



# Tucson Community MEDITATION CENTER

## Newsletter

### INSIDE THIS ISSUE:

- [Sits](#) 7
- [Classes](#) 3

### Save The Date

#### Harmonizing Mind and Body

A weekend retreat  
with  
Kaishin (Blake) Ashley  
on  
June 10-11

### [Meditating in Community](#)

**[New Time 6-7:15 p.m.](#)**  
**[and New Hybrid Format](#)**

[Click for  
Quick Look](#)  
**May – June  
Calendar**  
**Page 6**

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



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

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

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

Dharma talk on *Loving Ourselves*



*“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](#)

Class  
registration  
open

## Renew Body, Mind & Spirit

(new offering in Tuesday evening Art of Thriving series)



*Leave the familiar for a while.*

*Let your senses and body stretch out like a welcomed season,  
onto the meadows and shores and hills ...*

Hāfez-e Shīrāzī, Persian poet, 1300s (translated by D. Ladinsky)

Tuesdays: ~~April 25~~ & May 2, 9, 16, 23 & 30 6 - 7 p.m. US MST/PDT **MEETS ONLINE**

Join in practices that restore the many layers of your being. Build your capacity to meet life with vitality, clear thinking and optimism. Explore practices from world meditative traditions, grounded in modern neuroscience. We engage in sensory awareness practices to renew aliveness in our body, mind and spirit; and to restore balance to our nervous system.

Class includes guided *Heart Rhythm Meditation* and other practices that facilitate nervous system balance. Enlivening and valuable for both beginning & experienced meditators.

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

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

Class meets via Zoom.

Registration required.

[Registration](#)

[Complete class and teacher information](#)

*Class registration is still open*

## *Meditating in Community*

taught online by **Blake Barton**

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



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.

**\*New Time**

[Class Information](#)

Class topics for **May** meetings:

May 1 – ***Walking Meditation***

May 22 – ***Working with Aversion***

May 8 – ***Understanding Impermanence***

May 29 – **Holiday – no class**

May 15 – ***Benefits of Practicing Gratitude***

**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.

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

For COVID safety, masks and vaccination highly recommended

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



taught by Dharma Treasure Teacher **Nick**  
**Thursdays in May**

**Online only**                      **6:30 p.m. – 7:30 p.m. MST/PDT**

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**.

### ***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 MST/PDT**, 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 from **2:30pm – 3:30pm MST/PDT**. 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](#)

**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](mailto:tamkhai17@gmail.com)

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

**Chuong Tran****Wednesday sit leader**[Class information](#)**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/PDT at TCMC.

On the **2nd, 4th and 5th** (if applicable) **Sundays** of the month, the in-person sits at TCMC will start at 8:30 am with a 25-minute silent sit followed by a 5-minute break. There will then be a 30-minute silent sit that starts at 9 a.m. You may arrive at 8:25 or 8:55. If you would like a longer sit, you can sit through the break, resulting in a 60-minute sit. You are also invited to stay for coffee or tea after the last sit. We hope you will join us to come together in community once again.

On the **third** Sunday of the month, Lhasha Tizer will be leading the [Moving Into Stillness](#) daylong retreat from 9:30am - 2:00pm in-person at TCMC.

**At this time, masks and social distancing are required, and we ask you not to attend if you are sick with COVID-like symptoms. COVID vaccinations are required.**

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

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/PDT

**Cancelled May 7*****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 coffee, tea and conversation from 11:35 a.m. until noon.

**Cancelled May 7**[Program information](#)

If you have any questions, please contact peer-facilitator **Steve Ross**, 520-825-2009, [steve.ross@breathingcoachtucson.com](mailto:steve.ross@breathingcoachtucson.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/PDT, 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.

**COVID safety protocols like masking and social distancing will be the rule, and vaccination is strongly encouraged.**

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

Since this is one of only a few in-person sits at TCMC, heating/cooling the building will be an expense. A suggested \$4 donation would be greatly appreciated to help cover utilities. If you have further questions, please call **Barry** at 520-224-8899.

## Quick Look Calendar

May	June
May 7 Cancelled, <a href="#">Sitting Together</a> half-day	June 4 In person, <a href="#">Sitting Together</a> half-day
May 7 <b>Online only</b> <a href="#">Cancer and Grief &amp; Loss Support Groups</a>	June 4 <b>Online only</b> <a href="#">Cancer and Grief &amp; Loss Support Groups</a>
May 21 <a href="#">Moving into Stillness</a> daylong retreat	June 10-11 <a href="#">Harmonizing Mind and Body</a> retreat
	June 18 <a href="#">Moving into Stillness</a> daylong retreat



Daylight Saving Time began March 12. During Daylight Saving Time, Pacific Daylight Time (West Coast) and Mountain Standard Time (Arizona) are the same. PDT=MST (-7 UT/GMT) From April through October, all times in the Newsletter will show MST/PDT.



Non-TCMC sponsored event

### EXPERIENCED MEDITATORS NEEDED FOR RESEARCH STUDY

The Science Enhanced Mindful Awareness Lab (SEMA Lab) is currently recruiting experienced meditators with more than 500 hours of experience to participate in a new study. Participants will undergo non-invasive brain stimulation as they meditate. If you are an experienced meditator and are interested, please contact us. You will be scheduled to come in for 3 sessions, 2 hours each.

To learn more about this study or enroll, call 208-860-7152 or email [laurabeaman@email.arizona.edu](mailto:laurabeaman@email.arizona.edu)

#### Requirements

- 18 or older
- No psychotropic medications
- May not be pregnant
- No history of epilepsy, migraines, sleep disorders, head injuries, or cardiac problems
- Fluent English speaker
- No drug or alcohol dependence or mental illness
- Over 500 hours of meditation experience
- Normal or corrected eyesight

*An Institutional Review Board responsible for human subjects research at The University of Arizona reviewed this research project and found it to be acceptable, according to applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.*

## 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/Sunday sits, 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 BlakeStay in touch by checking the Tucson Community Meditation Center Calendar online.  
[Calendar](#)

# Weekly Schedule

*(all times are MST/PDT)*

**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. (No class currently underway.)

**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.

**TUESDAY EVENINGS: 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: Begin Anew](#) with [Bonnie Colby](#). Enlivening and valuable for both beginning & experienced meditators. New class: April 25 & May 2, 9, 16, 23 & 30.

**WEDNESDAY EVENINGS: 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.](#)

**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. **Cancelled May 7**

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∞Please send submissions for this E-newsletter to Dan ([danbrocious@earthlink.net](mailto:danbrocious@earthlink.net)) by the 23rd of the month.∞

