

# Common Ground Meditation Center

Practicing together in the footsteps of the Buddha

May – August 2017



Visit [www.commongroundmeditation.org](http://www.commongroundmeditation.org) for complete program information. All programs offered without charge. Freely given donations cover expenses of the center and support for teachers' livelihoods. See back page for more information.

## Ongoing Programs

### Open Meditation Sessions

Drop in to as many silent meditation periods as you like. Please arrive and depart with the bell, which is rung every half hour.

**Monday – Saturday, 6:30 – 9:00 a.m.**

**Sunday, 8:00 – 10:00 a.m.**

**Tuesday, 11:00 a.m. – 12:00 p.m.,**

**7:30 – 9:00 p.m.**

### Weekly Practice Groups

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. Led by Mark Nunberg.

**Sunday, 10:30 – 11:45 a.m.,**

**Sunday, 7:00 – 8:30 p.m.,**

**Wednesday, 7:30 – 9:00 p.m.**

### Children's Practice

The Children's Practice Group is for ages 3 through 3rd grade. Instruction revolves around mindful words, thoughts, and actions. Class size is limited and registration is required for this class. Interested parents/guardians should contact [children@commongroundmeditation.org](mailto:children@commongroundmeditation.org) for more information before bringing children to the program.

**Sundays, 10:30 – 11:45 a.m.**

### Pre-Teen Practice

The pre-teen group is for youth in 4th – 7th grades who want to explore meditation and mindfulness in daily life. Registration is required for this group. Interested parents/guardians can join our Google group to receive notifications about how to register for upcoming sessions by contacting the teachers at [preteen@commongroundmeditation.org](mailto:preteen@commongroundmeditation.org).

**Sundays, 10:30 – 11:45 a.m.**

### Lovingkindness Practice Group

This practice group is for people interested in developing the heart by training in the four beautiful emotions of lovingkindness, compassion, empathetic joy, and equanimity. Led by Anushka Fernandopulle, Gail Iverson,

and Mark Nunberg

**Fridays, May 5, June 2, July 7; 7:00 – 8:30 p.m.**

### Self-Compassion Practice Group

This practice group is for anyone interested in developing practices that strengthen and support mindful self-compassion. Led by Jean Haley and Jane Rauenhurst.

**Fridays, May 19, June 16, July 21, August 18; 7:00 – 8:30 p.m.**

### Practice Meetings

Practice meetings with Guiding Teacher Mark Nunberg 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.

## Courses

Find complete program information and register online at [www.commongroundmeditation.org](http://www.commongroundmeditation.org)

### Introduction to Mindfulness Meditation

This course includes exploration of the intention behind practice, an introduction to insight (vipassana) meditation techniques, instructions for working with common obstacles, an overview of the practice of lovingkindness, and a discussion on how mindfulness can be part of one's daily life.

**Intro Class with Mark Nunberg, Six Tuesdays, June 13 – July 25 (no class July 4); Intro Workshop with Gail Iverson, Saturday, August 19, 1:30 – 5:00 p.m.**

### Buddhist Studies Program

The Buddhist Studies Program is for experienced practitioners who have attended three or more Buddhist meditation retreats and have a commitment to daily meditation practice.

Led by Mark Nunberg.

### The Five Hindrances

This six week course examines the Buddha's teachings on the five hindrances that undermine the clarity and stability of mind. These afflictive states are often regular visitors for meditators. With practice, sense desire, aversion, dullness, restlessness, and doubt can be more quickly recognized with a non-judging awareness in a way that neutralizes their disturbing and obscuring effect on the mind. Developing these skills goes to the heart of calming the mind and living in a skillful and compassionate way. **Seven Mondays, July 10 – August 21; 7:30 – 9:00 p.m. Optional Sitting Period, 7:00 – 7:30 p.m.**

Dear Friends,

Mindfulness is the practice of opening to and understanding the moment just as it is, whether we are practicing sitting meditation, cooking dinner, or advocating for justice. To begin we make the necessary effort to calm the mind and heart. Without this first step our intention to be present is often overwhelmed by the mind's habits to struggle with conditions. Instead of struggling, we practice trusting the mind's capacity to be relaxed, clear, intimate, and willing to feel how it is. This simple, clear seeing is at the heart of mindfulness practice.

