



Tucson Community  
MEDITATION CENTER



How to Love Your  
Enemies  
Non-Residential Retreat  
with  
**Kate Lila Wheeler**  
And  
**Jeff Haozous**  
November 9-11, 2018



"Hatred never ceases by hatred," the Buddha said. "Hatred ceases only by love. This is an ancient law." "Yes, but -- that's not going to work!" may be our first reaction. We fear becoming defenseless, or we feel shamed by a requirement to feel differently when we've been hurt, oppressed, or targeted.

The forces of divisiveness and hate are afoot and resonating through communities, families, our inner lives. How can we deal with these challenges in a loving way?

At this non-residential retreat we will explore how embodied presence, mindful awareness, and our innate ability to love can bring greater peace within. Our own experience of being imperfect, angry, and vulnerable are the raw materials for tolerance and compassion. Everyone is welcome to this mostly silent retreat.

**WHEN:** Friday, Nov 9 6:30-8:30pm Saturday, Nov 10, 9:00 am-5:00pm Sunday, Nov 11, 9:00 am-4:00pm

**WHERE:** TCMC 1231 E. Edison Tucson, AZ. It is important to the future of TCMC to observe mindful parking by not parking on the same block as the Center.

**COST:** \$65 for the weekend, \$10 Friday only if paid in advance. At the door, \$75 or \$15 for Friday only. These fees only cover TCMC's retreat and monthly expenses. Kate Lila Wheeler and Jeff Haozous receive no compensation from TCMC. Scholarships are available.

You will have the opportunity to offer Dana donations to the teachers, a Buddhist tradition of generosity. In the Buddhist tradition, teachings are given freely because they are considered priceless. Dana is not payment for goods and services; it is a gift for teachers from your heart in gratitude.

To register please complete the online registration at **HERE**, or send your email, phone and a check **payable to TCMC** to TCMC Retreats PO Box 43415, Tucson AZ 85733

**CONTACT:** Sue Rasmussen - rasmussensue@msn.com (520) 229-3471

**ABOUT THE TEACHERS:** **Kate Lila Wheeler** began meditating in 1977 and completed the joint IMS/Spirit Rock teacher training program. She enjoys both traditional Asian and Western teaching approaches and is now a coordinator of Spirit Rock Meditation Center's four-year teacher training program. As a writer of fiction and spiritual essays, Kate Lila has won a number of awards. She lives in Somerville, Massachusetts with her husband.  
More info: <http://katewheeler.com>

**Jeff Haozous** has practiced Insight Meditation since 1996 and has led a meditation group in Lawton, Oklahoma since 2003. He has completed the Community Dharma Leader and Dedicated Practitioner Programs at Spirit Rock Meditation Center in Woodacre, California and is participating in the Spirit Rock Teacher Training program. Jeff has been Chairman of the Fort Sill Warm Springs Chiricahua Apache Tribe since 2002. In this role, his mission is to return the tribe to its rightful, historic home in New Mexico and Arizona, to improve the lives of tribal members through education and economic development, and to preserve and restore the tribe's traditional culture.