



SUMMER RETREAT WITH STEVE ARMSTRONG & KAMALA MASTERS JUNE 13—JUNE 21, 2003



GRACE IS AVAILABLE.

By Steve Armstrong

God has done his/ her part. Now you do yours. Make yourself available to the grace. Do the work of purifying your own heart, your speech, behavior, and understanding. This cleansing makes a space for grace to appear and be seen.

The way to do that is revealed in the Buddha's Noble Eightfold Path, which is really three trainings: the training in *Sila*, which purifies our speech and behavior; the training in *Samadhi*, which purifies our mind of the hindrances; and the training in *Panna*, which purifies our understanding.

Sila, or living in harmony, tames what are called the transgressive *kilesas*: the acting out of strong torments in the mind. If you practice *Sila*, then you won't act them out unskillfully, because they transgress against others. *Sila* controls the worst expression of our tormented mind.

However, even if we are not acting them out, we can still be quite tortured within our own mind. We may want to act them out, by being angry, proud, jealous, envious, etc. So, we need another practice. We need another way of training that level of torment, which is called obsessive *kilesas*. They obsess our mind. We need the development of *Samadhi*, or

Samatha: putting aside the hindrances through development of the five *Jhanic* Factors: connecting, sustaining, joy, *sukkha*, and one-pointedness.

So, when we can live in harmony and get a cap on our transgressive *kilesas*, and practice *Samadhi* to get a stilling of our obsessive *kilesas*, that's great! However, when conditions change and our *Samadhi* isn't quite up to the requirement for calming the obsessive *kilesas*, we get these latent *kilesas* erupting in our mind. So we need a stronger, a more subtle practice or training to uproot what are called the latent *kilesas*. So, even if we're living in harmony, really chilled out through a lot of tranquility, the potential is always there when "Oop! — Conditions changed!" — up arises a latent *kilesa*.

So, *Sila* purifies our speech and behavior, giving us the happiness of living in harmony. *Samadhi* purifies our mind of the hindrances, giving us a taste of the happiness of tranquility. *Panna*, or the development of insight knowledge or wisdom, actually uproots misunderstanding from the mind. It purifies our understanding. Our mind is already purified, but *vipassana* or insight purifies our understanding. It is in the purification of understanding where we uproot the misunderstanding that things are permanent, things are really satisfying, and things have an inherent essence.

When we uproot these misunderstandings from the mind, then we've purified our understanding and we get a glimpse, we get a taste, we get the capacity, the ability, the opportunity to experience the happiness of peace. So, once the misunderstanding of permanence, ultimately satisfying conditions, and inherent essence are uprooted from the mind, "Hey! It doesn't really matter what conditions arise." Why? Because we are not going to be deceived into thinking that it's going to offer some stable, secure, pleasant happiness to your essential self! You will know that is not possible.

When you have uprooted those misbeliefs from your mind, then it really doesn't matter what conditions unfold, either externally or internally, because you won't fall into any wrong understanding. Your mind is at peace with all conditions, all the time.

So, now the question really is, can we get to that wisdom without looking at all of the habits of mind that we have cultivated over (possibly) hundreds of thousands of lifetimes? Can we uproot wrong understanding without looking at everything we've done wrong? That's the question.

We can! That's what the power of insight is. You don't have to see every time you got angry or irritated or frustrated or disappointed or whatever. You don't have to see every time,

(continued on next page)

TCVC Annual Meeting

Sunday, April 13

1:00—3:00 PM

Common Ground Meditation Center

Please join us for the TCVC annual meeting. This is one of the few opportunities that the TCVC community comes together outside of retreats and business meetings. In addition to committee member reports, we will be recognizing volunteers for their contribution to TCVC in the past year.

TCVC is currently in need of a secretary. The primary responsibility of the secretary is to take notes at business meetings and distribute, usually via email. Business meetings are held about once per month. If you would like to volunteer for secretary (or back-up secretary), or to serve TCVC in any other way, please contact TCVC Volunteer Coordinator Naomi Baer at 651-698-1458 or at baern@qwest.net.

