will offer a community discussion on vinaya, or lifestyle principles and codes, for both lay and ordained communities.

In this public talk, Santikaro Bhikkhu will explain the roots of the vinaya that the Buddha developed for the early community of monks and nuns. He will address questions like: Why did the community need norms for conduct? How did these guidelines support Dhamma practice? Where and

how is there overlap between our individual and community practice?

Then he will explore how community vinaya can support our practice right now, in the midst of our daily lives at the start of the twenty-first century. Can community agreements on lifestyle and behavior still be helpful to our practice? Do we need to develop new guidelines adapted to our times? If so, what guidelines might we want to develop and how would we go about doing so? He will also explore examples and lessons learned from both lay and ordained communities who are working to establish social codes to support their practice, including the Abbey he is establishing with Bhikshuni Thubten Chodron in Missouri.

On page 3, read "About Santikaro Bhikkhu," under the description of the February, 2002 TCVC retreat.

The talk is co-sponsored by Twin Cities Vipassana Cooperative (TCVC contact is Nora Murphy, (651) 291-8551); St. Paul office of Nonviolent Peaceforce (contact is Nora Murphy, also); Common Ground Meditation Center; and Buddhist Peace Fellowship (contact is Lee Lewis, (651) 699-1330).

VIPASSANA MEDITATION IN ST. PAUL/MINNEAPOLIS AREA

TCVC Sunday gatherings for meditation and sangha fellowship. Beginning January 6, 2002, we meet weekly on Sunday nights, 7 P.M. at St. Paul Yoga Center, 1162 Selby Ave., which is at Selby and Dunlap off of Lexington in St. Paul, MN. Dana is gratefully accepted. (952) 253-5228 (Merra Young).

Phat An Temple/Vietnamese Buddhist Association of Minnesota, Roseville, MN
Offers a vipassana meditation session on Saturdays, from 7–9 A.M. On the second Saturday of the month, offers a day-long vipassana retreat; call to confirm the retreat schedule. (612) 348-3587 weekdays (Nita Truitner)

Common Ground Meditation Center, Minneapolis, MN. Offers retreats, classes, discussion groups, and meditation sessions. (612) 722-8260 (Mark Nunberg and Wynn Fricke) <http://www.commongroundmeditation.org>

Rivers' Way Meditation, Minneapolis and St. Paul, MN. Offers classes and half-day retreats. (952) 253-5228 (Merra Young)





Compassionate Ocean Dharma Center, Minneapolis, MN. Offers classes and retreats based on Jon Kabat-Zinn's approach to mindful living, and activities based on other Buddhist-related traditions. <http://www.oceandharma.org> (612) 825-7658 (Joen Snyder O'Neal and Michael O'Neal)

VIPASSANA MEDITATION IN GREATER MINNESOTA

Ely, MN
A meditator is looking for others in the area to share meditation practice and vipassana study. Contact her at dovetail@citlink.net or (218) 365-7055. (Deah Cain Kinion)

Winona, MN
A vipassana meditation group meets 8:30–9:15 A.M. every Sunday. (507) 457-0347 (Lynn Rabuse)

about Twin Cities Vipassana Cooperative (TCVC) and GrassRoots Dhamma

-  **TCVC Info Line 651-229-3139 for information about business meetings and retreats**
-  **TCVC web site <http://www.tevc.info>**  **E-mail tevccoop@hotmail.com**
-  **TCVC, P.O. Box 14683, Minneapolis, MN 55414 Attn. GrassRoots Dhamma**

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. To add your name to the mailing list, send your name, postal address, e-mail address and home phone to the TCVC e-mail address or PO box listed above.

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, Sylvester Fernandez, Joey Lee, Nora Murphy, Paul Norr, David Skarjune, Joanne Skarjune, Bob Thomas and Merra Young.

See our event calendar on page 7 of this issue of *GrassRoots Dhamma*.

