



# Tucson Community MEDITATION CENTER

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[Intro to  
Mindfulness  
Meditation  
Workshop  
Feb 18](#)

## Featured Retreat

### RIGHT TWEETS: Communication as Spiritual Practice in Changing Times

Weekend Non-Residential Retreat with  
**Eric Kolvig**  
February 17-19, 2012



We all wield great power either to help or to harm through what we say and what we write. The Buddha invites us to make our communication a spiritual practice. During this weekend we will engage old teachings on Wise Speech and will adapt them to conditions

today. Nothing theoretical here; whatever you learn in this retreat you can apply directly to your life. By liberating your speech, you can help to liberate your heart and the hearts of others.

**LOCATION:** Tucson Osteopathic Medical Foundation (SE corner of Swan & Camp Lowell)

Friday, Feb. 17, 6:30 – 8:30p  
Saturday, Feb. 18, 9a – 5p  
Sunday, Feb. 19, 9:00a– 4p

[More Info](#)

**Public Dharma Talk Friday:  
6:30-8:30 pm (\$5-10)**

Call to the TCMC Membership for  
**Board Nominations**  
Election at Annual Meeting on  
Sunday,  
1 April 2012  
Nominations must be received  
by March 1st

## A LETTER FROM THE PRESIDENT OF THE TCMC BOARD

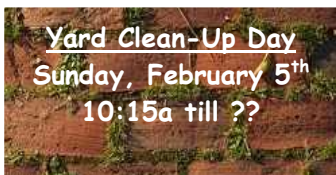
*Dear Friends,*

I am grateful for our community and the valuable opportunities it provides to so many. Our community thrives because of the generosity of our members who give hundreds of hours each year to support our mission to provide “a refuge and a community that nurtures and supports the teaching and continuing practice of mindfulness meditation and its application to daily life.” Our board, that represents you, is engaged in making our offerings, our teachers, and our physical space available to deepen your meditation practice. Our Bylaws, Strategic Plan and Policies guide us in where we are and where we are going. The Strategic Plan, adopted last year, addresses four important areas of community life: physical environment, teaching and program development, financial development, and management and board development. We are working hard to implement this plan and we want to share with you what we have done and what we hope to do in the next year. On **APRIL 1**, we will hold our **Annual Meeting** and have an opportunity to talk more about last year’s work and our future together. PLEASE CONSIDER JOINING US FOR A **LIVELY MEETING AND POTLUCK LUNCH**.

We have not been able to enlist a **volunteer** to create a “**Friends of TCMC**” program. This committee would support fundraising and giving in our community. TCMC volunteers make it possible to hold retreats and sits; they manage the library, they maintain a safe and beautiful facility and they reach out to a larger community. Steady and solid financial support is needed to support this volunteer work. Many of you filled out a questionnaire last October that asked about contributing on a regular basis to TCMC to support our need for a new building site. There was a generous response to this survey, but we have had no one to follow up with you. Until we have a volunteer to help with this, your pledges of support would be graciously accepted. You can make a donation through Pay Pal (see our web site) or to our mail box: PO Box 40007, Tucson, AZ 85719.

Please save the date Sunday, **April 1**, 10:00 am, for our **Annual Meeting**. Meet fellow meditators, volunteers and board members and enjoy some great food. Thank you for your generosity and support of TCMC.

**Barbara Hall, Board President**



TCMC will host the  
[Shinzen home retreat](#)  
on February 10-12

## Upcoming Retreats, etc.

Coming soon...



**“Intimacy with Life”**  
Insight Meditation Retreat  
**March 16-18, 2012**

What is our relationship with life? Sometimes it is full of conflict and sorrow, other times it is serene and joyful.

Like any intimate relationship it requires attention and understanding if it is to be fulfilling. We will explore mindfulness practice, gentle yoga, and contemplative inquiry as potent ways of deepening our intimacy with life as it is embodied in our bodies, our hearts and minds.

The retreat will be in Noble Silence except for two periods of Inquiry into our beliefs about life, led by Terry. Linda will teach 2 periods of yoga for every body.

Retreat led by:

**Lhasha Tizer,  
Terry Magee, and  
Linda Alley-Sarnack**

**and a little bit by  
Anna Douglas**

Weekend non-residential retreat at TCMC.

[For more information](#)

## ...Preview 2012

**“A Weekend Exploring and Cultivating Loving Kindness and Wisdom”**

A **residential women’s retreat** with **ARINNA WEISMAN**, **April 20-22, 2012**, at **Cochise Stronghold Nature Retreat**

Registration Deadline is March 20

During this weekend, Arinna will guide us in growing our capacity to love, to love ourselves, to love that which is imperfect, and to trust in this intention. We will practice the traditional contemplations of our beautiful qualities for the awakening of love and explore what we experience as obstacles and discover how they might also lead to love. The environment of love becomes the most conducive conditions for insight and wisdom to grow.

There will be meditation instructions, dharma talks, dyad exercises inquiring into our experience of love and its obstacles, and group sharing. This retreat is open to women at all levels of meditation experience.

