



# Tucson Community MEDITATION CENTER

## Newsletter

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**TCMC new location**

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

**No events onsite  
this month**

**Arinna Weisman  
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Theme Change  
Now Dec. 4-5**

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***How can dharma practice help me navigate the realities of my inner world and the outer world?***

### A Online 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.

**Friday night, Dec. 4 and 9:30 a.m. – 8 p.m., Saturday, Dec. 5.**

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

The retreat will be held online following a residential retreat schedule.

[Details](#)

[Registration](#)



### ***Moving Into Stillness: A Day of Sitting & Walking Meditation*** An Online Zoom Virtual Meditation Practice

**Sunday, Oct. 18 9:30am-3pm**  
Dharma talk - "Wabi Sabi"

*"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](#)

## October's Featured Class

### *Developing Tranquility, Insight and Happiness*

taught by Dharma Treasure Teacher **Nick**

#### Thursdays in October

6:30 p.m. – 7:30 p.m.



**Online only.**

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.

**Online only.**     [Online instructions.](#)

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](#)

## 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.

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

**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

October	November
Oct. 4 <b>Online only</b> <a href="#">Sitting Together</a> half-day	Nov. 1 <b>Online only</b> <a href="#">Sitting Together</a> half-day
Oct. 4 <b>Online only</b> <a href="#">Cancer and Grief &amp; Loss Support Groups</a>	Nov. 1 <b>Online only</b> <a href="#">Cancer and Grief &amp; Loss Support Groups</a>
Oct. 18 <b>Online only</b> <a href="#">Moving Into Stillness</a> day-long	Nov. 15 <b>Online only</b> <a href="#">Moving Into Stillness</a> day-long

Sitting Together

A Morning of Shared Practice

A Peer-Led Half-Day of Retreat-Like Practice

**Online only** **Oct. 4** 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@breathingcoachtucson.com](mailto:steve.ross@breathingcoachtucson.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](mailto:tamkhai17@gmail.com)

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



**Chuong Tran,**  
Wednesday sit leader.

**Growing Your Practice****Mondays 8–9 p.m.**

**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

Tuesdays 6:30 - 7:30 p.m. U.S. P.D.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. 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.



**Online only**

Meets via Zoom.

**Pre-registration required. You must register each month to receive the log-in link. If you registered for September, you must register again for October. 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](mailto:heartprof@gmail.com).

## 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](#)



## 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.)

**No events onsite this month**



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](#), *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.** [Developing Tranquility, Insight and Happiness](#) 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.**

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

