



# Tucson Community MEDITATION CENTER

## Newsletter

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#### **New at TCMC**

[Mindful Foot Reflexology  
with Lorelei](#)

#### **Save the date**

**Self and World - Appreciation  
and Transcendence**

A Hybrid Non-residential  
Retreat with **Shinzen Young**  
& **Kaishin Ashley**  
March 8 - 10, 2024  
Registration opens soon

#### **30 Day Meditation Challenge**

**Begins Jan. 8, 2024.**

[Information](#)

#### **Change of format**

[Mindfulness and  
Loving Kindness](#)

with **Chuong Tran**  
Wednesday nights

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**Jan. – Feb.  
Calendar**  
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### ***Learning to Meditate:***

#### ***Getting Started with Mindfulness Meditation***

**In-person Workshop Sunday January 14 9:30 a.m. – 1 p.m.**

**At TCMC with **Steve Ross**, MA, LMFT (CA)**

Here we are, quietly reflecting about life on a moon-lit night.  
Surrounded by silence and peace, we wonder, have I done well?  
How can I be and do better? Where am I going in the time ahead?  
How can I help and make a difference in a world like ours?



(Image by Gabriel Isak)

**Mindfulness meditation** is a practice for personal growth and development, helping us develop skills and insights that can improve every aspect of life, especially our relationships and our decision-making. Mindfulness meditation, as we know it today, originated centuries ago in the teachings of the Buddha, rich offerings and resources for a happier, less conflicted life.

This program offers a basic introduction to these practices, starting with heart-centered techniques and then showing how to focus attention with laser-like precision on present-moment experience, using attention and awareness of our own breathing and our own thinking as objects of meditation...

*Masks are required for this event, because the instructor is in a high-risk category for Covid-19. TCMC has lightweight masks, if you don't have one any more.*

This event is offered on a donation basis. Everyone is welcome, regardless of ability to donate.

Please [register](#) in advance through the TCMC website.

[Complete class and teacher information](#)

**About the instructor** -- Steve Ross, MA, is a graduate of the Mindfulness Meditation Teacher Certification Program (MMTCP), taught by Jack Kornfield and Tara Brach. He is a Tucson-based, California-licensed Marriage and Family Therapist, specializing in stress and anxiety reduction.

### ***Inviting Fluidity of Being***

**Online Intensive Mindfulness Meditation Retreat - led by **Stephanie Nash**,  
**Bonnie Colby** and **Campbell Miller** – Feb.7 – 11, 2024.**



By "fluidity" we mean more flexibility, agility & flow of body & mind, and so we will be co-creating this mindfulness retreat to also include healing movement, touch & play for a more joyful & meaningful embodied experience. "Meditation is not just sitting still with eyes closed", so we will explore & celebrate that in what is presented - and how - for this one-of-a-kind and uniquely structured meditation retreat.

The structure of the retreat will support a more intensive meditation retreat schedule for those who want to dive deep, with the option for taking a less intense route - as serves you best.

The retreat will have silent sits in the online meditation hall from 5:30 am through 10:00 pm. Even though we are in an online environment, you will have the presence and support of other meditators.

The retreat will consist of guided Unified Mindfulness meditation instruction, guided embodiment practices, a daily talk on a related topic, and an opportunity for Q&A.

[Complete class and instructor information](#)

[Registration](#)

**New at TCMC****Mindful Foot Reflexology with Lorelei**

Foot reflexology is a holistic form of bodywork; a massage-like working of the feet based on the factual belief that pressure applied to specific points (reflexes) benefits the parts of the body they correspond to. Mindfulness is a practice that encourages the awakened unity of body, breath, and mind. Together they create an optimal body environment that can result in transcendence of pain, creation of positive mind states, and relief from anxiety and suffering.

Each reflexology session begins with a guided body scan followed by gently stimulation of the reflexes or nerve endings in the feet. Throughout the session the client is encouraged to rest with the breath or direct the breath to the body site(s) believed to be causing an imbalance.

For more details or for scheduling information, please click [HERE](#).

***Moving Into Stillness: A Day of Sitting & Walking Meditation***

***Meetings now in person at TCMC.***

[COVID safety protocols will be followed.](#)

**Sunday, Jan. 21** 9:30 a.m. – 2 p.m. MST 1147 N. Howard Blvd.

Dharma talk



*"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"

Desert Insight Meditation invites you to 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](#)

***Yoga Returns to TCMC*****Immerse Yourself in Mindfulness Yoga**

**Tuesdays 10 - 11:15 am**

**A continuing in-person class**

**Wednesdays 5:30 - 6:45 pm - Arizona Time**

Mindfulness Yoga is the practice of watching the breath and body to bring about Yoga, or the union of body, breath, mind, and heart. Mindfulness Yoga allows us to experience the adventure of living in the Present moment, thereby enjoying calmness of mind (including feelings) and compassion for the body.

