

Common Ground Meditation Center

Practicing together in the footsteps of the Buddha

January – April 2018



Visit commongroundmeditation.org for complete program information and registration. All programs are offered without charge. Freely given donations cover expenses of the center and support for the 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.,

Friday, 11:00 a.m. – 12:00 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. Each session includes a guided meditation, dharma talk, and discussion. Both experienced and beginning meditators are welcome. No registration necessary. Led by Mark Nunberg, Shelly Graf, and other teachers.

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. Mindful movement, relaxation, songs, stories, and crafts are part of the experience. Class size is limited; please register online.

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. We emphasize a safe, respectful, and fun community where we can all learn from each other. Class size is limited; please register online.

Sundays, 10:30 – 11:45 a.m.

Teen Practice

You are not alone! Join others your age who are interested in learning how to be more mindful in daily life, relate to difficult emotions, and show up in a good way for your friends, family and others you care about. This is a drop-in practice group, no registration required. For more info, contact gabe@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, appreciative joy, and equanimity. Led by Mark Nunberg and other teachers.

Fridays, January 5, February 2, March 2, April 6; 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 Rauenhorst.

Fridays, January 19, February 16, March 16, April 20; 7:00 – 8:30 p.m.

Practice Meetings

Practice meetings with Guiding Teacher Mark Nunberg and other teachers 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. You can sign up online.

Courses

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, Gail Iverson, and Gabe Keller-Flores; Six Tuesdays, January 9 – February 15; Intro Workshop with Gail Iverson, Sunday, April 1, 1:30 – 5:00 p.m.

The Buddha teaches that the mind is naturally radiant and empty of problems, but as we all know, this essential clarity and freedom of mind is often obscured by the five hindering habits of mind: greed, aversion, dullness, restlessness, and doubt. Fortunately, the Buddha has mapped out practices that support the mind going beyond these limiting habits. We begin with the energizing effort to Connect with the present moment. Remembering to make the effort to connect, to recognize, "This is being known," removes sloth and torpor from the mind. Skillful effort is energizing.

The sustaining of present-moment awareness removes unhelpful doubt from the mind. To be aware of the present moment with continuity is grounding and enlivening. The mind sees and comprehends the way things are. Doubt fades because the mind trusts this direct and immediate knowing, without a need for mental proliferation. The more momentum mindful awareness has, the more collected, unified, and harmonious the qualities of the mind become. As the wholesome energies of the mind collect and stabilize, joy arises. The presence of joy causes ill will to fade away. Once joy is present in the mind, restlessness no longer finds support allowing the more refined happiness of ease and contentedness to arise.

As ease strengthens and matures as a dominant quality, the mind abandons its addiction to craving. As craving is quieted the mind becomes more still precisely due to the absence of craving. This settling leads to a one-pointedness, 'the one point that includes everything', characterized by a resonant equanimity.

Wishing Everyone a Peaceful Winter,
Mark

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.

Winter Buddhist Studies: Appreciative Joy and Equanimity

This four-week course will explore the development of the two wholesome and unbounded states of appreciative joy (*mudita*) and equanimity (*upekkha*). These meditative trainings transform both the quality of our mind and our way of relating to the world. Led by Mark Nunberg
Four Mondays, January 8 – January 29, 7:30 – 9:00 p.m. Optional Sitting Period, 7:00 – 7:30 p.m.

Spring Buddhist Studies: The Engine of Awakening: Faith, Effort, Mindfulness, Concentration and Wisdom

In this 12 week course we will look at the path of awakening as a natural process consisting of the mental qualities of faith, effort, mindfulness, concentration and wisdom. It is the coming together, strengthening and balancing of these Five Faculties that set in motion awakening and the liberation of the heart. Led by Mark Nunberg.

Twelve Mondays, March 5 – May 21, 7:30 – 9:00 p.m. Optional Sitting Period, 7:00 – 7:30 p.m.

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. Led by Shelly Graf.

