

GrassRoots



Dhamma

Dear Friends,

Our upcoming winter retreat, led by Rebecca Bradshaw and Chas DiCapua, takes place at Koinonia from February 12 to 19. Chas and Rebecca complement one another exceptionally well – such that the whole is truly greater than the sum of its parts. This will be the third year in a row that they have teamed up to teach at TCVC, and we are grateful to be able to offer this continuity of teaching to the community.

The retreat takes place during a season when the practice of turning inward comes naturally. The Koinonia retreat center, in rural central Minnesota, provides a refuge that is especially quiet in winter. Walks outside in the cold air enliven and awaken. Inside, there is a warm fireplace and plenty of space for walking meditation.

TCVC retreats are a unique component of the "dharma ecosystem" in the Upper Midwest. We provide longer retreats with visiting teachers and serve a broad geographic region extending beyond Minnesota. We keep retreat costs low, in order to make the teachings as accessible as possible. In addition, we have consistently been able to accommodate all scholarship requests (up to a maximum of half the cost of a double room).

One of the ways in which we keep retreat costs low is through the practice of generosity. Members of the community have consistently supported TCVC through donations, for which we are grateful. At the moment, our bank balance is relatively low, because we have been utilizing available funds to "subsidize" the retreats. Replenishing the account will help us to continue those subsidies. If you are able, we encourage you to consider making a donation in whatever amount feels right for you. Donations can be made either to the scholarship fund or to the retreat fund. See page two for more information.

TCVC seeks to make its retreats as accessible and inclusive as possible with opportunities for new and experienced students from diverse backgrounds. If you are considering attending the upcoming retreat and are concerned about any potential barriers, we encourage you to contact the registrar.

WWW.TCVC.INFO

WINTER RETREAT
FEBRUARY 12-19, 2016
WITH REBECCA BRADSHAW
AND CHAS DICAPUA

*NURTURING THE SEVEN
QUALITIES OF AN AWAKENED
HEART*

Seven beautiful qualities of heart and mind are strengthened through our meditation practice, increasing our capacity to be present and to develop wisdom and compassion. Mindfulness, investigation, energy, joyous interest, calm, concentration, and equanimity nurture the heart/mind with the courage and depth needed to awaken. Our retreat, taking place in the deep silence of winter and with the support of community, will provide instruction and guidance in exploring these seven supports for awakening, and will be complemented with the warmth of metta (loving kindness) practice.

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.

TCVC BOARD: ELIZABETH ARCHERD, NAOMI BAER, MATTHEW BUZZARD, RISA COHEN, PHIL HARPER, JOANNE HEDRICK, NORA MURPHY, TODD STITT AND BOB ZEGLOVITCH

REFLECTIONS FROM A WHITE TEACHER ABOUT DIVERSITY IN OUR COMMUNITIES

by Rebecca Bradshaw with editing assistance from Chas DiCapua, Renee Mendez and Nancy Morrison

I have a confession to make. As a white person, when I first encountered diversity work around issues of race, I was resistant to it. I wasn't able to deal well with the emotions of guilt, anger, and confusion that the subject of race brought up for me. Then I attended an Undoing Racism workshop and my motivation for doing diversity work began to emerge out of compassion, for both people of color and white people. When we are motivated by compassion, then we have found our own source of energy for doing this work. Compassion arose within me when I heard directly from people of color how they are affected by racism and when I began to understand how I was affected by racism. (We humans don't do so well with abstract notions, and do much better when we have direct connection.)

In our first efforts to increase diversity at Insight Meditation Society and Insight Meditation Center of Pioneer Valley (in western Massachusetts), I envisioned a center that was welcoming to folks of all races. We (as the governing Board of white people) would try to help them (people of color) feel more comfortable in the places that we (white people) had created and governed. I've come to realize that this is not how real change happens. We (as white people) have to be willing to learn from people of color, to change structures, to look at how we do everything. We have to be willing to be changed by this process. This beautiful process is one of co-creation and cross-fertilization among a diversity of peoples.

For example, recently I taught the second annual Retiro en Espanol (Retreat in Spanish) at the Insight Meditation Center in Santa Cruz, California. Since the majority of the retreatants were Latino, the Latino culture, rather than white culture, was predominant during the retreat. It gave the white (non-Latino) participants and staff an opportunity to reflect on the differences in the two cultures and participate in a culture other than their own. For example, they noticed a level of gratitude and cooperation in the Latino participants that was different from white culture, with its emphasis on individualism and competition. They learned from this encounter.

We also do diversity work so that we may all heal from the suffering caused by racist beliefs, attitudes, and behaviors, whether these manifest within us or out in the world. We understand that all of us need this healing of the barriers of separation between races. Many of us know (or come from) families where there are cut offs, and in such a family we can feel a deep wound. In our society and in our dharma family, this wound exists. We want to heal it. A couple of years ago when the Insight Meditation Society in Barre, MA, made a concerted effort to increase the number of people color at the annual three-month retreat, especially through scholarships specifically for people of color, it brought me such joy to teach our sangha with all shades of skin tone. Looking out over the "yogis" in the hall, I felt our family was beginning to become complete. There's still so much work to do, and it often feels excruciatingly slow, but these first steps feel like a real privilege, a real honor, and a real joy to undertake.

