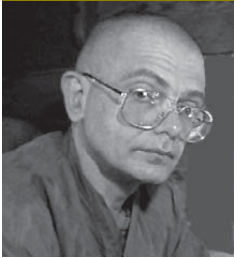


WINTER RETREAT 2008

Ajahn Punnadhammo

February 1–3 or February 1–9, 2008

Christine Center in Willard, Wisconsin



Ajahn Punnadhammo has been studying and practicing Buddhism since 1979 and was ordained in Thailand in the forest tradition of Ajahn Chah in 1990. Between 1990 and 1995 he was based at Wat Pah Nanachat, Thailand. Punnadhammo is a Canadian, born Michael Dominskyj in Toronto in 1955. He began studying the Dhamma under Kema Ananda, the founder

and first teacher at the Arrow River Center. Punnadhammo is now the resident bhikku at this center, now renamed The Arrow River Forest Hermitage.

SPECIAL SPRING RETREAT

The Relaxed Openness that
Invites Wisdom

Kamala Masters, Myoshin Kelly & Patricia Genoud-Feldman

April 6–11, 2008

St. Anthony Retreat Center in Marathon, WI
Co-sponsored with Madison Vipassana, Inc.

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.

Vipassana (insight) meditation

is a simple and direct practice: the moment-to-moment investigation of the mind/body process through calm, open and precise awareness. Learning to observe experience from a place of spacious stillness enables one to relate to life with a balance of wisdom and compassion.

Retreats are held in noble silence

and include sitting and walking meditation with instruction, Dharma talks, and time for questions with the teacher. Retreats are suitable for experienced and beginning students. Full-time participation is encouraged.

As the teachings of the Buddha

are considered priceless, they have traditionally been offered freely. The teachers do not receive payment from TCVC for their teaching; the registration fee covers room and board, transportation for the teachers and other retreat expenses. At the end of the retreat, students are encouraged to offer a donation to the teachers to support their living expenses so that they may continue to practice and teach.

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.

Detailed information is mailed upon registration. Contact the registrar or visit www.tcvc.info for any questions you may have.

Grassroots Dhamma

is published by TCVC. To join our mailing list, send your name, address & phone to TCVCoop@hotmail.com or mail to Box 14683, Minneapolis, MN 55414. *Grassroots Dhamma* is also available on our website, www.tcvc.info

WINTER RETREAT

TCVC is grateful to have **Ajahn Punnadhammo**, a long-time resident monk at the Arrow River Forest Hermitage, teach our annual winter retreat at the Christine Center. This retreat will follow our usual schedule:

Friday, 2/1	Registration	3:00–6:00 P.M.
	Evening meal	6:00 P.M.
	Retreat opens	8:00 P.M.
Sunday, 2/3	Weekend retreat ends	5:00 P.M.
Saturday, 2/9	Retreat ends	After the Noon meal

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. Yoga jobs are included in the schedule for full-time participants.

A full description of the retreat will be sent to you upon registration. **Contact the registrar**, Elizabeth Archerd, at 612-729-6168 or earcherd@comcast.net, for any questions you may have.

Ajahn Punnadhammo is currently the only long-term resident monastic at the **Arrow River Forest Hermitage**, a Theravadin Buddhist monastery and meditation center located in Northern Ontario, just over the Canadian border from Minnesota. The hermitage owns 92 acres of land in a beautiful mixed forest. There are five all-weather dwelling places on the property as well as a meditation hall, kitchen, sauna and workshop.

Lay people are welcome to visit the Hermitage for short- or long-term retreats. Both men and women yogis are welcome without discrimination. Serious students are offered the opportunity to pursue the practice of Dhamma in a quiet forest setting. People may also help with the on-going chores and meditate part-time, a good option for those not ready for more intensive practice.

Other monks or nuns stay at the hermitage from time to time, with three or four additional people staying the summer. There must always be one lay person serving as monastic steward, taking on the duties which the monastics cannot. Information about stewardship at Arrow River can be found on their website.

From the beginning, the center has emphasized the principle of not charging for the Dhamma as a way to guarantee the purity of the teachings. The Arrow River Forest Hermitage operates with what is freely given in the time-honoured Buddhist principle of Dana.

For more information about Arrow River Forest Hermitage, visit www.arrowriver.ca

SPECIAL SPRING RETREAT

The Relaxed Openness that Invites Wisdom retreat is co-sponsored by TCVC and Madison Vipassana, Inc. The retreat will focus on the more receptive qualities of vipassana meditation practice.

Sunday, 4/6	Registration	2:00–5:00 P.M.
	Evening meal	5:00 P.M.
	Retreat opens	7:00 P.M.
Friday, 4/11	Retreat ends	After the Noon meal

The retreat is being held at the 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.

Registration opens on December 1, 2007. You may send a \$100 deposit to reserve your space; the full amount is due by March 14. After March 14, the cancellation fee is \$100. There are no refunds after March 28.

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

Kamala Masters began practicing in 1975. Trained by Anagarika Munindra and Sayadaw U Pandita, she offers the dharma in the US and abroad. She is co-founder and guiding teacher of the Vipassana Metta Foundation on Maui and is currently developing Ho'omalalama, a sanctuary-hermitage for long-term practice.

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.

Patricia Genoud-Feldman has been practicing Buddhist meditation (vipassana and Dzogchen) in Asia and the West since 1984 and teaching vipassana internationally since 1997. She is co-founder and a guiding teacher at the Meditation Center Vimalakirti in Geneva, Switzerland.

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.

REGISTRATION for WINTER 2008 with AJAHN PUNNADHAMMO

Registration Ajahn Punnadhammo Full-time (Feb. 1–9) Weekend (Feb. 1–3)

Registration deadline is January 11, 2008. There is a \$25 late fee after January 11.

Full-timers receive registration priority.

Mail your registration to Elizabeth Archerd, 5223 32nd Ave S., Minneapolis, MN 55417-2032

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 paper 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: \$470 Weekend: \$150

\$ _____ Add \$25 late fee if mailing after January 11

\$ _____ Optional tax-deductible donation to TCVC: Operating Fund Scholarship Fund

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

REGISTRATION SPRING 2008 KAMALA, MYOSHIN & PATRICIA

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

Registration opens on December 1, 2007. The retreat fee increases by \$25 after March 14.

This retreat is co-sponsored by TCVC and Madison Vipassana, Inc. You may register with either organization.

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 paper 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: Operating Fund Scholarship 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
February 1–3, 2008 February 1–9, 2008	Ajahn Punnadhammo	Christine Center Willard, WI	Elizabeth Archerd 612-729-6168 retreats@tcvc.info
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.
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 12–14, 2009 June 12–21, 2009	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