NON-RESIDENTIAL VIPASSANA RETREAT WITH SANTIKARO BHIKKHU FEB. 8-10, 2002

www.tcvc.info/forms.htm

What is this retreat about?

This vipassana retreat is suitable for new and experienced meditators alike. This is a non-residential retreat held at the Sisters of St. Joseph Carondelet Center in St. Paul, MN.

Mindfulness with Breathing (Anapanasati) is a simple and direct practice ideal for cultivating vipassana or insight: the moment-to-moment investigation of the mind-body process through calm, open, and precise awareness. Learning to observe our experience intimately within a spacious, grounded stillness enables us to embrace life with practical wisdom and compassion. This experience fosters clarity and penetrating insight into the nature of what we are and increases peace and balance in our daily lives. The retreat will be held in noble silence, which fosters a calm sense of solitude.

Santikaro Bhikkhu gives clear and simple meditation instructions, which, along with daily lectures and meditation interviews, provide direction throughout the alternating periods of sitting and walking meditation.

Retreat attendance and schedule

Full time participation is expected.

The retreat start and end times are as follows:

- Friday, Feb. 8 Please arrive at 7:00 P.M. to check in.
Be seated by 7:15 P.M.
Retreat: 7:30 – 9:30 P.M.
- Saturday, Feb. 9 Arrive at 7:30 A.M.
Retreat: 8:00 A.M. – 5:30 P.M.
- Sunday, Feb. 10 Arrive at 7:30 A.M.
Retreat: 8:00 A.M. – 2:00 P.M.

✂ Cut here to detach the registration form.

TWIN CITIES VIPASSANA COOPERATIVE (TCVC) REGISTRATION FORM FOR FEBRUARY, 2002 RETREAT WITH SANTIKARO BHIKKHU

Before filling out this form, please read "Retreat attendance and schedule" above and "Registration and fees" on the other side of this page.

Name _____ Phone: (____) _____
 Address _____ City, state, zip code _____

Please check all that apply:

- This is my first TCVC Retreat. I can help set up or clean up for this retreat. (Retreat manager will contact you.)
- Please contact me before 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?) _____

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About Santikaro Bhikkhu, guiding teacher



Santikaro Bhikkhu is a Chicago-born Buddhist monk. In 1980, he went to Thailand as a Peace Corps volunteer and rural school teacher. He ordained as a monk in 1985 and began studying with Buddhadasa Bhikkhu, a well-

known teacher and reformer of Theravada Buddhism.

In addition to teaching Buddhism and meditation, Santikaro Bhikkhu translates the work of Buddhadasa Bhikkhu, writes on socially engaged Buddhism, works with various Thai and Asian non-governmental organizations (NGOs), makes prison visits, and teaches Enneagram. He is a founding member of Think Sangha, a community of socially engaged Buddhist thinker-activists that has given special attention to the ethical and spiritual impact of consumerism. Through Asian Rainbow and other inter-religious forums, he explores the interdependence of spirituality and peace work.

Along with Ven. Thubten Chodron, an American Buddhist nun, and friends in the St. Louis area, he is developing Sravasti Abbey at Liberation Park, a new community for training nuns and sharing the Dhamma in the USA's Midwest.

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VIPASSANA RETREAT WITH SANTIKARO BHIKKHU FEBRUARY 8-10, 2002

continued from the other side

What to bring: Bring a meditation cushion for the entire retreat. (TCVC will supply a limited number of cushions.) Wear comfortable, loose-fitting clothes. Please wear unscented 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.

Meal service: Tea service and two vegetarian lunches are included in the retreat fee. The Carondelet Center does not allow guests to bring their own food.

Driving directions to and parking at Carondelet Center: Address: 1890 Randolph Avenue in St. Paul, MN, near the corner of Randolph and Fairview. 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; it's the driveway marked "SJC - Sisters of St. Joseph of Carondelet."

Teacher donation: 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 participants. Dana enables teachers to continue devoting themselves to study of the Dhamma, meditation practice, and teaching.

