



# Grass Roots Dhamma

HERALD OF THE TWIN CITIES VIPASSANA COOPERATIVE



Volume 13, Issue 5 — Spring 2004

## SPRING RETREAT WITH SHARON SALZBERG

APRIL 16—18



### A Conversation with Sharon Salzberg about Faith

**Question:** What does the word faith mean to you?

**Answer:** To me, faith is having the courage to step forward into the unknown. It encourages engaged and openhearted participation in life. Faith is reaching out to others for connection instead of remaining isolated. Faith is always having a sense of possibility, moment by moment.

**Question:** What inspired you to write a book on faith?

**Answer:** After writing *Lovingkindness*, a book devoted to universal love and compassion, I was wondering about my next project. I began to examine what keeps me afloat when life's challenges present themselves, and what ensures that I remain open to life's joys and celebrations. The common thread was faith. So I wrote this book to help people develop a meaningful, intelligent sense of faith. The faith I'm talking about doesn't require them to abandon their religious convictions.

**Question:** Many people, especially those with roots in an organized religion, think of faith solely in terms of belief and trust in God. How is your approach to faith different?

**Answer:** Whether faith is connected to a deity or not, its essence lies in trusting ourselves to discover the deepest truths on which we can rely.

**Question:** Throughout *Faith*, you stress the importance of having faith in oneself. How can faith serve as a catalyst for positive change and ongoing personal development?

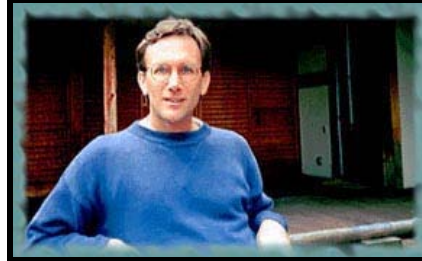
**Answer:** Faith is the essence of personal change. Without a sense of aspiration, without creative courage, without faith, we would all feel like victims of circumstance and prisoners of our past. Faith empowers us to step directly forward into the center of possibility that life can be different and we can be better.

**Question:** How do you think faith throughout America has changed in the aftermath of September 11, 2001?

(Continued on page 4)

## SUMMER RETREAT WITH STEVE ARMSTRONG & KAMALA MASTERS

JUNE 11—20 (WEEKEND JUNE 11—13)



### A Personal Letter from Kamala and Steve

Dear Sisters and Brothers  
of the TCVC Sangha,

Although there is an ocean and a half-continent between the Twin Cities and Maui, we feel a closeness to all of you that goes beyond the physical realm. The common threads of the Dhamma lovingly keep us woven together.

Of those threads, generosity and gratitude are shining brightly. In the Anguttara Nikaya 2:119, the Buddha gave a discourse on the two types of people that are "Hard to Find": those who give freely, and those who are grateful for such gifts.

The generosity that all of you have practiced in helping raise the funds for the Midwest meditation kuti (cabin) for the Dhamma Hermitage and Sanctuary on Maui is truly awesome! Every time we hear stories of your garage sales or art sales, or when someone just spontaneously sends in those important donations of \$10, and even the \$1000 ones (!), we are constantly inspired by all of your hard work and giving. The moral support, too, is so important to us.

(Continued on page 4)

## IN THIS ISSUE

- Page 2: TCVC Annual Meeting  
Teacher trainee in June  
Public Talk with Steve & Kamala
- Page 3: Practice Opportunities
- Pages 5-7: Retreat Information

**TCVC ANNUAL MEETING  
SUNDAY, MAY 16 12:30—2:30 P.M.  
COMMON GROUND MEDITATION CENTER**

Everyone is invited to the TCVC Annual Meeting to acknowledge the many people who have served the past year, to hear reports of the year's activities, and to give direction to the committee for the upcoming year.

**Call for VOLUNTEERS**

TCVC is served by volunteers. We all move into and out of service as the law of changes demands. Consider giving service for a year or two if you haven't yet, or if it has been a while since you have.

