



# Tucson Community MEDITATION CENTER

## Newsletter

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**TCMC events now at  
new location**

**[1147 N. Howard Blvd.](#)**

**Arinna Weisman**

**Residential Retreat**

**April 2-5**

*Early [registration](#)  
discount (by Mar. 12)*

*Partial [scholarships](#)  
available.*

*Support Groups*  
See page 5

[Click for  
Quick Look](#)  
March – April  
Calendar

## ***Using Wisdom to Open the Heart***



### **A Residential Meditation Retreat Open to All**

With **Arinna Weisman**

We have the special possibility on this weekend as community to support each other to awaken into love, wisdom and the other qualities of the heart that dissolve our doubt and confusion. By walking the Buddha's path together we give and receive the greatest of blessings: spiritual friendship.

This residential retreat will be held in the container of silence with a time for group inquiry and individual interviews each day. There will be guided meditations in mindfulness and loving kindness and dharma talks.

As a gathering we will be supported to become conscious of the diversity in the room as well as the larger communities of which we are a part.

**April 2-5 4 days and 3 nights**

**Location:** Cochise Stronghold Nature Retreat Center, about 80 miles southeast of Tucson.

**➡ [Early registration discount \(by Mar. 12\)](#) ⬅**

[Details](#)

[Registration](#)

## ***Gratitude to TCMC and Upaya Donors and Volunteers***

We are pleased to let you know that we raised approximately \$56,000, which exceeded our fundraising goal, for the remodeling of the new building. We are very grateful to those of you who made generous financial and material donations to the remodeling fund, the silent auction, and the yard sale.

We still have some outstanding remodeling expenses, such as installing a storage shed and privacy screening on the chain link fence, so we don't yet have a final total for the remodeling expenses. However, it looks like we will have a small amount of excess funds. This money will go towards ongoing building maintenance and repairs, including painting the roof and repairing or replacing the air conditioners when they break down.

We had about 24 people who helped with the remodeling in various ways. This included painting, installing flooring, and serving on the interior decorating and landscape committees. This volunteer effort saved us a considerable amount of money, and we are very appreciative.

We have received positive feedback about our new home, and it was very much a team effort. The Sangha really came together to help TCMC acquire, create, and transition to this new home.

**TCMC Executive Director**

## Growing Your Practice a peer-led mindfulness meditation group

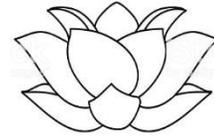
This class provides an opportunity for like-minded individuals to learn about meditation and expand their practice in a social and collaborative environment.

This is a peer-led group, meaning the class is not led by a formal meditation teacher. Classes usually consist of a good mix of experienced and new practitioners, with the experienced students offering advice for beginners to develop a successful practice in a casual setting.

TCMC, 1147 North Howard Boulevard Mondays, 7:45-8:45 PM

Suggested donation: \$5. **No one will be turned away due to inability to pay.**

Contact: Jacob at [jkavkewi@gmail.com](mailto:jkavkewi@gmail.com) [Complete Information](#)



### Sitting Together

A Morning of Shared Practice

**A Peer-Led Half-Day of Retreat-Like Practice**  
**First Sunday of the month 8:15am-12:15pm**

Would you enjoy some serious practice in a group setting, without going away on retreat? That is the purpose of today's program, a peer-led half-day of silent practice. We'll alternate 45 minutes of sitting with 20 minutes of walking, followed at the end by a short, pre-recorded dharma talk and some time to discuss it.

**Registration:** Please use our [online Registration system](#) , or you may register at the door.

[Complete program information.](#)

If you have any questions, please contact peer-facilitator **Steve Ross**, (520) 825-2009, [steve.ross@breathingcoachtucson.com](mailto:steve.ross@breathingcoachtucson.com)

Please help us keep this event "fragrance-free."

### ***Moving Into Stillness: Day of Renewal***

**Sunday, March 15 9:30am-4:30pm**

Dharma talk is *Thoughts*

**A Day of Sitting & Walking Meditation**

**Monthly at TCMC**

**Daylong Retreat Practice**

*"When you plant seeds in the garden, you don't dig them up every day to see if they have sprouted yet. You simply water them and clear away the weeds; you know that the seeds will grow in time. Similarly, just do your daily practice and cultivate a kind heart. Abandon impatience and instead be content creating the causes for goodness; the results will come when they're ready."* - Bhikshuni Thubten Chodron, "Meditator's Toolbox"

Please join us, once a month, for a nourishing day of sitting and walking meditation in noble silence. Ideal for all levels.

The day will begin with a short talk and meditation instructions followed by alternating periods of sitting and walking meditation, a quiet lunch (brown bag), a Dharma talk, continued meditation and time for Q&A and sharing.

Facilitated by **Lhasha Tizer**, **Community Dharma Leader**  
[Information & Registration](#) (walk-in registration available)

Save the date!



TCMC will be hosting an 8 night (9 day) residential meditation retreat with

**Shinzen Young,**

**Sept. 26th through Oct. 4th, 2020.**

Registration will open on June 26th at 8 a.m. We are unable to accept reservations prior to that date.

