

Common Ground

MEDITATION CENTER

PRACTICING TOGETHER IN THE FOOTSTEPS OF THE BUDDHA

JANUARY – APRIL 2019



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.

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. 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. No registration necessary. Sunday groups are led by Mark Nunberg and Wednesday groups are led by Mark or Shelly Graf.

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 – 3rd grade. The pre-teen group is for youth in 4th – 7th grades. The teen group is for 8th – 12th grades. The children and preteen groups resume on Sunday, January 6th and the teen group resumes on Sunday, January 13th.

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 Mark Nunberg.

Fridays, January 4, February 1,

April 5; 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 11, February 15,

March 15, April 19; 7:00-8:30 p.m.

Practice Meetings

Practice meetings with Guiding Teacher Mark Nunberg and Associate Director Shelly Graf 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.

How and Why We Sit by Mark Nunberg

There's an old saying: "If we always do what we've always done, we'll always get what we've always gotten." This old proverb helps us understand why a person might want to sit down right in the middle of one's life and train the heart to be intimate or real with the conditions of the moment. "This is being known, this is how it is now, can this be OK?" The alternative is to follow the well-worn path of habit and distraction. Mindful awareness ultimately illuminates the nature of the mind. It reveals that the causes for stress and the causes for release lie within. Our practice expresses a confidence that we don't have to repeat the past. Life is not hopeless. There is a path of waking up, developing insight into the nature of the mind, and learning to manifest real freedom with the conditions here and now. In other words, a wiser, more compassionate and easeful life is possible!

Our practice of opening and seeing clearly challenges the deepest habits of mind. It is common to doubt. "Is it OK to put down the world when worries tug at my heart?" "Is it OK to temporarily turn away from the very real suffering in our world so in need of compassionate engagement?" There is no resonant freedom without learning to let go of attachment, even of our most wholesome desires. Everything has always been uncertain and fluid, arising and passing away. Aligning with this truth undermines habits of grasping, allowing the ancient grip on the heart to begin to release. Freedom is found in the space where grasping ceases. It is only when we put things down that we can see more clearly the way things are. This insight into the letting go of attachment is at the very heart of learning how to skillfully and compassionately engage life.

All created things are impermanent, unsatisfactory, and not-self

Seeing this with insight,

One becomes disenchanted with suffering,

This is the path of purifying the heart and mind.

ADAPTED FROM THE DHAMMAPADA VERSES 277-279



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, January 15th – February 19th,
7:30-9:00 p.m.

Six Tuesdays, March 5 – April 9,
7:30-9:00 p.m.

Intro Workshop with Gail Iverson:
Saturday, March 30th, 9:15 a.m.-12:45 p.m.

Buddhist Studies Program: Dependent Origination

The Buddhist Studies Program is designed for people who have attended three or more mindfulness retreats and have a commitment to daily meditation practice. This class will study the Buddha's teachings on the conditional nature of experience. In his teaching on dependent origination, the Buddha offers his insight into the causes behind our experience of suffering and how we can break this repeating stressful cycle. The course includes Dharma talks, small and large group discussions, and guided sitting time. Participants will be expected to use the teachings as a focus of their meditation and daily life practice. Led by Mark Nunberg.

Eight Mondays, January 14 – March 4,
7:30-9:00 p.m. Optional sit: 7:00-7:30 p.m.

WORKSHOPS

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

Noble Eightfold Path Workshop Series with Ramesh Sairam

This series of 8 workshops will be an opportunity to study the components of the Noble Eightfold Path in some detail, with a focus on their application in our daily lives. The workshops will be spread through the calendar year 2019, with one held every 6-7 weeks. We will follow the traditional sequence of the teachings, starting with Right view, followed by Right resolve, Right speech, Right conduct, Right livelihood, Right effort, Right mindfulness, and Right concentration.

These workshops will be suitable for those who have engaged in Vipassana meditation practice for at least 6 – 12 months and have

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.

Dharma Flicks

Educators Mindfulness Group

Immigration Justice Sangha

Living Simply EcoSangha

Mental Health Professionals Group

Mindfulness and Depression

Organizers and Social Justice

Activists

People of Color Community Group

Race and Racism Book Club

Sprout House

Under 40 Sangha

Unraveling Whiteness

Women's Group

done some reading of the core teachings, such as the 4 Noble Truths and Noble Eightfold path (detailed study is not a requisite). While it may be helpful to attend all the workshops as part of a comprehensive study of the Eightfold Path, this is not mandatory and practitioners may attend the workshops selectively.

Each workshop will include guided meditation, brief talks on the main topic, Q&A sessions and group discussions.

Right View: Saturday, January 12,
1:00-5:00 p.m.

Right Resolve: Saturday, February 16,
1:00-5:00 p.m.

Right Speech: Saturday, March 30,
1:00-5:00 p.m.

Right Action: Saturday, April 20,
1:00-5:00 p.m.

Daylong Workshop with Santikaro: The Wonderful Diversity of Mindfulness

Mindfulness or sati – in the original Buddhist teachings – is understood to provide essential functions for spiritual life. These can be summarized as Remembering, Recalling, Noting, Guarding, and Holding in Mind. Further, mindfulness has important partnerships with clear comprehension (sampajañña) and mental unification (Samādhi). Through a series of guided practices followed by discussion, we will explore these functions (skills) and how they support all aspects of spiritual practice

Saturday, January 19th, 9:30 a.m.-4:00 p.m.