Equally important, dana provides participants an opportunity to practice generosity and open-heartedness, thus countering habits of possessiveness and self-centeredness. At retreat's end, participants will have an opportunity to offer contributions to Venerable Santikaro's home Abbey (described on the web at http://liberationpark.org). There is no specific contribution amount expected; give what feels right.

Registration and fees: The retreat is limited to 35 people. Registrations will be accepted in the order received at the TCVC PO box.

- The \$55 registration fee, sent with your registration form below, includes tea service and two lunches. Also, it

covers teacher's airfare and TCVC rental and mailing expenses.

- Due date and confirmation: Your registration must be POSTMARKED by January 26, 2002 to avoid the \$25 late fee. To get a confirmation, please include a stamped, self-addressed envelope or postcard with your registration.
Cancellation and refund: TCVC will retain a \$25 fee if your cancellation request is received after January 26 at either the TCVC PO box or at the registrar's phone.

Applying for a scholarship: A scholarship provides up to 50% of the registration 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 \$55 fee minus scholarship amount requested.

Overnight accommodations: Please contact the registrar by 4 P.M. Friday, January 25, 2002 if you need overnight accommodations. TCVC can assist you as follows:

- For three to four people, rooms at Carondelet Center for \$25 per night double room or, if available, \$30 per night single room
On a limited basis, accommodations with members of the TCVC sangha

TCVC sponsors this retreat: Twin Cities Vipassana Cooperative (TCVC) is a network of people interested in practicing vipassana meditation, also known as mindfulness meditation or insight meditation. Since 1986, TCVC's mission has been to provide opportunities for vipassana practice in a retreat setting. TCVC operates as an informal club. All programs are run by volunteers who reside in or near the Twin Cities of St. Paul and Minneapolis, MN. Visit our web site at http://www.tcvc.info

Registrar contact for this retreat: For questions, contact the registrar, Joey Lee, via phone weekdays at 651-726-2653, or via e-mail to tcvcoop@hotmail.com with Subject: for Joey Lee, or via letter to Attention: Joey Lee, TCVC, PO Box 14683, Minneapolis, MN 55414. State your name, mailing address, e-mail address, phone number, and time of day to call in case a call is needed.

February, 2002 retreat with Santikaro Bhikkhu. Registration form, continued from the other side

FEES

Table with 2 columns: Description and Amount. Rows include: Registration fee: \$55 (\$ _____), Late fee: \$25 if registration is postmarked after Saturday, January 26 (\$ _____), Optional, non-tax-deductible contribution to TCVC funds (\$ _____), Please specify [] Scholarship Fund [] Operating Fund, and TOTAL COST \$ _____.

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

METTA AND VIPASSANA RESIDENTIAL RETREAT WITH MARCIA ROSE MARCH 8-17, 2002

www.tcvc.info/forms.htm

What is this retreat about?

This retreat is suitable for new and experienced meditators. Participants will reside for the weekend (March 8-10) or nine days (March 8-17) at Christine Center in rural Wisconsin.

Marcia will present metta meditation during the first five days of the retreat and vipassana meditation after that. Thus, we'll approach the two practices as a whole.

Metta is the practice of unconditional loving-kindness or friendship. In Buddhism, it is taught and cultivated as a meditation practice and way of life. As we open to an expansive loving heart, our fundamental connectedness to all life is revealed.

Vipassana meditation (also known as insight meditation or mindfulness meditation) is a simple and direct practice: the moment-to-moment investigation of the mind-body process through calm, open and precise awareness.

Marcia gives clear and simple meditation instructions, which, along with daily lectures, provide direction throughout the alternating periods of sitting and walking meditation.

The retreat schedule provides time for retreatants to ask questions, listen to lectures, and to interview with Marcia about meditation practice. The retreat will be held in noble silence, which fosters a sense of solitude.