Eight Thursdays, February 15 – April 5; 9:00 – 11:30 a.m. & Daylong Retreat, Saturday, March 24, 9:30 a.m. – 4:00 p.m.; Pre-program Orientation, Thursday, February 8, 9:00 – 10:00 a.m.

Befriending Death

In this six-week class, we will explore how we relate to death and dying - our own and that of others, some of the rituals and care involved in one's end of life, grief, embracing life, and befriending death.

Six Wednesdays, March 14 – April 18, 10:30 a.m. – 12:30 p.m.

How the Dharma Helps us Recognize and Relinquish the White Racial Frame

We'll explore how some core teachings on conditionality, perception, and intention can be tools to uncover and abandon the implicit biases of our racialized culture and racist history. Led by Patrice Koelsch.

Three Sundays, February 18 – March 4, 1:00 – 2:30 p.m.

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 Haley and Jane Rauenhorst.

Eight Mondays, April 2 – May 21, 9:30 a.m.– 12:00 p.m. & Half-day Retreat, Saturday May 5, 9:00 a.m. – 12:30 p.m.

Workshops

Find complete program information and register online at www.commongroundmeditation.org.

With Santikaro: Contemplating Dukkha – As Ennobling Truth & Fundamental Characteristic
Saturday, January 13, 9:30 a.m. – 4:00 p.m.

For Couples With Cheri Desmond-May and Jane Rauenhorst: The Four Noble Truths of Intimate Relationships

Come with your Beloved to explore how the Buddha's teachings directly apply to day to day interactions with your partner. Couples will have ample time to practice together during the workshop. Come and give yourself the gift of time to deepen your intimacy skills in a supportive and caring environment.

Sunday, January 28, 1:00 – 5:00 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, February 4, 2:00 – 3:00 p.m.

For Women with Julie Delene: Finding Your Way With Fun

Join us to play the Move As One game – a fun way to solve problems together and discover a way forward. The game engages a collective wisdom through mindful movements, good questions, and creative conversation. It offers a fresh approach to move through hindrances and gain new insights.
Sunday, February 11, 2:00 – 3:00 p.m.

With Ajahn Jotipalo: Creating an Inner Buddha through Meditation and Art
Saturday, April 14, 9:30 a.m. – 4:00 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, April 21, 9:00 a.m. – 1:00 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.

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. Register for Common Ground retreats at www.commongroundmeditation.org. Led by Mark Nunberg, and other dharma teachers.

Half-Day Retreats

- Saturday, January 6, 1:00 – 5:00 p.m.
- Saturday, March 3, 1:00 – 5:00 p.m.
- Saturday, April 7, 1:00 – 5:00 p.m.

Daylong Retreats

(Please bring a bag lunch)

- Saturday, January 27, 9:00 a.m. – 6:00 p.m.
- *For People of Color*, Saturday, February 24, 9:00 a.m. – 6:00 p.m.
- Saturday, March 31, 9:30 a.m. - 4:00 p.m. (see workshop for description)
- Saturday, April 28, 9:00 a.m. – 6:00 p.m.

Winter Practice Period – Prairie Farm Retreat

Information about when and how to register can be found on our website at www.commongroundmeditation.org. First priority given for those able to stay at least 3 nights. Maximum stay is 7 nights.

Common Ground Residential Retreats

At Metta Meditation Center (formerly Holy Spirit Retreat Center) with Mark Nunberg.

Thursday, May 3 at 5:00 p.m. to Sunday, May 6 at noon; registration begins March 5.

Workshop/Retreat with Wynn Fricke and Mark Nunberg:

Freedom from the Addiction of Busyness

In this day long workshop we will explore together the disease of our time – busyness. How do we wisely relate to the many joys and sorrows we are confronted with, all the possibilities, places of engagement, places in life asking for our help? Please join together in community as we explore the possibility of freedom in the midst of having too much to do.

Saturday, March 31, 9:30 a.m. – 4:00 p.m.

