



# Tucson Community MEDITATION CENTER

Newsletter

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**TCMC'S NEW HOME!**  
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**Mindfulness and Loving  
Kindness meditation class**  
[new home fund raising](#)

**Save the date for**  
**Brian Lesage**  
*Non-residential retreat*  
**Jan 24-26, 2020**

**Save the date for**  
**Lhasha Tizer**  
*Non-residential retreat*  
**Nov. 9-10**

[Click for](#)  
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**September - October**  
**Calendar**

## ***The Joy of Letting Go: Creating Simplicity and Balance***

a non-residential weekend retreat **October 11-13, 2019.**

with Spirit Rock teacher **James Baraz**



Just what does the phrase "let go" mean? Renunciation (*nekkhama* in Pali), one of the ten perfections, is often thought of as sacrifice, as something we should do because it's "good for us" though not particularly uplifting. Actually, the Buddha spoke of this quality as leading to true contentment and happiness.

During this retreat, which includes periods of silent, sitting and walking meditation, we will explore the theme of how renunciation is related to joy. We will discuss

- what "letting go" means
- how "letting go" leads to simplicity and balance
- how "letting go" manifests as the perfection of generosity.

Practices will be offered to work with "letting go" in our daily life.

WHEN: Fri., Oct. 11, 6:30-8:30pm Sat., Oct. 12, 9-5pm Sun., Oct. 13, 9-4pm  
WHERE: Tucson Osteopathic Medical Foundation 3182 N Swan Rd  
(on the southeast corner of Swan and Camp Lowell, in the Village Offices complex.)

[Complete information and registration](#)

**ABOUT THE TEACHER:** James has been a meditation teacher since 1978. He is creator and teacher of the Awakening Joy course (since 2003). He leads retreats, workshops and classes in U.S and abroad. Co-founding Teacher of Spirit Rock Meditation Center in Woodacre, CA. Co-author of *Awakening Joy*, the book based on the course (with Shoshana Alexander). More info:

**Desert Insight Meditation Book Group**  
**Mondays, from 10-11:30 a.m. Begins September 16**

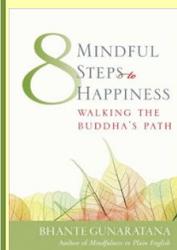
## ***Eight Mindful Steps to Happiness***

by Bhante Gunaratana

With Community Dharma Leader **Lhasha Tizer**



Gunaratana's book is a thorough and masterful rendering of the Buddha's Noble Eightfold Path. He offers generous and specific advice on skillful ways to work with anger, to find the right livelihood, and to cultivate loving-friendliness in all our relationships.



Bhante was born in Sri Lanka and ordained as Buddhist monk at 12 years old. He earned a Ph.D. in philosophy from The American University and taught courses in Buddhism at several American colleges. A teacher of Insight, Vipassana, and Shamata meditation, he is the abbot of the Bhavana Society Monastery in West Virginia, where he resides.

TO REGISTER: DIM Book Study Group is a commitment to participate in weekly meetings and readings until the book is completed. You can call, 520-321-3670, or email Lhasha, [Lhasha9@gmail.com](mailto:Lhasha9@gmail.com), to let her know you will be joining.

[Complete class information](#)

Begins Monday, September 16, 2019, from 10-11:30 a.m.; classes are ongoing / weekly.  
Tucson Community Meditation Center, 1231 E. Edison

Dear TCMC Members,

We are very excited to let you know that TCMC has finalized the purchase of the new building at 1147 N. Howard Blvd. As most of you are aware, our wonderful home on Edison will be going on the market next year, and the board has been working for months to find a new home. Our architect and engineers have recently completed the remodeling plans, which have now been approved by the City of Tucson. We are currently awaiting bids from contractors.

The remodeling will include adding a second restroom which will be wheelchair compatible, removing walls to create a large meditation hall and adding a wheelchair ramp in the back of the building. We will also be adding a sink with cabinets, microwave, and refrigerator. We have already received a large donation to remove the dropped ceiling, and restore the building's original, more spacious, 9-foot ceilings.

