



Tucson Community MEDITATION CENTER

Newsletter

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TCMC new location

[1147 N. Howard Blvd.](#)

**No events onsite
this month**

Support Groups
See page 4

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Quick Look](#)**
**November – December
Calendar**



How Can Dharma Practice Help Me Navigate the Realities of My Inner World and the Outer World?

An Online Meditation Retreat
Open to All with **Arinna Weisman**

There are times when coming together as sangha is particularly important. And now is one of those times. We need the support and caring of each other and of ourselves towards ourselves to begin to relax and heal. We can begin to offer ourselves into the practice of holding and relating to our grief, rage empathy, overwhelm, and through this process discern a path that brings clarity and freedom from suffering. The Buddha invites us repeatedly into the faith that beautiful qualities live inside of us and are accessible through practice, especially together. Discernment or wisdom is the consequence of our efforts and is one of the greatest gifts we can take back into our families, communities and the world.

Friday, Dec. 4, 7 – 8:30 p.m. & Saturday, Dec. 5, 9:30 a.m. – 8 p.m.

All communities are invited to join us.

[Details](#)

[Registration](#)

Online Workshop

Dissolving Boundaries with Loving-Kindness
with **Shelly Hubman**

Sunday, November 8 9 a.m. – 1 p.m.



In this virtual online workshop, we will explore the joy of radiating love to all beings, even the difficult ones, intending to increase a sense of connection and soften divisions. Come prepared to dive deep. Much love.

This workshop will consist of guided and silent meditation, discussion and teachings. [Registration](#) [Information](#)

Befriending Oneself through Mindfulness and Meditation - A Compassionate, Body-Centered Approach to Happiness

taught by Dharma Treasure Teacher **Nick**



Thursdays in November (no class Thanksgiving Day) **Online only.** **6:30 p.m. – 7:30 p.m.**

In this class, you will learn to relax your body, settle your mind and trust the inherent wisdom within you through meditation and other mindfulness techniques. By bringing a gentle awareness to your experience, you can discover your innate capacity for freedom and awaken a natural openness and generosity of spirit.

Online only. [Online instructions.](#)

The class consists of a 30-45 minute guided meditation followed by teaching and/or discussion. About half the time we will break into smaller groups to give everyone a chance to participate in discussion. Participation in the discussion section is always optional; you are welcome to leave after the meditation if you prefer.

Drop -ins welcome [Complete class information](#)

Nick Van Kleeck has been meditating for over 30 years. His teachers include Gil Fronsdal, Upasaka Culadasa, Steve Hoskinson (*Somatic Experiencing*), Deane Shank (the *Diamond Approach*) and Robert Aitken.

TCMC class changes

Because of the coronavirus, no classes will be conducted at the TCMC site. The following TCMC sponsored classes have been **moved online** and will not meet in person.

<i>Desert Insight Meditation Book Group</i> with Lhasha Tizer. <u>Mondays</u> at 10 a.m. Online instructions	<i>Befriending Oneself through Mindfulness and Meditation</i> on <u>Thursday</u> nights with Nick Van Kleeck - Please go here for instructions on how to join the online class.
<i>Growing Your Practice</i> with Tucker Peck. <u>Monday</u> nights. For details, please contact Tucker via contact form here .	<i>Cancer and Grief & Loss Support Groups</i> on <u>first Sundays</u> with Steve Ross – Contact facilitator for instructions on how to join the online group.
<i>The Art of Thriving</i> on <u>Tuesday</u> nights with Bonnie Colby - Please go here for instructions on how to join the online meeting.	<i>Sitting Together</i> A half-day of retreat-like shared practice with Steve Ross, <u>first Sundays</u> . Program information and Zoom instructions.
<i>Mindfulness and Loving Kindness</i> <u>Wednesday</u> nights with Chuong Tran - Please contact teacher for instructions on how to join the online class.	<i>Moving into Stillness</i> <u>Sunday</u> daylong of Practice with Lhasha Tizer. Details and Zoom instructions.
Desert Insight Meditation class with Lhasha Tizer. <u>Wednesday</u> nights, 6-7:30 p.m. Online class. A new book, A Fierce Heart , began Aug. 26.	The following classes and retreats have been cancelled until further notice.

Monday Mindfulness - with Kaishin (Blake) Ashley Mondays at 6:30 p.m.

Yoga for Meditation with Dan Sweet on Wednesday at 5:15 p.m.

Silent Sit led by Nick Van Kleeck. Fridays at 6:45 a. m.

Quick Look Calendar

November

Nov. 1 **Online only** [Sitting Together](#) half-day
 Nov. 1 **Online only** [Cancer and Grief & Loss Support Groups](#)
 Nov. 8 Shelly Hubman [online workshop](#)
 Nov. 15 **Online only** [Moving Into Stillness](#) day-long

December

Dec. 4-5 Arinna Weisman online [retreat](#)
 Dec. 6 **Online only** [Sitting Together](#) half-day
 Dec. 6 **Online only** [Cancer and Grief & Loss Support Groups](#)
 Dec. 20 **Online only** [Moving Into Stillness](#) day-long

[Sitting Together](#)

A Morning of Shared Practice

A Peer-Led Half-Day of Retreat-Like Practice
Online only **Nov. 1** 8:30am-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 other activity, followed at the end by a short, pre-recorded dharma talk and some time to discuss it.

