



## Insight Practice in Difficult Times a Non-Residential Retreat

*"All religions and spiritual traditions begin  
with the cry, Help!"*

*~ William James*

Over the last year, we have seen a palpable increase in anger, confusion, and anxiety within our Sangha and larger community. Indeed, for many of us, the current environment of divisiveness, rancor, fear, and inequity might feel unprecedented. Yet, for nearly 26 centuries the teachings of the Buddha have helped countless souls navigate the ills of their times with more wisdom and ease.

In this two day non-residential retreat, we will explore the suffering of our reactivity, and discover in the Buddha's teaching other ways of responding. Specifically, the cultivation of wholesome attitudes and states of mind which are rooted in the clear-seeing of mindfulness. Practicing with others in difficult times provides fertile ground for insight, camaraderie, and the discovery of collective wisdom. The retreat will consist of sitting and walking meditation, Dharma talks, contemplative inquiry, and Q&A.

<b>WHEN:</b> Friday, Mar 9, 6:30-8:30pm Saturday, Mar 10, 9:30-5:00 Sunday, Mar 11, 9:30-4:00	<b>TCMC FEE:</b> \$45 for the weekend, \$5 Friday only paid in advance, At the door \$55 and \$10 Friday only. <i>Scholarships are available, no one will be turned away due to lack of funds.</i> <b>PLUS DONATION</b> for the Teachers
<b>LOCATION:</b> Tucson Community Meditation Center 1231 E. Edison Tucson, AZ <b>DIRECTIONS:</b> One block S. of Grant and 2 houses W. of Mountain Ave.	<b>TO REGISTER:</b> Please complete the online registration <a href="#">HERE</a> Or mail a check <b>payable to TCMC</b> along with your name, email address and phone number to: TCMC c/o Insight , P.O. Box 43415, Tucson AZ 85733 <b>CONTACT:</b> insightmeditationtucson@gmail.com 520-477-1897

*It is important to the future of TCMC to observe mindful parking by not parking on the same block as the Center and by leaving an empty parking space in front of the homes on the neighboring blocks. Please reserve TCMC driveway parking for people who cannot walk far. Thank you!*

**TEACHERS:** **Terry Magee** has been practicing Insight Meditation since 1995, studying with Anna Douglas, Carol Wilson, Sayadaw U Tejaniya and other Spirit Rock teachers. Since 2006 she has been teaching as a Community Dharma Leader under the mentorship of Anna Douglas. She offers a weekly meditation sitting group and co-leads monthly daylongs for Insight Meditation Tucson.

**David Bornstein, MSW** began meditating in 1997 and has worked with many teachers including Jack Kornfield, Joseph Goldstein, and Anna Douglas. He graduated from the Spirit Rock's Dedicated Practitioner's Program in 2016 and is currently enrolled in the Mindfulness Meditation Teacher Certification Program created by Jack Kornfield and Tara Brach. He teaches for Insight Meditation Tucson.