The retreat will be held at El Rancho Robles in Oracle, Arizona, which is about 45 minutes from Tucson.

Pricing will be similar to past **Shinzen** Retreats. The flier from the 2019 Tucson retreat is [HERE](#) if you wish to see the pricing for that retreat.

## *Developing Tranquility, Insight and Happiness*

taught by Dharma Treasure Teacher **Nick**

**Thursdays in March**

**6:30 p.m. – 7:30 p.m.**



In this class you will learn meditation techniques to unify the mind and improve your mindfulness. You will also learn a great deal about the mental patterns that cause you dissatisfaction and distress and strategies to increase mindfulness in your daily life. This leads to more ease and happiness and ultimately creates insights into the true nature of reality.

Each class will consist of a 30- to 40-minute guided meditation, a short talk about meditation or mindfulness, and an opportunity for questions and discussion.

Drop -ins welcome

[Complete class information](#)



## *Yoga for Meditation*

With **Dan Sweet**

Wednesdays 5:15 pm – 6:10 pm

ADVANCED REGISTRATION NOT REQUIRED

Accessible to all levels of yoga experience, this class offers practices in body awareness, gentle yoga postures, whole body stretching, skillful relaxation, natural breathing, therapeutic movement, and entering healing states. The class is aimed toward satisfying experience in preparation for meditation. The background of the class is the psychology of Samkhya Yoga. Each session will offer release of tension, balanced energy activation, and deep relaxation.

\*Please bring your own mat if you have one. If not, we have some loaners\*

FEE: \$6 – 10 sliding scale

No one will be turned away due to inability to pay

CONTACT: [dan\\_tucson@hotmail.com](mailto:dan_tucson@hotmail.com)

[Complete class information](#)

## Quick Look Calendar

March	April
Mar. 3 <a href="#">Sitting Together</a> half-day	Apr. 2-5 Arinna Weisman <a href="#">retreat</a>
Mar. 3 <a href="#">Santikara/Sarana</a> groups	Apr. 5 <a href="#">Sitting Together</a> half-day
Mar. 15 <a href="#">Moving Into Stillness</a> day-long Lhasha Tizer	Apr. 5 <a href="#">Santikara/Sarana</a> groups
	Apr. 19 <a href="#">Moving Into Stillness</a> day-long Lhasha Tizer

*Wednesdays***Mindfulness and Loving Kindness  
with Chuong Tran**

Each month, we will work with a different sense gate or a combination of sense gates, in motion or stillness with variety of techniques to enrich our daily life practice.

6:35 - 7:35 or 8 p.m. on *Wednesdays*



**Chuong Tran,**  
Wednesday sit leader.  
[Class information](#)



*TCMC events now at new location*

[1147 N. Howard Blvd.](#)

**Monday Night Mindfulness**

Since 2006

The Monday Night Mindfulness class consists of about 40 minutes of guided mindfulness practice followed by a period of Q&A about the practice. The class is intended to be accessible to beginners but also useful to more advanced practitioners. It is a good place to start for those just beginning the practice.

The benefits of mindfulness practice are many. Mindfulness can be useful for managing stress at its root. It can improve physical health by boosting immune function, reducing chronic inflammation, lowering excess cortisol levels, lowering high blood pressure, etc.



Guidance is provided by Kaishin Ashley. Kaishin has been a student of Shinzen Young since 2001.

No registration is required. Beginners who need help with sitting posture options should arrive a few minutes early.

6:30 – 7:30 p.m. [Complete information](#)

*Non-TCMC-sponsored class****The Art of Thriving as a Grad Student***

5-6 PM Wednesdays

On-the spot practices to deal with stress, enhance enjoyment and build lifelong skills. In this experiential class, we practice attending to sensory experience and cultivate an internal home base from which to navigate challenges, thrive & explore.

Class includes heart rhythm meditation and other practices to facilitate nervous system balance.

Co-facilitated by Bonnie Colby, UA professor & meditation teacher and Anne Gallenstein, PMHNP-BC Counseling & Psych Services (CAPS).

For full information see

<https://health.arizona.edu/art-thriving-grad-student>

**Brian Lesage Retreat Dharma Talks**

Brian Lesage has given TCMC permission to share a link to recordings of the Dharma talks from the retreat in January.

Recordings link [here.](#)

# The Art of Thriving

## Meditative Support for Well-Being

Tuesdays 6:30 - 7:45 pm, Tucson Community Meditation Center

### **Heart Rhythm Meditation & Somatic Practices for Well-Being**

Learn on-the-spot practices to support well-being & deal with stress. We ground ourselves in seeing, hearing, breath & heartbeat through sitting & walking meditation and through breathing practices that enhance vagal tone. We deepen ease within our nervous system, cultivating an internal home base from which to navigate challenges, thrive & explore. Practicing together, we enrich our everyday experience and expand our capacity for meeting what life brings.



