



Tucson Community MEDITATION CENTER

Newsletter

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Touching the Depths of Our Practice in Challenging Times



with
Donald Rothberg

October 11-13, 2024

A Hybrid Weekend Meditation Retreat

Co-sponsored by
**TCMC and
Insight
Meditation
Tucson**

In this weekend retreat, we will cultivate wisdom; the awakened heart of kindness and compassion; a spacious and easeful awareness; and mindfulness of the mind, emotions, and body; while grounding in the ethics of non-harming. We do so in a time in which many places in our world are going through challenging and often painful times.

[More info](#)

[Register](#)

Donald Rothberg, Ph.D., is a member of the Teachers Council at Spirit Rock Center in northern California and is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*, and the co-editor of *Ken Wilber in Dialogue*.

'Hybrid' = both in-person and on ZOOM

**SEE PAGE 3
for Eric Kolvig
Memorial
ZOOM LINK
Sat. Sep 7 / 10:00 am**

Accessing the Joy and Wisdom of the Somatic (Bodily) Experience



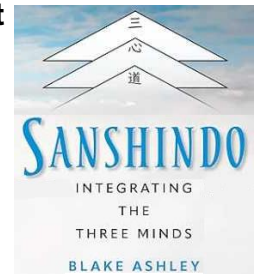
In-Person Weekend Meditation Retreat

with

Kaishin (Blake) Ashley

September 28-29, 2024

9:30-4:30 Arizona Time (MST)



The workshop will involve walking practice and possibly other mindful movement. As usual, there will be practice in stillness, Q&A, and some discussion. The workshop will be in silence except during Q&A. Kaishin will be presenting material from his exciting new book: *Sanshindo: Integrating the Three Minds*


[For More Information](#)

[Registration is required](#)

Kaishin works closely with Shinzen Young and has been his co-teacher at several retreats.

Moving Into Stillness: A Day of Sitting & Walking Meditation

Meetings now in person at TCMC

Sunday, September 15 9:30 a.m. – 2 p.m. MST 1147 N. Howard Blvd. 

Dharma talk: ***Gift of Spiritual Friendship***



"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](#)

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
[Class Information](#)

Class topics for **September** meetings:

Sep. 9–*Four Foundations of Mindfulness*–
Overview

Sep. 23–*Four Foundations of Mindfulness*–*Feeling Tone*

Sep. 16–*Four Foundations of Mindfulness*–*Body*

Sep. 30–*Four Foundations of Mindfulness*–*Mental States*

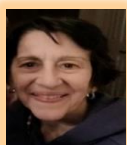
Blake Barton - has been regularly practicing meditation for 20 years and has been teaching meditation since 2012. He completed the 3-year Dharma Treasure, in-depth, meditation teacher training program. He has a passion for meditation and a lifelong interest in fitness, simple living, wellness, and health.

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.

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](#)



Empower Change

(new offering in Tuesday evening Art of Thriving series)



Tuesdays: September 10, 17, 24 & Oct 1 @ 6:15-7:15 PM AZ (PDT), 4 sessions

Class size limited. [Pre-registration required](#)

We may not govern the winds and tides, but we can learn to sail. Called by a point on the far horizon, we set out, making our way.

Learn meditative practices that fuel effective change through cultivating clarity, focused energy, and a grounded inner core to persevere in accomplishing the change we long for. What scale of change do you long to work with?

Your inner life, family, community, ecosystem ... ?

Class includes guided **Heart Rhythm Meditation** and other practices that facilitate a balanced nervous system.

Class meets via zoom, with hybrid/in-person session on **Oct 1**.

Taught by **Bonnie Colby**, Ph.D., meditation teacher & university professor. Questions? Contact Bonnie: heartprof@gmail.com

[Complete class information](#)

Yoga Returns to TCMC

Immerse Yourself in Mindfulness Yoga

Tuesdays and Wednesdays

A continuing in-person class

Tuesdays 10 - 11:15 am

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.

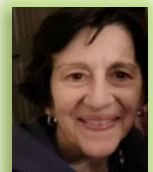
This class bears fruit for beginners and seasoned practitioners alike. Most classes will consist of 15 minutes of stillness/relaxation and settling in, 40 minutes of posture/movement/walking and 20 minutes of relaxation and sitting practice. Please bring our own mat if you have one. If not, we have limited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

TCMC and Lorelei are now offering private yoga classes. For [more information or to sign up](#).



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.

Memorial for long-time TCMC Dharma teacher **Eric Kolvig**, who passed away July 2.
Brian Lesage officiating.

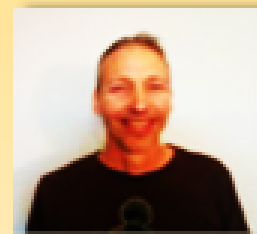
Zoom link for Saturday Sept 7, 10am Pacific/AZ

Please open the zoom link 15-30 minutes early to test your connection, the zoom quality, and help our volunteer tech team resolve issues. Zoom access starts 30 minutes before the gathering goes into full swing. <https://us02web.zoom.us/j/84498676179>

Meeting ID: 844 9867 6179

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

taught by Dharma Treasure Teacher **Nick**



Thursdays in August

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.

Wednesdays Currently meeting online via Zoom every week at 6:30 pm due to Chuong's travel.

In person meetings will resume on Nov. 13.

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 alternates between Wednesdays, in person, 7 – 8 p.m. MST at TCMC and Wednesdays, online, 6:30 – 7:30 p.m. MST.



Check the [TCMC schedule](#) to make certain of format.

Contact Chuong Tran for [online instructions](#) tamkhai17@gmail.com

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



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.



UnitedHealthcare
Co-Sponsors



Tucson Community
MEDITATION CENTER

**At the UnitedHealthcare
Medicare Store
Crossroads Shopping Center
4811 E. Grant Rd #119**

Immerse Yourself in Mindfulness Yoga

Saturday September 21 & 28 at 10:00 am

Saturday October 5 & 19 at 8:30 am

Saturday November 2 & 23 at 8:30 am

taught by
Lorelei Patrick
[Registration Info](#)





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.

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 **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.

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 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

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

Weekly Schedule (all times are MST/PDT)

TCMC

1147 N. Howard Blvd.

Mail address:

1147 N. Howard Blvd.
Tucson, AZ 85716

Phone (520) 775-1625

E-mail

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.**



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: 6-7:15 p.m. All levels. [Meditating in Community](#) with **Blake Barton**. A 30–35-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**.

6:15-7:15 p.m. [Art of Thriving](#): with **Bonnie Colby**. Enlivening and valuable for both beginning & experienced meditators.

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

[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. Currently meeting online via Zoom every week at 6:30 pm due to Chuong's travel

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 third Sunday of the month, Lhasha Tizer will be leading the [Moving Into Stillness](#) daylong retreat from 9:30 am – 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) by the 25th of the month.∞

