

## SPECIAL SPRING 2008 RETREAT

The Relaxed Openness that Invites Wisdom  
**Kamala Masters, Myoshin Kelly  
& Patricia Genoud-Feldman**

April 6–11 St. Anthony Retreat Center in Marathon, WI

The title of this retreat points to the emphasis on the kind of practice we will offer. We will incline towards strengthening qualities of mind that include receptivity, patience, gentle continuity of energy, faith, and radiant clarity. Rather than relying on techniques, we will learn to cultivate wise attitudes of practice, and at the same time to compassionately recognize when unhelpful attitudes are present. This kind of practice engenders a steadfast trust in ourselves, as well as in the natural emerging wisdom of our hearts.

This course is suitable for beginners and experienced meditators, men and women from all life experiences, backgrounds and diverse communities. A warm welcome to all.



## SUMMER RETREAT 2008

**Steve Armstrong & Kamala Masters**

June 13–15 or June 13–22 Villa Maria at Frontenac

TCVC is delighted to welcome Steve Armstrong and Kamala Masters back for our 15th annual summer retreat together. Practicing meditation since 1975, Steve and Kamala are co-founders and guiding teachers of Vipassana Metta Foundation, where they are developing Ho'omalalama, a sanctuary-hermitage for long-term practice. Both are core teachers at Insight Meditation Society in Barre, Massachusetts and teach in the Theravada tradition at venues worldwide.

**Steve Armstrong** encourages spiritual development through the cultivation of insightful awareness and liberating understanding of the teachings of the Buddha in all life activities. He undertook intensive, silent practice of insight and lovingkindness meditations under the guidance of Sayadaw U Pandita as a monk in Burma. He continues his practice under the guidance of Sayadaw U Tejaniya at the Shwe Oo Min Meditation Center in Rangoon.

See page 2 for information about Kamala Masters.



## Annual Meeting

**Friday, May 9**

6:30 PM Social

7:00 PM Meeting

**Common Roots Cafe**

2558 Lyndale Avenue South  
in Minneapolis

612-871-2360

**Contact Elizabeth Archerd**

at 612-729-6168

Please join us in celebrating another year of service sponsoring residential retreats with senior teachers in the Vipassana meditation tradition.

You may become a member at the meeting, or use the membership request form on page 5 to show your support for TCVC.

The current board is committed to serving for another year. We welcome newcomers to the board and are especially looking for someone to help with communications. Please contact Elizabeth for details.

We welcome everyone to the annual meeting, which is quite informal. Join us in this opportunity to connect with one another outside of retreat.

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# THE RELAXED OPENNESS THAT INVITES WISDOM

## *Retreat Information*

This retreat is co-sponsored by TCVC and Madison Vipassana, Inc.

Sun., 4/6 Registration 2:00–5:00 PM  
Evening meal 5:00 PM  
Retreat opens 7:00 PM

Fri., 4/11 Retreat ends after Noon meal

The retreat will be held at St. Anthony Retreat Center in Marathon, Wisconsin, some 15–20 minutes further than our usual Christine Center. The facility has an old-world charm with beautiful grounds and single rooms for all.

A full description of the retreat will be sent to you upon registration. **Contact the registrar**, Naomi Baer, at 651-698-1458 or baern@msn.com.

## *Teachers*

**Kamala Masters'** teachers include the late Anagarika Munindra of India and Sayadaw U Pandita of Burma, with whom she continues to practice. Kamala is committed to carrying and offering the purity of the teachings of the Buddha in a way that touches our common sense and compassion as human beings and allows the natural inner growth of wisdom.

**Myoshin Kelly** began practice in 1975 and has worked with teachers in the Theravada and Tibetan Buddhist traditions. Her teaching style emphasizes a relaxed, caring and attentive attitude combined with joyful interest. She is teacher-in-residence at the Forest Refuge in Barre, Massachusetts.