[Program information and Zoom instructions.](#)

If you have any questions, please contact peer-facilitator

Steve Ross, (520) 825-2009,
steve.ross@breathingcoachucson.com

Wednesdays

Online only

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.

Contact Chuong Tran for [online instructions](#),
tamkhai17@gmail.com

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



Chuong Tran,
 Wednesday sit leader.



Growing Your Practice

Mondays 8:30 – 9:30 p.m. MST

Growing Your Practice is a lively, informal class that includes a 40-minute guided meditation, followed by 15-minute breakout groups, where you get to know your fellow meditators. The class concludes with group time, which often takes the form of meditation-related Q&A with the teacher, **Tucker Peck**, PhD.

For more information and a link to participate through Zoom, please contact Tucker through [his website](#).

Suggested Fee: \$5 as a donation to TCMC. No one will be turned away due to inability to pay.

Until TCMC re-opens, this class will be merged with the San Francisco Pragmatic Dharma Sangha.



The Art of Thriving Meditative Support for Well-Being

Meets all Tuesdays in November and through December 15. Class resumes Jan. 12. 6:30 - 7:30 p.m. U.S. M.S.T.

Heart Rhythm Meditation & Enhanced Vagal Tone

Learn on-the-spot practices to support well-being & work skillfully with stress. We ground ourselves in seeing, hearing, breath & heartbeat through meditation and through breathing and sensory practices that enhance vagal tone. This group enjoyed rich exploration of breath & heart together in September and October. I hope you will join us in November. We will continue to explore meditative approaches to balancing our nervous system -- enhancing the quality of our experience in both enjoyable times and challenging times.



Online only

Meets via Zoom.

Pre-registration required. You must register each month to receive the log-in link. If you registered for October, you must register again for November. Thank you.

[Registration information](#)

[Class information](#)

Taught by **Bonnie Colby, PhD**, meditation teacher, UA professor, active in Tucson meditation community since early 1990s. Questions? Contact Bonnie at heartprof@gmail.com.



*Moving Into Stillness: A Day of Sitting & Walking Meditation An Online Zoom Virtual Meditation Practice Sunday, Nov. 15 9:30 a.m.-3 p.m. Dharma talk - *Gratitude of the heart**

"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 Dharma talk, continued meditation and time for Q&A and sharing.

Facilitated by **Lhasha Tizer, Community Dharma Leader**

[Information & Registration](#)

Save the Date for a Brian Lesage and Sebene Selassie workshop on "Cultural Spiritual Bypassing." March 13-14, 2021.

(Times to be determined).

Zoom format and suitable for practitioners with at least some initial sense of Buddhist practice.

Support Groups

TCMC now sponsors two practitioner-oriented interactive support groups: "Santikara," for cancer support, and "Sarana," for grief & loss support. **First Sunday of the month Online.** [Zoom invitation for both groups.](#)

Contact [facilitator](#) for instructions on how to join the online group.

- **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 – 1:30pm**, 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 – 3:30pm**. 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](#)

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.



Cancelled

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](#)

Yoga for Meditation

Wednesdays 5:15 pm – 6:10 pm

With **Dan Sweet**

ADVANCED REGISTRATION
NOT REQUIRED

Cancelled



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

[Complete class information](#)

Weekly Schedule

TCMC

1147 N. Howard Blvd.

Mail address:
PO Box 43415 Tucson, AZ 85733

Phone (520) 775-1625

E-mail

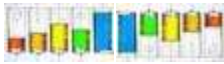
tucson.meditation@outlook.com

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.)

No events onsite this month



We're on the Web!

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](#), *Mindful of Race*, began Sept. 14. [Online only.](#)

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

Growing Your Practice with [Tucker Peck](#). For online class details, please contact Tucker via form [here](#).

TUESDAY EVENINGS: 6:30-7:30 p.m. [The Art of Thriving](#) with [Bonnie Colby](#). [Online only.](#) [Registration required.](#)

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. **Cancelled.**

6-7:30 p.m. [Insight Meditation](#) class with Community Dharma leader [Lhasha Tizer](#). A new book, [A Fierce Heart](#), began Aug. 26.

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. [Online only.](#)

THURSDAY EVENINGS: 6:30-7:30 p.m. [Befriending Oneself through Mindfulness and Meditation](#) with [Nick Van Kleeck](#). Please see the rest of the newsletter or the [TCMC schedule](#) for more information. [Online only.](#)

FRIDAY MORNINGS: 6:45-7:30 a.m. Silent Sit. 45-minutes of silent meditation led by [Nick Van Kleeck](#). **Cancelled.**

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