Although posture practice plays a vital role, we engage in Mindfulness Yoga as a practice that includes standing, walking, asana (posture), movement, lying down, and sitting.

This class bears fruit for beginners and seasoned practitioners alike. Most classes will consist of 15 minutes of stillness/relaxation and settling in, 40 minutes of posture/movement/walking and 20 minutes of relaxation and sitting practice. Please bring our own mat if you have one. If not, we have limited number of mats you may use.

[Complete class and instructor information](#)

Where: TCMC, 1147 N Howard Blvd – we enter the building through back door.

**Questions:** contact Lorelei at [patricklorelei5@gmail.com](mailto:patricklorelei5@gmail.com)

**Lorelei Patrick** - began practicing yoga and meditation in 1976, and has been teaching since 1986. She completed the 200-hour yoga certification offered by the Himalayan Institute in 2007 along with other related certifications.



## **Revitalizing Our Happiness Pathways**

(new offering in Tuesday evening *Art of Thriving* series)



**Tuesdays: January 16 – February 13 6 – 7 p.m. US MST**

**MEETS ONLINE**

The worlds' diverse cultures, over millennia, provide a rich array of practices now understood to help us rebound from difficulties and deeply savor the joys in life. In this class, we draw upon practices grounded in modern neuroscience, suited to our shared human-mammal physiology\* and tailored to our unique life experiences.

We benefit from doing these practices both in brief intervals throughout our day, and through longer times of meditation.\*\* By restoring balance in our nervous system, these exercises facilitate kind interactions and skillful choices. Nervous system balance (assessed through *Heart Rate Variability* and other measures) is linked to our cognitive, emotional and physical health; to our capacity to connect and to rebound from stress.

***Practices from world meditative traditions, grounded in modern neuroscience.***

\* Porges, Stephen, Polyvagal Theory: A Science of Safety *Front. Integr. Neurosci.*, May 2022

\*\* World meditation practices are broad and varied, with still & silent sitting as just one option.

Taught by **Bonnie Colby**, Ph.D, meditation teacher & university professor.

Class meets via Zoom.

**Registration required.**

[Registration](#)

[Complete class and teacher information](#)

Questions? Contact Bonnie C. at [heartprof@gmail.com](mailto:heartprof@gmail.com)

### **Jump Start your Meditation Practice in 2024.**

#### **[Take our 30-day Meditation Challenge](#)**

The Monday evening online *Meditation in Community* class will be offering a 30-day meditation challenge. Should you decide to participate you will commit to meditating at least 20 minutes per day for 30 days starting on January 8th and ending on February 8th.

***This will be a great way to take your meditation practice to a new level in 2023.***

### ***BIPOC Peer-led Practice Group*** – First and third Sundays each month – 2:30 p.m. MST

**In person and peer led.**

This is a practice group for people who identify as Black, Indigenous, or People of Color (BIPOC). The pandemic has been an isolating time and it can feel nourishing to practice and connect with others who identify as BIPOC. We are a friendly group and beginners are welcome. There is a side room available for those who have children who do not need supervision. We practice for 30-minutes, followed by discussion.

**Facilitated by Celina Ramirez and John Ward.** Celina started practicing insight meditation regularly in 2006 after attending retreats at Spirit Rock in California. In summer 2022 she attended Spirit Rock's BIPOC Retreat and Family

Retreat. She is a Tucson native and has worked at the University of Arizona for about 15 years. **John Ward** has resided in Tucson, AZ for the past 5 years, relocating here after living on the east coast. He has attended retreats at

Insight Meditation Society, and was a sangha member at New York Insight. For more

information, [celinadramirez@gmail.com](mailto:celinadramirez@gmail.com).

[Meetup at TCMC, 1147 N. Howard Blvd.](#)

[Meeting Information](#)



## ***Meditating in Community***

taught online by **Blake Barton**

**Monday Evenings from 6 - 7:15 p.m. MST**



Meditation can help us find more happiness and tranquility in life. The purpose of this class is to create a community of meditators to support each other along the meditative path. Each class will begin with 30-40 minutes of guided meditation exploring a wide variety of mindfulness meditation techniques. The guided meditation will have ample periods of silence to deepen your practice. This class is suited for beginners through advanced meditators.

This class will be meeting in person with a Zoom conferencing option. To register to attend in person or to receive the Zoom link for hybrid attendance, please email Blake at [registration@tucsonmeditation.org](mailto:registration@tucsonmeditation.org). Masks and COVID vaccinations are recommended but not required.

