



Tucson Community MEDITATION CENTER

Newsletter

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

**30 Day Meditation
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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 - 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.

Dear TCMC members and friends:

We're reaching out today to encourage you once again to help us retire our meditation center's mortgage early. Thanks to all of you and your generous support, last year we slightly exceeded our mortgage fundraising goal of \$5000.



We have been paying an extra \$200-250 towards the mortgage principal most months. Currently, we are raising funds to pay additional principal on our mortgage. If we can meet or exceed our 2022 mortgage fundraising goal, we have a very good chance of paying off our mortgage in 2024. Paying off our mortgage early will have the following benefits for TCMC.

- | | |
|---|---|
| 1. It will reduce the total amount of interest that we pay on the mortgage. | 3. Paying less interest and getting the mortgage paid off early will allow us to put that money towards our programs and our mission. |
| 2. It will minimize the amount we must refinance. This is important because we do not know what the interest rates will be in 2024. | 4. Once the mortgage is paid off, TCMC will be in a stronger financial position. |

It is our goal to raise **at least \$5000** in 2023 to pay towards our mortgage principal. Please help us to meet this goal by considering a donation before the end of the year. Through your tax-deductible contribution, TCMC will remain a strong and accessible refuge for the greater community.

We have several different ways to donate. Please go [HERE](#) to donate today! Please include Mortgage Fundraiser on the bottom of your check or in the “instructions to seller” or comment on an online donation.

With Gratitude,
 TCMC Board and Executive Director



[Full Details](#)

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](#).

***Join us for a Yaza (all night meditation sit) on Dec. 31.***

Meditation teacher Chuong Tran will be leading this event. It is a great way to deepen your practice for the new year. It begins at 9 p.m. on Dec. 31 and ends at 5 a.m. on Jan. 1.

There will be a 30-minute break at midnight for socializing and celebration. We will serve coffee and tea, and we encourage you to bring a snack to share.

You do not have to stay for the entire night. You may choose how long you wish to stay.



The night will consist of 30-minute sits with a group walking meditation every 2 hours. However, the schedule is flexible and you can walk during any of the sits.

Chuong will be providing an orientation with strategies to stay awake and deal with sleepiness during your meditation.

Please contact Chuong at tamkhai17@gmail.com if you plan to attend, so we know how many to expect.

Please bring a flashlight, and park any cars with alarms outside of the fence. [Details](#)

***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](#)

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.

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

[Meeting Information](#)

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.

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. Masks and COVID vaccinations are recommended but not required.

[Class Information](#)

Class topics for **December** meetings:

Dec. 4 – Working with Holiday Stress

Dec. 18 – Guided Meditation and Q&A

Dec. 11 – Forgiveness

Dec. 25 – Holiday, no class scheduled

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.

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

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.

**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](#)

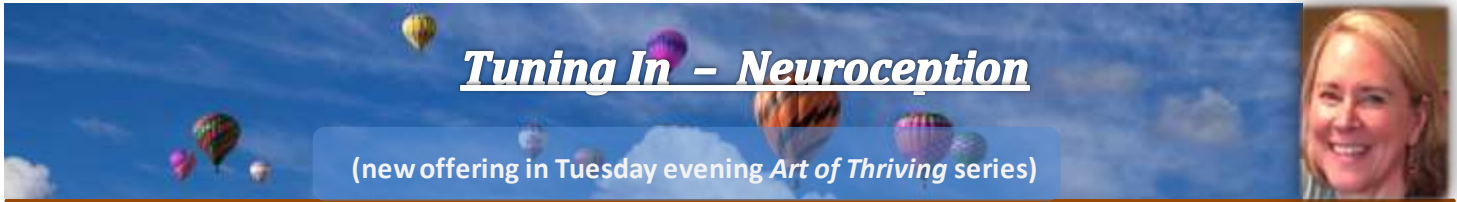
Wednesdays**Online only*****Mindfulness and Loving Kindness with Chuong Tran***

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

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

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



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 mammalian 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.

Class filled. Please look for new offering in January Newsletter and on TCMC website.

Practices from world meditative traditions, grounded in modern neuroscience.

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

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](#)

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



taught by Dharma Treasure Teacher **Nick**

Thursdays in December

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@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.

Quick Look Calendar

December	January
Dec. 3 In person, Sitting Together half-day	Jan. 2 Meditative Support Tools for the Holidays
Dec. 12 Meditative Support Tools for the Holidays	Jan. 7 In person, Sitting Together half-day
Dec. 19 Meditative Support Tools for the Holidays	Jan. 21 In person, Moving Into Stillness
Dec. 26 Meditative Support Tools for the Holidays	
Dec. 31 All Night Meditation Sit	



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 or 520-775-1626

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

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

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

*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. [Meditative Support Tools for the Holidays](#) with Stephen Villaescusa. Meditative Practice can help us improve our holiday experiences. It can enable an enrichment and enjoyment of the "Best of the Season". **Online only. Dec. 12 – Jan. 2.**

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

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 ([danbrocius\[at\]earthlink.net](mailto:danbrocius[at]earthlink.net)) by the 25th of the month.∞