Vipassana Metta Foundation Garage Sale Benefit

Saturday, May 17 8:00 AM—4:00 PM

home of Joanne & David Skarjune

3518 East 25th Street

Minneapolis, MN 55406

612-724-9357

Simplify your life! Clear your Clutter! If you would like to donate items for the sale, please drop them off on **Friday, May 16** with your suggested price tagged on the items. We are participating in the Seward Neighborhood Garage Sale on Saturday, May 17. We had a lot of fun at the art sale last fall (and made \$1,308!) so hope you will shop with us again.

This event is sponsored by the Midwest Kuti Committee to help raise \$25,000 towards a meditation cabin at the Ho'omalalama Sanctuary on Maui. We have raised \$16,580 so far in donations and pledges. Thanks to everyone who has donated and supported this effort: Naomi Baer, Margie Fagnoli, Diane Nunberg, Virginia Robinson, Joanne Skarjune, and Merrra Young.

Treasury Report

TCVC fund balances as of March 8, 2003:

Operating Fund	\$1,167.02
Scholarship Fund	1,630.50
Retreat Fund	1,617.89
Backup Fund	<u>1,500.00</u>
Total	\$5,915.41

The Operating Fund is used for administrative expenses and half of the newsletter and mailing expenses. The Scholarship Fund assists those who would otherwise be financially unable to attend a retreat. The Retreat Fund is carried forward from one retreat to the next, with a cushion that allows us to offer our retreat at a lower rate in which we may lose money, but often results in more people attending the retreat. TCVC gratefully accepts donations for operating expenses and scholarships. Because TCVC operates as an informal club, donations are not tax deductible.

(GRACE, continued from previous page)

again, in order to uproot the misunderstanding of aversion: that somehow you should be able to avoid unpleasantness. All you have to do is see it once, really clearly.

Think of it this way. Some people are afraid of the dark. Some people are afraid of snakes. Some people are self-conscious about public speaking. Some people are afraid of each other. Some people are afraid of their own self. Some people are afraid of the unknown. Some people are afraid of people that look different, speak different, and act different.

We each may have a lot of fears. Now when you actually look at fear, what do you see? Well, first there is the content. We may be scared of a particular scenario. But once you get disentangled from the particular story of fear, what do you feel? This is fear. This is what fear is like in the body-mind process. It doesn't really matter if it's fear of snakes, fear of the dark, fear of the opposite sex, fear of your teacher. Fear feels like fear. Now, if you see the end of fear, once, you've seen the end of all fears.

We don't have to see the end of all desires either. We just have to see one. That's grace. That's the shortcut. Now, of course, you might see the end of it once, but if it wasn't a deep enough uprooting, then, of course, it comes back. But you then know the path. The mind already knows the path to the end of fear. The mind already knows the path to the end of desire. Once the mind learns the way, then if you keep repeating it, it becomes a habit. So instead of cultivating the habit of fear, we cultivate the path of fearlessness. Initially, we need to bushwhack the path to non-fear. Then the mind knows the way to get there.

Once the mind finds the way to the unconditioned, you see, "Oh, that's not just the end of this fear, that fear, this desire, that pride, this envy, or whatever, it's the end of all of them. Ah Ha!" That's the place, that's the path. Subsequently, the practice of mindfulness is to further develop familiarity with the path to the unconditioned. Then, you could say, "That's the shortcut." Knowledge of the unconditioned uproots the *kilesas*. It doesn't just suppress them, it doesn't just tame them, it doesn't just put them aside. It plucks them out of the mind. So then, no matter what conditions are happening around you, the *kilesas* do not arise in the mind. It's not like you notice it quickly, or you suppress it when it arises, it doesn't even come up. That's peace.

The three trainings of the Noble Eightfold Path constitute the preliminary work for preparing the mind to access the unconditioned, which is the absence of all *kilesas*. Then the mind knows the way. Our practice is to train the mind to become very intimately familiar with the path to the unconditioned. Accessing the unconditioned offers the grace of not having to re-experience all prior sufferings. This grace is available if you practice mindfulness.

