

From: TCCcommunity guide@tcccommunity.net
Subject: Sr. Antonia's September 2013 Newsletter
Date: September 1, 2013 at 3:16 AM
To: stephen2816@comcast.net



A Newsletter from the Guide of T'ai Chi Chih



The T'ai Chi Chih Community's Vision Statement

Dear Teachers and Students of T'ai Chi Chih

With the opening of schools, September seen as a month for new beginnings and of setting goals in the States, we will be experiencing a cooler season of Autumn gently begins her transition.

November 20, 2011, on the 95th birthday of the Mission Statement was finalized. The process through the leadership of Frank Taylor, along with T'ai Chi Chih Teachers.

Several months ago, the Vision Statement was developed with 16 teachers. Four different statements from the working groups which was the basis of the Statement presented to you here. This statement to those gathered at the 2013 Conference in Minnesota. It is happily shared with you now along with deep gratitude to the Teachers who so graciously gave their time, talent and vision in this Service to the Chih Community.

Wishing you Peace and all Good,

Sr. Antonia Cooper, OSF

T'ai Chi Chih Community Vision Statement

How we see ourselves in 5 years

We, the T'ai Chi Chih Community, are an ever-expanding yet diverse group of teachers and practitioners who bring serenity, joy and vitality. There are active teaching centers throughout the US, Canada and around the world, in ethnicity, gender & age.

We are dedicated to practicing, teaching and promoting Chih as originated by Justin Stone, so that it continues to be holistically revolutionizing healthcare and is a positive force for humanity.

How the world sees us in 5 years.

The T'ai Chi Chih Community is universally recognized as offering an effective, user-friendly, holistic enhancing health of body, mind & spirit.

We are seen as a thriving, welcoming Community to all people of diverse ages, gender and ethnicity. By utilizing technologies, we have accredited teachers and other readily available worldwide to meet the growing demand for information and instruction in the beneficial practice of Chih.

Justin's Insights

Why? Why Not?

One time some students from out-of-town came to visit me. After doing some T'ai Chi Chih together, the conversation became more general. As usual, someone asked about Re-incarnation (a bad term).

I pointed at the trees in the courtyard. "It is autumn now, so the leaves are falling from the trees," I explained, "but they will be back in the Spring. Is that what you mean by Re-incarnation?"

"Oh, those will be different leaves!" they rushed to point out.

*"Why identify with the leaves?" I asked. "Why not identify with the Tree?"
Spring 1986*

Justin's quotes reprinted with permission of Good Karma Publishing.

Chi Reflections

*Just as we cannot see our own faces without looking into a mirror,
We cannot know ourselves without looking at our relationships.
~Taro Gold*

T'ai Chi Chih Events led by the Guide and Teacher Trainers:

*The 8th Annual T'ai Chi Chih Autumn Retreat with Sister Antonia,
September 26-29, 2013 at Pecos Monastery, Pecos, New Mexico*

T'AI CHI CHIH AS TRANSFORMATIONAL ENERGY

**We delight in celebrating with you the Eighth Annual T'ai Chi Chih Retreat with Sister Antonia Cooper; it is open to those who've taken a TCC class.*

Each attendee stays in a private room with private bath and enjoys access to a lounge with refrigerator. We invite you to bring your favorite snacks! Meals begin with Friday breakfast and end with lunch on Sunday, Sept. 29th. The cost is \$340 per person, which includes lodging for Thursday thru Saturday nights and meals. Plan to attend the first group meeting with Sister Antonia at 7:30 PM Thursday.

**Pecos Benedictine Monastery sits on 1,000 acres of serene and healing forest, meadow, and river land, populated by deer, elk, birds and other forest creatures. Being adjacent to the 220,000 acre Pecos Wilderness, where quiet movement and silence abound, the setting is ideal for the Retreat's focus,*

T'ai Chi Chih as Transformational Energy

**A \$50 non-refundable deposit will hold your place, with the balance due by August 31st, 2013. Space is limited. For further Retreat details*

contact Ann Rutherford:

rutherford@att.net

T'ai Chi Chih Events lead by Teacher Trainers:

*Hey Teachers,
There are still spaces available in the October Intensive and Prajna workshop, both facilitated by Sandy McAlister.*

The Prajna Retreat is now open to both teachers and (serious) students. We invite you to attend this extended weekend retreat that includes over 24 hours of silence to crank up the Prajna volume mixed with plenty of T'ai Chi Chih. There's nothing like reverential group silence to crystalize inner guidance and connectedness. The Prajna Retreat is being held in Aston, PA from Oct. 17th -20th. Please contact host, April Leffler. (Contact information listed below the next paragraph.)

The Intensive is open to teachers, teacher candidates and serious students. Teachers are invited to refresh their relationship with the T'ai Chi Chih form and to encourage their serious students to come delve deeper into their practice by exploring TCC for 3 1/2 days.

The Intensive will be held in Philadelphia, PA on October 21-25. Please contact host: April Leffler at

lirpaleff@rcn.com

or call: 610-532-6753 (home) or 610-809-7523 (cell)

Deep South SEIJAKU and TCC Workshops

Teacher Trainer Daniel Pieniak will conduct two back-to-back workshops in Tupelo, Mississippi.

