

# Clear Mind



## **Myoshin Kelley 5-day Retreat, April 5-10, 2005**

Madison Vipassana, Inc. is happy to welcome Myoshin Kelley back to

Madison for the third time. This 5-day retreat offers a slightly longer retreat experience than our usual weekend retreats. Many people find that slightly longer retreats are not more challenging than the 3 day weekend retreats, since the 'setting in and settling down' period is about the same. Unlike on a shorter retreat, on a longer retreat, once you've done the work of quieting down, you are able to sustain and enjoy the quiet for another 3-4 days.

Myoshin Kelley is an ideal teacher for a slightly longer retreat as she is known for her skillful teaching and compassion. Kelley has been practicing meditation since 1975, working with a number of teachers in various traditions. Her own teaching reflects a strong influence from Burmese masters with an emphasis on simplicity and lovingkindness. She currently teaches at the Forest Refuge.

This retreat will be held at the Christine Center (<http://www.christinecenter.org/index.htm>) in Willard Wisconsin. The Christine Center is a retreat center located in central Wisconsin between Eau Claire and Marshfield (about 2 1/2 hours from Minneapolis, 2 1/2 from Madison, 5 from Chicago, and 4 from Milwaukee). To get there from the Southeast: (Milwaukee, Madison, Chicago) take I-94 to Black River Falls. Take the Hwy 12/27 exit (Exit 115) at Black River Falls. (\*)Turn north (RIGHT) on Hwy 12/27 to Hwy 10

(about 22 miles) Turn right on Hwy 10 and then an immediate LEFT (NORTH) on County . Go north on County I for about 15 miles to County G (there will be a stop sign). Turn north (LEFT), and go 1 mile on County G—look for the Christine Center sign on your left. Turn west (LEFT) on Mann Road and follow it in about 1/2 mile to the main building.

If you have questions regarding the retreat, contact Tony at 608-661-9959 or [tony.fernandez5@jgmail.com](mailto:tony.fernandez5@jgmail.com). Details and registration form for the retreat are on the insert in this newsletter or on the web at [www.vipassana.net](http://www.vipassana.net)

## **Welcome the New Year with Spiritual Friends**

**Friday, December 31**

**4:30-6:30 pm**

**First Unitarian Society Meeting House**

**Lower Meeting House**

**900 University Bay Drive**

As the year begins, it is common to experience a combination of anticipation, hope, and uncertainty about the future. To support one another at this time of year, Madison Insight Meditation Group has sponsored a meditation on New Year's Eve since 2002. We will continue that tradition this year and we extend to you an invitation to gather with friends to share thoughts and wishes for peace for yourself, your loved ones, and beings throughout the world.

This year we are suggesting that those who would like bring a poem, reading, wish, or original composition about peace to be shared aloud.

The evening will begin with a 45 minute guided meditation, followed by a time to share our readings and wishes as a group. We'll end with an informal potluck social. MIMG will provide the punch, please bring a snack to share if you are able.

## Winter Mindfulness Meditation Classes

### Introduction to Meditation @ Yen Nien Daoguan

Mondays 6:30- 7:30 pm, 5 classes

January 17-February 14

Location: Yen-nien Daoguan, Madison

2929 Atwood Avenue, Suite 100

Fee: \$50 (please contact Kathryn at 251-4726 if this is a hardship)

Taught by Janice Sheppard

To Register: send name, address, phone, email, attach fee, indicate name and date of the series, and mail to :

YND,M

801 Emerson St.

Madison, WI 53715

### Insight Meditation @ Edgewood College

Wednesdays 6:30-8:30 pm, 6 classes

March 2- April 13 (no class on March 23rd)

Location: 1000 Edgewood College Drive

Fee: \$45

Taught by Janice Sheppard

To enroll contact the Office of Continuing Education, Edgewood College, 608-663-2270 or [continuinged@edgewood.edu](mailto:continuinged@edgewood.edu)

### Intro to Insight Meditation @MATC, downtown campus

Wednesdays, 6:30-8:30 pm, 6 classes

April 20-May 25

Location: MATC downtown campus

Fee: \$37.59

Taught by Janice Sheppard

To register call MATC Adult and Continuing Education Division at 246-6240 and register for class #59313

For questions about the above classes call Jan at 233-3844.

### Insight Meditation @ Lives Unlimited

Foundation Class

Thursdays, February 17-April 21, 6:30-8:30 pm

Fee: \$210.00

Continuing Class

Wednesdays, February 2-May 23, biweekly

Fee: \$190

Location: 715 Hill St. Suite 200, Madison

Taught by Mare Chapman

For more details or to register contact Mare at 608-233-7431 or [mchapman@expecpc.com](mailto:mchapman@expecpc.com)

### Mindfulness Meditation @UW Health Research Park, off Whitney Way

Classes beginning at the end of January through the Mindfulness Program of UW Health.

Classes are open to the public. Call 265-8325 for more information.