This letter marks the official kick-off of our fundraising campaign. We are estimating the remodel will cost around \$40,000 and we need your help to reach this goal. TCMC members have been very supportive over the years, and the Friends of TCMC program has raised over \$20,000 since its inception, and this money went towards the down payment. Without the Friends of TCMC donations, we would not have been able to afford our new building. We are very grateful to all of our Friends and other donors for your generous ongoing support. We hope you will choose to make a donation to support the building remodel in one of the following ways:

1. Drop a check (Payable to TCMC) or cash in the Friends drop box (in the entryway) at the center.
2. Mail a check (Payable to TCMC) to TCMC PO Box 43415 Tucson, AZ 85733
3. Donate online via PayPal or credit card [here](#). TCMC will be charged a 2.2% fee for these donations.

If any excess funds are raised, the money will go towards ongoing maintenance of the building, and replacing large items like the air conditioner or furnace.

With heartfelt gratitude,

The TCMC Fundraising Committee



## ***Moving Into Stillness: Day of Renewal- Cultivating Equanimity for Challenging Times***

A Day of Sitting & Walking Meditation 9:30am-4:30pm

Monthly at TCMC

Daylong Retreat Practice ***Wise Intention*** September 15

*"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)

## *Sitting Together*

A Morning of Shared Practice

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

**The first Sunday of every 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](#) at [www.tucsonmeditation.org](http://www.tucsonmeditation.org), 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."

Desert Insight Meditation



## ***The 8-Fold Path to Happiness***

with Community Dharma Leader **Lhasha Tizer**

8 Week program August 21–October 9 Wednesdays, 6:30-8 pm

*Just as a capable physician might instantly cure a patient who is in pain and seriously ill; so also... whatever one hears of the Buddha's Dharma, be it discourse, mixed prose, explanations or marvelous statements-one's sorrow, lamentation, pain, grief and despair will vanish. -Angutara Nikaya*

... This roadmap is for cultivating the fundamental ingredients needed to live a mindful life. A 2,600 year old step by step process of mental training for creating contentment, happiness and for ending suffering.

Who should take this course? The most important factor is a strong desire to expand and deepen your mindfulness practice and the wish to bring it into daily living. This class is ideal for those who have basic training in mindfulness meditation; beginners and drop-ins are welcome to come see if it is right for you. [Complete information and registration](#)

## ***Developing Tranquility, Insight and Happiness***

taught by Dharma Treasure Teacher **Nick**

**Thursdays in September**

**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](#)

## ***The Art of Thriving*** ***Meditative Support for Our Mammalian Nervous System***

Tuesdays 6:30 - 7:45 pm, September – November

*Vibrant mammals move attentively in their ecosystem. They oscillate between activity & repose, find what nourishes, seek shelter, join with supportive others. Our mammalian nervous system influences all life experience – our emotions, our interactions, our response to opportunity & threat.*



Using *Heart Rhythm Meditation* & somatic practices, we ground ourselves in “ordinary” seeing, hearing, breathing, pulse & heartbeat. We deepen ease within ourselves & our nervous system, cultivating an internal *home base* from which to navigate challenges, thrive & explore. Practicing together, we expand our skill in meeting what life brings. We enrich our awareness of everyday experience – our gateway to the extraordinary.

*Bonnie has 4 decades of immersive training in Sufi, Christian and Buddhist contemplative practice. She has been teaching Heart Rhythm Meditation in Tucson for 16 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 520-730-5889

### Quick Look Calendar

September	October
Sept. 1 <a href="#">Sitting Together</a> half-day	Oct. 3 Upaya Sangha <a href="#">Study Group</a>
Sept. 15 <a href="#">Moving Into Stillness</a> day-long	Oct. 6 <a href="#">Sitting Together</a> half-day
	Oct. 11-13 <a href="#">non-residential retreat</a> ,
	<b>James Baraz</b>
	Oct. 20 <a href="#">Moving Into Stillness</a> day-long
	Oct. 17 Upaya Sangha <a href="#">Study Group</a>

### Save the date for Dharma Talk



### *The Joy of Letting Go: Creating Simplicity and Balance*

by Spirit Rock teacher **James Baraz**

**Friday, October 11, 2019.**

*One of the main routes to true well-being is the experience of letting go.*

*These words are another way of saying the practice of simplicity. We un-complicate our mind as we free ourselves from the pull of more stuff or imagined needs.*

Friday, Oct. 11, 6:30-8:30pm Tucson Osteopathic Medical Foundation, 3182 N Swan Rd  
(Located on the southeast corner of Swan and Camp Lowell, in the Village Offices complex.)

