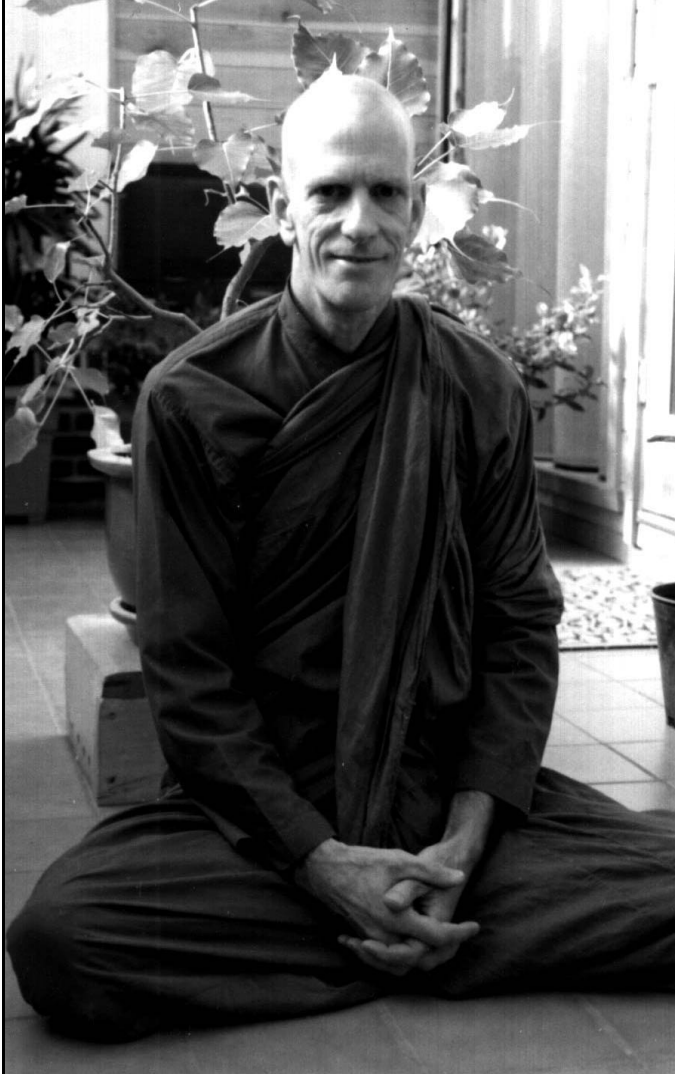




TCVC Spring Retreat



with Bhante Rahula

Vipassana (or Insight meditation) is a systematic method of cultivating mindfulness of body, feelings, mind and Dhamma (the Teaching or mental objects). Vipassana meditation leads to purification of mind, to overcoming grief and sorrow, to overcoming pain and suffering, to treading the path leading to Liberation.

Bhante Rahula will be leading a weekend/five day meditation retreat at the Tau Center in Winona from April 9 to 13. See inside for details and registration.

Annual Meeting

Common Ground Meditation Center
April 18 12:30 to 2:00 P.M.

What happens to your internal calendar on a long retreat? Is it easier to be spacious in a tropical paradise? What's six weeks in Barre really like? If you're curious about longer retreats—or if you've participated in one—please join us at Common Ground for the TCVC annual meeting on Sunday, April 18, from 12:30 to 2:00 P.M. Common Ground is located at 3400 East 26th Street in Minneapolis.

In addition to our usual business of acknowledging sangha volunteers, welcoming new folks to the Coordinating Committee, and reporting on TCVC's finances, the highlight of this year's meeting will be the opportunity for sangha members to discuss retreat experiences. Over the past few years a number of sangha members have undertaken long, intensive retreats in other parts of the U.S. and abroad. These yogis will have an opportunity to share insights and information about more intensive practice. Yogis who are considering a longer retreat can ask questions or discuss obstacles to such practice. Light refreshments will be provided.

Serving the Sangha

Most of the 1998 Coordinating Committee is willing to serve another year, although they are willing to let go of their positions if new people wish to serve. **A new Treasurer and Alternate Retreat Registrar are needed at this time.** The Treasurer and Retreat Registrar perform an essential service to the sangha since retreats entail considerable bookkeeping. Serving in these positions is a great gift of generosity to the sangha. Committee members will coach and provide backup for anyone willing to volunteer for these positions.

Additionally, all of the Coordinating Committee positions (Retreat Coordinator, Secretary, Treasurer, Newsletter Coordinator, and Volunteer Coordinator) need backup volunteers who fill in and help with the position as needed. TCVC also needs volunteers to help with mailings and other occasional sangha efforts.

Please call Patrice Koelsch at (612) 722-3813 if you are considering volunteering or would like more information.



TCVC Residential Retreat with Bhante Rahula



Friday, April 9 8:00 P.M. through Tuesday noon, April 13, 1999

Registration 6:30 – 7:30 P.M.

Meditation Retreat with Bhante Rahula

Bhante Rahula teaches vipassana (insight) meditation based on the Buddha's Four Foundations of Mindfulness. This starts with the awareness of breathing and postures of the body to bring attention to the present moment. Mindful yoga exercises enhance the ability to remain relaxed and centered in the body for meditation. Gradually, the other body sensations, feelings, and mental activity are observed in their natural flow of conditioning and impermanence. We develop the ability to have thoughts, feelings, emotions but do not so easily react or get carried away by them, thus living in a more centered, balanced way, with more wisdom, compassion and inner peace because we see the way things are.

This retreat is suitable for beginners as well as experienced meditators. Each day consists of periods of sitting, standing, walking, yoga exercise and meditation instructions and a Dhamma talk. Each evening starts with a Metta (loving-kindness) meditation followed by time for questions. Personal interviews are available. Noble silence is observed throughout.