[Class Information](#)

Class topics for **January** meetings:

**Jan. 8 – *Establishing a Regular Meditation Practice in 2024 & 30-day meditation challenge***

**Jan. 15 – *Why Meditate: Benefits of Meditation – Part 1***

**Jan. 22 – *Why Meditate: Benefits of Meditation – Part 2***

**Jan. 29 – *Dealing with difficult world events (war, shootings, etc.)***

**Blake Barton** - has been regularly practicing meditation for 20 years, and has been teaching meditation since 2012. He completed the 3-year Dharma Treasure, in-depth, meditation teacher training program. He has a passion for meditation and a lifelong interest in fitness, simple living, wellness, and health.

### **Eric Kolvig dedication evenings**

The Wednesday night *Mindfulness and Loving Kindness* class with Chuong Tran will dedicate the class on fourth Wednesdays to teacher Eric Kolvig, beginning in October.

"Our beloved teacher's body is struggling with illness and Eric is approaching his transition time. With the collective of Loving Kindness, we can ease his pain a bit. The more who join, the more effective it will be. Here is an opportunity for students to repay the teacher." C.T.

[Zoom link](#)

## ***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.

First and third Wednesdays, in person, 7 – 8 p.m. MST at TCMC

Second and fourth Wednesdays, online, 6:30 – 7:30 p.m. MST

Contact Chuong Tran for *online instructions*, [tamkhai17@gmail.com](mailto:tamkhai17@gmail.com)



**Chuong Tran**

**Wednesday sit leader**

[Class information](#)

## ***Befriending Oneself through Mindfulness and Meditation – A Compassionate, Body-Centered Approach to Happiness***



taught by Dharma Treasure Teacher **Nick**

**Thursdays in January**

**Online only**

**6:30 p.m. – 7:30 p.m. MST**

In this class, you will learn to relax your body, settle your mind and trust the inherent wisdom within you through meditation and other mindfulness techniques. By bringing a gentle awareness to your experience, you can discover your innate capacity for freedom and awaken a natural openness and generosity of spirit.

**Online only**

[Online instructions.](#)

The class consists of a 30–45-minute guided meditation followed by teaching and/or discussion. About half the time we will break into smaller groups to give everyone a chance to participate in discussion. Participation in the discussion section is always optional; you are welcome to leave after the meditation if you prefer.

**Drop -ins welcome**

[Complete class information](#)

**Nick Van Kleeck** has been meditating for over 30 years. His teachers include **Gil Fronsdal**, **Upasaka Culadasa**, **Steve Hoskinson** (*Somatic Experiencing*), **Deane Shank** (the *Diamond Approach*) and **Robert Aitken**.

## **Sitting Together**

A Morning of Shared Practice

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

First Sunday of the Month

8:30 a.m. - Noon MST

***Meetings have resumed in person at TCMC.***

Would you enjoy some serious practice in a group setting, without going away on retreat? ***Sitting Together*** alternates periods of seated and walking meditation from 8:30 to 11:35 a.m. Cleanup of the meditation hall is followed by friendly discussion, and we close the hall at noon.

[Program information](#)

If you have any questions, please contact peer-facilitator **Steve Ross**,

520-825-2009, [steve.ross@breathingcoachatucson.com](mailto:steve.ross@breathingcoachatucson.com)



## **Peer-led Silent Sit at TCMC**

These difficult times we are living in call for

***Strong Determination: More silence, Less opinion.***

Every Tuesday from 5-6 p.m. MST, all are invited to a silent, **in-person sit** led by **Barry Reflow** with assistance from **Molly McKasson**.

This is an opportunity to return to our meditation hall, deepen our commitment to the practice, and help create an environment that strengthens everyone's practice.

Noble Silence will be in place, except when someone new to the practice is in need of basic guidance concerning Concentration, Clarity and Equanimity.

**Please do not attend if you have any COVID-like symptoms.**

If you have further questions, please call **Barry** at 520-224-8899.



## Quick Look Calendar

January	February
Jan. 7 In person, <a href="#">Sitting Together</a> half-day	Feb. 4 In person, <a href="#">Sitting Together</a> half-day
Jan. 14 In person half-day <a href="#">Meditation Workshop</a>	Feb. 7-11 <a href="#">Online Meditation Retreat</a>
Jan. 21 In person, <a href="#">Moving Into Stillness</a>	Feb. 18 In person, <a href="#">Moving Into Stillness</a>

Classic Sunday Morning Sits - *In-person*

TCMC is bringing back the classic silent sits that we conducted for years. This is a great opportunity to sit together in-person again.