## Right Action and Carpooling to Retreats

by Dave Creswell

Taking only what is freely given is an integral part of Right Action from the Noble Eightfold Path of the Buddha. It has special application to our world today. It is clear that the human race is consuming more than the sustainable yield of our precious planet, effectively taking from future generations what is not freely given. We as Americans are consuming several times our proportionate share of this unsustainable harvest, and particularly in our use of fossil fuel. This is a very complex issue, but what is very clear is that the following of the Buddhadharma requires us to be aware and sensitive to our use of gasoline.

Given that our retreats are now some ways away from home for essentially all of us now, carpooling thus becomes in a real sense part of the practice of the Eightfold Path. Whether we "need" a

ride is less an issue than how we can, as a group take advantage of these opportunities for deep practice while minimizing our use of this critical nonrenewable resource. To this end I encourage everyone to check the box on the retreat registration form indicating interest in being put in touch with others in your area for carpooling. We will email the list with names and phone numbers out to all who express interest. If you are concerned about privacy and don't want your name on the list, please let us know and we will work individually with you to try to get you matched up with others in your area. We cannot guarantee that all who express interest in finding a ride will be able to do so.

There may be extenuating circumstances in a few cases making this really impractical. For most of us, however, it is worth reflecting on our intention to spend several days on retreat working ultimately on dissolving the knots of self-centered craving. Patiently enduring some modest inconvenience, in the service of Right Action, makes a lot of sense in this context. May we each approach the retreat experience so as to optimize the infusion of the dhamma, and work toward personal and planetary liberation.

## Half Day Sitzings

This winter and spring we have scheduled three half day sittings at the Lower Meeting House of the First Unitarian Society, 900 University Bay Drive. The half day sittings will occur from 9 am until noon on February 12th, April 2nd, and June 4th.

The morning is made up of alternating sitting and walking meditation periods. You are welcome to arrive on the hour at 9, 10 or 11 to join in. Following the meditation, at noon, we will share in a potluck lunch. For questions about the half day sitting contact Dave at 238-1234.



## Buddhist Peace Fellowship Chapter Begins

Madison Buddhists have applied to start a local chapter of the national Buddhist Peace Fellowship (<http://www.bpf.org/html/home.html>). Led by Kathy Derene of the Madison Zen Center, Don Katz of the SnowFlower Buddhist Sangha, and Jan Sheppard of Madison Insight Meditation Group, the local chapter hopes to:

- ◆ Unify the local Buddhist community across lineages.
- ◆ Support one another in maintaining a peaceful presence in the community.
- ◆ Establish a long term perspective on peace.
- ◆ Provide support for skillful and peaceful social action.
- ◆ Offer programs and events for the local Buddhist community.

The group is just forming and welcomes anyone to participate and get involved. We will meet once each month, on the third Thursday, at 6:30 pm, at the Madison Zen, 1820 Jefferson St. For questions about the group or to be added to the group email list, contact Kathy Derene at [kathy@derene.com](mailto:kathy@derene.com).

The group plans a community day of meditation in February - watch for details through the MIMG email list.

The first major event BPF-Madison will sponsor is a talk by Claude Ansin Thomas, a Vietnam vet and Buddhist priest and author of *At Hell's Gate: A Soldier's Journey from War to Peace*. <http://www.shambhala.com/html/catalog/items/isbn/1-59030-134-X.cfm>. He will be speaking in Madison on Friday, March 11, at 7 pm, at the First Unitarian Society, 900 University Bay Drive.

Future activities being considered include making "jizos for peace" (see [www.jizosforpeace.org](http://www.jizosforpeace.org)), sponsoring nonviolent communication workshops, or sponsoring other speakers.

## Tuesday Sitting Group

Just a reminder that Madison Insight Meditation Group has weekly sittings twice a week - once on Sunday from 6-8 pm at the First Unitarian Meeting House, 900 University Bay Drive, and also on Tuesday, from 6:30-8 pm at Dale Heights Presbyterian Church, 5501 University Avenue. Parking is in front of the building.

The Tuesday group is small, usually only 4-8 people, and informal. We sit for 45 minutes and then the facilitator will either give a short talk on some topic to spark discussion, or someone will raise something that has been on their mind. Everyone is welcome. Enter the building by the office and classrooms end, away from the central entrance to the church itself. There is always a sign posted on the door saying whether we are meeting in the upstairs or downstairs room that week.



Madison Vipassana, Inc.  
c/o Jan Sheppard  
5717 Cedar Place  
Madison, WI 53705

*Were there a mountain all made of gold,  
doubled that would not be enough  
to satisfy a single man:  
know this and live accordingly.*  
*Samyutta Nikaya I, 117*

*Those of peaceful mind, discerning,  
mindful and given to meditation,  
clearly see things rightly  
and long not for sensual pleasures.*  
*Itivuttaka*

**Clear Mind:** The Newsletter of Madison  
Vipassana, Inc., Madison, Wisconsin

This newsletter is published periodically throughout the year to inform our members of our activities and of events. Much of this information is also published on our website at <http://www.vipassana.net>  
Jan Sheppard: Editing, Layout & Design  
Cathy Loeb, Duplicating & Distribution  
To be added to the mailing list, contact Jan at 608-233-3844 or email: [jrsheppard@sbcglobal.net](mailto:jrsheppard@sbcglobal.net)