



## Save the Date

### TCVC Annual Meeting

Sunday, April 17th, 2005 from  
1:00 – 2:30 pm at Common Ground  
Meditation Center, 3400 East 26th  
Street, Minneapolis, MN 55406

#### On the agenda:

- ☞ Acknowledge the many volunteers who make things happen
- ☞ Call for new volunteers to fill positions such as Volunteer Coordinator and Publicity Assistant, to attend meetings and help as needed, or to contribute your talents in a way that works best for you
- ☞ TCVC community discussion on whether to publicize events that are sponsored by non-dana based organizations

Please come to celebrate, to be part of the discussion, and to support the work of TCVC, which is primarily to sponsor residential retreats with national and international Vipassana teachers.

Many thanks from the TCVC coordinating team: Naomi, Terry, Merra, Jean, Joanne, Veronica, Mariann, Gail, Jeff and Barbara.

## Summer Retreat with

# Kamala Masters

*and*

# Steve Armstrong



June 10–12 or June 10–19, 2005  
at the Christine Center in Willard, WI

## A Seamless Process: Practice On and Off the Cushion An Interview with Kamala Masters and Steve Armstrong

Kamala Masters and Steve Armstrong have been teaching mindfulness retreats together, both at IMS and worldwide, for more than ten years. They live on Maui, where they are developing a Dharma sanctuary and hermitage, Ho'omalalama (the ground for awakening). They talked with Insight Newsletter about the relationship between intensive practice and householder life.

**Over the last decade, you've offered introductory courses for those new to the practice, as well as longer retreats for advancing students. How do you meet the needs of students in different stages of meditation experience?**

**Steve:** Kamala and I teach from a Burmese model of how students progress in their Dharma practice. The distinguished Burmese meditation master Mahasi Sayadaw, a pioneer in teaching meditation to those in a householder life, outlined

this model about 55 years ago. Prior to that, meditation instruction was not easily available to those outside the ordained community. He taught that householders can develop the essential practice of the paramis, those skillful qualities of mind such as generosity, renunciation, effort, truthfulness, lovingkindness, and balance of mind.

These are the positive forces which, through various Dharma practices, can become our first response to situations, resulting in less harm and suffering than emotional reactivity. In Burma, householders practice the paramis in their everyday life. As these qualities ripen through ordinary activities, the ground is prepared for the deeply liberating insight that arises through sustained vipassana retreat practice.

**Kamala:** So we encourage the cultivation

## YOUNG ADULT SCHOLARSHIPS AVAILABLE:

Based on a fundraising event last-summer, Common Ground Meditation Center and the Twin Cities Vipassana Cooperative have established a scholarship fund for people 26 years of age or younger who are interested in attending an insight meditation residential retreat. If you wish to apply for this scholarship, please mark the box on your retreat registration form. Contributions to the Youth Scholarship Fund are welcome and are tax-deductible if the checks are written to Common Ground.

### GARAGE SALE BENEFIT

Offered by Joanne & David Skarjune for  
Common Ground Building Fund and  
TCVC Scholarship Fund

**Saturday, May 21, 8 am – 4 pm**

3518 East 25th Street, Minneapolis

Please consider donating items for the sale  
or volunteering your time.

For more information call 612-724-9357  
or email jskarjune@hotmail.com

## TEACHER TRAINEE AT SUMMER RETREAT

Steve Armstrong and Kamala Masters, along with Joseph Goldstein, Carol Wilson and Michelle McDonald-Smith are in the process of training senior students in guiding dhamma-farers. Now in their fifth year of training, it is important for them to continue their exposure to a variety of students.

Steve and Kamala have asked if TCVC would be willing to provide the opportunity for Deb Ratner to attend the summer retreat for a second time, offering interviews, instruction and Dhamma talks. The committee has agreed to provide this opportunity so that the dhamma may be passed on to many future generations.

The committee has offered to provide Deb's room and board, which will be raised separately from existing funds. As there was money left over from this fund last year, \$300.00 is needed. If you would like to contribute, please send a donation to the TCVC PO Box, or include it with your registration. Thank you in advance for your support.