About Marcia Rose, guiding teacher



Marcia Rose lives in Taos, New Mexico and is a co-founder and the guiding teacher for the Taos Mountain Sangha Meditation Center. 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, archival center for the reservation of Western vipassana 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 and timeless teachings and practices in ways that make them accessible and authentic for us in contemporary culture.

For more information, visit Marcia's home page at <http://www.dharma.org/marcia.htm>.

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, study of the Dhamma, and meditation practice.

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.

Christine Center: meals and accommodations

Christine Center, with 120 secluded acres of forest and meadow, is in rural, central Wisconsin. For more than 20 years, people from all



spiritual traditions have come to Christine Center for periods of quiet reflection. Constructed in 2000, the main facility consists of three interconnected buildings that house the

meditation hall (shown above), dining hall and kitchen, dorm-style shared rooms, and baths for people staying in rustic cabins.

- Christine Center **offers high-quality vegetarian cuisine**. The kitchen staff can accommodate simple modifications to menus, if required for your health; in that case, note your needs in space provided on the registration form on pages 7 and 8.
NOTE: Christine Center can serve a meal at 5:30 P.M. March 8; please R.S.V.P. on the registration form.
- Most sleeping rooms are shared—doubles and some triples primarily for weekenders. A limited number of single rooms are available in rustic cabins. Sleeping rooms include bed linens and bath towels. On your registration form, select either "rustic" or "modern" accommodations, and the registrar will assign a room.
Modern: Dorm-style rooms in the main facility and nearby cabins include toilet, shower, electricity, and either gas or electric heat.
Rustic: Cabins, near the main facility, include primitive toilet, electricity and either a gas or wood stove for heat. Baths are in the main facility.
- 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.

- Bring a **flash light** and **alarm clock**.
- Bring boots.** The grounds at Christine Center in March can be muddy or icy or snow covered.
- Wear comfortable, loose-fitting clothes.
- 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.) Chairs will be available, if you prefer to sit in a chair.

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METTA AND VIPASSANA RETREAT WITH MARCIA ROSE

MAR. 8-17, 2002

(continued from the other side)

Attendance options: arrival and departure

- **Arrival:** Registration is 6:00–7:30 P.M. Friday, March 8. Please do not arrive before 3:00 P.M. Please R.S.V.P. on the reservation form for a meal 5:30 P.M. on March 8. All retreatants are expected to attend Friday night's (March 8) 8:00 P.M. opening and stay for the duration of their retreat.
- **Weekend option:** Your retreat ends Sunday, March 10 at 5:00 P.M. and includes lunch but not an evening meal on March 10.
- **Full time option:** Your retreat ends Sunday, March 17 at approximately 1:00 P.M. after lunch.

Registration and fees

Register early! We expect this retreat to fill quickly. The registration form on the next page lists the fees.

- **Due date and confirmation:** Your envelope must be **POST-MARKED** by **Monday, Feb. 4**, to avoid a late fee (shown on the registration form). To receive a confirmation, include a stamped, self-addressed envelope or postcard with your registration.
- **Cancellation fee and refunds:** TCVC will retain a \$25 fee for cancellations received after February 4 at the TCVC PO box or phoned to the registrar. Notify the registrar as soon as possible of your cancellation because partial refund for room and meals might be possible with sufficient notice. A no-show is not eligible for a refund.

Applying for a partial scholarship

Scholarships are available for up to 50% of room and meals. To apply for a partial 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 requested.

Contacts for this retreat

For questions, contact the retreat registrar, Bob Thomas, via one of the methods listed below, and state your name, postal mailing address, email address (if any), phone number and time of day to call in case a call is needed.

- Bob's phone, (612) 824-4827
- E-mail to bob.thomas@co.hennepin.mn.us with *Subject: to Bob Thomas*
- Letter to Attention: Bob Thomas, TCVC, PO Box 14683, Minneapolis, MN 55414

For emergency contacts, Christine Center's phone number is (715) 267-7507. **Do not direct retreat questions to Christine Center.**

Twin Cities Vipassana Cooperative (TCVC) sponsors this retreat

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.