[Complete information and registration](#)

(Those registered for the full weekend Baraz retreat are automatically registered for the Friday night talk.)

### A Two Day Non-residential Retreat

## *“We”, Mindful Communication*

“A statement endowed with five factors is well-spoken, not ill-spoken. It is blameless and unfaulted by knowledgeable people. It is spoken in truth. It is spoken affectionately. It is spoken beneficially. It is spoken with a mind of good-will.” --*The Buddha*



### **Lhasha Tizer – Community Dharma Leader**

**Saturday, November 9 - Sunday, November 10, 2019**

Our ability to speak wisely is based on our ability to listen fully to ourselves and others. When we take time to look carefully at how we behave toward others, we can see how our words and actions create both workable and un-workable relationships. Mindfulness in communication with others is a process-oriented way of living with a willingness to engage our life just as it is.

Speaking mindfully means that we *choose* how, when, where and why to express ourselves with consideration for ourselves and others...

This [two day residential retreat](#) will consist of noble silence with meditation and periods of interactive exercises with speaking, listening, Dharma talks, and group discussion.

**WHEN: Saturday, November 9, 9:30am-4:30pm. Sunday, Nov. 10, 10am-4pm.**

**LOCATION: Tucson Community Meditation Center, 1231 E. Edison**

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

*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*



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**Chuong Tran,**  
**Wednesday sit leader.**



[Class information](#)

Our Wednesday **Mindfulness and Loving Kindness meditation class is volunteering to have yard sales to help raise funds** for the renovation of our new TCMC building. We will need a lot of hearts and hands.

Summertime is not a great time to hold this event, but it's a good time to build up our collection. So please save interesting, beautiful, and useful objects for our yard sales.

These events will probably happen in the Fall, at which time we could also use your helping hands to price, organize, set up, and help manage our events. This is a golden opportunity to improve our generosity, as well as to reconnect with old friends and discover new ones.

Thank you!

Metta, **Chuong and the Wednesday Mindfulness/Lovingkindness class**

**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](#)



## 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](#)

## Under 30(ish) Meditation

This weekly meditation group is for anyone under, or kind of close to, 30ish years old. This class provides an opportunity for young, like-minded individuals to learn about meditation and expand their practice in a social and collaborative environment. Under 30(ish) 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 their practice in a casual setting.

If you appreciate a supportive practice community, then this class is for you. Meditators of all backgrounds and levels of experience are more than welcome to attend.

The class will feature social time, a meditation period, and a Q&A. We often go out for dinner afterwards, and sometimes we get together on the weekends, too.

We emphasize the *ish* in “Under 30(ish)”. Several of our long-time students crossed this threshold into middle adulthood years ago. We have a range of ages at our classes, and all are welcome.

The suggested fee for the class is \$5. **No one will be turned away due to inability to pay.**

Mondays, 7:30-8:45 PM

[Complete Information](#)

Non-TCMC-sponsored class

## [Life as a Grad Student: Strategies for Inner Balance](#)

Wednesdays, 4:30 - 5:30 pm. Starts Sept. 25

Campus Health, Room B207 on Second Floor (*Meder Room*)

Open to UA grad students and partners, housemates, family & friends they invite.

Life says to us “I have a place for you. It is here, now ....”

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

Anne Gallenstein, PMHNP-BC Counseling & Psych Services (CAPS)

**TCMC**

1231 E. Edison Street  
 PO Box 43415 Tucson, AZ 85733  
**Phone** (520) 775-1625  
**E-mail**  
[tucson.meditation@outlook.com](mailto:tucson.meditation@outlook.com)

Directions to 1231 E Edison:  
 One block S of Grant,  
 2 houses W of Mountain,  
 on the N side of Edison

**It is important to the  
 future of TCMC to observe  
[mindful parking...](#)**



**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](#)

## Weekly Schedule

**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 beginning Sept. 16.**

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

**7:30-8:45 p.m.** [Under 30\(ish\) Meditation](#): for younger people, under, or kinda close to, 30 years old. Meditation practice along with questions and discussion.

**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](#) Sitting Group with Community Dharma leader **Lhasha Tizer**. We will come together weekly to meditate, share Dharma talks, have group discussions, and practice mindful inquiry.

**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. (Held in back room)

**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**.

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

