

Common Ground Meditation Center

Practicing together in the footsteps of the Buddha.

June – August 2010



Introduction to Mindfulness Meditation

Mindfulness meditation leads to insight into the nature of our hearts and minds, revealing an inherent clarity, openness, and ease. This course includes an introduction to the intention behind practice, an introduction to insight (vipassana) meditation techniques, instructions for working with common obstacles, an overview of the practices of lovingkindness, and a discussion of how mindfulness can be part of one's daily life. Please register by contacting the center.

Intro Class with Mark Nunberg, Six Tuesdays, June 8 – July 13, 7:30 – 9:00 p.m. or Intro Workshop with Gail Iverson, Sunday, August 8, 1:30 – 5:00 p.m.

Ongoing Programs

Open Meditation Sessions

Open meditation is available on a drop-in basis for anyone wishing to practice silent sitting or walking meditation. Stay for as many 30-minute periods as you would like. Please arrive and depart with the bells, which are rung every half hour.

**Monday – Saturday 7:00 – 9:00 a.m.
Sunday, 8:00 – 10:00 a.m.
Tuesday, 7:30 – 9:00 p.m.**

Weekly Practice Groups

Common Ground offers drop-in practice groups three times a week: Wednesday and Sunday evenings and Sunday morning. These weekly groups are designed to be a cornerstone for one's practice by providing ongoing instruction and teachings that help illuminate the simple but challenging practice of mindfulness. The Buddha taught that mindfulness is the way to go beyond habits of distraction and grasping. To walk this path of wisdom and compassion, we need the support of a community that shares this intention. Each session includes a guided meditation, dharma talk, and discussion. Both experienced and beginning meditators are welcome. Led by Mark Nunberg.

**Wednesdays, 7:30 – 9:00 p.m.
Sundays, 10:30 – 11:35 a.m.
Sundays, 7:00 – 8:30 p.m.**

Sunday Morning Children's Practice 10:30 – 11:35 a.m.

Please join us for this weekly drop-in opportunity for children, led by community volunteers. The practice for children ages one through eight years is held in the community room during Sunday Morning Weekly Practice Group. Parents should plan on staying with their child until she or he has settled in. In addition, one parent should assist the teacher every second visit. When not assisting, parents are expected to join other community members in the meditation hall. **Contact Kate Needleman at okneedleman@gmail.com, for more information.**

Pre-Teen Practice

Please contact the center for information about programs for children 9 to 13.

Teen Practice

Please contact the center for information about programs for teenagers 14 through 18.

Metta Practice Group

This practice group is for people interested in developing the heart by training in the four beautiful emotions of lovingkindness (metta), compassion, empathetic joy, and equanimity. Each session includes instruction, a guided meditation, a short dharma talk, and time for questions and discussion. This monthly drop-in group meets on the first Friday of each month. Please note this group meets the second Friday in June. Led by Mark Nunberg. **Fridays, June 11, July 2, August 6; 7:00 – 8:30 p.m.**

Practice Meetings

People interested in meeting with Mark Nunberg to discuss their practice can call to set up an appointment. These practice meetings are usually scheduled for 30 minutes and are available to people with specific questions about their meditation practice or for people who are interested in deepening their practice through regular meetings with a spiritual friend.

Dear Common Ground Friends:

As a teacher, the Buddha focused on the experience of stress and suffering and how one can go beyond it. As he studied his own mind, he saw that the mind habitually conceptualizes experience and then becomes confused and trapped by those concepts. In short, we live within the constructed and limited world of our thoughts. Muriel Rukeyser, an American poet and political activist said it well, "Our world is made up of stories, not atoms." Of course, most of our stories center on a fixed sense of self.

Confused by thoughts, the mind misperceives and grasps at things. Grasping is a special mental activity that creates the experience of suffering and sets in motion more suffering down the road. Grasping is the mind identifying with stories in a way that leads to mental pain. Grasping strengthens the confusion in the mind and causes it to react with more grasping. More than anything, this painful feedback loop defines our lives.

Much of the path is the cultivation of skillful means that reveal the true nature of thoughts. When the mind is clear and balanced, thoughts are seen as impermanent, conditional, and impersonal. The only thing that can harm us is what we don't see and don't understand. Thoughts themselves are harmless and ephemeral. The problem is ignorance in the mind. Distorted views cause the mind to take thoughts to be more than they actually are. The practice of mindfulness defuses this harmful feedback loop by seeing thoughts as they actually are and not being confused by the seductive content of our stories.

