



# Tucson Community MEDITATION CENTER

## Newsletter

### INSIDE THIS ISSUE:

- [Sits](#) 7
- [Classes](#) 2

### [Inviting Fluidity of Being](#)

**Retreat Rescheduled to  
Feb. 7-11, 2024.**

(Stephanie Nash is recovering well from her unexpected spinal surgery.)

### [Meditative Support Tools for the Holidays](#)



[Click for  
Quick Look](#)  
Nov. – Dec.  
Calendar  
Page 7

### ***Access to the Inner World: Getting Started with Mindfulness Meditation*** In-person Workshop **November 11 1 – 5 p.m.** 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, a training for life, on and off the meditation cushion. This class uses teachings and techniques from the Buddhist tradition, rich offerings and resources for a happier, less conflicted life. Not the least of these are the various ways to calm the mind and open the heart.

This half-day program offers a basic introduction to mindfulness, practices to focus attention on present-moment experience. You'll learn heart-centered techniques and specific ways to pacify the mind through attending to physical sensations, the breath, our own thought process, and how thoughts connect (for better and for worse) with emotional states. You'll learn one or two ways to do walking 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.

### ***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 [patrickloirelei5@gmail.com](mailto:patrickloirelei5@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.



## Meditative Support Tools for the Holidays



**Back by popular demand.** The holiday season will soon be upon us. It offers the possibility of celebration, togetherness, giving, love, and hope. The season may also generate exceptional stressors: pressure to do it all, sadness, loneliness, grief. AND potentially **too much** of many things including food, drink, sweets, events, family, expenses, among others.

Meditative Practice can help us improve our holiday experiences. It can enable an enrichment and enjoyment of the "Best of the Season". We can find connection, vibrancy, and satisfaction in small moments and traditional activities.

Our practice can also help us to prepare for, and process emotional and physical challenges, as they arise. Inevitably they will.

The program will be held on Zoom **Tuesdays, 6 to 7 p.m., Mountain Standard Time, Dec. 12, 19, 26 and January 2.** It is an all-levels class, from beginner to experienced meditator.

You can enroll in and attend individual sessions. However, we encourage you to explore the entire program.

- Dec. 12**      **Nurturing Your Heart During the Holidays – Intention, Opportunities, Stressors, Creating A Plan**
- Dec. 19**      **Peace on Earth Begins with Peace Within – Compassion Practices from Many Traditions**
- Dec. 26**      **Discovering and Radiating the True Spirit of the Season**
- Jan. 2**        **A New Year – A New You, Change Yourself – Change the World!**



[Complete class and teacher information](#)

[Registration](#)

**Stephen Villaescusa** is a level 2 certified meditation teacher. He has taught meditation classes for TCMC, VSI, Unified Mindfulness, and St. Thomas the Apostle Church. He is intrigued with helping people bring mindfulness into daily life activities and spiritual practices, to enhance their happiness and wellbeing.

**Rescheduled for Feb. 7-11, 2024.**

## Inviting Fluidity of Being

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



For this unique offering, we will co-create an experience that employs healing movement, touch & play into the fabric of this mindfulness retreat. Unlike traditional meditation retreats, there will be emphasis on fluidity in content, form & structure that will hopefully lead to insight, purification, and present-moment awareness & appreciation. **Good stuff! Join us for this one-of-a-kind event.**

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](#)



## 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

## *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.

**\*New Time**

[Class Information](#)

Class topics for **November** meetings:

**Nov. 6 – Exploring Restful States in Meditation**    **Nov. 20 – Guided Meditation and Q&A**

**Nov. 13 – Mindfulness of eating**    **Nov. 27 – Tips to Improve your Concentration**

**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.

## Tuning In – Neuroception

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



**Tuesdays: Nov. 7, 14, 21 & 28 and Dec. 5 6 – 7 p.m. US MST**

**MEETS ONLINE**

All of our lives – below the level of conscious awareness – our mammal nervous system receives and interprets signals of safety and threat from the environment and people around us, as well as from within. Neuroception\* is the term used to describe this. We draw upon meditative sensory awareness practices to become acquainted with our neuroception patterns, formed by our shared mammal physiology and our unique life experiences.

Sensory awareness practices facilitate skillful & kind interactions by restoring balance in our nervous system. 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***

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

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

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)

### **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**

**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 on **Wednesdays**



**Chuong Tran** Wednesday sit leader

[Class information](#)

## ***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](#)

## *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@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, 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.

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



taught by Dharma Treasure Teacher **Nick**

**Thursdays in November**

**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.

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



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

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

***Resumes 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](#)

### Quick Look Calendar

November	December
Nov. 5 In person, <a href="#">Sitting Together</a> half-day	Dec. 3 In person, <a href="#">Sitting Together</a> half-day
Nov. 11 <a href="#">Getting Started with Mindfulness Meditation</a> workshop	Dec. 12 <a href="#">Meditative Support Tools for the Holidays</a>
	Dec. 19 <a href="#">Meditative Support Tools for the Holidays</a>
	Dec. 26 <a href="#">Meditative Support Tools for the Holidays</a>

From Chuong Tran –

Dear all!

Our Co-Founder Rita Rosenberg says,  
“Happy Halloween to you all.”

metta, ❤️



Non-TCMC sponsored event

### DO YOU MEDITATE?

Did you teach yourself how to meditate? Did you complete a Mindfulness-Based Stress Reduction course?

Join a research study on meditation experiences in everyday life!

Answer questions about your experiences meditating and psychological factors that may be involved in meditating. More information in the consent form!

[https://albany.az1.qualtrics.com/jfe/form/SV\\_dhbh94RzK9yOyua](https://albany.az1.qualtrics.com/jfe/form/SV_dhbh94RzK9yOyua)

Principal Investigator: Leah Howard, B.A., University at Albany, SUNY 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/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: Tuning In – Neuroception](#) with **Bonnie Colby**. Enlivening and valuable for both beginning & experienced meditators. *Online only.*  
**New series begins Nov 7.**

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

**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.

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. **Resumes Jan. 21.**

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.∞

