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Save the Date

**[Concentration, Clarity, and Contentment](#)**

**In person retreat**

**Oct. 28-29**

**At TCMC**

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***Inviting Fluidity of Being***

**Online Intensive Mindfulness Meditation Retreat - led by [Stephanie Nash](#), [Bonnie Colby](#) and [Campbell Miller](#) - Sept. 27- Oct. 1**



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](#)

***Clear Mind, Open Heart***

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



*Ten thousand flowers in spring, the moon in autumn, a cool breeze in summer, snow in winter.  
If your mind isn't clouded by unnecessary things, this is the best season of your life.*

Wu Men Hui-k'ai, (English version translated from Chinese by Stephen Mitchell)

**Four Tuesdays: Sept 12, 19, 26 & Oct 3**  
**6 – 7 p.m. US MST/PDT                      MEETS ONLINE**

Join in practices that support clear thinking and open-hearted responses to life's challenges. Build your capacity to fully meet what life brings. Explore practices from world meditative traditions, grounded in modern neuroscience. We engage in sensory awareness practices to facilitate skillful choices and kind interactions by restoring balance in 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.

\* 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.

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](#)

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



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

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

**Sunday, Sept. 17** 9:30 a.m. – 2 p.m. MST/PDT 1147 N. Howard Blvd.

Dharma talk on ***Compassion***



*"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/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 **August** meetings:

**Sept. 4 – Holiday, No Class**

**Sept. 18 – *How to Practice Mindfulness of the Body***

**Sept. 11 – *Mindfulness and Free Will, Part 2***    **Sept. 25 – *Working with physical pain and discomfort***

**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.

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



taught by Dharma Treasure Teacher **Nick**

**Thursdays in September**

**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.

The Wednesday night  
Wednesdays to tea  
“Our beloved t  
of Loving Kindness,  
for students to rep

class on fourth  
with the collective  
an opportunity

*Chuong Tran is traveling in the month of September. As a result, there will be no Wednesday classes nor an Eric Kolvig dedication evening in September.*

*Watch the TCMC Calendar and Newsletter for updates.*

### ***Wednesdays***

Each month, we  
stillness with varie

in motion or



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

***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](#)

## 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

***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)





## *Developing the three "C"s: Concentration, Clarity, and Contentment*

In-person Weekend Meditation Retreat with

**Kaishin (Blake) Ashley**

Oct. 28-29, 2023 9:30 a.m. – 4 p.m. Arizona Time (MST)

At [TCMC](#)

This mindfulness meditation retreat will consist of guided exercises, based on Shinzen Young's teaching, designed to develop the three skills of integration: concentration, clarity, and contentment.

There will be seated practice in stillness, practice in motion (weather permitting), some explanation of the practices, and opportunities for Q and A. Silence will be observed except during Q and A.

This retreat is appropriate for both beginners and experienced students.

[Complete class information](#)

[Registration](#)

### **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 **1pm to 2pm MST/PDT**. We'll start 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 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.



### **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.

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

If you have further questions, please call **Barry** at 520-224-8899.



### **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.

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



## Quick Look Calendar

September	October
Sept. 3 In person, <a href="#">Sitting Together</a> half-day	Sept. 27 - Oct. 1 <a href="#">Inviting Fluidity of Being</a> On-line retreat
Sept. 3 <b>Online only</b> <a href="#">Cancer and Grief &amp; Loss Support Groups</a>	Oct. 1 In person, <a href="#">Sitting Together</a> half-day
Sept. 17 <a href="#">Moving into Stillness</a>	Oct. 1 <b>Online only</b> <a href="#">Cancer and Grief &amp; Loss Support Groups</a>
Sept. 27 - Oct. 1 <a href="#">Inviting Fluidity of Being</a> On-line retreat	Oct. 15 <a href="#">Moving into Stillness</a>
	Oct. 28-29 <a href="#">Concentration, Clarity, and Contentment</a> Weekend in-person 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

## 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

## 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](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 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. (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. *Hybrid format: meets in-person or by Zoom.*

**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: Clear Mind, Open Heart](#) with **Bonnie Colby**. Enlivening and valuable for both beginning & experienced meditators. *Online only.*  
**New series begins Sept. 12.**

**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.](#)

**No classes in September.**

**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.

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∞Please send submissions for this E-newsletter to Dan ([danbrocious@earthlink.net](mailto:danbrocious@earthlink.net)) by the 25th of the month.∞