We are currently in need of a **Retreat Coordinator, Newsletter Coordinator and Website Master**; other coordinating committee duties are readily made available. Know that you will be aided in your transition into volunteer service.

Please call Naomi Baer at 651-698-1458 or e-mail [baern@msn.com](mailto:baern@msn.com) if you are able to contribute your services at this time. Your service dana is so valued. We look forward to your response.

If you just want to get involved without an official position, come to a TCVC committee meeting and participate in the goings on. You are very welcomed. Thank you very much.

**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 dhamma-farers, such as ourselves. In their fourth year of training, it is important for them to get exposure to many different students and their varieties of practice experience.

Steve and Kamala have asked if TCVC would be willing to provide the opportunity for a teacher trainee to attend the summer retreat. The trainees offer sign-up interviews, eventually moving on to regular scheduled interviews, guiding afternoon Brahma Vihara practice and instructions. The TCVC coordinating committee, in the interest of passing the dhamma on to many future generations, has agreed.

The committee has also decided to offer the trainee room and board of \$450. TCVC will raise this money separately from existing funds. If you would like to help pay for the cost of the trainee's retreat expenses, please send a donation to the TCVC PO Box, or include the donation with your registration.

Thanks in advance for your support.

**“PREPARATION FOR VIPASSANA”  
DHAMMA TALK AND DISCUSSION  
KAMALA MASTERS & STEVE ARMSTRONG**

Please join us for this special evening of meditation and dhamma with the Twin Cities insight meditation community. The evening begins with a thirty-minute meditation period followed by a dhamma talk and discussion. The evening concludes with tea and treats.

Kamala Masters and Steve Armstrong are well known and well loved vipassana teachers in the West who have been leading TCVC's nine-day summer retreat for many years. Kamala and Steve have also been regular teachers at the annual three-month retreat at Insight Meditation Society (IMS) in Massachusetts and guide the local vipassana community on Maui where they are developing a center for long-term practice.

**Sunday, June 20 7:00—9:00 P.M.  
Common Ground Meditation Center  
3400 East 26th Street  
Minneapolis, MN 55406  
612-722-8260**

This talk is offered by donation  
in the spirit of generosity.

**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 people in challenging life circumstances. Call Cal Appleby at 612-929-0901.



**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 the Twin Cities Vipassana Cooperative. Joanne Skarjune is the editor. To join our mailing list, send your name, address, and phone number to the TCVC e-mail address or the PO box.

## VIPASSANA PRACTICE IN THE TWIN CITIES

### Common Ground Meditation Center

3400 East 26th Street  
Minneapolis, MN 55406  
Contact Mark Nunberg and  
Wynn Fricke at 612-722-8260  
www.commongroundmeditation.org

Common Ground offers beginning instruction, daily meditation sessions, a Buddhist study program, weekly sitting groups, as well as hatha yoga and Qi Gong practice.

All retreats led by Mark Nunberg.

#### Upcoming retreats:

**April 29—May 2** Residential retreat at the Holy Spirit Retreat Center in Janesville, MN

**May 28—May 30** Residential retreat at the home of Deah and Paul Kinion in Ely, MN

**March 27 and May 22**

Day-long retreats at center

**April 3 and May 8**

Half-day retreats at center

**March 16, April 13 and May 18**

Days of mindfulness at center

### Midwest Vipassana Association

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

#### Upcoming 10-day courses:

**March 24—April 4**

**July 7—18**

**July 21—August 1**

**November 17—28**

Contact Jane Scamurra at  
651-649-4725

registration@mn.us.dhamma.org

### Thich Nhat Hanh Sangha

Heartwood Mindfulness  
Practice Center  
3706 East 34th Street  
Minneapolis, MN 55406

**Sundays, 7:30—9:00 P.M.** Meditation and dhamma discussion

**March 13** Day-long retreat

Contact Judith Lies at  
612-724-8168

### Qi Gong with Franz Moeckl

**May 7—9** Workshop

**May 10—12** Classes

Offered on a dana basis. Contact  
Merra Young at 612-253-5133.