Continued from page 1

of the paramis at home, at work, and in our social and civic interactions. When one or more paramis are practiced, other virtuous qualities are nurtured. For example, whenever we remind ourselves to practice patience, the parami the Buddha called "the supreme virtue," we not only create harmony in the outer conditions of our lives, but also support the growing inner presence of lovingkindness, equanimity, and renunciation.

We also encourage students to sit a silent vipassana retreat every year, whether it's for nine days, or a month, or longer. When we take the time to temporarily disengage from household activities and move into a semi-monastic environment, the momentum towards progressively deeper levels of freedom in the mind joins forces with the momentum gained from strengthening the paramis in our heart.

**Steve:** The Dharma lifestyle of householder parami practice combined with intensive meditation retreats is a middle path between a full monastic way of life, and a full householder life without any spiritual practice. It is a form that seems to suit Western lay people. We have noticed significant maturation in our students who sit annual retreats, not only in the depth of their liberating insight, but also in their skillful application of Dharma understanding in daily life.

**Kamala, can you say a little about the impact of your practice in Burma?**

**Kamala:** Over the last two years, I've traveled to Burma three times to undertake some months of intensive practice with my teacher and meditation master, Sayadaw U Pandita.

For a long time prior to that, as I reflected on and practiced the paramis, the quality of renunciation resonated deeply in my heart. As I gave this more energy and attention, the wish to ordain arose. I was interested to see if outer renunciation would help the inner renunciation of abandoning greed, hatred, and delusion. So, I traveled to Burma in 2001 and ordained for two months with Sayadaw U Pandita. I did this again early in 2004. These two times have been amongst the happiest of my life; the simplification of my activities together with his monastery's clearly defined practice regimen allowed the constrictions of heart and mind to easily let go.

While in Burma I realized how strengthening it is for me, as one who guides others, to have my own guide.

## Summer Retreat with Kamala Masters and Steve Armstrong:

**Registration Deadline: May 20th, 2005**

**Yogi jobs** are included in the retreat schedule for full-time participants. These half-hour mindful work periods will be assigned on a first-come, first-served basis at check-in time.

**Attendance:** Please plan to arrive by 6:00 p.m. on the opening day of the retreat and to stay for the duration.

The weekend retreat ends at 5:00 p.m. Sunday, June 12th; the full-time retreat ends after the noon meal on Friday, June 19th. Exceptions must be approved by the retreat manager.

**Meals and Facilities:** Vegetarian meals begin with an evening meal from 6:00 –7:00 p.m. 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 house 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 is also offering large single tents with cots, bedding and towels supplied. You may also choose to use an RV hookup or bring your own (BYO) tent.

**What to Bring:** Come prepared for the outdoors: flashlight, sturdy walking shoes, an umbrella, and a warm coat. Consider bringing boots as the grounds may get muddy if it rains. Bring an alarm clock and earplugs, if you are a light sleeper. Bring towels and bedding if you are staying in your own tent or RV. Christine Center charges \$2.50 for towels if you forget.

The Christine Center has extra meditation cushions, benches and floor pads, but not enough for the whole group. Bring your own if you can. Chairs are also available at the center.

**Contact Jean Fagerstrom:**  
612-722-4967 or  
jfagerstrom@mn.rr.com

Of course, the bottom line is that the Dharma is our truest guide. There is, however, immense value in turning to someone much wiser, who can, with fierce compassion, tell me where to refine the practice. Two important things Sayadaw U Pandita said to me were, “You must be willing to be admonished,” and “You must be willing to invest everything you have in the practice.”

**Is it possible to undertake intensive mindfulness practice while in a household situation, as a fulfilling parent and partner with financial responsibilities?**

**Kamala:** Being a mother and respecting family needs are primal forces within me. Nevertheless, while raising my children I also honored a deep need to take time out now and then for intensive retreat. Sometimes, I had to plan for this up to three years in advance. I didn't shirk that inner responsibility. So, yes, with careful preparation it is possible to fulfill both worldly obligations and intensive practice needs.