On the **first Sunday** of each month, we will have the ***Sitting Together*** program with longer periods of sitting and walking meditation that will go from 8:30 a.m. to noon MST at TCMC.

**New Format starting Nov. 12th!** - Start your week with a longer meditation sit supported by a group. Have you struggled to maintain a regular meditation practice or to sit for longer periods of time? This is a great opportunity to deepen your meditation practice and challenge yourself a little bit. *Please join us on the 2nd, 4th and 5th Sundays of the month. We will now have one 50-minute uninterrupted meditation session, from 8:30 a.m. to 9:20 a.m.*

On the **third Sunday** of the month, Lhasha Tizer will be leading the [Moving Into Stillness](#) daylong retreat from 9:30 a.m. – 2 p.m. in-person at TCMC.

Donations are gratefully accepted to help support TCMC. If you prefer to donate online you may do so [Here](#)

For more information, contact Blake at [execdirector@tucsonmeditation.org](mailto:execdirector@tucsonmeditation.org) or 520-775-1626

Non-TCMC sponsored event

### Are you a Breast Cancer Survivor or a Supportive Partner of a Cancer Survivor?

The SUPORT Project is working to determine if health education and compassion meditation programs can reduce distress for breast cancer survivors and their supportive partners. Both programs will be conducted online through video-based conference systems, making it easy to participate from home.

Study participants will attend weekly Cognitively-Based Compassion Training (CBCT) sessions or Cancer Health Education classes for 8 weeks. Both groups will receive the training online in a format similar to internet-based group exercise classes.

You may be eligible to participate in our clinical research study at no cost to you.

VISIT: [nursing.arizona.edu/SUPPORT](http://nursing.arizona.edu/SUPPORT)

CALL: 520-621-1930

E-MAIL: [con-suport-project@email.arizona.edu](mailto:con-suport-project@email.arizona.edu)

**TCMC**

1147 N. Howard Blvd.

**Mail address:**1147 N. Howard Blvd.  
Tucson, AZ 85716**Phone** (520) 775-1625**E-mail**[execdirector@tucsonmeditation.org](mailto:execdirector@tucsonmeditation.org)**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.)****Onsite events this month:****Monday/Tuesday/Wed./  
Sunday sits and classes, and  
BIPOC practice group.****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 (all times are MST)

**MONDAY: 6-7:15 p.m.** All levels. [Meditating in Community](#) with **Blake Barton**. A 30–40-minute guided meditation exploring a variety of mindfulness meditation techniques followed by a short talk, and a Q&A session and an opportunity to discuss your practice. *Hybrid format: meets in-person or by Zoom.*

**TUESDAY: 10–11:15 a.m.** [Immerse Yourself in Mindfulness Yoga](#) for beginners and seasoned practitioners alike with **Lorelei Patrick** at TCMC.

**5-6 p.m.** [Peer-led Silent Sit](#) in-person led by **Barry Reflow** with assistance from **Molly McKasson**.

**6-7 p.m.** [Art of Thriving](#) with **Bonnie Colby**. Enlivening and valuable for both beginning & experienced meditators. *Online only.*

**WEDNESDAY EVENINGS: 5:30–6:45 p.m.** [Immerse Yourself in Mindfulness Yoga](#) for beginners and seasoned practitioners alike with **Lorelei Patrick** at TCMC.

**7- 8 p.m., 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays at TCMC. 6:30-7:30 p.m., 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays online.** [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, 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays.](#)**

**THURSDAY EVENINGS: 6:30–7:30 p.m.** [Befriending Oneself through Mindfulness and Meditation](#) with **Nick Van Kleeck**. Please see the rest of the newsletter or the [TCMC schedule](#) for more information. **[Online only.](#)**

**SUNDAY MORNINGS: Sits - In-person.** On the **first** Sunday of each month, we will have the [Sitting Together](#) program with longer periods of sitting and walking meditation that will go from 8:30 a.m. to 11:35 a.m. at TCMC. Afterwards, there will be time to enjoy coffee, tea, and conversation until noon.

On the **third** Sunday of the month, **Lhasha Tizer** will be leading the [Moving Into Stillness](#) daylong retreat from 9:30am – 2 pm in-person at TCMC.

On the **2nd, 4th and 5th** (if applicable) Sundays of the month, we will have one 50-minute uninterrupted meditation session, from 8:30 a.m. to 9:20 a.m.

∞Please send submissions for this E-newsletter to Dan ([danbrocious@earthlink.net](mailto:danbrocious@earthlink.net)) by the 25th of the month.∞