Mindfulness is all about cultivating a continuous present-moment awareness. We train in persistence, a willingness to begin over and over again. This training is overseen by the wise and kind heart that appreciates how difficult it is to remain present. Still, no matter how difficult it appears to be, our practice is to gently and persistently return to the simple truth, "This is being known." Awareness is already available and knowing; the practice is to simply and clearly recognize, "This is being known." Many people develop whole-body awareness, a direct, non-conceptual knowing of sensation, as a means for developing momentum in their practice. Daily sitting practice and an effort to be present throughout the day are causes for greater joy, tranquility, and insight. This capacity to be present is our wise friend, protector, and guide - this is how we live with greater wisdom, compassion, and ease.

Mark Nunberg  
Guiding Teacher

## Mindful Self Compassion

This eight-week class is designed to help participants cultivate self-compassion skills for daily life. Based on the program developed by Christopher Germer and Kristen Neff, Mindful Self-Compassion (MSC) builds on a foundation of mindfulness, kindness, and a sense of our shared humanity to help us meet the difficulties in our lives with compassion. Led by Jean Fagerstrom and David Alley.

**Eight Mondays, June 26 – August 14, 9:30 a.m.– 12:00 p.m. & Half-day Retreat, Thursday July 27, 5:00 – 9:00 p.m.**

## Workshops

Find complete program information and register online at [www.commongroundmeditation.org](http://www.commongroundmeditation.org)

### With Anushka Fernandopulle: Meditation as an Act of Love

When we develop meditation as loving awareness, we cultivate a beautiful way of living that supports wisdom and balance. We pay attention well to what we love and we learn to be present with a warm, open gaze for whatever shows up. This kind, gentle awareness brings mindfulness and metta (lovingkindness) practice together as one. Join us to explore meditation as an act of love.

**Saturday, May 6, 9:30 a.m. – 4:00 p.m**

### With Spruce Krause: Laughter Yoga – A Direct Practice of Joy

Laughter yoga involves deep breathing and a deep commitment to being fully in the now. When we are laughing there is no past, no future, and no mind chatter. Laughter increases one's sense of well-being and promotes a wholesome community.

**Sunday, June 4, 2:00 – 3:00 p.m.**

**For Women: Compassionate Inquiry with Merrra Young and Shelly Graf** We will explore the terrain of the heart and consider wise action together through intention-setting, sitting practice, movement, and inquiry.

**Saturday, May 20, 9:00 a.m. – 1:00 p.m.**

### For Men with Nils Heymann: Sangha Brothers on the Path to Liberation

A day of support and community.

**Sunday, June 18, 12:30 – 3:30 p.m.**

### With Ajahn Chandako: Self – What We Identify With

Adopting the Buddha's analytical approach, we will take an honest and challenging look at what it is that we consider to be ourselves and our lives, and the relationship between identification and happiness.

**Saturday, July 1, 9:30 a.m. – 4:00 p.m**

### With Emil Jalonen: Transforming Anger, Fear's Shadow

**Sunday, July 23, 1:00 – 5:00 p.m**

### With Ramesh Sairam: 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.

**Saturday, July 8, 1:00 – 5:00 p.m**

### Living the Practice Workshop Series

The Living the Practice Workshop Series is designed for people who have an ongoing mindfulness practice and want to integrate the practice more thoroughly into all aspects of life.

### With Mark Nunberg and Wynn Fricke:

#### The Happiness of Forgiveness

The practice of forgiveness releases an authentic happiness. So why do we ignore or resist it? In this workshop we will

acknowledge our stories of resentments and disappointments and how they often imprison us. Forgiveness is not imaginary or hopeful, it is a deepening understanding and acceptance of what is already true. The goal of this workshop is to recognize the limitations of ill will as a strategy for life, and to appreciate letting go as the expression of deep wisdom and compassion.

**Saturday, July 22, 9:30 a.m. – 4:00 p.m.**

### With Gabe Keller-Flores and Shelly Graf: Racism and Awakening

By engaging the historical and present-day reality of racism in our institutions, relationships, and minds with compassion and courage, we transform habits of denial, alienation, rage, and fear into fuel for awakening. All are welcome.

**Saturday, August 12, 9:30 a.m. – 4:00 p.m**

## 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. Register for Common Ground retreats at [www.commongroundmeditation.org](http://www.commongroundmeditation.org).