MEDITATION PRACTICE OPPORTUNITIES

VIPASSANA PRACTICE IN THE TWIN CITIES

Common Ground Meditation Center

The Center supports the Twin Cities' mindfulness or vipassana meditation community. All programs are offered free of charge; donations are welcomed. 3400 E. 26th Street
Minneapolis, MN 55406
Tel: 612-722-8260
(Mark Nunberg and Wynn Fricke)
Web: www.commongroundmeditation.org

Tranquility and Insight Meditation Retreat

May 23, 7 pm to May 25, 12:30 pm.
Led by Mark Nunberg at the home of Deah and Paul Kinion in Ely, MN.
Cost: \$25 for food and expenses, plus dana for the teacher.
Contact: Deah at 218-365-7055 or at dovetail@citlink.net.
Register: Send check for \$25 to Deah Kinion, 1692 Hwy. 21, Ely, MN 55731. Limit 20, register by May 20.
Bring tent, sleeping bag, and pad.

Midwest Vipassana Association

807 University Avenue NE
Minneapolis, MN 55413
www.dhamma.org

Upcoming retreats:

April 14– 25 (Faribault, MN)
July 16– 27 (Faribault, MN)
For info contact Rosa Kittsteiner:
Tel: 612-362-9190
E-mail: rkittsteiner1@visi.com

Phat An Temple/Vietnamese Buddhist Association of MN

Saturdays, from 7–9 A.M., vipassana meditation session.
Phat An Temple
475 Minnesota Avenue
Roseville, MN 55113
For information, contact:
Tel: 612-348-3587 (Nita Truitner)
or nitatruitner@yahoo.com

OTHER RESOURCES IN THE TWIN CITIES AREA

Buddhist Peace Fellowship

For information about the next meeting in the St. Paul/Minneapolis area, call Michael O'Neill at 612-825-7658

Beverly White Community Outreach

Opportunity to facilitate simple self-awareness meditation sessions for people in challenging life circumstances. Call Cal Appleby at 612-929-0901

Interested in the Tibetan Nun Project?

When: April 14th
Where: College of St. Catherine
Call Sherry Tousley at 651-690-8875 or
E-mail: sytousley@stkate.edu

VIPASSANA PRACTICE OUTSIDE TWIN CITIES

Santikaro Bhikkhu and Liberation Park

Dhamma center and monastic community in Chicagoland.
Web: www.liberationpark.org
E-mail: info@liberationpark.org

Forest Way Insight Meditation Center

Matthew Flickstein leads vipassana retreats nationally and internationally and leads a teacher training program. P.O. Box 491
Ruckersville, VA 22968
Tel: 804-990-9300
E-mail: forestway@cstone.net
Web: www.forestway.org

Mid America Dharma

P.O. Box 120246
Kansas City, Missouri 64112
E-mail: phil@midamericadharm.org
Web: www.midamericadharm.org

Upcoming retreats:

May 28– 31 with Rodney Smith, St. Louis, MO
Contact: Ginny Morgan
Tel: 573-817-9942
E-mail: gmorgan@coin.org
July 2– 6 with Eugene Cash and Sharda Rogell, Conception Abbey, MO
Contact: Bob Mikesic
Tel: 785-749-7249
E-mail: bobmikesic@aol.com
Sept 5– 14 Jhana Retreat with Bhante Gunaratana (Contact TBA)
Nov 7– 9 with Wes Nisker (TBA)
Dec 30, 2003– Jan 2, 2004 with Ginny Morgan, Conception Abbey, MO (Contact TBA)

Madison Insight Meditation Group

Sponsors vipassana retreats and related activities in Madison, Wisconsin.
Tel: 608-255-4559 (Cindy McCallum)
E-mail: uppekha@yahoo.com
Web: www.vipassana.net

Upcoming retreats:

June 26– 29 with James Baraz
Oct 23– 26 with Eugene Cash
(All retreats held at the St. Benedict Center, Madison, WI.)

Winona, MN Sitting Group

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

Lovingkindness Meditation Retreat August 2– 30

Kamala Masters and Steve Armstrong. Retreat cost is \$1,550 and due June 1. Make checks payable and send to Vipassana Metta Foundation
PO Box 1188
Kula, HI 96790-1188
Web: www.vipassanametta.org
E-mail: meditate@maui.net
Tel: 808-573-3450

DIRECTIONS TO THE CARONDELET CENTER

From I-94

Take Cretin/Vandalia exit and head south on Cretin Avenue about two miles.
 Turn left (east) on Randolph Avenue.
 After crossing Cleveland Avenue, turn right on the first driveway after the one marked “Gate 5.”