YOUR GENEROSITY WILL KEEP TCVC RETREATS AFFORDABLE

Twin Cities Vipassana Collective is a 501(c)(3) nonprofit organization and your donations are tax-deductible.

Since we are an educational nonprofit, your donation may be eligible for a matching grant from your employer.

You may also select TCVC as the recipient of your donation through the United Way.

For more information, contact TCVC's treasurer, Todd Stitt, at 612-729-1715.

To make a secure on-line donation, go to TCVC.info and click on "make a donation" or go to www.givemn.org

To donate by check, make payable to TCVC and send to

TCVC

P.O. Box 14683

Minneapolis, MN 55414

**TEACHER BIOGRAPHIES ARE AVAILABLE AT
WWW.TCVC.INFO**

REGISTRATION FEB 12–19 WITH REBECCA BRADSHAW AND CHAS DICAPUA

**Registration is due by January 15. There is a \$25 late fee after January 15.
Mail your registration to Phil Harper, 1148 Hague Ave, St. Paul, MN 55104**

Name _____ Male/Female/Trans (circle one)
 Address _____ City _____ State: _____
 Phone _____ Email _____
 Email confirmation is sufficient Please send a confirmation via postal mail
 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 email the registrar.)
 I use a CPAP or other medical device. (Please specify or email the registrar.)
 Enclosed is a scholarship request for \$_____ Maximum scholarship is \$250
 \$_____ Retreat Fee* Shared \$500 Single \$650
 \$_____ Add \$25 late fee if mailing after January 15
 \$_____ Optional tax-deductible donation to TCVC
 \$_____ 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 teachers.

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.

Held in noble silence, the retreat includes sitting and walking meditation, instructions, Dharma talks, and group and individual meetings with the teachers.

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.

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 Retreat Fund.

Registration Send a check for the full amount to secure your registration. If you are applying for a scholarship, subtract the scholarship amount requested from the registration fee. **Cancellations** Notify the registrar if you need to cancel. TCVC retains a \$50 fee for cancellations received before the due date, \$75 after the due date.

Schedule

Fri 2/12	Registration	3:00–6:00 PM
	Evening meal	6:00 PM
	Retreat opens	7:30 PM
Sun 2/19	Retreat ends	After 10:30 AM brunch

Attendance Yogis are expected to arrive by 6:00 PM on opening day and to stay for the duration. Exceptions must be approved by the teachers. Priority is given to people who commit to the full retreat.

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

Meals Vegetarian meals begin with an evening meal from 6:00–7:00 PM on Friday night and end with brunch on the last day of the retreat.

Accommodations at the Koinonia Retreat Center have modern plumbing. Handicap accessible and single rooms are available on a first-come basis.

Detailed information about the retreat is mailed upon registration. If you have any questions or special needs, please call or text the registrar, Phil Harper at 612-396-5632 or email retreats@tcvc.info

Directions to Koinonia from Minneapolis

394 West to 169
 North on 169 for 1/4 mile
 West on Highway 55 2.5 miles past Annandale
 South (Left) on County Road 3 for 4/10 of a mile
 West (Right) on 80th Street for one mile
 South (Left) on Pilger Avenue for 2/10 of a mile
 Allow two hours travel time from Minneapolis.
 You may leave Koinonia's phone number, 888-801-7746, with family for emergency contact only.

TWIN CITIES VIPASSANA
COLLECTIVE

P.O. Box 14683
Minneapolis, MN55414

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TWIN CITIES VIPASSANA COLLECTIVE CALENDAR VISIT US AT WWW.TCVC.INFO

DATES	TEACHERS	CONTACT
February 12-19, 2016	Chas DiCapua & Rebecca Bradshaw	Phil Harper (call or text) 612-396-5632 email Retreats @tcvc.info
June 17-24, 2016	Kamala Masters & Bonnie Duran With Vance Prior	Naomi Baer 651-698-1458
February 17-24, 2017	Chas DiCapua & Rebecca Bradshaw	Todd Stitt 612-729-1715
June 16-25, 2017	Steve Armstrong	Elizabeth Archerd 612-454-5500

Retreats are held at Koinonia Retreat Center near Annandale, MN www.KoinoniaRetreatCenter.com

Practice opportunities for *vipassana* meditation are blossoming in the Midwest. In addition to Common Ground Meditation Center, which offers non-residential and residential retreats in and near the Twin Cities, look for other practice opportunities on the "Links" tab at WWW.TCVC.INFO

TCVC publishes *GrassRoots Dhamma* about twice a year. To receive an electronic copy of this newsletter, follow the link on our homepage at www.tcvc.info. If you include your address when you sign up, we'll put you on our postal mailing list also. To remove yourself from our postal mailing list, send us an email at mailings@tcvc.info.