### Phat-An Temple Vietnamese Buddhist Association of MN

Chua Phat-An  
475 Minnesota Avenue  
Roseville, MN 55113

**1st & 3rd Saturdays** 7—9 A.M.

Sitting and walking meditation

**2nd & 4th Saturdays**

7 A.M.—NOON Half-day retreats

Contact Nita Truitner at 651-644-  
8641 nitatruitner@yahoo.com  
or Ngan Doan at 612-374-2225  
doanx008@umn.edu

### Triple Gem of the North

TripleGemNorth@yahoo.com

Programs are taught by Bhante  
Sathi and held at Chua Phat-An.

**Wednesdays, 7:30—9:00 P.M.**

April 7—May 26 Meditation  
instruction and practice

**Fridays, 7:30—9:00 P.M.**

April 2—May 21 Abhidhamma  
(Buddhist psychology) study  
for those practicing 3+ years

**Retreat: August 15—21**

Contact Joanne Skarjune at  
612-724-9357 or

Bhante Sathi at 612-636-7422

## METTA ON MAUI

### Vipassana Metta Foundation

P.O. Box 1188, Kula HI 96790  
www.vipassanamettha.org  
meditate@maui.net  
808-573-3450

#### Upcoming retreat:

**Aug 14—28** Kamala Masters and  
Steve Armstrong at the YMCA in  
Keanae, Maui.

## REGIONAL VIPASSANA

### Liberation Park: Buddhist Abbey & Meditation Center

532 N Ridgeland Ave  
Oak Park, IL 60302  
www.liberationpark.org  
info@liberationpark.org

Liberation Park is beginning as a small community in Oak Park, IL (next door to Chicago) in Spring 2004. We will develop a teaching and meditation center as resources and ordinances allow, with retreats following later. Santikaro Bhikkhu will be teaching regularly at Liberation Park and around Chicagoland.

### Madison Vipassana, Inc.

www.vipassana.net

#### Upcoming retreats:

**April 29—May 2** Sally Clough

**Sept. 30—Oct. 2** Wes Nisker

Retreats are residential and held  
at the St. Benedict Center in  
Madison, Wisconsin.

Contact Tony Fernandez at  
608-661-9959

### Mid America Dharma

P.O. Box 120246  
Kansas City, Missouri 64112  
www.midamericadharma.org

#### Upcoming retreats:

**May 7—12** Matthew Flickstein.

Contact Bridget Rolens at  
314-426-4238

or bridgetr@brick.net.

**July 23—25** Sharda Rogell. Con-  
tact Jon Yaffee at 314-644-1926

**Oct. 8—10** Rodney Smith.

**Nov 3—7** Shinzen Young

**Dec 20—Jan 2** Ginny Morgan

Contact Ginny Morgan at  
573-817-9942 for fall retreats

### Winona Sitting Group

A vipassana meditation group  
meets 8:00—9:00 A.M. every Sun-  
day. Contact Lynn Rabuse at  
507-457-0347.

*(Conversation with Sharon continued from page 1)*

**Answer:** I've heard many people talk about finding something inside them that they didn't know they had. I think that people all over—survivors, families who lost loved ones, those who bore witness to the pain and suffering and tragedy of that experience—had to draw on their inner experience to be at all able to move forward. Those people are in fact relying on the very faith I talk about. Now perhaps we are remembering to stay more connected to our deepest values, to the immediacy of love, and to the need to live a meaningful life.

**Question:** What is an example of a way that faith can be put into action?

**Answer:** We can begin to look at our own experiences in terms of successes instead of failures. For example, you may be a teacher and feel that you are a failure because you are not a principal, which your family always defined as far more worthy. One day you stop berating yourself and really notice the students whose lives you are helping to shape and mold. You see your job with a whole different perspective. When we learn to look for a deeper experience of who we are, we find our lives are far bigger, far more filled with potential than we usually imagine.