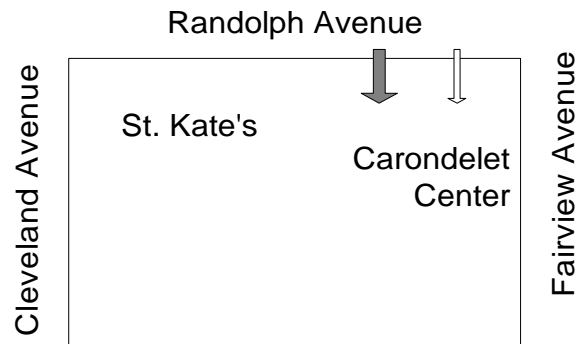
The Sisters of St. Joseph Carondelet Center is on the south side of Randolph Avenue, just west of Fairview and just east of the College of St. Catherine. There is a large sign out front that says “SJC—Sisters of St. Joseph of Carondelet”.

From 35E

Take the Randolph Avenue exit and head west on Randolph about two miles.
 After crossing Fairview Avenue, take the second driveway to the left.

From the Airport

Take 494 East to Highway 5 (to St. Paul).
 Exit at Edgecumbe heading north.
 Edgecumbe becomes Fairview Avenue.
 Take a left (west) on Randolph Avenue.



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Please send registration to Paul Norr: 2153 Berkeley Ave. S., St. Paul, MN 55105

MAY 2— 4 FRANZ MOECKL QIGONG RETREAT REGISTRATION FORM

Name: _____ Phone: _____
 Address: _____
 E-mail address: _____ 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 ___ Other: _____
- I need a ride. I can give a ride. (Enclose description of special needs or contact retreat manager.)

_____ Retreat Fee: \$60*
 _____ Add \$10 if you are mailing your registration after April 25.
 (Registrations are accepted in the order received.)

_____ Optional donation to TCVC Operating Fund or Scholarship fund

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

* There will also be an opportunity to offer dana (a donation) to the teacher at the end of the retreat. In the Theravadan/vipassana tradition, TCVC retreat fees do not include any compensation for the teacher.



**MAY 2—4:
NON-RESIDENTIAL QIGONG
AND MINDFULNESS
WORKSHOP WITH
FRANZ MOECKL**

**Sisters of St. Joseph Carondelet Center
1890 Randolph, St. Paul, MN.**

The Carondelet Center is just west of Fairview, near the College of St. Catherine. Registrar for this workshop is Paul Norr, 2153 Berkeley Ave. S., St. Paul, MN 55105.

Call 651-698-1772 or e-mail to p.norr@att.net with *Subject: Moeckl workshop. Registration is due no later than April 25.*

This workshop is suitable for beginning and experienced meditators and Qigong practitioners. This workshop includes sitting meditation practice as well as Qigong practice. Lunch and tea are provided. Please arrive Friday, May 2 between 6:30 (doors open) and 6:45 PM. Retreat ends at 5:00 PM May 4.

Franz Moeckl has practiced Qigong and Tai Chi Ch'uan for more than 20 years. Since 1985, he has practiced vipassana meditation in the West and in Asia, where he spent time as a Buddhist monk. Franz teaches Qigong in the United States, Europe, and Asia, often at vipassana retreats.

**HEALING SOUNDS QIGONG
WITH FRANZ MOECKL**

May 5-7
9:15-12:15 each day
Common Ground Meditation Center
3400 E. 26th St., Minneapolis, MN

Registration: Contact Paul Norr at 651-698-1772 or p.norr@att.net.

Space is limited. This training is offered totally on a **donation** (dana) basis.

Healing Sounds Qigong is a purification and preventative system which co-ordinates sounds (Mantra-like syllables), movement, breathing, and awareness to purify the whole body and specific major organs of stagnant & toxic energy.

Healing Sounds uses the 5 Element or 5 Phase model of Chinese Medicine. This class will introduce and develop the use of specific sounds which purify and activate the five primary organ systems: liver, heart, spleen, lungs, and kidneys. "Healing Sounds" is itself a complete style of Qigong.