Another simple yet profound practice that helps create a seamless process between householder life and retreat life is known as ‘Mindfulness of the Four Postures’: sitting, walking, lying down, and standing. Munindraji, my other teacher, often reminded me to practice a general awareness of the entire body as it sits, walks, or bends throughout everyday activities. I have found this technique brings a significant continuity of mindfulness.

**Steve, you were a monk in Burma for many years. How did this prepare you for developing a new sanctuary on Maui?**

**Steve:** I spent five years in robes, doing intensive practices with Sayadaw U Pandita in Yangon. This was while Kamala was raising her family. Now, while she is undertaking intensive practice, I find myself much more involved in household-er activities. Our roles have reversed.

We are in the process of building a Dharma sanctuary on Maui, which requires a lot of raising money, managing finances, and communicating with supporters, neighbors, contractors, and the local government. The practices I did in Asia provide essential tools in these often challenging situations. My household work is the test of my Dharma practice.

**Do you see the teachings of Burmese masters continuing to influence Western Buddhism?**

**Steve:** Most definitely! While Kamala and I were in Burma two years ago, we heard about a book in Burmese by the late Mahasi Sayadaw that had never been

translated into English, called Practicing Vipassana. Much of its definitive content is generally unavailable to Western students. In it, Mahasi Sayadaw discusses the preparatory practices that householders can develop both in their everyday lives and on retreat.

We have undertaken subsidy of the book's translation and publication. Not only will it provide a valuable resource for Dharma students and teachers alike, it will also establish a baseline in the West for reviewing our own practice and gauging its authenticity.

**How relevant is the Buddhist understanding of mind today?**

**Steve:** In our view, its relevance is just beginning to be appreciated, at least here in the West. Last September, Kamala and

I attended the Mind and Life Conference with the Dalai Lama, where Western scientists spoke with the Dalai Lama and senior Tibetan and Theravada monks and scholars about the nature of the mind. It was fascinating to witness Western scientists who are just starting to document, through their scientific method, what Buddhists have been experiencing for millennia, through their meditation. ☸

For further information about Kamala and Steve's Dharma activities, please visit [www.vipassanamettra.org](http://www.vipassanamettra.org)

This interview was originally published in *Insight* Newsletter. Updated and reprinted with the author's permission.

**Kamala and Steve will be giving a Dharma talk followed by a reception on Sunday, June 19, 7:00 p.m. at Common Ground Meditation Center, 3400 E. 26th St., Mpls.**



## General Information about TCVC Retreats

**Insight Meditation (Vipassana)** is a simple, direct and powerful practice—the moment to moment observation and investigation of the mind-body process through the development of a calm, focused, and balanced awareness. As stillness deepens, we begin to understand life and ourselves as a constantly changing process, thus beginning to free the heart/mind from fear and clinging. We awaken to living more fully in the present moment with greater wisdom, compassion, and an inner peace.

These retreats will be held in noble silence and will include sitting and walking meditation with clear instructions and dhamma talks. The retreats provide an introduction for new students and an opportunity for experienced students to renew and deepen their practice.

**Dana: (Generosity)** Since the teachings of the Buddha are considered priceless, they have traditionally been offered freely and out of the spirit of dana. Teachers for these retreats do not ask for or receive any payment from TCVC for their teaching. At retreat's end, retreatants may practice dana by offering a voluntary donation to express appreciation for the benefit they have received and to support the teacher's continued dhamma work and meditation practice.

**Note: Please do not wear or bring strongly scented lotions or shampoos, perfumes, incense, essential oils, or aromatic balms.**

**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 and the amount of your request. Send a check for the retreat fee minus the scholarship amount requested. Those with financial resources may wish to help others by donating to the scholarship fund.

**Registration:** Send a check payable to TCVC for the full amount along with the registration form. Registrations are confirmed only by email unless you send a self-addressed, stamped envelope or postcard along with your registration. If you send a self-addressed, stamped business-size envelope you will receive some general orientation information. You can also retrieve this information under the Retreats section of our website at [www.tcvc.info](http://www.tcvc.info).