**Question:** How can the practice of meditation strengthen faith?

**Answer:** Both meditation and prayer help us to quiet the mind, to be able to focus more clearly on things we care about, and to uncover our own greatest capacities. Faith is developed and sustained by doing this, and opens us to a sense of the boundless, to the laws of nature, and to the truth of something bigger than ourselves.

**Question:** What is the main message of this book?

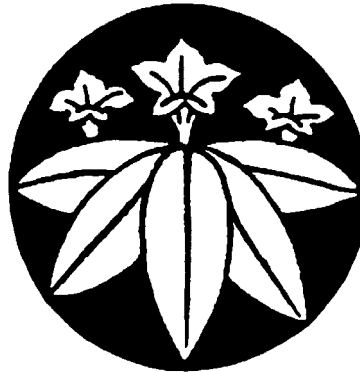
**Answer:** With faith, we can all look forward to a more fulfilling life, and we can start now.

**Question:** What do you want people to take away from your story?

**Answer:** That life is workable—that there's a tremendous amount we can do with our own minds and own hearts. Also, no matter how alone we might feel at times, we're never really alone. Every life is connected to other lives and to truths much bigger than ourselves.

**Question:** Are you still on the journey of faith?

**Answer:** I hope so. Writing this book certainly tested my faith. I came through the process with a much stronger appreciation of faith in what's possible for me and for other people. Faith is a never-ending journey.

*(Letter from Kamala continued from page 1)*

Over the past two to three years, about \$23,000 has been raised . . . wow! The goal, which is \$25,000, is just around the corner.

Our gratitude is deep, and we want all of you to know that we joyfully recognize the beautiful qualities of your hearts. Our wisdom has a greater chance of unfolding by developing the paramis (wholesome qualities of mind/heart) in our daily lives. When one parami is practiced, for example generosity, other paramis are simultaneously being cultivated as well . . . like renunciation, effort, loving kindness, resolution and equanimity. The strengthening of these wholesome qualities of heart prepares the

ground for deeply liberating insight to arise. So our practice off the cushion is nurturing our practice on the cushion.

We have named the hermitage and sanctuary "Ho'omalalama." "Ho'o" means to cause; "Malamalama" means enlightenment or awakening. One of our sangha members came up with the poetic translation, "the ground for awakening."

The grounds at Ho'omalalama are coming along beautifully. The walking gardens are lush with emerald green grass now and there are gorgeous rock walls that gracefully flow with the curvature of the land to make sacred spaces. We just put in native Hawaiian plants as ground cover and the venerable koa and other trees are offering restful shade already! The architectural drawings of the kutis are complete and those for the meditation hall are in the final stages of refinement. Thanks to the strong parami of energy that Steve possesses, much of the infrastructure development as well as the planting and beautification has come about with his direct "chop-wood, carry-water" involvement, which has saved us a lot.

We are still working with the county and with our neighbors to complete the upgrading of the water line for the entire area here, and we are making good progress. We hope to begin building in 2005, providing all the conditions come together. And of course, there is the reality of the constant fundraising . . . which we are thankful to all of you for.

With confidence we can say that each and all of us fit the category, "Hard to Find," because of the generosity and gratitude we are all practicing. And we have faith that it will continue. Please know that we are not only grateful for your generosity, but also grateful to have the opportunity to serve you, and to associate with such good people like you.

In the Service of the Dhamma,

Kamala (and Steve, who is presently a yogi at Forest Refuge)

## 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 dhamma 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 dhamma work and meditation practice.

*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 web site at <http://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.