Peace,
Mark Nunberg

Quarterly Community Gathering

Please join us for this wonderful opportunity to meet the community that practices at Common Ground and recommit to living a life dedicated to kindness, generosity, and the awakening of wisdom and compassion. Mark Nunberg will give a dharma talk, then the community will recite the Refuges and Precepts. A potluck will begin at 11:45 a.m. Feel free to bring along family and friends. If you plan to come to the sit or talk, you can store food in the refrigerator until the potluck begins. No registration necessary.

The quarterly gathering replaces the regular weekly practice group on this Sunday. The Sunday Morning children's program will be held as regularly scheduled, as will the open sitting time from 8:00 to 10:00 a.m.
Sunday, June 20, 10:30 – 11:45 a.m.

Courses

Please contact the center to register.

Buddhist Studies Program

The Buddhist Studies Program is designed for people who have attended three or more mindfulness meditation retreats and have a commitment to daily meditation practice. Participants will be expected to use the teachings as a focus of their meditation and daily practice. Led by Mark Nunberg.

The Wisdom of Lovingkindness

This three-week course will explore the Buddha's teachings on metta or lovingkindness. We will practice the formal lovingkindness meditation as well as methods for integrating metta into daily life and mindfulness meditation.

**Three Mondays, June 14 – June 28,
7:30 – 9:00 p.m.**

Optional sitting period, 7:00 – 7:30 p.m.

Mindfulness of the Mind

This seven-week course is a continuation of our year-long study of the Buddha's discourse on the four foundations of mindfulness. With mindfulness of the mind, the Buddha invites us to notice whether the mind is with or without greed, anger, or delusion. We can discern whether the mind is contracted and distracted or open and concentrated.

Learning to recognize the shape of the mind is the first step toward freeing the mind from the weight of identification and attachment.
**Seven Mondays, July 12 – August 23,
7:30 – 9:00 p.m.**

Optional sitting period, 7:00 – 7:30 p.m.

Healing in the Present Moment: Mindfulness-Based Stress Reduction

This eight-week program is an introduction to mindfulness meditation practice following the stress reduction program pioneered by Jon Kabat-Zinn over 30 years ago. Since then, scientific research has shown that this

program provides benefits in a multitude of physical and psychological conditions, including chronic pain, anxiety, high blood pressure, and sleep disorders. Participants will learn and practice mindfulness meditation techniques, including body scan, sitting and walking meditation, gentle yoga, and qigong. Sessions will include formal meditation practice and large and small group discussions. Participants are encouraged to spend 30 minutes per day on daily mindfulness practices. The course is appropriate for people seeking to use mindfulness meditation techniques to improve their general health and well-being. It is open to those willing to commit to the eight-week course and a daily practice.

Debbie Norgaard has over 25 years experience in the healthcare field as an RN/Nurse Practitioner and is certified as a Healing Touch and Shiatsu practitioner. Her formal meditation practice began 11 years ago. In addition to formal retreat practice, she has completed the 7-day MBSR professional training program.

**Eight Thursdays, July 15 – September 2,
6:30 – 9:00 p.m. Day long retreat:
Saturday, August 21, 9:30 a.m. – 4:30 p.m.**

Workshops

Please contact the center to register.

Buddhist Ethics: The Practice of Becoming a Better Person

This workshop explores the basic Buddhist models of human nature and the plasticity of personality. By better understanding the dynamics of cause and effect and the role of intention, we can diminish unhealthy states and strengthen healthy states of mind. Led by Andrew Olendzki.

Andrew Olendzki, Ph.D., was trained in Buddhist Studies at Lancaster University in England, as well as at Harvard and the University of Sri Lanka. The former executive director of IMS, he is currently the executive director and senior scholar at the Barre Center for Buddhist Studies and is editor of Insight Journal.

Sunday, July 18, 1:00 p.m. – 3:00 p.m.

Living the Practice: Trusting Uncertainty and Change

This world is uncertain, only change can be expected. This is the world we live in. This daylong workshop will include talks, guided meditations, guided reflections, and large and small group discussions designed to deepen our understanding of impermanence and develop the perspectives to more fully integrate it. Uncertainty does not have to be a burden that we must bear; it can be the ground of freedom. The lunch break will allow for informal discussions and social time. Led by Mark Nunberg.

Saturday, August 14, 9:30 a.m. – 4:00 p.m.

