

Common Ground

MEDITATION CENTER

PRACTICING TOGETHER IN THE FOOTSTEPS OF THE BUDDHA



MAY - AUGUST 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

The weekly practice groups are designed to be a cornerstone for one's practice by providing ongoing instruction and teachings that will 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 usually led by Mark Nunberg and Wednesday groups are usually led by Mark or Shelly Graf. However, Mark Nunberg will be away leading retreats for

about half of the summer. In his absence, we're grateful to have Shelly Graf and our other dharma teachers filling in. You can check the online calendar to see the scheduled teachers for the Weekly Practice Groups.

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

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

Wednesday, 7:30-9:00 p.m.

Youth Programs

Our youth programs are on hiatus for the summer and will resume in the fall. We have programs for children and youth ages 3 through high school. These meet on Sunday mornings during the Weekly Practice Group.

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. Usually the first Friday of the month. May 3rd with Shelly Graf, June 7th with Mark Nunberg, July 5th with Gail Iverson, and August 2nd with Shelly Graf.

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. Usually the third Friday of the month. May 17th, June 28th (instead of the 21st), July 19th, and August 16th.

7:00-8:30 p.m.

Guiding Teacher Letter from Mark Nunberg

How is it that greed, anger and delusion reappear in our mind with such persistence? The Buddha might say that the mind becomes enchanted with experience because it is, as one of my teachers has written, "multi-layered, multi-faceted, subtle, awesome, colorful, compelling, inspiring, frightening, irritating, and generally very convincing with regards to its substantiality, meaning and value."

It doesn't occur to us to look beyond the surface of experience and notice how the mind constructs meaning as a response to what is arising in the moment. The mind then takes this constructed meaning to be something substantial and personal, seemingly worthy of attachment. This misapprehension is the mind's basic ignorance. We are misperceiving what these mental constructions are. The Buddha said that no matter how the mind conceives of something, the reality is ever other than that.

The ignorant mind concludes that personal safety can be found in the conceptions the mind constructs and identifies with. We practice in order to see this unwise response to the changing nature of experience and allow clinging to cease. We live in a world where we are necessarily conceiving thoughts all the time. Thoughts are useful in forming and maintaining community and in organizing our actions, but thoughts cannot provide lasting satisfaction or safety. Insight into the simple nature of thoughts is liberating – it is the wisdom that allows the heart to let go.



"From an inconstruable beginning comes flowing on. A beginning point is not evident, though beings cloaked in ignorance and tied to craving are flowing on & wandering on. What do you think, practitioners: Which is greater, the tears you have shed while flowing & wandering this long, long time – crying from being joined with what is displeasing, being separated from what is pleasing – or the water in the four great oceans?"

SN 15.3

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.

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:
Five Tuesdays: May 28th – June 25th,
7:30-9:00 p.m.

Intro Workshop with Gail Iverson

Saturday, July 6th, 1:30-5:00pm

Mindful Self-Compassion with Jean Fagerstrom and Mary Clark

Eight Thursdays: June 13th – August 8th,
6:00-8:30 p.m. (no class July 4); Half-Day
Retreat on Sunday, July 21st, 1:00-4:30 p.m.

Buddhist Studies Program: Impermanence

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. This ongoing program is designed to deepen our understanding through the study and application of the teachings of the Buddha. This eight-week course will explore the Buddha's teachings on impermanence, the first of the three characteristics that are said to mark all of existence. Insight into the changing and insubstantial nature of all phenomena is essential in freeing the mind of its deep habit of clinging. Each class will include a short talk, small-group discussions, and guided sitting time. Participants will be expected to use the teachings as a focus of their daily practice. Led by Mark Nunberg and visiting teachers.

Eight Mondays: June 24th – August 12th,
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.

Couples' Workshop with Cheri Desmond-May and Jane Rauenhorst: Equanimity in Relationships: How to cultivate more skillful means where we all need it!

Cultivating equanimity can help us deepen a sense of calm, and balance stress and reactivity in our primary relationships. Come with your partner to deepen your intimacy and connection to each other.

Saturday, June 1st, 9:00 a.m.-12:45 p.m.

Daylong Workshop with Ajahn Chandako: What is Delusion, and What's Real?