## DIRECTIONS TO THE CHRISTINE CENTER

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

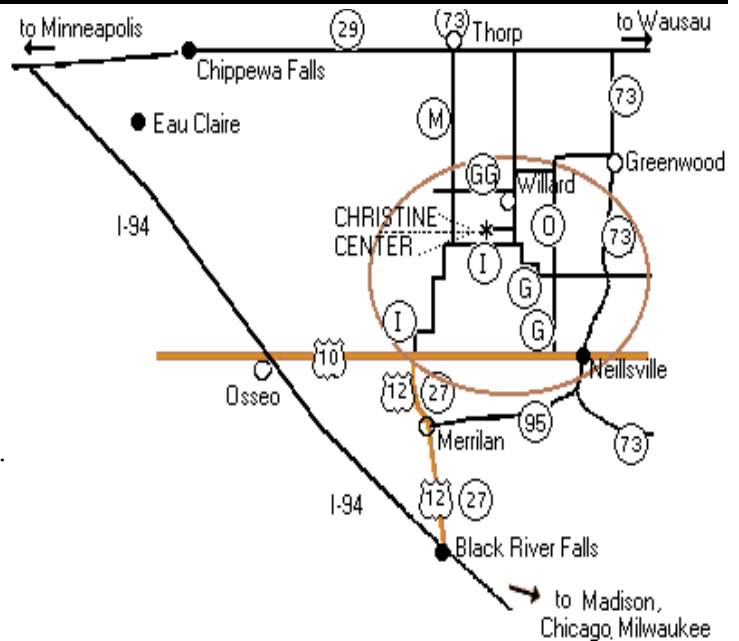
### From the Northwest (Mpls/St. Paul)

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 <http://www.christinecenter.org>.

## NON-RESIDENTIAL MEDITATION RETREAT WITH SHARON SALZBERG APRIL 16—18 REGISTRATION DEADLINE: MARCH 26

**Sharon Salzberg** has been a student of Buddhism since 1971, and has been leading meditation retreats worldwide since 1974. She teaches both intensive awareness practice (vipassana or insight meditation) and the profound cultivation of loving-kindness and compassion (the Brahma Viharas). She is a co-founder of the Insight Meditation Society in Barre, Massachusetts, the Barre Center for Buddhist Studies and The Forest Refuge, a new center for long term meditation practice.

### Attendance and schedule

#### *Full-time participation is expected.*

Fri., April 16	Check in	6—6:45 P.M.
	Seated by	6:45 P.M.
	Retreat	7—9 P.M.
Sat., April 17	Arrive	9 A.M.
	Retreat	9:30 A.M.—4:30 P.M.
Sun., April 18	Arrive	9 A.M.
	Retreat	9:30 A.M.—3:00 P.M.

The retreat fee includes a vegetarian lunch and tea service on Saturday and Sunday.

**What to Bring** Wear comfortable, loose-fitting clothes. Bring a meditation cushion or bench, a soft floor pad, and blanket as needed for sitting.

TCVC has some extra meditation cushions, but not enough for everyone. Chairs are also available.

**Carondelet Center** is located at 1890 Randolph Avenue, between Cleveland and Fairview Avenues in St. Paul.

**From I-94:** Exit at Cretin Vandalia and go south for two miles. Turn left (east) on Randolph Avenue. Pass the College of St. Catherine's gate 5. Turn right at the next drive (with the CSJ sign).

**From 35E:** Exit at Randolph and go west for two miles. Cross Fairview Avenue and turn left at the second drive.

**From the Airport:** Take 494 East (this turns into Highway 5). Take the Edgecumbe exit (the first exit after crossing the Mississippi River, veer to the left when the exit splits). Follow the main road, which becomes Fairview. At Randolph, go left (west) and turn left at the second drive.

**Overnight accommodations** at Carondelet Center may be arranged by calling 651-696-2750.

**Contact Veronica Weadock**, registrar, at 651-771-3183 or [vweadock@yahoo.com](mailto:vweadock@yahoo.com).

## RESIDENTIAL MEDITATION RETREAT WITH STEVE ARMSTRONG & KAMALA MASTERS JUNE 11—13 OR 11—20 REGISTRATION DEADLINE: MAY 21

**Steve Armstrong** has practiced mindfulness since 1975, and has led vipassana and metta retreats grounded in the Buddha's understanding of mind since 1990. A co-founding director and guiding teacher of Ho'omalamalama, a Dhamma sanctuary and hermitage on Maui, he offers the Dhamma internationally.