**Patricia Genoud-Feldman** has been practicing Buddhist meditation (vipassana and Dzogchen) in Asia and the West since 1984 and teaching vipassana internationally since 1997. Her teaching style emphasizes innate natural awareness and an approach of gentle relationship to oneself. She is cofounder and a guiding teacher at the Meditation Center Vimalakirti in Geneva, Switzerland.

## *Some Words of Explanation from Myoshin Kelly*

The idea for this retreat came one day when Kamala, Patricia and Myoshin discovered that they were all exploring aspects of meditation that come from a receptive intuitive style of practice. Realizing that others may like to share in this investigation, they had immediate enthusiasm for working together as a team and exploring with people how to call forth qualities that support the emergence of intuitive wisdom.

This retreat will offer some balance for those of us who may be practicing with great ardency but have forgotten to be kind, patient and relaxed in our efforts. Many times we bring to our meditation a sense of needing to create, fabricate or manipulate our experience. It can at times be a brutal battleground. We try to achieve some state or way of being that will radically alter our life. We forget that the whole point is to see things as they are. In this retreat we will be emphasizing relaxation as a means of settling into an acceptance of this moment, as it is, and at the same time learning patience and compassion for the deeply habituated patterns that keep reemerging.

The instructions will point towards the attitudes in our mind rather than techniques or skillful means. Our attitude is often unseen and becomes the filter through which we view the world. It is often colored by greed, aversion or delusion. If we are not aware of these states, our practice becomes fueled by them and we inadvertently plant seeds for them to grow in the future. When they are recognized, we learn for ourselves their effect, a learning that is supported by a gentleness of heart. The

shift to a healthy attitude is much like a snake shedding its skin when it no longer is needed.

As we practice with a helpful attitude, an attitude that is based in relaxation, acceptance and ease, it helps us to meet whatever arises in the body and mind, whether it is pleasant or unpleasant. This is balanced by investigation that brings a non-interfering interest that has the capacity to connect with experience but is uninvolved. It is an illuminating quality of mind that helps us to discern. Our interest becomes joyful when the mind is pointed towards seeing the nature of things.

When these qualities come together we find an increased capacity to stabilize awareness in a sustainable way, a way that is not reliant upon rarefied conditions but is connected to a willingness and an interest to learn from this very moment wherever we are. We develop a sense of listening to experience, an intimacy with experience that is fully connected while at the same time we are not thrown about by it. When we are more aware, wisdom starts to emerge. Our practice becomes a discovery of the capacity to trust in awareness and let the dharma reveal itself. In this way we bring the dharma to the center of our lives.

This retreat is open to all who want to explore what it means to foster kindness, care and respect as a means of accessing our innate wisdom.



# General TCVC Retreat Information

**Vipassana (Insight) Meditation** 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.

Retreats are held in noble silence and include sitting and walking meditation with instructions and *dharmma* talks. Full-time participants will have individual interviews to discuss their practice. 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; the registration fee covers room, board, and transportation for the teachers, along with other retreat expenses. At the end of the retreat, students are encouraged to practice *dana* by offering a voluntary donation to express appreciation for the benefit they have received and to support the teacher's continued *dharmma* work and meditation practice.

**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 TCVC Scholarship Fund.

**Registration** Send a check payable to TCVC along with the registration form. Registrations are confirmed by email unless you send a self-addressed, stamped envelope.

**Meals** Vegetarian meals begin with an evening meal on opening day and end with lunch on the last day of your retreat.

**What to Bring** Bring loose, comfortable clothing for sitting meditation. We suggest warmer outerwear, sturdy shoes, umbrella and hat for outdoor walking meditation. A flashlight and alarm clock are useful; consider bringing earplugs if you are a light sleeper.

TCVC provides a limited number of meditation cushions. Bring a sitting cushion or bench if you can, and a large square cushion or blanket to go beneath it. (Chairs will be available in the meditation hall.) Consider bringing one or two blankets to put over your shoulders and lap for sitting meditation.

**Please use fragrance free personal products. Do not bring perfumes, incense, essential oils, or aromatic balms.**

## JUNE RETREAT

Our annual June retreat with Steve Armstrong and Kamala Masters will be held at Villa Maria, located near Frontenac, Minnesota.