**Cancellations:** Notify the registrar as early as possible 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.

## SANTIKARO RETREAT REPORT:

Braving single-digit and below-zero temperatures, 25 yogis gathered for a retreat led by Santikaro at the Christine Center in central Wisconsin, January 14-21. Fourteen were from Minnesota, 9 from Wisconsin and one each from California and Arizona. Santikaro's teaching of Anapanasati gave us the opportunity to come to know our breath more intimately. His talks were informed by his experience with contemporary Asian Buddhist practices and culture, his scholarship in early Buddhism, his knowledge of the Enneagram and his vision for the role of Buddhism in today's world. Over 30 people showed up at Common Ground for Santikaro's talk on Friday evening following the retreat, in spite of a heavy snowfall. We look forward to future retreats with Santikaro and to a widening circle of participation in TCVC retreats.—Jean Fagerstrom, Retreat Manager

### Twin Cities Vipassana Cooperative

is a community interested in developing and deepening their meditation practice. We provide opportunities to hear and practice the teachings of vipassana (insight) and metta (lovingkindness) meditation, primarily in the Theravada Buddhist tradition. [GrassRoots Dhamma](#) is published by the Twin Cities Vipassana Cooperative and edited by Barbara Wulf. To join our mailing list, send your name, address, and phone number to:

TCVC

P.O. Box 14683

Minneapolis, MN 55414

e-mail: [TCVCoop@hotmail.com](mailto:TCVCoop@hotmail.com)

For more information or inquiries please see our website [www.tcvc.info](http://www.tcvc.info) or send an e-mail to the above address.

## Metta on Maui

### Vipassana Metta Foundation

P.O. Box 1188

Kula HI 96790

Upcoming retreat:

Aug. 17-31, 2005. Kamala Masters and Steve Armstrong on Maui.

808-573-3450

[meditate@maui.net](mailto:meditate@maui.net)

[www.vipassanametta.org](http://www.vipassanametta.org)

## Vipassana Practice in the Twin Cities

### Common Ground Meditation Center

3400 East 26th Street  
Minneapolis, MN 55406

Common Ground is a community meditation center dedicated to the practice of mindfulness. On-going programs in vipassana (insight meditation) and metta practices. Please join us for daily open meditation sessions, a Buddhist study program, weekly sitting groups, and monthly non-residential or residential retreats. Programs led by Mark Nunberg and guest teachers.

#### Upcoming retreats:

☯ Daylong retreat: Saturday, April 23rd, 9 a.m. – 6 p.m.

☯ Half-day retreat: Sat., April 9th and May 14th, 9 a.m. – 1 p.m.

All retreats led by Mark Nunberg.

Contact Mark Nunberg: 612-722-8260  
[info@commongroundmeditation.org](mailto:info@commongroundmeditation.org)  
[www.commongroundmeditation.org](http://www.commongroundmeditation.org)

### Minnesota Vipassana Association

807 University Avenue NE  
Minneapolis, MN 55413

Contact Jane Scamurra: 651-649-4725  
[www.dhamma.org](http://www.dhamma.org)

### Thich Nhat Hanh Sangha

Heartwood Mindfulness Practice Center  
3706 East 34th Street (north edge of Longfellow Park) Minneapolis, MN 55406

Studying the teaching of Thich Nhat Hanh to support mindfulness in everyday life.

Weekly sitting practice: Sunday 7:30-9:00 p.m.

#### Upcoming retreat:

☯ April 16, 2005: 9:00 a.m. – 4:00 p.m.  
In the tradition of Thich Nhat Hanh.  
Fee by donation. Call to reserve a space.

Contact: Judith Lies: 612-724-8168

### Vietnamese Buddhist Association of MN

Phat-An Temple (Chua Phat-An)  
475 Minnesota Avenue  
Roseville, MN 55113

☯ Meditation Program every Saturday from 7:00 a.m.-9:00 a.m.

☯ Second and fourth Saturdays from 7:00 a.m. - noon.