Mindfulness and Physical Pain

Mindfulness meditation can help practitioners understand the complex nature of pain and provide tools to reduce the suffering associated with it. This half-day workshop will include guided meditation, lectures, and group discussions. It is open to everyone, but may be especially useful for people experiencing physical pain and those (professional and otherwise) who help people in pain. Led by Gail Iverson and Ramesh Sairam.

Gail Iverson has been practicing mindfulness meditation since 1987. For eight years she worked at the Vipassana Support Institute with Shinzen Young, the author of *Break Through Pain: A Step-by-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain*. Gail has been practicing at Common Ground since 2002 and currently serves as Chair of the Board of Directors.

Ramesh Sairam is a practicing psychiatrist in St. Paul. His interests include the psychological management of chronic pain and geriatrics. He has been practicing mindfulness meditation at Common Ground Meditation Center for five years.

Sunday, August 22, 1:00 – 5:00 p.m.

Meditation Retreats

Retreating from the distractions of daily life is an essential part of the path of awakening. Please join us for these important opportunities to deepen mindfulness. Those who are new to meditation should attend the intro class or several weekly practice groups before their first retreat.

To register for Common Ground retreats, call or email the Center: (612) 722-8260, info@commongroundmeditation.org, Or drop in and sign up.

Half-Day Retreats with Mark Nunberg

Saturday, June 12, 1:00 – 5:00 p.m.

Saturday, July 10, 9 a.m. – 1:00 p.m.

Saturday, August 7, 1:00 – 5:00 p.m.

Daylong Retreats (Please bring a lunch)

with Santikaro: Sitting and Walking with the Ennobling Truths

See bio under Monthly Dharma.

Saturday, June 5, 9:00 a.m. – 6:00 p.m.

with Mark Nunberg:

Saturday, June 26, 9:00 a.m. – 6:00 p.m.

Saturday, July 24, 9:00 a.m. – 6:00 p.m.

To register for the following retreat, see info below the retreat description.

Residential Retreat at Holy Spirit Retreat Center with Mark Nunberg

Thursday, September 2 at 5 p.m. to Monday, September 6 at noon; contact the retreat committee at

commongroundretreats@gmail.com.

Registration begins July 2.

Guest Teachers

Please join us for these special evenings of dharma (spiritual teachings) and connection with the Common Ground community.

These drop-in programs are an opportunity to hear guest teachers and experienced community members speak about their practice.

With Santikaro:

Sangha for Personal & Social Transformation

We struggle today with the suffering of both our individualism and our society's injustices. Both aspects of suffering are interconnected. Sangha can be the place where we face this and support each other in following the path of liberation. This means developing forms of Sangha that suit our needs and times, yet are well grounded in the Buddha's teaching and example. Santikaro will also be teaching the morning and evening weekly practice groups on Sunday, June 6 with a talk entitled *Nurturing the Buddha Within*.

Santikaro is a Dhamma student-practitioner, translator, and Buddhist meditation teacher. Through Liberation Park, he seeks to support Buddhist study and practice in the Midwest. **Friday, June 4, 7:00 p.m. – 9:00 p.m.**

With Steve Armstrong and Kamala Masters:

The Four Stages of the Eightfold Path

Steve Armstrong has studied the dhamma and practiced insight meditation since 1975. He has served for many years at the Insight Meditation Society in Massachusetts as an Executive Director, board member, and senior teacher. Steve is a co-founding teacher of the Vipassana Metta Foundation's dharma sanctuary and hermitage on Maui.

Kamala Masters is one of the founders and teachers of the Vipassana Metta Foundation on Maui, where she is currently developing Ho'omalalama, a sanctuary-hermitage for long-term meditation practice. She teaches retreats in the Theravada tradition at venues worldwide and is a core teacher at the Insight Meditation Society in Barre, MA.

Sunday, June 13, 7:00 p.m. – 8:30 p.m.

With Rebecca Bradshaw: *Untangling Our Karmic Knots*

Rebecca Bradshaw teaches at the Insight Meditation Society in Barre, MA, at other locations in the United States, and at Kyaswa Monastery in Sagaing, Myanmar. She is a psychotherapist, the guiding teacher of the Insight Meditation Center of Pioneer Valley, MA, and the Buddhist Advisor at Mt Holyoke College.

Sunday, July 11, 7:00 p.m. – 8:30 p.m.

