

MIDSUMMER RETREAT

Insight and the Art of Equanimity

with **Steve Armstrong & Kamala Masters**

June 26–28 or June 26–July 5 at Christine Center

In insight meditation, we practice moment-to-moment observation of our experiences through an open, precise and accepting awareness. In the practice of equanimity, we develop a non-reactive and engaged mind. Together, these two practices provide a stable foundation for investigating attitudes that condition understanding. Momentum in insight practice and the art of equanimity fosters clarity and confidence from which we can live with wisdom and compassion. This course is suitable for beginners and experienced meditators; a warm welcome is extended to all.

Practicing meditation since 1975, Steve Armstrong and Kamala Masters are co-founders and guiding teachers of Vipassana Metta Foundation, where they are developing Ho'omalalama, a sanctuary-hermitage for long-term practice. (See www.vipassanametta.org) 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.

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.



Dear friends,

In response to the downturn in the economy, TCVC has made some changes in our operations. You may have noticed that this newsletter is printed in black and white instead of color. This change is part of our effort to reduce our expenses and to keep retreat fees as low as possible.

Beginning in 2010, TCVC also plans to reduce the number of retreats offered each year from three to two. We will continue to invite Steve Armstrong and Kamala Masters each summer, and rotate among other teachers for the winter retreat. Retreats will be seven to ten days in length, allowing for longer, more intensive practice. We will continue to offer a weekend option at each retreat and to welcome beginners.

Over the years TCVC has evolved from an organization that primarily served the Minneapolis/St. Paul metropolitan area, to drawing people from the upper Midwest and beyond. We are grateful to supporters in Minnesota, Wisconsin, Iowa, Illinois, Michigan and Missouri who help us publicize TCVC in their communities. We are truly dependent on this wider community to continue offering these retreats.

We would also like to remind everyone that we offer up to 50% of the retreat fee in scholarships. TCVC is happy to have accommodated every scholarship request for as long as we can remember. We honor and appreciate the financial support that has made this possible.

Wishing you peace and happiness,
TCVC Board of Directors

TCVC Annual Meeting

Friday, May 1

6:30 PM Social 7:00 Meeting
Common Roots Cafe
2558 Lyndale Ave So
in Minneapolis 612-871-2360

Contact Elizabeth Archerd
at 612-729-6168
or earcherd@comcast.net

Please join us to celebrate a year of service for TCVC. Come early for supper and stay for an informal meeting with the TCVC board of directors: Elena Walker, Elizabeth Archerd, Gail Iverson, Jean Fagerstrom, Joanne Skarjune and Naomi Baer.

Special thanks to David Skarjune, who recently stepped down from the board, for his many years of service as webmaster. A special thanks also to Elena Walker who will complete her service as secretary this spring.

A huge thanks to retreat registrars Elizabeth Archerd, Naomi Baer, Jean Fagerstrom and Gail Iverson. Much gratitude to retreat managers Robert Reed, Merrra Young, Joanne Skarjune and Steve Burt.

If you are interested in serving TCVC as secretary or in any other capacity, please contact Elizabeth. We welcome your service.

TREASURY REPORT

Retreat Fund	\$1,808
Retreat Deposits	900
Operating Fund	100
Scholarship Fund	1,650
Reserve Fund	750
Balance	\$5,208

Thanks to everyone who has donated money to TCVC. Your generosity supports our ongoing operations and makes it possible for people who could not otherwise afford the retreat fee to attend our retreats.

Your tax-deductible donations, payable to TCVC, are greatly appreciated.

PRACTICE OPPORTUNITIES

Common Ground Meditation Center

3400 East 26th Street
Minneapolis, MN 55406
www.commongroundmeditation.org
Contact 612-722-8260
info@commongroundmeditation.org

Common Ground offers weekly practice groups, introductory classes, metta practice groups, Buddhist studies courses, family practice programs and daily open sitting sessions. See the website for the monthly half-day and day-long retreat schedule.

Retreats led by Mark Nunberg at Holy Spirit Retreat Center in Janesville, MN

April 23–26

September 2–7

November 12–15

Arrow River Forest Hermitage

Box 2, RR 7, Site 7
Thunder Bay ON P7C 5V5 Canada
www.arrowriver.ca
Contact 647-477-5919
arfh@xplornet.com

The Arrow River Forest Hermitage is a Theravadin Buddhist monastery and meditation center under the guidance of Ajahn Punnadhammo. Arrow River occasionally offers group retreats but most teaching is on an individual basis. Retreats of three days to three months can be scheduled.