Visit our web site at www.tcvc.info.

Travel to Christine Center and central Wisconsin map

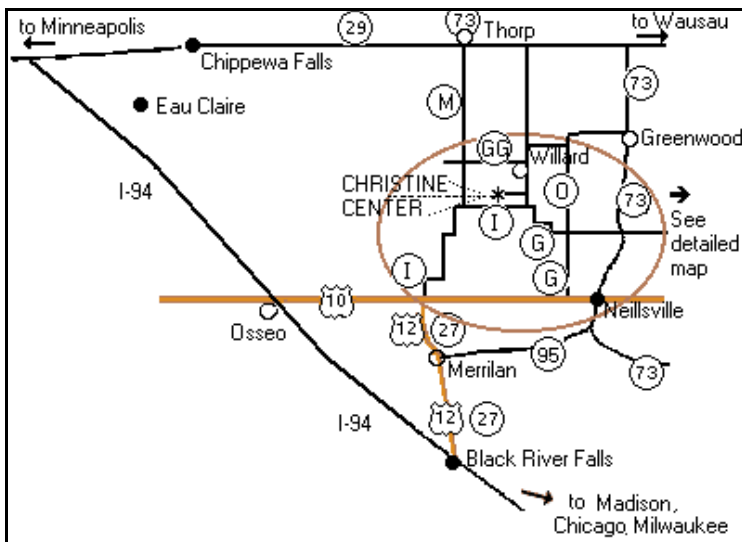
To request a ride, check a box on the registration form, and the registrar will contact you.

Christine Center is approximately 2 ½ hours from Minneapolis/St. Paul, MN and 2 ½ hours from Madison, WI.

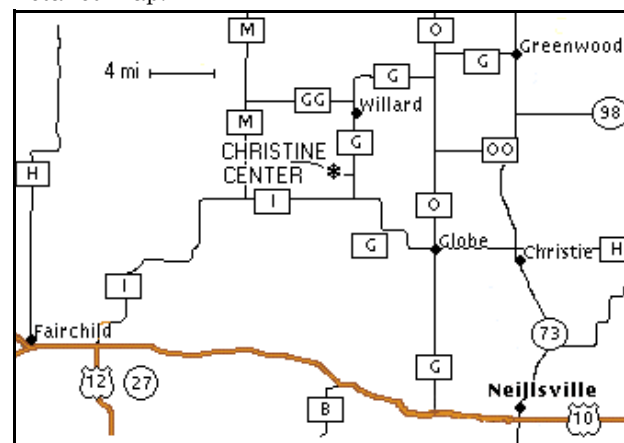
From the northwest, take I-94 to Osseo, WI, then Hwy 10 east to County I (Clark County). Stay on I to County G, then north 1 mile on G, and turn west onto a side road that leads to Christine Center.

From the southeast, take I-94 to Hwy 12/27 exit at Black River Falls; travel north on 12/27 to Hwy 10. Take a right on Hwy 10 and an IMMEDIATE left on County I. Go about 15 miles to County G, then north 1 mile on G, and turn west onto a side road to Christine Center.

From the northeast, take 29 west to Hwy 73 South exit, then 73 to County G in Greenwood; then County G through Willard. Go 3 miles south of Willard, and turn west onto a side road to Christine Center.



Detailed map:



**TWIN CITIES VIPASSANA COOPERATIVE (TCVC) REGISTRATION FORM FOR
MARCH, 2002 RETREAT WITH MARCIA ROSE**

Please read "**Attendance options**" and "**Registration and fees**" on previous pages before you fill out this form.

Name _____ Gender: M F Phone: (____) _____

Address _____ City, state, zip code _____

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

R.S.V.P.: I will I will not be at the 5:30 P.M. meal March 8 at Christine Center.