With Myoshin Kelley:

Center of the Cyclone

Myoshin Kelley began meditation practice in 1975. Studying with teachers in both the Theravada and Tibetan Buddhist traditions,

she has offered retreats worldwide since 1995. Her teaching style emphasizes a relaxed, caring, and attentive attitude combined with joyful interest.

Saturday, August 28, 7:00 p.m. – 9:00 p.m.

Yoga and Qigong

Mindful Yoga Weekly Drop-In Practice

This series is open to adults of all ages, including those with little or no background in yoga. This class will introduce a basic sequence of yoga poses, emphasizing mindfulness of breathing and sensation. Led by Nancy Boler.

Wednesdays, 5:30 – 6:45 p.m. and Fridays, 9:30 – 10:45 a.m. No registration, just come.

Yoga Nidra Workshops

Yoga Nidra is the state where the mind and body are awake and alert but relaxed to the level of deep sleep. These workshops include instruction and explanation of Yoga Nidra, a short practice of yoga poses, then 45 minutes of lying on the floor and being guided into deep relaxation and Yoga Nidra. The effects of practicing Yoga Nidra can be better sleep, freedom from anxiety, and the ability to simply relax when you want to relax. During Yoga Nidra, we gradually let go of repetitive thought patterns, physical tension and emotional tension. Please bring 3 blankets and a yoga mat.

Sundays, June 6, June 20, July 18, August 1, August 15; 3:30 – 5:30 p.m. Attend one or all: please contact the center to register.

Yoga Asana Workshops

In these workshops, we learn the asanas practiced during our weekly Mindful Yoga class through discussion and some partner work. We will learn and practice pranayama (breathing) techniques and end with a long relaxation.

Sundays, June 27, July 25, August 29, 2:00– 5:00 p.m. Attend one or both: please contact the center to register.

All yoga is led by Nancy Boler, who was certified in 2000 at the Kripalu Center for Yoga in Lenox, MA.

Drop-in Qigong

Qigong is a deeply satisfying healing practice that integrates mindful awareness, breath, and movement. This practice develops relaxation, concentration, and vitality. Please join us. Led by Mark Nunberg and Merrin Young. **Wednesdays, 9:05 – 10:05 a.m., ongoing**

Mindfulness in the Twelve-Steps

Weekly Practice Group

This ongoing program is for those seeking spiritual development by practicing the principles of the Twelve Steps and the Buddha's teachings in everyday life. This practice group meets the second, third, and fourth Friday of each month and is open to

all who have an interest in mindfulness and the Twelve Steps. Led by guest teachers Patti S., Emil J., and Elene L.

Fridays, 7:00 – 8:15 p.m. except the first Friday of each month.

Community Practice Groups

Dharma Flicks

Ever frustrated after a good movie with juicy dharma points because no one gets it? Well now you have a choice. You could directly experience that there are no problems. Or you might enjoy watching a movie together at Common Ground. We'll start with the film, *Departures*. Contact the center for more details.

Saturday, June 12, 7:00 p.m.

Dharma Friends

Dharma Friends is a drop-in, practice/social group for young adult practitioners ("20-30 somethings") in the Common Ground community. We meet at the Groundswell Coffee Shop on the corner of Thomas and Hamline in St. Paul (1342 Thomas Ave). For more information, contact dharmafriendstc@gmail.com.

Third Saturday of the month, 2:00 – 3:30 p.m.

Engaged Mindfulness

This monthly practice group explores the interaction of mindfulness with community service, social justice, environmental work, politics, and activism. New participants and ideas welcome. For more information, or to be added to the group's email list, please contact Leigh Rosenberg by emailing the center. Meetings are at River's Way Meditation Center in the Ivy Arts Building, 2637 27th Ave S, Suite 201.

Sundays, July 25, August 22; 4:00 – 6:00 p.m.

Full Moon Peace Walks

Please join us for our monthly Full Moon Peace Walk, which includes chanting, a mindful outdoor walk, and sitting meditation. Weather permitting, the walking and sitting take place outdoors, so dress appropriately and bring a flashlight and an old blanket to put on the ground if you would like. No registration necessary.

Friday June 25, 7:30 – 9:00 p.m.

Monday July, 26, 7:30 – 9:00 p.m.

Tuesday August 24, 7:30 – 9:00 p.m.

Mindfulness for Educators

The group is for anyone who is committed to mindfulness practice and is currently teaching in a public or private school or educational organization, or providing one-on-one private instruction. Usually held on the **Second Saturday of the month at 3:30 p.m.**

Contact Paul Sackaroff by emailing the center.

