

Common Ground

MEDITATION CENTER

PRACTICING TOGETHER IN THE FOOTSTEPS OF THE BUDDHA



JUNE – AUGUST 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 half-hour 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.

Youth Programs

Common Ground hosts 3 programs for youth during the school calendar year. The Children's Practice Group is for ages 3 through 3rd grade. The pre-teen group is for youth in 4th – 7th grades. The teen group is for 8th – 12th grades. These groups are taking a summer break but will be back in action in September.

Sundays, 10:30 – 11:40 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 Gail Iverson and Jean Haley.

**Fridays, June 1, July 6, August 3;
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, June 15, July 20, August 17;
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.

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 12 – July 17;
7:30 – 9:00 p.m.**

**Intro Workshop with Gail Iverson,
Saturday, July 21, 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.

Dear Friends,

The Buddha's path of awakening depends on seeing the nature of experience without distortion. But the truth is, seeing clearly and being deeply sensitive can be overwhelming at times. Fortunately, cultivating mindful awareness also gradually opens the heart to a progressive refinement of joy. It is essential to attune the mind to this thread of inner joy, ease and peace. It becomes our guide and feedback system as we navigate the path. If we aspire to being at peace no matter the conditions we must learn to sense the presence or absence of this inner peace as we practice.

The Buddha mapped out a progressive course that provides something like a road map of inner happiness. It begins by learning to recognize the deepening joy of non-remorse. Can we attune to the good, buoyant feeling of having cultivated a generous and kind heart? If not, what adjustments need to be made in our lives to better access this essential happiness? Next is the joy of seclusion, the happiness of the mind that is willing, for a time, to drop identification with duties and responsibilities and turn inward. We often associate this happiness with formal meditation practice, but we can practice this at any time. We train the mind to drop reactive habits and instead simply open and know the ordinary experiences coming and going, without adding anything extra. The mind keeps it simple: 'this is being known'.

The calm and inner joy that arises from seclusion supports the more refined happiness of dispassion, the mind realizing that mental activity is a natural process and can be left alone. Not having to be responsible and reactive to thoughts is a real relief, allowing the mind to settle even more. With this deeper quiet, the mind intuits the space of the knowing mind and begins to recognize moments with little or no "I-making or mine-making". Recognizing this absence of 'selfing' corresponds to a surprising release of holding and psychic weight. The peace that arises here helps to clarify the nature of this path.

Peace,
Mark Nunberg
Guiding Teacher

The Buddha's Instructions on Mindfulness of Breathing

Please join in for this 8 week course examining the Buddha's 16 instructions for mindfulness of breathing. This set of teachings has been wrongly described as preliminary instructions, but is actually a complete map for the whole path of awakening. Following these instructions also opens the heart to an organic and lawful progression of inner joy and peace. Led by Mark Nunberg, Wynn Fricke, Shelly Graf, Gabe Keller-Flores and Ramesh Sairam.
Eight Mondays, July 2 – August 20, 7:30 – 9:00 p.m., Optional Sitting Period, 7:00 p.m. – 7:30 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 Fagerstrom and Mary Clark.
Eight Mondays, July 9 – August 27, 9:30 a.m.– 12:00 p.m. & Half-day Retreat, Friday August 10, Time TBD.

WORKSHOPS

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

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 10, 2:00 – 3:00 p.m.

With Pamela Ayo Yetunde and Shelly Graf

Saturday, July 7, 1:00 – 5:00 p.m.

With Shannon Gibney: Writing as a Practice of Freedom

How can we hone our writing craft, so that the Creative can arise to its fullest potential, and hopefully be a force for positive transformation in our own lives as well as in others'? The

great American poet Nikky Finney has written, "My job as a poet, as an artist, is to not look away." How do we keep on looking at the things that hurt, scare, or confuse us, and translate this to the page? What, if anything, is the writer's role in building a more just world with less suffering? How might we use writing to create more freedom in the world, and in ourselves?

Sunday, June 17, 1:00 – 3:00 p.m.

With Wynn Fricke and Paul Sackaroff: Applying Mindfulness in Daily Life

This workshop will focus on how we integrate mindful practice in our everyday lives.

Sunday, July 8, 1:30 – 3:30 p.m.

With Ajahn Chandako

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

For Couples with Cheri Desmond May and Jane Rauenhorst: The Practices of Lovingkindness

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.

Saturday, August 4, 9:00 a.m. – 1:00 p.m.

With Emil Jalonen: Cultivating Happiness, Transforming Anger

When suffering is extinguished, happiness is revealed. This workshop will explore a direct path to happiness and its role in transforming anger and its consequences.

Sunday, August 12, 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. Register for Common Ground retreats at www.commongroundmeditation.org.

Half-Day Retreats

Saturday, June 2, 1:00 – 5:00 p.m.

with Gail Iverson

Saturday, July 14, 9:00 a.m. – 12:00 p.m.