**Leah Shaffer** returns as guest teacher March 10. Leah is a Tucson native & yoga teacher, who has been teaching meditation locally for six years through the *Institute of Applied Meditation*.

*Taught by Bonnie Colby, PhD, meditation teacher, UA professor, active in Tucson meditation community since early 1990s. She has been teaching Heart Rhythm Meditation in Tucson for 18 years. She is certified in Dr. Stephen Porge's Safe & Sound Protocol to assist nervous system balance. [Complete Information](#)*

No fee. Donations to TCMC gratefully accepted.

Questions? Contact Bonnie at [heartprof@gmail.com](mailto:heartprof@gmail.com) or text to 520-730-5889.

**TCMC events now at new location**

**[1147 N. Howard Blvd.](#)**

### ***New Support Groups***

Starting in November, **TCMC will offer two new practitioner-oriented interactive support groups:** one for cancer support, the other for grief support. **First Sunday of the month**

- **SARANA**, the Cancer Support Group, is open to anyone dealing with, or affected by, cancer, at any time, for any reason. Dealing with a life-threatening illness, especially cancer, is a physically, emotionally, psychologically, and spiritually complex, traumatic situation. Everyone involved needs support, but it's not always easy to find, especially in a spiritually supportive environment. It can be helpful being with people who "get it," people with whom no one needs to explain anything. And hearing the differing perspectives of those in the room can be eye-opening. *Sarana* will meet on the first Sunday of each month, from **12:30pm – 2:30pm**, starting and ending with a few minutes of silent meditation. *Sarana* is a Pali word for "refuge" or "shelter."
- **SANTIKARA**, the Grief Support Group, is open to anyone dealing with grief and loss of any kind, whether current or from time past. *Santikara* will meet every first Sunday of the month for 90 minutes, from **2:30pm - 4pm**, just after the *Sitting Together* program. Each meeting will start and end with a few minutes of silent meditation. "*Santikara*" means "soothing" in Pali.

Neither of these groups will have an agenda, except what each person brings to the group. We'll have basic guidelines, which we'll review at the beginning of each meeting, and a facilitator to keep things on track, but that is the extent of any formal structure.

[Group information](#)

## Weekly Schedule

### TCMC

1147 N. Howard Blvd.

Mail address:  
PO Box 43415 Tucson, AZ 85733

Phone (520) 775-1625

E-mail

[tucson.meditation@outlook.com](mailto:tucson.meditation@outlook.com)

### Directions to

1147 N. Howard Blvd.:

Two blocks east of Country Club, about one block north of Speedway on west side of Howard. (Near Loft Cinema.)

**TCMC events now at  
new location**



We're on the Web!  
[TucsonMeditation.org](http://TucsonMeditation.org)

*If the doors of  
perception were  
cleansed, everything  
would appear to us as it  
is, infinite.  
... William Blake*

Stay in touch by checking  
the Tucson Community  
Meditation Center Calendar  
online.  
[Calendar](#)

**MONDAY: 10-11:30 a.m.** [Buddhist Book Group](#) This group consists of students who commit to participating in the book group for the entire length of the book. Each class begins with 30 minutes of partially guided and silent meditation. Talks are offered by the teacher, group discussion, and mindful inquiry. This group opens to new participants whenever a new book is begun. *New book started Jan. 13, 2020.*

**6:30-7:30 p.m.** All levels. [Mindfulness Meditation Practice](#): A guided meditation suitable for beginners, followed by a brief, optional discussion.

**7:45-8:45 p.m.** [Growing Your Practice](#). This class provides an opportunity for like-minded individuals to learn about meditation and expand their practice in a social and collaborative environment.

**TUESDAY EVENINGS: 6:30-7:45 p.m.** [The Art of Thriving](#) with **Bonnie Colby**.

**WEDNESDAY EVENINGS: 5:15-6:10 p.m.** [Meditative Yoga](#): Accessible to all levels of yoga experience, this class offers practices in body awareness, gentle yoga postures, whole body stretching, skillful relaxation, natural breathing, therapeutic movement, and entering healing states. **Dan Sweet**, teacher.

**6:30-8 p.m.** [Insight Meditation Awakening Joy](#) class with Community Dharma leader **Lhasha Tizer**.

**6:30-7:35 or 8 p.m.** [Mindfulness and Loving Kindness](#) with **Chuong Tran**. Each month, we will work with a different sense gate or a combination of sense gates, in motion or stillness with variety of techniques to enrich our daily life practice. The [class](#) consists of guided meditations, and discussion.

**THURSDAY EVENINGS: 6:30-7:30 p.m.** [Developing Tranquility, Insight and Happiness](#) with **Nick Van Kleeck**. Please see the rest of the newsletter or the [TCMC schedule](#) for more information.

**FRIDAY MORNINGS: 6:45-7:30 a.m.** Silent Sit. 45-minutes of silent meditation led by **Nick Van Kleeck**.

∞Please send submissions for this E-newsletter to Dan ([danbrocious@earthlink.net](mailto:danbrocious@earthlink.net)) by the 23rd of the month.∞