### Half-Day Retreats

- Saturday, May 13, 9:00 a.m. – 1:00 p.m. with Gail Iverson
- Saturday, June 3, 1:00 – 5:00 p.m. with Gabe Keller-Flores
- Saturday, July 8, 9:00 a.m. – 1:00 p.m. with Merrra Young
- Saturday, August 5, 1:00 – 5:00 p.m. with Shelly Graf

### Daylong Retreats

(Please bring a bag lunch)

- Saturday, May 27, 9:00 a.m. – 6:00 p.m. with Jean Haley and Gabe Keller-Flores
- Saturday, June 24, 9:00 a.m. – 6:00 p.m. with Mark Nunberg
- Saturday, July 29, 9:00 a.m. – 6:00 p.m. with Mark Nunberg

### Community Practice Intensive

This intensive practice period is for those interested in integrating daily life with more formal practice and study.

**Monday, June 12 - Thursday, June 29**

### Common Ground Residential Retreats

At Holy Spirit Retreat Center with Mark Nunberg.

**Saturday, August 26 at 5:00 p.m. to Monday, September 4 at noon;** registration begins May 26.

### TCVC Residential Retreats

**June 16 – 22 with Steve Armstrong, assisted by Shelly Graf.** Visit [www.tcvc.info](http://www.tcvc.info) for more information.

### Other Residential Retreats with Common Ground teachers

With Mark Nunberg, Kamala Masters, and Deborah Ratner Helzer at Insight Meditation Society, **May 2–9**

With Shelly Graf, Keri Pederson, and Alexis Santos at Cloud Mountain Retreat Center, **June 2–9**

With Mark Nunberg and Kamala Masters at Cloud Mountain Retreat Center, **June 30–July 9**

With Mark Nunberg, Steve Armstrong, Kamala Masters, and Deborah Ratner Helzer, at Insight Meditation Society, **August 3–13**

## Guest Teacher Talks

Please join us for these special evenings of dharma (spiritual teachings) and connection with the Common Ground community. Visit our online calendar for complete program information, including teacher bios.

**With Anushka Fernandopulle:** Loving the Stranger

**Friday, May 5, 7:00 – 8:30 p.m.**

**With Heather Lyn Mann:** The Voyage from Despair to Hope in 2017

**Thursday, May 11, 7:00 – 9:00 p.m.**

**With Kevin Griffin:** Greeting the Dharma – Approaches to Practice

**Sunday, May 21, 7:00 – 8:30 p.m.**

**With Sandy Spieler:** For the Water

**Thursday, June 8, 7:00 – 9:00 p.m.**

**With Nils Heymann:** Reflections on Money

**Sunday, June 18, 7:00 – 8:30 p.m.**

**With Steve Armstrong:** Touching the Earth

**Sunday, June 25, 7:00 – 8:30 p.m.**

**With Ajahn Chandako:** Fictitious Projections

**Friday, June 30, 7:00 – 9:00 p.m.**

**With Anam Thubten:** Embracing Each Moment

**Friday, August 4, 7:00 – 9:00 p.m.**

## Yoga & Qigong

No registration required for yoga or qigong programs except where noted.

### Mindful Yoga Weekly Practice

In these sessions we practice yoga poses in a way that promotes ease in the mind. Open to adults of all ages and all levels of experience.

**Mondays (Myra Rucker), 5:30 – 6:45 p.m.,**

**Tuesdays (Nancy Boler), 9:30 – 10:45 a.m.**

**or 5:30 – 6:45 p.m. (level 2), Wednesdays**

**(Nancy Boler), 5:30 – 6:45 p.m., & Fridays**

**(Nancy Boler), 9:30 – 10:45 a.m.**

### Guest Teacher talk with Kevin Griffin:

**Sutta Recovery – Early Buddhist Teachings on Clinging and Letting Go**

**Monday, May 22, 7:00 – 9:00 p.m.**

### Gentle Yoga and Deep Relaxation

In this class we study and practice relaxation techniques that allow us to “let go” into a deep state of stillness. The result is unification and peacefulness in all aspects of our being. Led by Nancy Boler.

**Sundays, May 7 & 21, June 4 & 18, July 9 & 30, August 13 & 27; 4:00 – 5:30 p.m.**

**Attend one or all.**

### Mindful Chair Yoga

Gain strength and flexibility with chair yoga: a gentle practice done while sitting in a chair or standing, using a chair for balance. This class is designed to guide awareness into the body through attunement to breath and sensation.

Led by Sharon Sebring.