Contact Nita Truitner: 651-644-8641  
[nitatruitner@yahoo.com](mailto:nitatruitner@yahoo.com)

### Triple Gem of the North

Heartwood Mindfulness Practice Center  
3706 East 34th Street (north edge of Longfellow Park) Minneapolis, MN 55406

☯ Vipassana meditation classes, dharma talk and discussion with Bhante Sathi every Friday night 6:00 – 9:00 p.m.

Contact Ray Kivlahan: 612-760-3996

## Other Twin Cities Resources

### Buddhist Peace Fellowship

For information about the next meeting

Contact Michael O'Neill: 612-825-7658.

### Beverly White Community Outreach

Opportunity to facilitate simple self-awareness meditation sessions for people in challenging life circumstances.

Call Cal Appleby: 612-929-0901.

## Regional Vipassana

### 3rd Annual Ely Memorial Day Mindfulness Meditation Retreat,

#### Upcoming retreat:

☯ May 27 – May 29th, 2005:

Residential retreat with Judith Byakuren Rigrir at the home of Deah and Paul Kinion (Ely, MN) Camping encouraged.

Contact Deah Kinion: 218-365-7055  
[deah@citlink.net](mailto:deah@citlink.net)

### Liberation Park Meditation Center

518 N Belleforte Ave  
Oak Park, IL 60302

Contact Santikaro: 708-848-4816  
[info@liberationpark.org](mailto:info@liberationpark.org)  
[www.liberationpark.org](http://www.liberationpark.org)

### Madison Vipassana, Inc.

#### Upcoming retreat:

☯ July 21 – 24, 2005: non-residential retreat with Howie Cohn (Lussier Heritage Center, Madison, WI)

Contact Tony Fernandez: 608-661-9959  
[tony.fernandez5@gmail.com](mailto:tony.fernandez5@gmail.com)  
[www.vipassana.net](http://www.vipassana.net)

### Mid America Dharma

P.O. Box 120246

Kansas City, Missouri 64112

#### Upcoming retreats:

☯ April 22 – 24, 2005: non-residential with Gina Sharpe (Columbia, MO)

☯ May 26 – 30, 2005: residential with Mathew Flickstein (Conception, MO)

☯ July 22 – 24, 2005: residential with Phil Jones (Conception, MO)

Contact Ginny Morgan: 573-817-9942  
[phil@midamericadharma.org](mailto:phil@midamericadharma.org)  
[www.midamericadharma.org](http://www.midamericadharma.org)

### Winona Sitting Group

A vipassana meditation group meets every Sunday from 8:00-9:00 a.m.

Contact Lynn Rabuse: 507-457-0347  
[lynnrabuse@yahoo.com](mailto:lynnrabuse@yahoo.com)

## Directions to the Christine Center

The Christine Center is a 2 1/2 - 3-hour drive from Minneapolis/St. Paul depending on conditions. Traffic is often heavy and delayed on Friday afternoon.

### From the Northwest (Mpls/St. Paul)

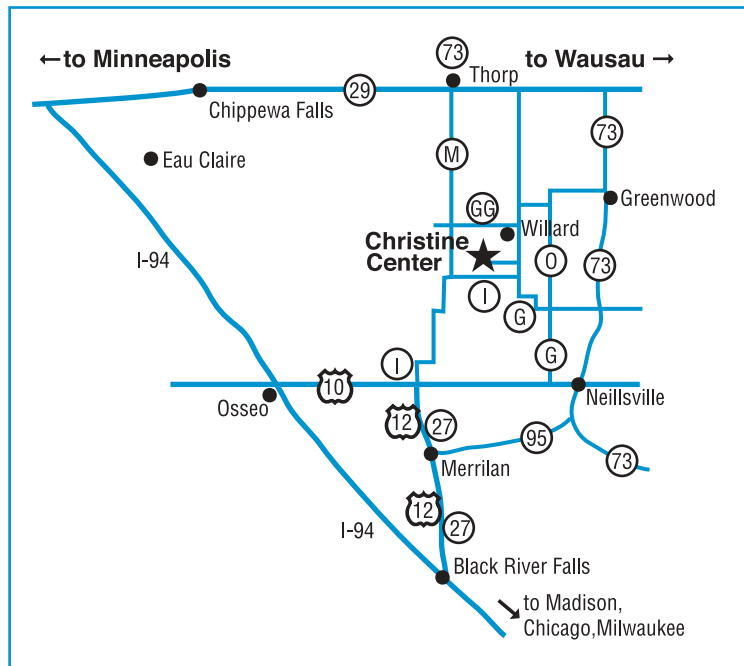
Take I-94 East to Osseo, Wisconsin.  
Exit on Highway 10 going East.  
Turn left (north) on Clark County I for 15 miles.  
Turn left (north) on County G for one mile.  
Turn left (west) on side road to Christine Center.

