



Tucson Community MEDITATION CENTER

Newsletter

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New class

Meditation, Health and Wellness

Topic for July

**Using exercise to
optimize physical and
mental health and
develop healthy habits.**

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Save the date

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



taught by Dharma Treasure Teacher **Nick**

Thursdays in July Online only 6:30 p.m. – 7:30 p.m. PDT/MST

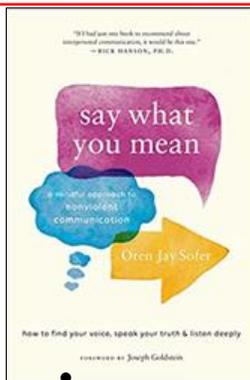
In this class, you will learn to relax your body, settle your mind and trust the inherent wisdom within you through meditation and other mindfulness techniques. By bringing a gentle awareness to your experience, you can discover your innate capacity for freedom and awaken a natural openness and generosity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



Desert Insight Meditation with Community Dharma Leader **Lhasha Tizer**

Wednesday evenings 6 -7:30 p.m.
Begins August 25, 2021.



Say What You Mean: A Mindful Approach To Nonviolent Communication

We spend so much of our lives talking to each other, but how often are we simply running on automatic – relying on old habits and hoping for the best? Are we able to truly hear others and speak our mind in a clear and calm way, without needing to get defensive or go on the attack? In this synthesis of mindfulness, somatics, and Nonviolent Communication, **Oren Jay Sofer** offers simple yet powerful practices to develop healthy, effective and satisfying ways of relating.

[Complete class information](#)

TO REGISTER: Call or email Lhasha to let her know you will be joining.

LOCATION: Your own home (Zoom virtual class). **CONTACT:** lhasha9@gmail.com, 520-321-3670

Wednesdays**Online only****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.

Contact Chuong Tran for *online instructions*, tamkhai17@gmail.com

6:35 - 7:35 or 8 p.m. PDT/MST on **Wednesdays**



Chuong Tran **Wednesday sit leader** [Class information](#)



Unused computer? **Chuong Tran** is looking for an older iMac with Intel processors to provide Zoom

**Save the date****Sept. 22-26**

[A Different Kind of Retreat: Combining In-depth Seated Meditation with Daily Life Practice](#)



TCMC will be hosting a 4 night (5 day) virtual online meditation retreat led by long time Unified Mindfulness teachers **Stephanie Nash** and **Kaishin (Blake) Ashley**. Both teachers have worked closely with Shinzen Young and have been trained by him. Because of COVID-19 this retreat will be held online via Zoom.

This virtual retreat will follow a residential retreat schedule; however, there will be a strong emphasis on learning techniques for taking Unified Mindfulness into daily life. There will be instruction in both seated meditation and strategies to bring mindfulness into all aspects of your life.

We will take advantage of the virtual format to bring mindfulness into your regular home environment. Sometimes there are large differences between a residential retreat and normal daily life. You will learn to bridge those gaps by combining the two types of practice. Remaining mindful in daily life can be a joyful, fun, rewarding experience.

[Complete description](#)

[Registration](#)



Moving Into Stillness: A Day of Sitting & Walking Meditation

[An Online Zoom Virtual Meditation Practice](#)

Sunday, August 15

9:30 a.m.-3 p.m. PDT/MST

No July meeting

Dharma talk on ***Ethics for our World***

"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](#)

**New
Class*****Meditation, Health and Wellness***taught online by **Blake Barton****Monday Evenings from 6:30 - 7:45 p.m. PDT/MST**

Each class will consist of a 30-40 minute guided meditation exploring a variety of mindfulness meditation techniques. The meditation will be followed by a short talk on a meditation, mindfulness, health or a wellness related topic. There will also be an opportunity for Q&A and discussions.

The topics will include the following: benefits of meditation, stress reduction, choosing a meditation technique, breathing techniques for calm, exercise, nutrition, longevity, intermittent fasting, aging well, positive psychology, increasing happiness, financial wellness, and mindfulness in daily life.

June topic: **Using exercise to optimize physical and mental health and to develop healthy habits.**

Due to COVID-19, this class will be meeting online using Zoom conferencing software. Please register [HERE](#) to receive the Zoom link and phone numbers. You must register monthly to receive the Zoom link for that month.

[Class Information](#)

Blake Barton - has been regularly practicing meditation for 18 years, and has been teaching meditation since 2012. He completed the 3 year Dharma Treasure, in-depth, meditation teacher training program. He is also in the process of completing the level one unified mindfulness teacher training program created by Shinzen Young. Blake has a BS in exercise science, and a MS in Biomechanics. He has a lifelong interest in fitness, nutrition, simple living, wellness, and health.

Support Groups

TCMC now sponsors two practitioner-oriented interactive support groups: "Santikara," for cancer support, and "Sarana," for grief & loss support. **First Sunday of the month Online.** [Zoom invitation for both groups.](#)

Contact [facilitator](#) for instructions on how to join the online group.

- **SARANA**, the Cancer Support Group, is open to anyone dealing with, or affected by, cancer, at any time, for any reason. Dealing with a life-threatening illness, especially cancer, is a physically, emotionally, psychologically, and spiritually complex, traumatic situation. Everyone involved needs support, but it's not always easy to find, especially in a spiritually supportive environment. It can be helpful being with people who "get it," people with whom no one needs to explain anything. And hearing the differing perspectives of those in the room can be eye-opening. *Sarana* will meet on the first Sunday of each month, from **12:30pm – 1:30pm PDT/MST**, starting and ending with a few minutes of silent meditation. *Sarana* is a Pali word for "refuge" or "shelter."
- **SANTIKARA**, the Grief Support Group, is open to anyone dealing with grief and loss of any kind, whether current or from time past. *Santikara* will meet every first Sunday of the month for 90 minutes, from **2:30pm – 3:30pm PDT/MST**. Each meeting will start and end with a few minutes of silent meditation. "*Santikara*" means "soothing" in Pali.