**QIGONG AND
MINDFULNESS PRACTICE**

by Paul Norr

More and more practitioners of Buddhist mindfulness meditation (MM) are studying Qigong. Qigong is an old Chinese practice which has many applications and may appear in many different forms. It is often practiced for health maintenance. Some trainings emphasize healing from specific maladies, done as either self-healing or healing others.

Qigong is a meditative path which nurtures awareness of the flow of experience, explores the nature of body and mind, and cultivates opening to more fundamental, subtle aspects of reality. In practice, Qigong training often encompasses a number of these strains in a creative amalgam.

Qigong has roots in numerous traditions, including Daoism, Confucianism, and Buddhism. Because of the Buddhist influence, there are aspects of Qigong which readily translate to the terminology and perspective of MM practitioners.

Importantly for us, Qigong and mindfulness meditation practice can complement and support each other. In MM, one cultivates stability of mind, concentration, and attentiveness to states of body and mind. This is formally done in the seated and walking postures. One challenge is often how to translate MM practice into the full flow of life. Here Qigong excels as a bridge. It provides a broad framework of postures and movements, both seated and standing, to mindfully experience body and mind in action.

Qigong's focus on the flow of energy provides an additional perspective with which to explore mindfulness of the body. Furthermore, there are significant health benefits to Qigong, including harmonizing the body and breath, releasing stagnant energy, and cultivating energy. These can help integrate and harmonize the bodily aches and challenging mind states that often arise in intensive mindfulness practice.

Buddhism has been called a science of the mind. Qigong may be called the science of the activated body/mind. To use Daoist terms, Qigong may be the active Yang to MM's more quiescent Yin. Those who study both traditions find that they can, in fact, complement each other nicely and are simply alternative, contemplative perspectives from which to explore the nature of body and mind and to develop a harmonious and balanced life.

RESIDENTIAL MEDITATION RETREAT

STEVE ARMSTRONG AND KAMALA MASTERS

JUNE 13—15 OR JUNE 13—21, 2003

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, 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 Teachers Kamala Masters began her dhamma practice with Munindra over 20 years ago and has received instruction in intensive retreats from Sayadaw U Pandita, with whom she has practiced both insight and lovingkindness meditation. She now conducts retreats to share the dhamma, including the three-month retreat at Insight Meditation Society.

Steve has studied the dhamma and practiced insight meditation since 1975. While ordained as a monk for five years in Burma under the guidance of Sayadaw U Pandita, he undertook intensive, silent practice of insight and lovingkindness meditation. He has been leading meditation retreats since 1990, including the three-month retreat at Insight Meditation Society.

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.

Attendance Retreatants are encouraged to arrive by 6:00 PM on the opening day of the retreat and to stay for the duration. The weekend retreat ends late Sunday afternoon on the 15th; the full-time retreat ends after lunch on Saturday the 21st. Exceptions must be approved by the retreat manager.

Meals and Facilities Vegetarian meals begin with an evening meal at 6:00—7:00 on the opening night and end with lunch on the last day of your retreat. All 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.

There are 17 tent sites assigned on a first come-first served basis, with preference given to full timers registered before the deadline. Tenters use shared showers in the main facility.

What to Bring Come prepared for the outdoors: flashlight, umbrella, and sturdy walking shoes. Bring comfortable, loose-fitting clothes. Bring a meditation cushion or bench, a soft floor pad, and blanket as needed for sitting. TCVC provides a limited number of meditation cushions and chairs are also available. Bring an alarm clock, and earplugs if you are a light sleeper. Towels and bedding are supplied.

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

Scholarships 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 envelop or postcard along with your registration.

If you send a self-addressed, stamped *business-size* envelop you will receive directions to the retreat and some general orientation information. You can also retrieve this information under the Retreats section of our web site at <http://www.tcvc.info>. Registration priority is given to full-time retreatants.