25th Anniversary Retreat

with Jean Haley, Merrra Young, Patrice Koelsch

Saturday, August 4, 1:00 – 5:00 p.m.

with Gail Iverson

Daylong Retreats

(Please bring a bag lunch.)

Saturday, July 28, 9:00 a.m. – 6:00 p.m.

with Mark Nunberg

Saturday, August 25, 9:00 a.m. – 6:00 p.m.

with Gabe Keller-Flores

Community Practice Intensive

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

Monday June 11 – Thursday, June 28, and Daylong Retreat, Saturday, June 23

Common Ground Residential Retreats

At Metta Meditation Center with Mark Nunberg, Wynn Fricke, Shelly Graf.

Saturday, August 25 at 5:00 p.m. to Monday, September 3 at noon; registration begins May 25.

TCVC Residential Retreats

June 15 – 24 with Kamala Masters.

Visit www.tcvc.info for more information

Other Residential Retreats with Common Ground Teachers

With Mark Nunberg at Cloud Mountain Retreat Center, **June 1 – 6**

With Mark Nunberg at Southern Dharma Retreat Center, **July 6 – 10**

With Shelly Graf, Keri Pederson, and Alexis Santos at Cloud Mountain Retreat Center, **July 27 – August 3 (for people age 18-35)**

With Mark Nunberg, Deborah Ratner Helzer, and Annie Nugent at Insight Meditation Society, **August 3 – 12**

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 on hiatus for summer
Educators Mindfulness Group
Befriending Immigrants and Refugees
Mental Health Professional Group
Mindfulness and Depression

Organizers and Social Justice Activists
People of Color
Sprout House
Under 40 Sangha
Unraveling Whiteness
Women's Group

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.

Sunday, August 26, 1:00 – 5:00 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 Kamala Masters: The Two Wings of the Dharma: Love and Wisdom

Sunday, June 24, 7:00 – 8:30 p.m.

With Ajahn Chandako

Friday, June 29, 7:00 – 9:00 p.m.

With Nils Heymann: The Divine Feminine

Saturday, July 21, 10:00 a.m. – 12:00 p.m.

YOGA AND QIGONG

No registration required for yoga and qigong classes.

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, June 10 & 24, July 1, August 5
& 19; 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. This practice develops relaxation, concentration, and vitality. Please join us.

Led by Mark Nunberg and Steve Compton.

Wednesdays, 9:05 – 10:05 a.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. 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., Gail I., Anita R., Ollie S., Alice V., and Charlie B.

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.

Sunday, July 29, 1:00 – 5:00 p.m.

COMMUNITY EVENTS

Community Conversation for Those Who Embody Masculinity on Sexism and Sexual Misconduct

facilitated by Louis Alemayehu, Gabe Keller-Flores, Mark Nunberg, Omkar Sawardekar, and Malik Watkins

Sunday, July 22, 1:00 – 3:30 p.m.

Save the Date! Common Ground's 25th Anniversary Celebration

Saturday, July 14 in the afternoon.

Details coming soon.

*"When I remember my acts of generosity, I shall be glad.
When I am glad, I shall be happy, When my mind is happy,
my body will be tranquil, I shall feel pleasure.
When I feel pleasure, my mind will become steady and still.
That will bring the development of the spiritual faculties,
the spiritual powers and the factors of awakening in me."*



VISAKHA: the Buddha's Chief Patroness

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 from 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, under About Us.
- If it is convenient for you to schedule electronic deductions on a regular basis, it helps simplify the center's bookkeeping. 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. All contributions to Common Ground are tax deductible.

Contact Us

Phone: (612) 722-8260

Email: info@commongroundmeditation.org

Website: www.commongroundmeditation.org

COMMON GROUND LEADERS, STAFF, AND PROGRAM TEACHERS

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.

Associate Director

Shelly Graf has been practicing at Common Ground since 2003. They are currently being trained by Insight Meditation Society as part of the four-year teacher training program. They are a staff dharma teacher, like Mark Nunberg, the Guiding Teacher. Currently they teach a variety of programs at the center including co-leading residential retreats with Mark Nunberg and Wynn Fricke. Shelly's administrative role includes partnering with the Guiding Teacher to develop and clarify the center's vision, policies, and priorities. Professionally, Shelly has been a clinician and administrator in the Social Work and mental health fields since 2005. They have a special interest in waking up to whiteness as part of this total path of awakening. Whatever Shelly's role may be, they will always be a grateful student of Buddhist Practice first.

Board of Directors

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

Advisory Board

Steve Armstrong, James Baraz, Joseph Goldstein, Kamala Masters

Program Teachers

Nancy Boler, Cheri Desmond-May, Wynn Fricke, Shelly Graf, April H., Jean Haley, Gail Iverson, Emil J., Spruce K., Gabe Keller-Flores, Elene L., Anita R., Jane Rauenhorst, Ollie S., Ramesh Sairam, Merrra Young, Alice V., and Pamela Ayo Yetunde

Office Manager: 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, 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.