Neither of these groups will have an agenda, except what each person brings to the group. We'll have basic guidelines, which we'll review at the beginning of each meeting, and a facilitator to keep things on track, but that is the extent of any formal structure.

[Group information](#)

Coming to Our Senses: Cultivating Meditative Awareness

Last class June 1



On summer break. See tucsonmeditation.org in August for information on next series.

Drawing upon world traditions of sensory-based meditation, we ground ourselves in “ordinary” seeing, hearing, breathing, moving and connecting to pulse & heartbeat. Through coming to our senses, we enhance our nervous system balance. We deepen spaciousness and ease within ourselves and cultivate an internal home base from which to navigate challenges, thrive & explore.

Taught by *Bonnie Colby, PhD, meditation teacher, UA professor, active in Tucson meditation community since early 1990s.*

Questions? Contact Bonnie at heartprof@gmail.com.

Growing Your Practice

Mondays 8– 9:30 p.m. PDT/MST



Growing Your Practice is a lively, informal class that includes a 40-minute guided meditation, followed by 15-minute breakout groups, where you get to know your fellow meditators. The class concludes with group time, which often takes the form of meditation-related Q&A with the teacher, **Tucker Peck, PhD.**

For more information and a link to participate through Zoom, please contact Tucker through [his website](#).

Suggested Fee: \$5 as a donation to TCMC. No one will be turned away due to inability to pay.

Until TCMC re-opens, this class will be merged with the San Francisco Pragmatic Dharma Sangha.

Quick Look Calendar

July	August
July 4 Online only Sitting Together half-day	Aug. 1 Online only Sitting Together half-day
July 4 Online only Cancer and Grief & Loss Support Groups	Aug. 1 Online only Cancer and Grief & Loss Support Groups
No July meeting Moving Into Stillness day-long	Aug. 15 Online only Moving Into Stillness day-long

TCMC class changes and plans

Because of the coronavirus, no classes are being held at the TCMC site. TCMC sponsored classes have been **moved online** and do not meet in person. **The TCMC Board and teachers are working to develop a plan to resume in-person classes, likely in the fall.** Please check the [TCMC website](#) for news as it develops.

Please see individual listings in the newsletter and on the TCMC website for details. The following classes have been **cancelled** until further notice.

Yoga for Meditation with **Dan Sweet** on Wednesday at 5:15 p.m.

Silent Sit led by **Nick Van Kleeck**. Fridays at 6:45 a.m.

Sitting Together

A Morning of Shared Practice

Online only **July 4** 8:30am-12:15pm PDT/MST Tuesdays, 6-7 p.m. US PDT/MST

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 other activity, followed at the end by a short, pre-recorded dharma talk and some time to discuss it.

[Program information and Zoom instructions.](#)

If you have any questions, please contact peer-facilitator

Steve Ross, (520) 825-2009, steve.ross@breathingcoachtucson.com



Friends of TCMC Needs Your Support!

The **Friends of TCMC** program began in 2013. The purpose was to enable TCMC to purchase or rent a new facility in the event that we had to move.

Thanks to our wonderful members, *we raised approximately \$20,000* over the years which allowed us to afford our new home when Willoughby, our landlord, decided to sell.

Going forward, **Friends of TCMC** needs to support our new facility. Although none of us has been able to use our Zendo this past year, mortgage, utilities and maintenance expenses do not go away. Eventually we'll need to replace air conditioners and furnaces, recoat the roof, etc.

Your generous donations to the Friends of TCMC program go towards:

- building maintenance, repairs and replacements
- building mortgage
- utilities and insurance



If you haven't already, please consider becoming a **Friend of TCMC**. You may make a regular monthly contribution or an annual donation. You will find instructions for donating [HERE](#) .

Thank you.

Kaishin (Blake) Ashley taught the Monday night Mindfulness class from 2006 until the beginning of 2021, making it one of the longest running classes at TCMC. Kaishin has now launched a teaching website which he invites you to visit. <https://noplacetostand.com/>

Weekly Schedule (all times are PDT/MST)

TCMC

1147 N. Howard Blvd.

Mail address:1147 N. Howard Blvd.
Tucson, AZ 85716

Phone (520) 775-1625

E-mailexecdirector@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.)

No events onsite this month**We're on the Web!**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](#)

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. **Summer break. New class begins in August.** [Online only.](#)

6:30-7:45 p.m. All levels. [Meditation, Health and Wellness](#) with **Blake Barton**. A 30-40 minute guided meditation exploring a variety of mindfulness meditation techniques followed by a short talk on a meditation, mindfulness, health or a wellness related topic.

Growing Your Practice with **Tucker Peck**. For online class details, please contact Tucker via form [here](#).

TUESDAY EVENINGS: 6-7 p.m. [Coming To Our Senses](#) with **Bonnie Colby**. **Summer break. New class information in August.**

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. **Cancelled.**

6-7:30 p.m. [Insight Meditation](#) class with Community Dharma leader **Lhasha Tizer**. A new book, [Say What You Mean](#), begins Aug. 25.

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. [Online only.](#)

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.](#)

FRIDAY MORNINGS: 6:45–7:30 a.m. Silent Sit. 45-minutes of silent meditation led by **Nick Van Kleeck**. **Cancelled.**

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