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

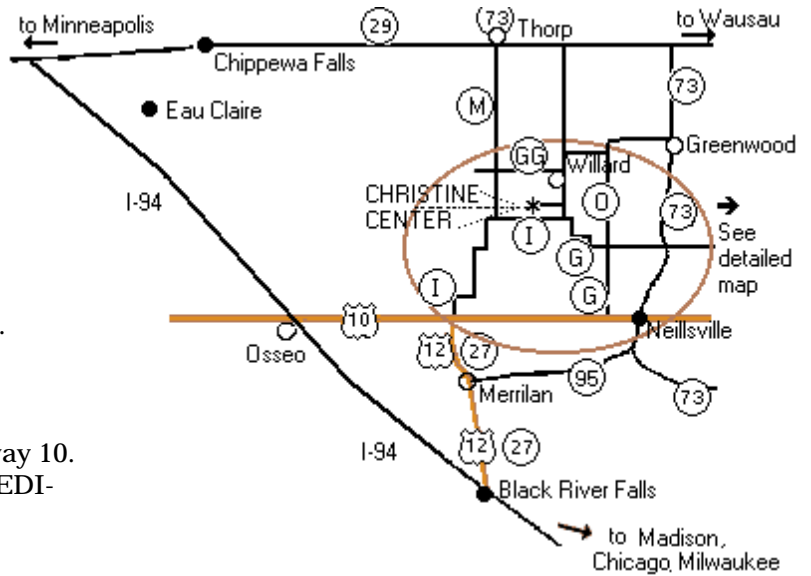
DIRECTIONS TO THE CHRISTINE CENTER

The Christine Center is about a 2 1/2-hour drive from Minneapolis/St. Paul and from Madison, WI in fair weather.

From the Northwest (Mpls/St. Paul)
Take I94 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 (west) 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 in time for the evening meal on Friday, June 13 at 6:00 PM.



The Christine Center's phone number is 715-267-7507
Use for emergencies only. Do not direct questions to Christine Center.

Please send registration to Mariann Johnson: 3507 W. 50th St., Suite 104, Mpls., MN 55410

JUNE 13-15 OR JUNE 13-21 STEVE AND KAMALA RETREAT REGISTRATION FORM

Name: _____ Phone: _____
Address: _____
E-mail address: _____ 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 ___ Snoring ___ Other: _____
- I need a ride. I can give a ride. (Enclose description of special needs or contact retreat manager.)

_____ Retreat Fees Full time (June 13– 21) \$460 with room/\$360 with tent*
Weekend (June 13– 15) \$150 with room/\$130 with tent*

_____ Add \$25 if you are mailing your registration after May 17.

(Registrations are accepted in the order received, but priority is given to full time retreatants.)

_____ Optional donation to TCVC Operating Fund or Scholarship fund

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

* There will also be an opportunity to offer dana (a donation) to the teachers at the end of the retreat. In the Theravadan/vipassana tradition, TCVC retreat fees do not include any compensation for the teachers.

TCVC 2003 CALENDAR

All events are suitable for both beginning and experienced students.
Both weekend and full-time retreat options are offered for residential retreats.

DATE	EVENT	LOCATION	CONTACT
April 13 1:00– 3:00 P.M.	TCVC Annual Meeting	Common Ground Meditation Center 3400 E. 26th St., Minneapolis, MN	Joanne Skarjune 612-724-9357
May 2– 4	Franz Moeckl Non-residential Qigong & Mindfulness retreat	Sisters of St. Joseph Carondelet Center, St. Paul, MN	Paul Norr 651-698-1772 p.norr@att.net
June 13– 15 or June 13– 21	Kamala Masters and Steve Armstrong Vipassana retreat	Christine Center Willard, Wisconsin	Mariann Johnson 612-872-7959 MTJohn2000@aol.com
Oct 31– Nov 2 or Oct 31– Nov 4	Santikaro Bhikkhu Vipassana retreat	Christine Center Willard, Wisconsin	David Hedrick Skarjune 612-724-9357 yogi@wordimage.com

(TCVC Info Line 651-229-3139

: TCVC web site <http://www.tcvc.info> : E-mail tcvcoop@hotmail.com

+ TCVC, P.O. Box 14683, Minneapolis, MN 55414

Twin Cities Vipassana Cooperative (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, primarily in the Theravada Buddhist tradition.

GrassRoots Dhamma is published by Twin Cities Vipassana Cooperative. Editor: David Hall.
To join our mailing list, send your name, address, and phone number to the TCVC e-mail address or PO box.

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