INQUIRING MIND

A Semiannual Journal of the Vipassana Community
PO Box 9999
Berkeley, CA 94709-0999
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.

Liberation Park

PO Box 205
Norwalk, WI 54648
Contact 608-823-7141
info@liberationpark.org

Liberation Park is a young Dharma refuge in southwestern Wisconsin that provides a natural setting for personal meditation retreats and living out a Buddhist ethics of ecological and social responsibility. Santikaro is the founder and guiding teacher. People are invited to work weekends during the spring through fall to complete the building of the center.

Madison Vipassana, Inc.

P.O. Box 45014
Madison, WI 53744-5014
www.vipassana.net
Contact Janice Sheppard
608-829-0944, uppekha@yahoo.com

April 28–May 3

Gloria Taraniya Ambrosia
Christine Center, Willard, WI

October 8–11

James Baraz at Pine Lake Retreat
Center in Westfield, WI

Mid America Dharma

455 East 80th Terrace
Kansas City, MO 64131
www.midamericadharmadharma.org
Contact Jon Yaffe at 314-644-1926
gjyaffe@sbcglobal.net

May 28–31

Gloria Taraniya Ambrosia
St. Louis, MO

Dharma Seed

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. This website makes these talks freely available for download or streaming as digital audio files.

REGISTRATION SUMMER 2009 with STEVE & KAMALA

Full-time (June 26–July 5) Weekend (June 26–28)

Registration deadline is June 5. There is a \$25 late fee after June 5. Full-timers have registration priority. Mail your registration to Joanne Skarjune, 3518 E 25th St., 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 \$ _____

\$ _____ Retreat Fee* Full-time: \$605 Room \$485 BYO Tent \$585 Christine Tent \$515 RV Hookup

Weekend: \$180 Room \$155 BYO Tent \$175 Christine Tent \$160 RV Hookup

\$ _____ Add \$25 late fee if mailing after June 5

\$ _____ 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).

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, instructions, Dharma talks, and time for questions with the teacher.

As the teachings of the Buddha are considered priceless, they have traditionally been offered freely. The teachers do not receive payment from TCVC for teaching. The registration fee covers room and board, travel expenses for the teachers and other expenses.

At the end of the retreat, students are encouraged to offer a donation to the teachers to support their living expenses so they may continue to practice and teach.

Scholarships are available for up to 50% of the retreat fee. To apply for a scholarship, include a letter with your registration giving the background of your need. Scholarship requests must be received by the due date and are limited to one retreat per person per calendar year.

Those who wish may help others by donating to the TCVC Scholarship Fund or Operating Fund.

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

Cancellations Notify the registrar 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.

Schedule

Fri 6/26 Registration 3:00–6:00 PM

Evening meal 6:00 PM

Retreat opens 8:00 PM

Sun 6/28 Wknd Retreat Ends 5:00 PM*

Sun 7/5 Retreat ends After noon meal

* Weekenders may also depart after the noon meal.

Yogi jobs are included in the schedule for all full-time participants. These mindful work periods are assigned on a first come, first served basis at check-in time.

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.

Meals Vegetarian meals begin with an evening meal from 6:00–7:00 PM 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 building 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.

The Christine Center also offers large single tents with cots, bedding and towels supplied. You may also use an RV hookup or bring your own (BYO) tent.

Detailed information about the retreat is mailed upon registration. Contact the registrar, Joanne Skarjune at 612-724-9357 or retreats@tcvc.info

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



Twin Cities Vipassana Collective Calendar Visit us at www.tcvc.info

Date	Teachers / Event	Location	Contact
May 1, 2009	TCVC Annual Meeting	Common Roots Cafe	Elizabeth Archerd 612-729-6168
June 26–28, 2009 June 26–July 5, 2009	Kamala Masters & Steve Armstrong	Christine Center Willard, WI	Joanne Skarjune 612-724-9357 retreats@tcvc.info
Oct. 9–11, 2009 Oct. 9–13, 2009	Annie Nugent	Christine Center Willard, WI	Deah Kinion 507-753-3094 retreats@tcvc.info
Feb. 12–15, 2010 Feb. 12–19, 2010	Ajahn Punnadhammo	Villa Maria Frontenac, MN	Gail Iverson 612-721-8626 retreats@tcvc.info
June 11–13, 2010 June 11–20, 2010	Kamala Masters & Steve Armstrong	To be determined	Jean Fagerstrom 612-722-4967 retreats@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 and phone number to mailings@tcvc.info or our mailing address above. Current and past issues of *Grassroots Dhamma* are available on our website, www.tcvc.info