### Accommodations

Participants have three choices of accommodations:

- Single room
- Double room
- Bunkhouse

All accommodations have shared bathrooms. The bunkhouses have single mattresses on the floor or bunk beds. There are no camping facilities.

The meditation hall is in the middle of the woods, so come prepared for the outdoors: flashlight, rain gear, sturdy shoes, etc.

### Schedule

Fri. 6/13	Registration	3:00–6:00 PM
	Evening meal	6:00 PM
	Retreat opens	8:00 PM

Sun. 6/15 Wknd Retreat Ends 5:00 PM

Sun. 6/22 Retreat ends after Noon meal

### Attendance

Please plan to arrive by 6:00 PM on the opening day of the retreat and to stay for the duration. Exceptions must be approved by the retreat manager.

### Registration

Send a check for the full amount to secure your registration.

### Cancellations

TCVC will retain a \$25 cancellation fee for cancellations after May 23. There are no refunds after June 3.

### Contact the registrar,

Jean Fagerstrom, at 612-722-4967 or [retreats@tcvc.info](mailto:retreats@tcvc.info) for more information.

## PRACTICE OPPORTUNITIES

### COMMON GROUND MEDITATION CENTER

3400 East 26th Street  
Minneapolis, MN 55406  
[www.commongroundmeditation.org](http://www.commongroundmeditation.org)  
Contact 612-722-8260 or  
[info@commongroundmeditation.org](mailto:info@commongroundmeditation.org)

Common Ground offers a full schedule of half-day, day-long and residential insight meditation retreats led by Mark Nunberg. The center also offers weekly practice groups, introductory classes, metta practice groups, Buddhist studies courses, family practice programs and daily open sitting sessions. Check our website for updated program information.

**Residential Retreats**  
**Led by Mark Nunberg**  
at Holy Spirit Retreat Center  
April 24–27  
August 28–September 1  
November 13–16

**Led by Ajahn Chandako**  
at Chippewa National Forest  
July 12–20

**Public Talks**  
April 5 Myoshin Kelly  
June 22 Steve Armstrong  
& Kamala Masters

### INQUIRING MIND

A Semiannual Journal of the  
Vipassana Community  
PO Box 9999  
Berkeley, CA 94709-0999  
[www.inquiringmind.com](http://www.inquiringmind.com)

Inquiring Mind is a donation supported, semiannual journal dedicated to the creative transmission of Buddha-dharma to the West. Each issue includes an extensive international calendar of vipassana retreats, as well a listing of events and sitting groups throughout North America.

### MADISON VIPASSANA, INC.

P.O. Box 45014  
Madison, WI 53744-5014  
[www.vipassana.net](http://www.vipassana.net)

July 10–13 Annie Nugent  
Lussier Center, Madison, WI

October 9–12 Ginny Morgan  
Pine Lake Retreat Center,  
Westfield, WI

Contact Julie at [juliehome@tds.net](mailto:juliehome@tds.net)

### MID AMERICA DHARMA

455 East 80th Terrace  
Kansas City, MO 64131  
[www.midamericadharma.org](http://www.midamericadharma.org)  
Contact 573-874-0881  
or [phil@midamericadharma.org](mailto:phil@midamericadharma.org)

Feb. 29–Mar. 2 Phil Jones  
St. Louis, MO

Apr. 25–27 Shaila Catherine  
Leavenworth, KS

June 20–26 Matthew Flickstein  
St. Louis, Missouri

Nov. 7–11 Shinzen Young  
Conception, MO

Dec. 29–Jan. 1 Ginny Morgan  
St. Louis, MO

Contact Jon Yaffe at 314-644-1926  
or [gjyaffe@sbcglobal.net](mailto:gjyaffe@sbcglobal.net) for retreats

### DHARMA SEED

[www.dharmaseed.org](http://www.dharmaseed.org)

Dharma Seed is a small non-profit organization supported solely through donations. Since the early 1980's, Dharma Seed has collected and distributed dharma talks by teachers transmitting the Vipassana or Insight practices of Theravada Buddhism, the oldest Buddhist tradition still actively pursued in the 21st century. This website makes these talks freely available for download or streaming as digital audio files.

