

UPDATE ON SANTIKARO



TCVC is sad to report that Santikaro will be unable to lead our winter retreat. He has been diagnosed with aggressive Non-Hodgkin Lymphoma and is being treated at Mayo Clinic.

We are grateful to Santikaro for the teaching he has shared with TCVC by leading our retreats. His generosity and enthusiasm for the dhamma have been inspiring for those of us in the upper midwest and beyond. Continuing in that spirit of sharing, Santikaro says he intends to write about this experience on his blog at <http://liberationpark.org/blog/>

Due to his illness, Santikaro may not be able to teach for some time, his primary source of income. If you would like to support Santikaro and Liberation Park you may send donations to Liberation Park, P.O. Box 205, Norwalk, WI 54648

Your well wishes for good health and ease are appreciated by Santikaro and his wife, Jo Marie.

WINTER RETREAT with CHAS DiCAPUA



Resting this Weary Heart and Mind
February 4–6 or 4–11
Koinonia Retreat Center

TCVC welcomes Chas DiCapua who has agreed to step in for Santikaro to teach our winter retreat.

Chas has been practicing mindfulness and Buddhist meditation, primarily in the Theravada school, for over 20 years. He has trained with Burmese meditation masters, western monastics of the Thai Forest tradition and senior western vipassana teachers Joseph Goldstein and Jack Kornfield. He has spent over two years in silent, intensive retreat.

In 2003 Chas was invited to be the Resident Teacher at Insight Meditation Society where he continues to serve. He is a graduate of the four year IMS/Spirit Rock Teacher Training Program and teaches retreats at IMS and various centers throughout New England. He also offers spiritual counseling for individuals.

In 2003, with Michele McDonald and Rebecca Bradshaw, Chas helped create The Mentor Program, a Buddhist training program that emphasizes sangha building for practitioners in their 20's. He continues to teach and be a mentor in this program.

Chas is interested in how the dharma can manifest uniquely through each of us. His teaching emphasizes using our lives, just as they are, as a doorway to understanding the teachings and to awakening. He is interested in supporting people to honor their own unique proclivities towards practice and awakening.

As a way to address the widespread suffering that is endemic in many partnered relationships, Chas has and continues to explore how the dharma can be practiced in relationship. This exploration includes understanding how the masculine and feminine energies manifest in relationship, in spiritual practice, and in the world.

Steve Armstrong wrote this about Chas: "Chas DiCapua has our strong vote of approval and support. He is a great person with a lot of practical common sense and is very grounded. He knows orthodoxy without being rigid. A good choice."

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 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 teacher to support their living expenses so that they may continue to practice and teach.

Yogi jobs are part of the schedule for all full-time participants. These mindful work periods are assigned at check-in time.

Scholarships are available for up to \$95 weekend, \$200 full-time. 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 the Operating Fund.

Detailed information about the retreat is mailed upon registration. For questions contact the registrar, **Elizabeth Archerd, 612-729-6168** or retreats@tcvc.info