[For more info \(including Registration Packet\)](#)



**Sharon Salzberg** is returning to Tucson and will present a dharma talk sponsored by TCMC and a daylong retreat sponsored by AMRIG: April 13 and 14. [Details SOON.](#)

**Through the eyes of Knowledge:  
Intrinsic within ordinary experience  
Behold transcendent dimensions**

Half-day retreat with **Hayward Fox, Ph.D.**  
Saturday, **May 19** at TOMF  
[More Info](#)

## New Classes Beginning:

**MINDFUL LIVING** The attitudes of Mindfulness can help us in our daily life. Learn how inner cultivation and outer manifestation work together. Tuesdays, 6:30-8:30 pm February 7-March 6 with Community Dharma Leader Lhasha Tizer [More Info](#)

### **Special Class! Mar 13 What It Is Like to Sit in Silence for a Month?**

Welcome Terry back from her month-long silent retreat! Terry will share her experience and answer questions. We will celebrate her return!  
Suggested donation: \$10-\$15 drop-in / led by Terry Magee

**New! Essential Teachings of Insight Meditation Mar 20 - Apr 24** For those who have taken a class in Mindfulness and wish to deepen their practice and understanding of the path of Insight. The class will introduce the Three Trainings, the Four Noble Truths, and Loving Kindness practice. Suggested donation: \$85-\$100 led by Lhasha Tizer and Terry Magee

## Ongoing Classes:

### **MAKING A DIFFERENCE: Mindfulness Tools for Creating Change**

January 18 to March 7, 5:30 – 6:30 PM

Join us in this class focused on practical mindfulness tools we can apply in everyday life. We build the internal skills to create the changes we envision for our own lives and for the world. Silent sitting and guided mindfulness practice. Valuable for both beginning and experienced meditators. **All are welcome.**

Bonnie Colby, PhD. Feel free to contact me at 520-730-5889, [art.prof@gmail.com](mailto:art.prof@gmail.com)

Center Notes

**REFLECTIONS** on the Upasaka Culadasa Retreat, Jan 20-22:

This weekend retreat delivered what might be called, "the essence of Buddhism." [To read more...](#)

## Other Mindfulness Opportunities (not sponsored by TCMC)

**A SILENT VIPASSANA MEDITATION RETREAT** Sponsored by the Mindfulness Institute and led by **Brian Lesage** Saturday/Sunday, February 11-12th, Flagstaff, AZ. For flyer details & application form, contact Steve at: [mindfulnessintstituteaz@gmail.com](mailto:mindfulnessintstituteaz@gmail.com)

**"LIGHT ON MEDITATION" A Silent Weekend Meditation Retreat at Cochise Stronghold with Upasaka Culadasa and small group. April 6-8 (Easter).**

For details: [www.dharmatransaction.com](http://www.dharmatransaction.com) or Shelly Hubman at [shellyhubman@gmail.com](mailto:shellyhubman@gmail.com).

Colorado River Canoe Retreat **SILENT WILDERNESS MEDITATION ON THE RIVER** with **Peter Williams and Johann Robbins** in Ruby Horsethief Canyon Aug. 25-Sept. 2. **Save \$50 by registering before April 30.** For questions, flyer, and registration form, email [ptrwillms98@gmail.com](mailto:ptrwillms98@gmail.com), or call [303-476-0726](tel:303-476-0726)

### *Breeze*

*Murmurs "shush"  
Leaves shimmer, dance, pulse  
Skin chills, hair tingles  
My heart warms*



**TCMC**

1231 E. Edison Street  
PO Box 40007  
Tucson, AZ 85717

**Phone** 520 622-0089

**E-mail** [info@tucsonmeditation.org](mailto:info@tucsonmeditation.org)



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*

## Weekly Sit Schedule

**MONDAY EVENINGS:** 6:30-7:30pm All levels. Mindfulness Meditation Practice: a guided meditation suitable for beginners, followed by a brief, optional discussion.

**TUESDAY EVENINGS:** 6:30-8:30pm Path of Insight Meditation with Community Dharma leaders Lhasha Tizer and Terry Magee. These classes are designed to be taken as a series, each class building upon the previous class. The classes consist of meditation instruction, a dharma talk, Q&A and personal inquiry.

**WEDNESDAY EVENINGS:** 6:30-7:30pm or sometimes 8pm. All levels.

1st Wed: Mindful Music. The theme is music & love, and the meditation will be facilitated by a group who love music and have trained with Bonnie Colby . Everyone is welcome. Please bring CD player or iPod with your favorite music and earphones.

2nd Wed: Loving Kindness

3rd Wed: Loving Kindness through emotional state

4th Wed: Buddy Group Practice (active way of compassion)

**THURSDAY EVENINGS & FRIDAY MORNINGS: [Culadasa Feb 9-10 & 23-24 and Community Dharma Teacher Feb 2-3 & 16-17.](#)**

5:00 – 6:00pm – Private meditation interviews (call 520-508-2368)

5:30 – 6:00pm – Orientation for newcomers

6:00 – 6:30pm – First Thursday of the month, Basic Meditation Instruction

6:30 – 7:15pm – Seated meditation followed by a short break

7:30 – 8:30pm – Discussion and Dharma talk

**FRIDAY MORNINGS:** 7:30, 8:30 and 9:30am – 45-minute sits, 15 min break between.  
**SATURDAY & SUNDAY MORNINGS:** 8:30, 9:00 & 9:30. You may join at the beginning of any half hour. The sits are silent (please maintain silence between Saturday sits).

## Back Page Story:

Our appreciation and gratitude for all the support and love from the TCMC community in our difficult time:

*“In the cocoon of love  
weaving from one heart to another  
we are ... at peace  
watching, surfing and playing  
in the wave of feelings and memories.”*



...Chuong Tran

[for more...](#)

**SOCIALLY ENGAGED PRACTICE**  
of generosity and compassion.

**JANUARY/FEBRUARY PROJECT: Ronald McDonald House**  
TCMC is collecting needed items. [MORE INFO](#)