## Thank You Volunteers

TCVC is grateful for the contributions and dedication of volunteers, without whom the organization could not support our mission.

### *Board of Directors*

#### **President & Mailing List**

Jean Fagerstrom

#### **Retreat Coordinator**

Naomi Baer

#### **Treasurer**

Gail Iverson

#### **Secretary**

Elena Walker

#### **Volunteer Coordinator**

Elizabeth Archerd

#### **Newsletter**

Joanne Skarjune

#### **Webmaster**

David Skarjune

#### *Retreat Volunteers*

#### **Retreat Managers**

Elena Walker

Robert Reed

#### **Registrars**

Gail Iverson

Elizabeth Archerd

Thanks also to everyone who helped with the mailings, distributed newsletters, and helped at retreats. We so appreciate your service.

## **[info@tcvc.info](mailto:info@tcvc.info)**

TCVC has a new email address:

*[info@tcvc.info](mailto:info@tcvc.info)*

Sign up to receive periodic email alerts from TCVC by sending a request to [info@tcvc.info](mailto:info@tcvc.info).

## Twin Cities Vipassana Collective (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, with an emphasis on residential retreats led by senior teachers in the Theravada Buddhist tradition.

*Grassroots Dhamma* is published by TCVC. To join our mailing list, send your name, address & phone to [info@tcvc.info](mailto:info@tcvc.info)

or mail to  
Box 14683, Minneapolis, MN 55414  
*Grassroots Dhamma* is also available on our website, [www.tcvc.info](http://www.tcvc.info)

### TCVC Treasury Report

Retreat Fund	\$1,685.93
Retreat Deposits	1,400.00
Operating Fund	100.00
Scholarship Fund	2,077.54
Reserve Fund	750.00
Balance	<u>\$6,013.47</u>

TCVC operates retreats on a break-even basis, with any money left over from one retreat put forward to cover expenses for subsequent retreats. Our Scholarship Fund helps people attend retreats who otherwise would not be able to.

We appreciate your gift to either the Operating or Scholarship Fund. Thanks to everyone who has donated money to TCVC. All donations received after June 8, 2006 are tax-deductible.

## TCVC MEMBERSHIP ELIGIBILITY and BENEFITS

Show your support for TCVC by becoming a member. Being a member of TCVC does not require that you pay dues or participate in any way, just that you affirm your wish to be a member.

Membership is open to anyone who has attended a TCVC retreat, who supports TCVC's purposes and who has an active email address. You need not be a member to receive our newsletter or attend our retreats.

Members may vote for Board members and other matters at the annual meeting. Members are invited to attend regular meetings of the Board of Directors and to contribute to the discussion, although they have no voting rights at these meetings.

You can become a member by signing up at any TCVC meeting or retreat, or mailing the form below.

Thanks for your interest in TCVC and support of our activities!

## Twin Cities Vipassana Collective (TCVC) Request for Membership



Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I have attended a TCVC Retreat (required; list one retreat) \_\_\_\_\_

Email (required) \_\_\_\_\_

I would like to volunteer to help with...  Mailings  Publicity  Other \_\_\_\_\_

Bring this form to any TCVC meeting or retreat,

Or send with your retreat registration,

Or mail to TCVC's secretary, Elena Walker, 2008 Grand Ave, #203, St, Paul, MN 55105

## St. Anthony Retreat Center

is located at the eastern edge of Marathon City, at 300 East 4th Street. It is about a three-hour drive from the Twin Cities.