November 6-8 SEIJAKU

November 8-10 T'AI CHI CHIH

To entice you to come ...

Both workshops are priced at only \$75 each, which should greatly help offset the cost of your (or your students') travel expenses.

And ... If you'd like to stay in a Teacher's or Student's home, we can

Chih.



Mission Statement

The International T'ai Chi Chih Community of students and accredited teachers is dedicated to the personal practice of

T'ai Chi Chih®

and to sharing with the world this form of moving meditation and its benefits affecting body, mind, and spirit.

*Finalized on November 20, 2012
Justin Stone's 95th birthday*

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We, the T'ai Chi Chih Community, are an ever-expanding, unified teachers and practitioners who exemplify serenity, joy and vital teaching communities throughout the US, Canada and around the world in variety in ethnicity, gender & age.

We are dedicated to practicing, teaching and promoting T'ai Chi Chih Justin Stone, so that it contributes to holistically revolutionizing positive influence on humanity.

How the world sees us in 5 years:

The T'ai Chi Chih Community is universally recognized and an effective, user-friendly, holistic practice for enhancing health of

We are seen as a thriving, welcoming Community that attracts p

arrange that for you! In-home accommodations are available on a first-come, first-serve basis and are limited.
Contact Ron Richardson

ron_richardson@comcast.net

662-844-6473 (home) or 662-255-4994 (cell).

Come to the Deep South this November.

Enjoy a little Seijaku ...

A little T'ai Chi Chih ...

And a whole lot of our famous

Southern hospitality!

Daniel's Deep South workshops information:

(Be patient...link may be slow to load)

<http://app.expressemailmarketing.com/CampaignAttachmentDownload.aspx?sid=89768142&caid=1976692>

Deep South registration information:

(Be patient...link may be slow to load)

<http://app.expressemailmarketing.com/CampaignAttachmentDownload.aspx?sid=89768142&caid=1976693>

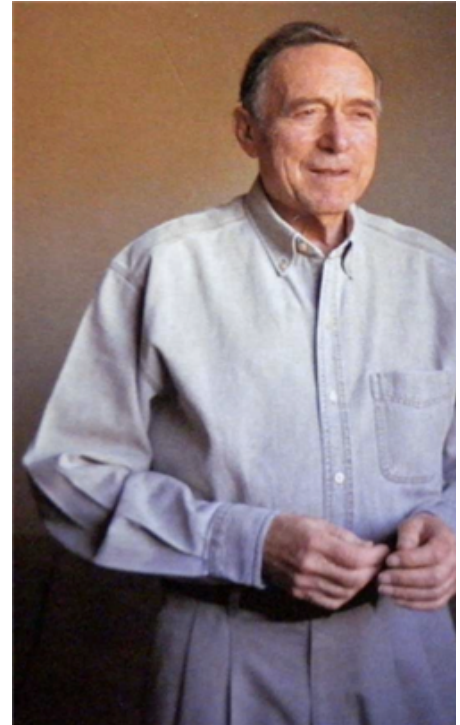
Other T'ai Chi Chi Events:

<http://www.taichichih.org/calendar-of-events>

Attending T'ai Chi Chih events is an excellent opportunity for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.

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Presented to the Community August 4th at the 2013 Teac



Justin Stone (1916 - 2012)

Photo from the back cover of T'ai Chi Chih Photo Text, the basic text f

The "T'ai Chi Chih Photo Text", "Spiritual Odyssey", plus many other can be ordered through your local T'ai Chi Chih teacher or through G

<http://www.gkpub.com/books.php>

T'AI CHI CHI PHOTO TEXTBOOK APPS for both iPhone & Android | downloaded and purchased online for only \$9.95.

★ The apps consists of time-lapsed photography of the original performing of all the movements. As well as links to some move

★ Important points about moving correctly are called out and sp balancing yin and yang, the Tao, the great circle meditation, ser teacher, function and essence, the power of Chi circulation, boc

Purchase the Android application at:

http://sutromedia.com/android/Tai_Chii_Chih

Purchase the application for iPhone, iPad and iPod Touch at:

http://sutromedia.com/apps/Tai_Chii_Chih

Additional excellent references may be found on DVD: Interviews w Carmen

<http://www.gkpub.com/cds.php>

And on the CD: Justin Stone speaks on T'ai Chi Chih: <http://www.gkp>

Sandy McAlister's Seated T'ai Chi Chih DVD: <http://www.sandymcali>

Teacher Resources: http://tcccommunity.net/Teacher_Resource_Page

T'ai Chi Chih on the web: <http://www.taichichih.org/> and <http://www.T>

T'ai Chi Chih on Facebook: <https://www.facebook.com/taichichih?sk=>

The Vital Force newsletter: <http://www.taichichih.org/vital-force/>

Sr. Antonia's archived newsletters: <http://tcccommunity.net/Newslette>

[Editor's note: Teachers, Students and Friends of T'ai Chi Chih may subscription to the Guide's monthly newsletter. It's easy to subscribe Newsletter Sign-Up Form found at <http://tcccommunity.net>.]

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