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 Santikaro: Practice Isn't Supposed to be Easy but Can be

Friday, January 12, 7:00 – 9:00 p.m.

With Pamela Ayo Yetunde: From Dedicating the Merit to Realizing the Merit – Buddhist Chaplaincy as Right Livelihood and Good Medicine

Sunday, February 11, 10:30 - 11:45 a.m.

With Rebecca Bradshaw: Four Faces of Compassion, Kwan Yin, Tara, Mary, and Tinker Bell

Thursday, February 15, 7:00 – 9:00 p.m.

With Marc Anderson: Dharma Songs
Saturday, February 17, 7:00 - 9:00 p.m.

with Chas DiCapua: Enlightenment as Inclusion

Friday, February 23, 7:00 – 9:00 p.m.

with Ajahn Jotipalo: Dealing with Disasters
Friday, April 13, 7:00 – 9:00 p.m.

Yoga & Qigong

No registration required for yoga or qigong programs except for New Year's Yoga.

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, 5:30 – 6:45 p.m. (Myra Rucker),
Tuesdays, 9:30 – 10:45 a.m (Nancy Boler),
or, 5:30 – 6:45 p.m., (Nancy Boler, level 2),
Wednesdays, 5:30 – 6:45 p.m. (Nancy Boler),
& Fridays, 9:30 – 10:45 a.m. (Nancy Boler),
or, 5:30 – 6:45 p.m. (Anita R.)**

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, February 18, March 25, April 22; 4:00 – 5:30 p.m. Attend one or all.

New Year's Day Yoga

This class will offer dynamic asana, pranayama, and relaxation. These practices naturally purify and realign the body and mind. A perfect start to the new year! Led by Nancy Boler. Please register online.
Monday, January 1, 10:30 a.m. – 1:00 p.m.

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.

Mindfulness, Recovery, and 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. This practice group is open to all who have an interest in mindfulness and the Twelve Steps. Led by Emil J., April H., Spruce K., Elene L., Gail I., Anita R., Ollie S., Alice V.
Fridays, 7:00 – 8:30 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, January 21 & March 18, 1:00 – 5:00 p.m.

Community Events

Community Conversation with Santikaro: We're All in This Mess Together

Sunday, January 14, 12:30 - 3:30 p.m

Community Conversation with People with Serious and Life-Limiting Illness with Patrice Koelsch

Sunday, January 21, 2:00 - 4:00 p.m.

Dharma Songs with Marc Anderson (See Guest Teacher Talks for description)

Saturday, February 17, 7:00 - 9:00 p.m.

Quarterly Community Gathering and Potluck

Sunday, March 18, 11:45 a.m. – 1:00 p.m.

Community Conversation for Men:

Sexism and Sexual Misconduct: facilitated by Mark Nunberg, Louis Alemayehu, and other friends.

Sunday, March 24, 1:00 - 3:30 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.

Concentration Skills and Study

DharmaCore Queer Meditation Group

Dharma Flicks

Educators Mindfulness Group

Gay Men's Group

Immigrant and Refugee Awareness and

Befriending Immigrants & Refugees

Mental Health Professional Group

Mindfulness and Depression

Mindfulness for Caregivers

Organizers and Social Justice Activists

People of Color

Refirement: for Retirees

Sprout House

Under 40 Sangha

Unraveling White Privilege

Women's Group

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

Return Request

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 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 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 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

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

Office Staff: Shelly Graf, Gabe Keller-Flores

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.



Immeasurable is this on-flow; the earliest point cannot be known, as beings - obscured by ignorance, and tied to craving-keep running on, keep flowing on...

For a very long time indeed have you all encountered suffering, encountered confusion, encountered misery, and swelled the charnel grounds.

It has surely been long enough to become disenchanted, long enough to become dispassionate, long enough to become free from all formations.

Formations are so impermanent! Formations are so unstable! Formations are so disappointing!

The Buddha, SN 15:1,20