### From Minneapolis/St. Paul

Take I-94 East approximately 75 miles  
 Take I-29 East (exit 52 to Greenbay) for 95 miles  
 Go Right (South) on Hwy 107 to Marathon City  
 Go Left (East) on County NN for 8 blocks  
 Turn left into the Retreat Center

### From the South via Interstate 39 (US Highway 51)

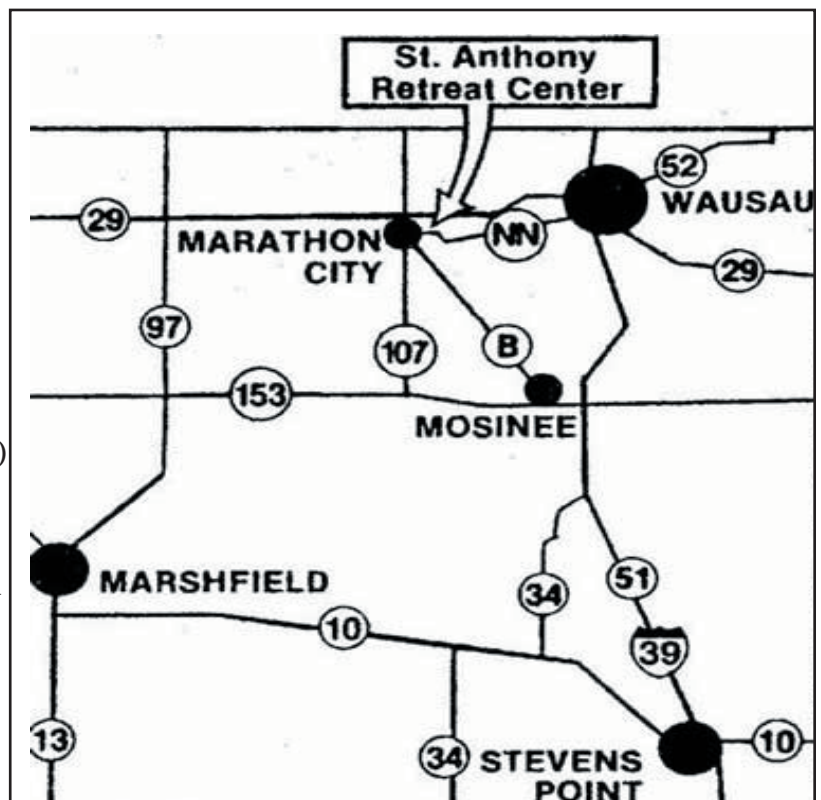
Take County NN West for 10 miles  
 Turn right into the Retreat Center

Please plan to arrive between 2 and 5 PM on Sunday afternoon. The evening meal will be served at 5 PM.

St. Anthony's phone number is 715-443-2236.

Please use for emergencies only.

For more information, visit [www.sarcenter.com](http://www.sarcenter.com)



## REGISTRATION SPRING 2008 with KAMALA, MYOSHIN & PATRICIA

### Registration The Relaxed Openness that Invites Wisdom April 6-11, 2008

The retreat fee increases by \$25 after March 14. There is a \$100 cancellation fee after March 14.

To register with TCVC, mail this registration to Naomi Baer, 1812 Princeton, St. Paul, MN 55105

Name \_\_\_\_\_ Male/Female (circle one)

Address \_\_\_\_\_ City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Email confirmation is sufficient  Enclosed is a stamped, self-addressed business-size envelope for postal confirmation

This is my first retreat  I can help set up or clean up  I need a ride  I can give a ride

I have special accessibility, dietary or other needs. (Please enclose a description or contact the registrar.)

Enclosed is a scholarship request for \$ \_\_\_\_\_

\$ \_\_\_\_\_ Retreat Fee\*: \$390 After March 14: \$415

You may pay an initial \$100 deposit to reserve your space.

The full amount is due by March 14.

Cancellation fee: After March 14: \$100

No refunds after March 28.

\$ \_\_\_\_\_ Optional tax-deductible donation to TCVC:  Operations  Scholarships  Either Fund

\$ \_\_\_\_\_ **Total Enclosed** (Make check payable to TCVC)

\* The teachers that we ask to lead our retreats do not request or receive any compensation from us for their teaching.

At the end of the retreat, students are encouraged to practice *dana* (generosity) by offering a donation to the teacher(s).