**Kamala Masters** began practicing in 1975. Under the guidance of Anagarika Munindra and Sayadaw U Pandita, she has been trained in vipassana and metta meditations. She is co-founder of the Vipassana Metta Foundation on Maui and is currently developing Ho'omalamalama, a sanctuary-hermitage for long-term practice.

**Debbie Ratner** began meditating in college and took up vipassana meditation in 1995. She has practiced intensively with both western and Burmese teachers, including a year as a nun in Burma. She

teaches in the Washington, D.C. area, and has been assisting at retreats around the country since 2001 with Steve and Kamala and other senior teachers.

If you would like to help pay for the cost of Debbie's room and board, please send a donation to the TCVC PO Box, or include the donation with your registration.

**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, June 13; the full-time retreat ends after the noon meal on Sunday, June 20. Exceptions must be approved by the retreat manager.

*(Continued on next page)*

*(June Retreat continued from previous page)*

**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.

**There are 17 tent sites** available on a first-come, first served basis. Tenters use shared

showers in the main facility, and must bring their own towels and bedding.

**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; tenters must bring their own towels and bedding.

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

**Contact Mariann Johnson**, registrar, at 612-872-7959 or TCVCoop@hotmail.com.

## TCVC REGISTRATION

### PLEASE MAKE COPIES IF REGISTERING FOR BOTH RETREATS

*Send registrations for April retreat to TCVC, Box 14683, Mpls, MN 55414*

*Send registrations for June retreat to M.T. Johnson, 3507 W 50th Street, Mpls, MN 55410*



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 \_\_\_ 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) Salzberg April 16—18  \$45\*

Armstrong/Masters Weekend (June 11—13)  \$150 for room  \$130 for tent\*

Full-time (June 11—20)  \$510 for room  \$390 for tent\*

\_\_\_\_\_ Add \$25 late fee if you are mailing your registration after due date.

Registration is due March 26 for the Salzberg retreat; May 21 for the Armstrong/Masters retreat.

\_\_\_\_\_ 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.

## TCVC CALENDAR

All retreats are suitable for both beginning and experienced students.

DATE	EVENT	LOCATION	CONTACT
March 16 7:15 PM	TCVC Business Meeting	Home of Merra Young	Merra Young 612-724-2185
April 16—18	Sharon Salzberg Non-residential retreat	Carondelet Center St. Paul, MN	Veronica Weadock 651-771-3183 vweadock@yahoo.com
May 16 12:30 PM	TCVC Annual Meeting	Common Ground Meditation Center	Naomi Baer 651-698-1458 baern@msn.com
June 11—13 or June 11—20	Steve Armstrong and Kamala Masters	Christine Center Willard, Wisconsin	Mariann Johnson 612-872-7959 TCVCoop@hotmail.com
June 20 7:00 PM	Dhamma talk & discussion with Steve and Kamala	Common Ground Meditation Center	Mark Nunberg 612-722-8260 nunbe002@tc.umn.edu
Sept 17—19 or Sept 17—21	Phillip Moffitt	Christine Center Willard, Wisconsin	Terry Pearson 612-928-8350 tpearsonusa@yahoo.com
The February, 2005 retreat with Marcia Rose has been rescheduled for the fall of 2005. The committee is working on scheduling another retreat for winter, 2005.			
June 10—12 or June 10—19, 2005	Steve Armstrong and Kamala Masters	Christine Center Willard, Wisconsin	TCVCoop@hotmail.com



**TCVC, P.O. Box 14683, Minneapolis, MN 55414**  
**<http://www.tvcv.info>      TCVCoop@hotmail.com**



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