**Tuesdays, 2:30 – 3:45 p.m.**

### Drop-in Qigong

Qigong is a deeply satisfying healing practice that integrates mindful awareness, breath, and movement. **Led by Mark Nunberg and Steve Compton.**

**Wednesdays, 9:05 – 10:05 a.m.**

### Qigong Workshop with Franz Moeckl

The workshop will focus on learning and deepening the practice of the “Eighteen Harmonious Movements” and will include other practices to enhance the circulation of Qi. Open to all levels, beginners to more experienced Qi Gong students. Registration Required.

**Friday, June 9, 1:00 – 4:00 p.m.**

## Mindfulness in the Twelve Steps

### Weekly Practice Group: Mindfulness, Recovery, and the Twelve Steps

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. Led by Emil J., April H., Spruce K., Elene L., Gail I., Anita R., Ollie S., and Alice V.

**Fridays, 7:00 – 8:30 p.m.**

### Yoga for Recovery

Regain connection with the body and learn to be comfortable in your own skin. Mindful yoga can help continue the detoxification process on a much deeper level.

Led by Anita R.

**Fridays, 5:30 – 6:30 p.m.**

### Twelve-Step Recovery and Mindfulness Meditation Retreat

These four hours without distractions provide a unique opportunity for self-discovery and seeing, through mindfulness meditation, how we contribute to our own suffering. Led by Anita R.

**Sundays, June 25 & August 6,**

**1:00 – 5:00 p.m.**

## Community Events

### Quarterly Community Gathering and Potluck

**Sunday, June 25, 11:45 a.m. – 1:00 p.m.**

## COMMUNITY GROUPS

These small, peer-led groups meet at the center, in homes, and in other community venues to explore this path of awakening in terms of issues that are real in our lives. Find complete descriptions including meeting times on our website.

### DharmaCore Queer Meditation Group

### Dharma Flicks

### Educators Mindfulness Group

### Organizers and Social Justice Activists

### Gay Men’s Group

### Immigrant and Refugee Awareness

### and Action Group

### Men’s Group

### Mental Health Professional Group

### Mindfulness and Depression

### Mindfulness for Caregivers

### People of Color

### Sprout House

### Unraveling White Privilege

### Women’s Group



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## Supporting Common Ground



**Continuing a tradition** from the Buddhist monasteries in Southeast Asia, 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 of the center's expenses, provide Mark's livelihood, support our teachers, maintain the center's building, and pay the wages of our administrative staff.

- 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.commongroundmeditation.org](http://www.commongroundmeditation.org) and click on Supporting the Center.
- If it is convenient for you to schedule electronic deductions on a regular basis, it helps simplify the center's bookkeeping. You can schedule regular deductions from a credit card (go to [www.commongroundmeditation.org](http://www.commongroundmeditation.org) and click on the Supporting the Center button on the home page to set up a single or ongoing donation). Or you can contact your bank for instructions on setting up electronic payments from your account.

Volunteers do many of the center's day-to-day tasks. Please email [gabe@commongroundmeditation.org](mailto:gabe@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. Contributions to Common Ground are tax deductible.

### Contact Us

Phone: (612) 722-8260  
Email: [info@commongroundmeditation.org](mailto:info@commongroundmeditation.org)  
Website: [www.commongroundmeditation.org](http://www.commongroundmeditation.org)

## Common Ground Leaders

**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 with Wynn Fricke 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.

**Board of Directors:** Board Chair: Stacy McClendon; Vice Chair: Jana Larson; Treasurer: Dave Halsey; Secretary: Gabe Keller-Flores; Director: Ramesh Sairam; Director: scottie hall; Guiding Teacher: Mark Nunberg

**Advisory Board:** Steve Armstrong, James Baraz, Joseph Goldstein, Kamala Masters

**Program Teachers:** Louis Alemayehu, Nancy Boler, Megan Brandeland, Cheri Desmond-May, Wynn Fricke, Shelly Graf, April H., Jean Haley, Gail Iverson, Emil J., Kyoko Katayama, Spruce K., Gabe Keller-Flores, Patrice Koelsch, Anita R., Jane Rauenhorst, Myra Rucker, Ollie S., Ramesh Sairam, Sharon Sebring, Merrra Young, and Alice V.

**Office Staff:** Shelly Graf, Gabe Keller

**Bookkeeping Manager:** Gail Iverson

## 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, MA and Spirit Rock Meditation Center in Woodacre, CA 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.



*"Nothing whatsoever is to be clung to as I or mine. To have heard this phrase is to have heard all the teachings, to have practiced this is to have practiced all the teachings, and to have understood this is to have understood all that needs to be understood."*

– The Buddha