White People Building Anti-White Supremacy Culture Workshop with Rebecca Gilgen

In this workshop people who identify as white will explore how whiteness shows up in their lives, how white supremacy shapes their identity, and build consensus on what a white identity without white supremacy would be. This workshop was developed based on the work of Resmaa Menakem, MSW LICSW, in which he suggests that to heal racial trauma white people need to re-create, re-imagine white culture that does not include white supremacy. He goes on further to say that "If America is to grow out of white-body supremacy, the transformation must largely be held by white Americans. This transformation cannot primarily rely on new laws, policies, procedures, standards, and strategies. We've already seen how these are no match for our culture." (My Grandmothers Hands, p262-263).

Space is limited to 10 individuals;
registration will open Monday,
January 14th.

Saturday, February 16, 9:30 a.m.-12:30 p.m.

With Shannon Gibney and Arleta Little: 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, March 10, 1:00-5:00 p.m.

Mindfulness for Couples Workshop with Jane Rauenhorst and Merrra Young

Sunday, March 31st, 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 Santikaro: Styles of Meditation – Serving our Spiritual Needs

Friday, January 18th, 7:00-9:00 p.m.

With Rebecca Bradshaw:
Exploring anatta (not-self) frees
the love in our hearts

Thursday, February 14th, 7:00-9:00 p.m.

**With Chas DiCapua: Patience &
Perseverance**

Friday, February 22nd, 7:00-9:00 p.m.

With Ruth King

Friday, March 1, 7:00-9:00 p.m.

YOGA AND QIGONG

No registration required for yoga and qigong
classes except where noted.

**New Year's Day Yoga with
Nancy Boler**

Tuesday, January 1st, 10:30 a.m.-1:00 p.m.
Register by emailing
Nancy@commongroundmeditation.org.

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.)**

Mindful Chair Yoga

Gain strength and flexibility with chair yoga:
a gentle practice which is done while sitting in
a chair or standing, using a chair for balance.
Led by Sharon Sebring.

**Tuesdays resuming March 5,
2:30-3:45 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, January 6, January 27, February 3,
February 17, March 3, March 24, April 14,
April 28, 4:00-5:30 p.m. Attend one or all.**

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, Autumn Compton, 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 Charlie B., April H., Gail I., Emil J.,
Marc J., Spruce K., Elene L., Anita R., Sharon
S., Ollie S., and Alice V.

Fridays, 7:00-8:30 p.m.

**Twelve-Step Recovery and
Mindfulness Meditation Retreats
with Anita R.**

**Sundays, February 24th and April 21st,
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, January 5th, 1:00-5:00 p.m.
with Mark Nunberg

Saturday, February 2nd, 1:00-5:00 p.m.
with Mark Nunberg

Saturday, April 6th, 1:00-5:00 p.m.
with Mark Nunberg

Daylong Retreats

(Please bring a bag lunch.)

Saturday, January 26th, 9:00 a.m.-6:00 p.m.
with Mark Nunberg

Saturday, February 23rd, 9:00 a.m.-6:00 p.m.
with Mark Nunberg

Lovingkindness Retreat: **Saturday, March 9th,
9:00 a.m.-6:00 p.m.** with Ajahn Jotipalo*

**(participants are invited to bring a dish to
offer Ajahn and the group)*

COMMUNITY EVENTS

**Annual New Year's Eve Celebration
and Potluck**

For over twenty years members of the Common
Ground Community have been gathering on
December 31st for an evening of practice,
reflection, sharing, and celebration. Please
join us as we bring in the New Year with
awareness and joy. Please register online.

**Monday, December 31st, 7:30 p.m. –
Tuesday, January 1st, 12:15 a.m.**

**Community Conversation with
Santikaro: The Refuge of Compassion**

Sunday, January 20, 1:00-4:00 p.m.

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

Facilitated by Louis Alemayehu, Gabe Keller-
Flores, Mark Nunberg, Robb Reed, Omkar
Sawardekar, and Malik Watkins.

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

Saturday, March 23, 9:00 a.m.-6:00 p.m.
with Mark Nunberg

Saturday, April 27, 9:00 a.m.-6:00 p.m.
with Mark Nunberg

Common Ground Residential Retreats

At Metta Meditation Center with Shelly Graf
and Mark Nunberg.

**Thursday, February 14 at 5:00 p.m.
to Monday, February 18 at noon;
registration begins the week of
December 17.**

Retreat for Binary, Non-Binary, and Trans
Women at Metta Meditation Center with
Shelly Graf and Jean Haley, assisted by
Stacy McClendon

**Thursday, April 18th at 5:00 p.m. to
Sunday, April 21st at noon; registration
begins February 18th.**

Other Residential Retreats with Common Ground Teachers

with Mark Nunberg at Madison Insight,
March 7-11

with DaRa Williams and Pamela Weiss,
Shelly Graf assisting, at IMS,
March 22-27

with Mark Nunberg at Southern Dharma,
April 18-21

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 and Shelly'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.

Office Manager: Gabe Keller-Flores

Bookkeeping Manager: Gail Iverson

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

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.