My estimated arrival time on March 8 is _____ P.M.

How I heard about this retreat:

- I'm on the TCVC mailing list.
- Other (how/when?) _____

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 Cut here to detach the registration form.

TCVC calendar: vipassana retreats and other events

Date	Event	Location and contact
Sundays beginning Jan. 6, 2002 7 P.M.	TCVC gathering for meditation and sangha fellowship	St. Paul Yoga Center, 1162 Selby Ave., which is at Selby and Dunlap off of Lexington in St. Paul, MN. For TCVC: leave a message for Merrra Young at (952) 253-5228.
Feb. 8–10, 2002	Non-residential vipassana retreat with Santikaro Bhikkhu	Sisters of St. Joseph Carondelet Center (St. Paul, MN). For TCVC: Joey Lee, weekdays at (651) 726-2653 www.tcvc.info/forms.htm
Feb. 10, 2002 7:30–9:00 P.M.	Public talk by Santikaro Bhikkhu Doors open at 7 P.M.	Common Ground Meditation Center (Minneapolis, MN). For TCVC: Nora Murphy, (651) 291-8551
March 8–17, 2002	Metta and vipassana retreat with Marcia Rose	Christine Center (near Willard, WI). For TCVC: Bob Thomas, at (612) 824-4827 www.tcvc.info/forms.htm
April 7, 2002 1 to 3:30 P.M.	TCVC annual meeting	Common Ground Meditation Center (Minneapolis, MN). For TCVC: Joey Lee, weekdays at (651) 726-2653
April 21, 2002; April 22–23	Sunday vipassana retreat with Wes Nisker followed by inter-views about meditation practice on Monday and Tuesday.	Sisters of St. Joseph Carondelet Center (St. Paul, MN). <i>Contact is to be determined</i>
May 3–5, 2002	Non-residential qigong workshop with Franz Moeckl	Sisters of St. Joseph Carondelet Center (St. Paul, MN). <i>Contact is to be determined</i>
June 14–23, 2002	Vipassana retreat with Kamala Masters and Steve Armstong	Tau Center (Winona, MN). For TCVC: Joanne Skarjune at (612) 724-9357
Nov. 1–17, 2002	Vipassana retreat with Matthew Flickstein	<i>Location and contact to be determined.</i>

See page 2 of this issue of *GrassRoots Dhamma* for more information about TCVC.

(March, 2002 retreat with Marcia Rose. Registration form, continued from the other side)

Please check all that apply:

- I have special needs for my health regarding food. (Please describe briefly on another sheet of paper.)
- I have special physical needs. (Please describe briefly on another sheet of paper.)
- I want information about a no-meals option.

- This is my first TCVC Retreat. I need a ride. I can give a ride.
- Please have someone contact me prior to the retreat so that I can ask questions about the practice and/or retreat.
- I volunteer to help the retreat manager. (Tasks vary but may include arranging for gifts and flowers, helping set up or clean up at the retreat center, and registering retreatants. The retreat manager will contact you.)
- I volunteer to host a post-retreat party. (The retreat manager will contact you to confirm.)

Check one of the following choices for one person, and fill in the dollar amount in the "Fee" column. Meals are included.	Weekend <u>March 8-10</u>	Full time <u>March 8-17</u>	<u>Fee</u>
Shared room, Modern	<input type="checkbox"/> \$160	<input type="checkbox"/> \$560	
Single room, Rustic	<input type="checkbox"/> \$150	<input type="checkbox"/> \$550	
Shared room, Rustic	<input type="checkbox"/> \$130	<input type="checkbox"/> \$460	\$_____.
Late fee: \$25 if registration is postmarked after Monday, February 4.			\$_____.
Optional, non-tax-deductible contribution to TCVC funds			\$_____.
Please specify <input type="checkbox"/> Scholarship Fund <input type="checkbox"/> Operating Fund			
TOTAL COST			\$_____.

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

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