### From the Southeast (Madison)

Take I-94 West to Black River Falls.  
Exit on Highway 12/27 and head north to Highway 10.  
Turn right (east) on Highway 10 and then IMMEDIATELY left (north) on County I for 15 miles.  
Turn left (north) on County G for one mile.  
Turn left (west) on side road to Christine Center.

**Please plan to arrive by 6 p.m. on Friday for an evening meal as well as yogi job assignment for full-time participants.**

Christine Center's phone number is 715-267-7507.  
Use for emergencies only. See also [www.christinecenter.org](http://www.christinecenter.org).



## TCVC Registration • Full-time (June 10-19) or Weekend (June 10-12)

Send registration to Jean Fagerstrom, 3425 45th Ave. So., Minneapolis, MN 55406

Registration Deadline May 20th, 2005, \$25 late fee after that date • Full-timers receive registration priority.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

Male Female (circle one)

### Please check all that apply:

- E-mail confirmation is sufficient.
- I have enclosed a stamped, self-addressed, business-size envelope for paper confirmation.
- This is my first TCVC retreat.
- I can help set up or clean up for this retreat. (Retreat manager will contact you.)
- I have special physical needs: Accessibility \_\_\_ Medical \_\_\_ I snore \_\_\_  
Other: \_\_\_\_\_ (Enclose description of special needs or contact retreat manager.)
- I need a ride.  I can give a ride.
- I have enclosed a scholarship request of \_\_\_\_\_.  I am eligible for the young adult scholarship (26 or younger)

\_\_\_\_\_ Retreat Fees\* (Check one box only)

Full-time:  \$545 room  \$425 BYO tent  \$525 Christine Center tent  \$455 RV hookup

Weekend:  \$170 room  \$145 BYO tent  \$165 Christine Center tent  \$150 RV hookup

\_\_\_\_\_ Add \$25 late fee if you are mailing your registration after May 20th, 2005

\_\_\_\_\_ Optional donation to TCVC  Operating Fund or  Scholarship Fund

\_\_\_\_\_ Optional donation for room and board for teacher trainee at June retreat (See page 2 for explanation)

\_\_\_\_\_ **Total enclosed. Make check payable to TCVC.**

\*The retreat fee does not include any compensation for the teacher. At the end of the retreat, students will have the opportunity to practice dana (generosity) by offering a donation to the teacher.

Date	Event	Location	Contact
April 17, 2005	TCVC Annual Meeting	Common Ground 1:00 – 2:30 pm	<b>Naomi Baer:</b> 651-698-1458 baern@msn.com
June 10 –12 or June 10 –19, 2005	Kamala Masters and Steve Armstrong	Christine Center, Willard, WI	<b>Jean Fagerstrom:</b> 612-722-4967 jfagerstrom@mn.rr.com.
Sept. 30 – Oct. 2 or Sept. 30 – Oct. 4, 2005	Marcia Rose	Christine Center, Willard, WI	<b>Mariann Johnson:</b> 612-872-7959 mtjohn2000@aol.com
Feb. 24-26 or Feb. 24 –March 4, 2006	Santikaro	Christine Center, Willard, WI	To be determined
June 9 –11 or June 9 –18, 2006	Kamala Masters and Steve Armstrong	Christine Center, Willard, WI	To be determined



TCVC • P.O. BOX 14683 • MINNEAPOLIS, MN 55414 • WWW.TCVC.INFO • EMAIL: TCVCOOP@HOTMAIL.COM

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P.O. Box 14683  
Minneapolis, MN 55414