Chant and Song

Will not be meeting over the summer. Will resume in the fall.

Supporting Common Ground



All programs are offered free of charge in the spirit of generosity. This offering is possible because of the generosity of people like you who wish to support the continuation of the center.

Mindful giving and receiving frees the heart of clinging. Please join us in the practice of generosity, which leads to both joy and wisdom. Because each person's circumstances are different, we do not provide suggested donations or constant reminders to give. The center, however, is completely dependent on your gifts.

Your contributions pay for all the center's expenses, provide Mark's livelihood, support our teachers, maintain the center's building, and pay the mortgage and our administrative staff.

How to donate:

- You may leave financial donations in the dana bowl at the center or mail your gift to 2700 E. 26th St. Mpls, 55406.
- To make a gift online, visit: www.common-groundmeditation.org and click on Supporting Common Ground.
- If it is convenient for you to schedule electronic deductions on a regular basis, it helps simplify the center's bookkeeping. You can either schedule regular deductions from a credit card at www.NetworkforGood.org (search for Common Ground Meditation Center). Or you can contact your bank for instructions on setting up electronic payments from your account, then get the center's account information from Debbie at Debbie@common-groundmeditation.org.

Volunteers do many of the center's day-to-day tasks. Please email shelly@commongroundmeditation.org if you have time and skills that you would like to contribute.

The generosity of your practice and financial support make this center a great resource for us all.

Please keep in mind that all cash contributions to Common Ground are tax deductible.

Common Ground Leaders and Volunteers

Board of Directors

Board Chair: Gail Iverson; Vice Chair: Jean Choe; Treasurer: Doug Swanson; Secretary: Wynn Fricke; Director: Mark Young; Guiding Teacher: Mark Nunberg

Advisory Board

Steve Armstrong, James Baraz, Joseph Goldstein, Kamala Masters

Program Teachers

Gail Iverson, Craig Vollmar, Merrra Young, Nancy Boler, Debbie Norgaard

Office Manager

Shelly Graf

Bookkeeping Manager:

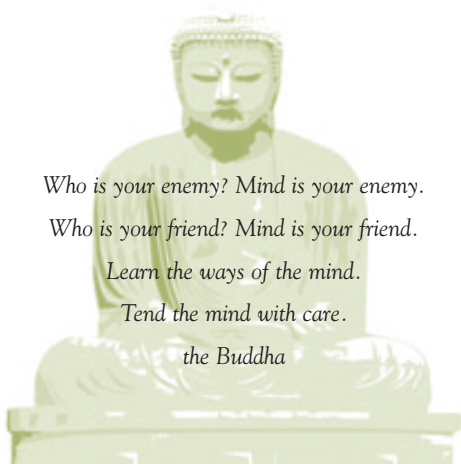
Debbie Norgaard

Guiding Teacher:

Mark Nunberg began his practice in 1982 and has been teaching meditation since 1990. He co-founded Common Ground Meditation Center in Minneapolis in 1993 and continues to serve as the center's Guiding Teacher. Mark has studied with both Asian and Western teachers and finds deep inspiration in the teachings of the Buddha. Mark practiced as a monk for five months in Burma and completed four three month retreats at Insight Meditation Society Retreat Center, as well as many months of intensive retreat practice at The Forest Refuge. Mark continues to be a grateful student of Buddhist practice.

Statement of Purpose

Common Ground is a community meditation center dedicated to the practice of mindfulness. Mindfulness is the practice of being present with the moment and learning to be at ease with the unfolding conditions of life. With practice, mindfulness reveals deep wisdom, compassion, and freedom. Common Ground is an independent center founded on the teachings of the Buddha. This center follows in the spirit of Insight Meditation Society in Barre, Massachusetts, and Spirit Rock Meditation Center in Woodacre, California and is part of the greater insight meditation, or vipassana, community in the West. Common Ground welcomes skillful means from all Buddhist traditions as well as other spiritual traditions dedicated to wisdom and compassion.



Who is your enemy? Mind is your enemy.

Who is your friend? Mind is your friend.

Learn the ways of the mind.

Tend the mind with care.

the Buddha

For more info: (612) 722-8260 • email: info@commongroundmeditation.org • www.commongroundmeditation.org

Common Ground Meditation Center
2700 East 26th Street
Minneapolis, Minnesota 55406

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