## Villa Maria

is located eleven miles south of Red Wing at 29847 County 2 Blvd near Frontenac, about 1½ hours from the Twin Cities. Please allow ample travel time given the heavy traffic on Friday afternoons.

### From Minneapolis/St. Paul

Take any route to Red Wing: Hwy 52, 55 or 61  
Go south on Hwy 61 for about 10 miles  
(1.3 miles *past* Frontenac Station)  
Turn left (north) on Cty 2 after signs for Villa Maria  
Go ½ mile on Cty 2. Driveway is on the left.

### From Madison, Wisconsin

Take I-90 West 138 miles  
At Winona, take US 61 North 70 miles  
Take a right on County 2 *before* Frontenac Station  
Please plan to arrive between 3 and 6 PM on Friday afternoon. The evening meal will be served at 6 PM.  
Villa Maria's phone number is 651-345-4582 or 866-244-4582. Please use for emergencies only.  
You can also visit [www.villamariaretreats.org](http://www.villamariaretreats.org)



## REGISTRATION SUMMER 2008 with STEVE & KAMALA

### Registration Steve & Kamala Full-time (June 13–15) Weekend (June 13–22)

Registration deadline is May 23. There is a \$25 late fee after May 23. There are no refunds after June 3. Full-timers have registration priority.

Mail your registration to Jean Fagerstrom, 3425 45th Ave S, Minneapolis, MN 55406

Name \_\_\_\_\_ Male/Female (circle one)  
Address \_\_\_\_\_ City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

Email confirmation is sufficient  Enclosed is a stamped, self-addressed business-size envelope for postal confirmation

This is my first retreat  I can help set up or clean up  I need a ride  I can give a ride

I have special accessibility, dietary or other needs. (Please enclose a description or contact the registrar.)

Enclosed is a scholarship request for \$ \_\_\_\_\_  I am eligible for the young adult scholarship (26 or younger)

\$ \_\_\_\_\_ Retreat Fee\* Full-time:  Single Room: \$680  Double Room: \$609  Bunkhouse: \$475

Weekend:  Single Room: \$200  Double Room: \$170  Bunkhouse: \$145

\$ \_\_\_\_\_ Add \$25 late fee if mailing after May 23

\$ \_\_\_\_\_ Optional tax-deductible donation to TCVC:  Operations  Scholarships  Either Fund

\$ \_\_\_\_\_ **Total Enclosed** (Make check payable to TCVC)

\* The teachers that we ask to lead our retreats do not request or receive any compensation from us for their teaching. At the end of the retreat, students are encouraged to practice *dana* (generosity) by offering a donation to the teacher(s).

# Twin Cities Vipassana Collective Calendar [Visit us at www.tcvc.info](http://www.tcvc.info)

Date	Teachers / Event	Location	Contact
April 6–11, 2008	Kamala Masters, Myoshin Kelly & Patricia Genoud-Feldman	St. Anthony Retreat Center Marathon, WI	Naomi Baer 651-698-1458 retreats@tcvc.info co-sponsored with Madison Vipassana, Inc.
May 9, 2008	TCVC Annual Meeting	Common Roots Cafe, Minneapolis	Elizabeth Archerd 612-729-6168 retreats@tcvc.info
June 13–15, 2008 June 13–22, 2008	Kamala Masters & Steve Armstrong	Villa Maria Frontenac, MN	Jean Fagerstrom 612-722-4967 retreats@tcvc.info
Oct. 10–12, 2008 Oct. 10–14, 2008	Santikaro	Christine Center Willard, WI	Gail Iverson 612-721-8626 retreats@tcvc.info
June 26--28, 2009 June 26–July 5	Kamala Masters & Steve Armstrong	Christine Center Willard, WI	Elena Walker 651-699-6640 retreats@tcvc.info
Oct. 9–11, 2009 Oct. 9–13, 2009	Annie Nugent	Christine Center Willard, WI	Joanne Skarjune 612-724-9357 retreats@tcvc.info

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