

# CLEAR MIND



Last print issue of Clear Mind! See page 3.

## Practicing Together:

## Residential Community Retreat October 10-12, 2014

If you can set aside a fall weekend for sustained meditation practice in a beautiful setting, please join us for Madison Vipassana's third community retreat October 10-12. A community retreat is not teacher-led; rather, we gather as a community to support one another's practice, following a schedule of alternating sitting and walking periods, with rest periods provided after meals.

Suitable for both beginning and experienced meditators, the retreat will be held in noble silence but will provide opportunities for questions and discussion about practice. Jan Sheppard, a Community Dharma Leader, will facilitate an optional small-group session, and there will be another opportunity to share

reflections on practice Saturday evening. Optional yoga instruction will be available each day (see below). The retreat will end on Sunday with a closing circle and lunch.

Those who have attended our other community retreats have appreciated the opportunity for sustained practice with fellow Dharma practitioners. For one yogi's reflections, see "Sitting in Community" on page 2.

The retreat will be held at Pine Lake Retreat Center in Westfield, WI. Situated on beautiful Pine Lake, the center is surrounded by rolling hills, farms, and oak savannas. The 400-acre property offers a number of lovely walking trails.

Registration fees cover room, simple vegetarian meals, and other retreat expenses. The cost is \$220 for a double room and \$320 for a single. For details and registration, see the enclosed registration form or go to [madisonmeditation.org](http://madisonmeditation.org). Financial assistance is available through our retreat scholarship program; call or email the retreat registrar to request scholarship assistance. ❖



## Yoga Instruction at Community Retreat

We are happy to announce that the community retreat will offer an optional 45-minute yoga session each day. Cecily Frederick, a Registered Yoga Teacher (RYT-

500) and Healthy Foot Practitioner, will lead the sessions. Cecily teaches group and individual yoga classes in Madison to a range of ages from toddlers to seniors. She has been teaching yoga for 12 years and has completed 900 hours of yoga teacher training, primarily with Scott Anderson (Alignment Yoga, a Registered Yoga School in Wisconsin).

Cecily teaches a gentle style of yoga that will be appropriate for everyone, from those with years of yoga practice to those with no yoga

experience and limited mobility. The session will be grounded in biomechanics and will break yoga postures into do-able pieces, building awareness and strength step by step. It will be restorative in nature: to assist in undoing stress and chronic holding patterns that strain, shorten and weaken tissue, and interfere with the ability to meditate comfortably and walk mindfully. Modifications for poses will be offered as needed, and chairs will be available for those wishing to participate while sitting. Cecily's

Good are friends when need  
arises;

good is contentment with just what  
one has;

good is merit when life is at an end,  
and good is the abandoning of all  
suffering.

Dhammapada 23.331

approach is to meet the body where it is, guiding students to befriend any limitations as they find them.

For more information on Cecily Frederick, see [MadisonYoga.com](http://MadisonYoga.com).

**PLEASE NOTE:** Retreatants

who own a yoga mat are requested to bring it with them to the retreat. ❖

## Sitting in Community: One Yogi's Reflections

By Jean Rawson

A relative newcomer to insight meditation, I attended Madison Vipassana's second two-day community retreat in April 2012, at Holy Wisdom Monastery in Middleton. At the same time, I decided to make a slightly more serious commitment to sustained contemplation by spending one of the two nights of the retreat in residence. However, I hadn't been with the sangha long enough to know a lot of people, and I had experienced only nonresidential, teacher-led retreats. Not knowing what to expect, my monkey mind was happy to stir up a small pot of uneasy anticipation.

I was relieved to discover at the start that community-led retreats run much as teacher-led ones do in terms of routine—periods of sitting punctuated by walking; and noble silence alternating occasionally with

periods of discussion. I was particularly grateful that the leader of one post-lunch session instructed us in meditating in the four postures—sitting, walking, lying down, and standing—done in rotation: a sure antidote to sloth and torpor!

It's amazing how close you can feel to people with whom you mostly sit in silence.

Teacher-led retreats have felt more formal to me, with the focus on the teacher and on learning the Dhamma. I know I also have pressured myself with the idea that I need to meditate "well" so as not to waste a chance to practice with a pro.

There were two main insights that I took away from my experience at the community retreat. The first was best voiced by another member of

the sangha at the closing discussion: "It's amazing how close you can feel to people with whom you mostly sit in silence." Many smiles and nods greeted this observation.

I shared my second insight as a contribution to the closing circle, announcing that I was going to let my hair go gray and my false fingernails fall off. What I meant, underneath the glibness, was that the closeness of this community gathering uncovered my longing for greater personal authenticity. I wanted to begin "simplifying the externals," as one monk put it. I have kept this thought—"simplify the externals"—as a frequent intention. In the two-plus years since the retreat, I have noticed the feeling that, little by little, my load is in fact becoming lighter. That is the kind of benefit that a sangha can bestow through a community retreat. ❖

## New Class — Living the Path: Everything Is Practice

Saturdays, 10–12 am: Oct. 18, 25, Nov. 1, 8

9638 Shadow Ridge Trail, Middleton, WI

Taught by Janice Cittasubha Sheppard

This four-week class is for those with a regular meditation practice seeking to deepen their understanding of the Buddha's path to the end of suffering. Participants in the class should have a general knowledge of the foundational teachings on the Four Noble Truths, the Eightfold Path, and the Five Hindrances to concentration. In this class, we will build on those foundational teachings to reflect upon and investigate what practices and qualities support our ability to travel the path to the end of suffering, and what practices and qualities block our way.