About the Teacher

Bhante Rahula is an American Buddhist Monk in the Theravada tradition. He ordained in Sri Lanka in 1975, where he then lived ten years studying and practicing meditation. He also studied Yoga with Swami Gitananda at Pondicherry in south India.

Since 1986 Bhante Rahula has been residing at the Bhavana Society Forest Monastery with Venerable Bhante H. Gunaratana Mahathera. Rahula frequently leads retreats in the monastery as well as other centers in the USA, Europe and elsewhere. In addition to his autobiography, *One Night's Shelter*, he has written a book on the Buddha's teachings entitled *The Way to Peace and Happiness*.

Dana

The teachers that TCVC asks to lead our retreats charge no fees for their teachings. They rely on *dana*, a form of voluntary giving by their students, for their support. Dana enables the teachers to continue to devote themselves to teaching. Equally important, dana provides students an opportunity to practice generosity and open-heartedness. There is no expected contribution; give what feels right and is within your means.

Scholarships

Scholarships are available for up to 50% of room and board only. There is no scholarship for the registration fee. To apply for a scholarship, attach a letter with your registration giving the background of your need and the amount of your request. Those with financial resources may wish to help others by donating to the scholarship fund.

Meals and Facilities

The retreat includes meals beginning with Saturday breakfast through lunch on Tuesday (Sunday for weekend retreatants). All meals are vegetarian and high in carbohydrates. You may elect to eat none of the food provided by the center if you have special dietary needs. A kitchenette is available for those who must prepare their own food because of health reasons.

Accommodations at the Tau Center include private rooms with towels and bedding supplied. Showers and bathrooms are shared. Please bring comfortable, loose-fitting clothes and a blanket if you tend to get chilly sitting. Bring a cushion and soft floor pad for meditation, or you may sit on a chair if you prefer.

The Tau Center's phone number is (507) 454-2993. **Use for emergencies only. Do not direct questions to the Tau Center.**

Retreat Fees and Registration

Retreatants are expected to arrive in time for the opening of the retreat on Friday night and to stay for the duration of their retreat. Any exceptions must be approved by the retreat manager. Early departures are not eligible for a reduced rate or refund.

If you have chosen the weekend option, your retreat will end Sunday afternoon after the 1:30 P.M. Dhamma talk. Staying for the Sunday evening meal is not an option.

All registrants must pay room and board fees plus a non-refundable registration fee covering retreat center fees and TCVC expenses associated with the retreat. Applications, accompanied by a check for the full cost of the retreat, must be received by March 26. You will not receive a confirmation of your registration. Refunds for room and board fees cannot be guaranteed after March 26.

Correspondence about this retreat should be addressed to the registrar, Vera Matich at (612) 317-8668, or TCVC, PO Box 14683, Minneapolis, MN 55414.

Please bring unscented or lightly scented personal products such as shampoo, lotions and deodorant. Do not use essential oils, perfumes or hairspray at the retreat. Scented products are distracting and may trigger allergies.

Directions to the Tau Center in Winona, MN

The Tau Center is about 2½ hours by car southeast of Minneapolis/St. Paul. Please indicate on your registration form if you need a ride or can give a ride. See the map below or contact the registrar for directions.

 Please mail the form below with your payment to: TCVC, PO Box 14683, Minneapolis, MN 55414

April 9–13, 1999 TCVC Retreat Registration Form

Registration must be received and paid in full by March 26, 1999. Retreatants are expected to arrive in time for the opening of the retreat on Friday night and stay for the duration of their retreat. Any exceptions must be approved by the retreat manager. Early departures are not eligible for a reduced rate or refund.

Name _____ Phone (____) _____ M F (Circle One)

Address _____ City, State, ZIP _____

\$55 Registration fee. Not refundable after March 26, 1999.

\$ _____ Room and board (with meals): Weekend is \$90, Full time is \$160

\$ _____ Room (without meals): Weekend is \$60; Full time is \$105

\$ _____ Kitchenette use: \$20

The kitchenette is available to those who can't eat provided meals because of health issues.

\$ _____ Commuters (meals only): Weekend is \$45; Full time is \$80

\$ _____ Optional contribution to TCVC funds (please specify)

Scholarship Fund Operating Fund

\$ _____ TOTAL (payable to TCVC) Enclosed

Please check all that apply

- This is my first TCVC Retreat.
- I would like someone to contact me prior to the retreat so that I can ask questions about the practice and/or retreat.
- I need a ride. I can give a ride.
- I volunteer to host a post-retreat party. (The retreat manager will contact you to confirm.)
- I volunteer to help the retreat manager. Tasks vary but may include arranging for gifts and flowers, helping set up at the retreat center, and registering retreatants. (The retreat manager will contact you.)
- I volunteer to manage a future TCVC retreat.
- This is a new address or phone number.

TCVC RESIDENTIAL RETREAT CALENDAR

The Twin Cities Vipassana Cooperative (TCVC) offers retreats to anyone interested in Vipassana and Metta Meditation practice.

Date	Teacher(s)	Location	Contact
April 9-11 or April 9-13	Bhante Rahula	Tau Center, Winona	Vera Match, (612) 317-8668
June 11-13 or June 11-20	Kamala Masters & Steve Armstrong	Assisi Community Center, Rochester	TBD
Oct. 7-10	Eugene Cash	Tau Center, Winona	TBD
Jan. 14-23, 2000	Matthew Flickstein	Tau Center, Winona	TBD



TCVC INFOLINE (651) 229-3139 provides information on upcoming TCVC-sponsored retreats and coordinating committee business meetings.



Visit the new **TCVC WORLDWIDEWEB SITE** <http://www.wordimage.com/tcvc.htm>

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