Saturday, June 15th, 9:30am-4:00pm

Noble Eightfold Path Workshop Series with Ramesh Sairam

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

Ethical Conduct: Saturday, June 29th,
1:00-5:00 p.m.

Wise Effort: Saturday, August 24th,
1:00-4:00 p.m.

Laughter Yoga with Spruce Krause

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 23rd, 2:00-3:00 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.

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.

Educators Mindfulness Group

Mental Health Professionals Group

Mindfulness and Depression

Organizers and Activists

People of Color Community Group

Race and Racism Book Club

Retirement Group for Retirees

Sprout House

Under 40 Sangha

Unraveling Whiteness

Women's Group

with Ayya Suvijana: The Blessings of Renunciation

Thursday, June 6th, 7:00-8:30 p.m.

with Ajahn Chandako: Projected Reality vs. Reality

Friday, June 14th, 7:00-9:00pm

with David Loy: Ecodharma: Buddhist Teachings for the Ecological Crisis

Wednesday, June 19th, 7:30-9:00 p.m.

with Tuere Sala

Sunday, August 25th 10:30-11:45 a.m.

YOGA AND QIGONG

No registration required for yoga and qigong classes 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, 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, May 5 and 19, June 2 and 23,
July 14 and 28, Aug 4 and 25.**

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., Mary G., April H., Gail I., Emil J., Marc J., Anita R., Sharon S., and Ollie S.

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

Mindfulness and Recovery Retreat with Anita R

**Sunday, June 9, 1:00-5:00 p.m.
Sunday, August 11, 1:00-5:00 p.m.**

COMMUNITY EVENTS

Community Conversation on Christianity & Buddhism with Ayo Yetunde, Megan Brandeland, and Margaret Ferber

Saturday, May 11th, 10:00am-12:00pm

Community Practice Intensive

Monday, June 3 – Saturday, June 22

This intensive emphasizes the integration of daily life duties and responsibilities with elements of retreat practice. In addition to a commitment to a continuity of mindfulness in all daily activities, participants are asked to commit to an intensification of one's formal practice schedule. You can find the full guidelines at the center or online.



Members of the Prairie Farm Design Committee inside the new tiny house (purchased Fall 2018), currently designated as a teacher cabin.

Dear Common Ground Community,

Renovations at our retreat property in Wisconsin are moving along! It's heartwarming to see all the hard work and good energy put into this project by volunteers and our renovations manager, Cory Clemetson. The new retreat center is a beautiful expression of the generosity and commitment to practice of our community. We can all feel grateful and inspired by the opportunity to participate in the center. We leaders of Common Ground see retreat practice as a tremendous support for the deepening of love and wisdom in our hearts and in our world, which need it so much. You can see more pictures and updates about the project at <https://commongroundmeditation.org/prairiefarm/updates/> with gratitude, Gabe Keller-Flores on behalf of Common Ground Staff

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

Usually the first Saturday of the month

Saturday, May 4th, 1:00-5:00pm
with Shelly Graf

Saturday, June 1st, 1:00-5:00pm
with Mark Nunberg

Saturday, July 13th, 1:00-5:00pm
with Mark Nunberg

Saturday, August 3rd, 1:00-5:00pm
with Shelly Graf

Daylong Retreats

Saturday, May 25th, 9:00am-6:00pm
with Shelly Graf

Saturday, August 31st, 9:00am-6:00pm
with Shelly Graf

Retreat for People of Color with Pamela Ayo Yetunde and Femi Akinngbe

Saturday, July 20th, 1:00-5:00pm

Retreat for People Under 40 with Shelly Graf and Gabe Keller-Flores

Saturday, July 27th, 9:00am-6:00pm

Labor Day Residential Retreat with Mark Nunberg and Wynn Fricke

August 24th-September 2nd;
registration opens May 24th

Other Residential Retreats with Common Ground Teachers

with Mark Nunberg at IMS
May 5 – May 12

with Mark Nunberg at Cloud Mountain
May 17 – May 22

Retreat for Young Adults at Cloud Mountain
with Shelly Graf
June 21 – June 28

with Mark Nunberg at Cloud Mountain
June 28 – July 7

with Mark Nunberg at Spirit Rock
July 19 – July 28

with Mark Nunberg at IMS
August 2 – August 11

LGBTQAI Retreat with Shelly Graf at IMS
September 3 – September 8

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 LEADERSHIP

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.