Because this is a new class, at the first session there will be opportunity for input on the content of the

subsequent weeks, but the initial plan is as follows:

Week 1: Taking Refuge/Puja (Offering)

Week 2: The Five Spiritual Faculties/Indriya

Week 3: The Five Aggregates of Clinging/Kandas

Week 4: The 38 Steps to Happiness/the Mangala Sutta

This class is offered on a *dana* (generosity) basis; there is no set fee for participation. In the interests of building class community and supporting the cumulative presentation of information, students are requested to attend all of the sessions.

To register, send an email to [janice.sheppard@yahoo.com](mailto:janice.sheppard@yahoo.com) stating your interest along with your name, mailing address, phone number, and email address. Confirmation and more details about the class will be sent by email. ❖



## Clear Mind Going Electronic

This is the last issue of *Clear Mind* that will be available in print form. We've considered making the newsletter electronic-only for a number of years, mindful of the paper and other resources required to produce it. In past discussions, we've always decided to continue offering the newsletter in both print and electronic form out of concern that some of our subscribers might not be able to access information online. Now, however, it seems reasonable to assume everyone can.

You'll be able to access the electronic edition of *Clear Mind* in either of two ways:

- You can join the Madison Insight Meditation Group (MIMG) email list, if you haven't already, by sending an empty message to [mimg-subscribe@yahoogroups.com](mailto:mimg-subscribe@yahoogroups.com). We send a notice to this list every time a new newsletter issue is posted on the MIMG website. Be assured that joining this list won't clutter your in-box; the list averages at most a few message per month.
- If you'd prefer not to join the email list, you can watch the MIMG website ([madisonmeditation.org/newsletters](http://madisonmeditation.org/newsletters)) for new issues of *Clear Mind*.

With every passing year, it seems more urgent to practice restraint in using the Earth's resources. Thank you for helping us conserve paper and save costs! ❖

## Listening to Dhamma

### Volunteer Needed to Edit Recorded Talks from Retreats

As those of you who attend retreats know, Dhamma talks by the wonderful teachers we invite can be educational, inspirational, and point the way to deepening our practice. We record many of these talks and would like to make them available, both for those who weren't able to attend a retreat and for those who attended but want to hear the talks again.

We are in the process of editing talks by James Baraz, Ajahn Sucitto, Janice Sheppard, and Gloria Taraniya. If you have some basic MP3 and WAV sound-editing skills with software like GarageBand, Audacity, or Sound Forge, we would love to have your help! The project involves editing out Q&A periods, adding titles, and enhancing general audio quality. If you are interested in helping, please contact Mike Kehl at [kehlmichael@charter.net](mailto:kehlmichael@charter.net). ❖

### Listening Assistance for Yogis with Hearing Loss



Some members of our sangha have trouble hearing Dhamma talks. We would like to purchase a hearing assistance system to make it easier for them. A high-quality system with four receivers costs around \$1,500. We would anticipate purchasing a transmitter and

four receivers. Owning the system would allow us to make it available on Sunday nights and avoid renting a system for retreats.

We are looking to you, our community, to make this possible through donations (*dana*). If you'd like to offer *dana* toward this purchase, send a check made out to Madison Vipassana, Inc., to Ron Schell, 310 N. Hillside Terrace, Madison, WI 53705. ❖

## Upcoming Half-Day Sits

Madison Insight Meditation Group will hold half-day sits on three upcoming Saturdays—August 30, November 1, and January 3—at the First Unitarian Society, 900 University Bay Drive, in Madison. The morning begins at 9:00 a.m. (try to arrive a little early), and the formal practice ends at about noon. Three 45-minute sitting periods alternate with two 20-minute walking periods.

If you can't attend for the entire morning, feel free to come for a portion of it. Plan to arrive just a little before the hour so you can join the last few minutes of walking and stay for the next sitting period.

The morning's practice is followed by a potluck lunch in the same location. Bring something to share if you can, but come anyway if you can't. Questions can be directed to Dave or Lori at (608) 238-1234. There is no fee or registration required. Everyone is invited. ❖

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The Newsletter of Madison Vipassana, Inc.  
Madison, WI

This newsletter is published periodically as a service to our meditation community. It is also available on our website at:

[madisonmeditation.org](http://madisonmeditation.org)

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[mimg-subscribe@yahogroups.com](mailto:mimg-subscribe@yahogroups.com)

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## Upcoming Retreats

### Community retreat, Oct. 10–12, 2014

Pine Lake Retreat Center, Westfield, WI (residential)

### Ajahn Karunadhammo, Apr. 27–May 1, 2015

Pine Lake Retreat Center, Westfield, WI (residential)

### Janice Cittasubha Sheppard, July 17–19, 2015

Holy Wisdom Monastery, Middleton, WI  
(residential/nonresidential)

### Santikaro, Oct. 8–11, 2015

Pine Lake Retreat Center, Westfield, WI (residential)

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