

From: TCCcommunity newsletter@tcccommunity.net
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To: Stephen Thompson stephen2816@mac.com



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Mission Statement

This month you have a special treat — a guest contributor. Laurie Jacobi is a T'ai Chi Chih Teacher in Minneapolis, MN. She recently wrote this for her students. I am grateful that she was willing to share it with all of you! Enjoy!

My Own Worst Enemy

I've been surviving these last months on too much sugar. Last week I was feeling kind of strange. Despite a clean bill of health from my doctor in January I said to my husband, "*I think I have diabetes.*" He looked up from the newspaper and said, "*Did anyone in your family have diabetes?*" I said no. He replied, "*My dad developed it later in life but that's because he ate a lot of ice cream every night.*" I got really scared and mumbled, "*Well, I like ice cream!*" He looked at me and just said, "*You are your own worst enemy!*"

Yes, he was right. I am my own worst enemy. My overactive imagination creates all kinds of complexities, false narratives, dire scenarios, deadly diseases and personal failings. I think too much. I would rather feel completely secure than take any risks. What if I try something and it does not go well? Better to be safe than sorry. After all, it *has* been a *very* challenging few months here in Minneapolis. Why wouldn't one feel this way?

Last Saturday the TCC teachers gathered on Zoom and did a practice along with a video of Justin Stone. He emphasized that TCC is done primarily with the waist and wrists where we hold tension. We were invited to just do the practice without thinking or analyzing. That can be hard for teachers because we are always inspecting, comparing and observing others and ourselves as we move. This time I let all of that judgment fall away. I just moved with Justin and I felt like he was carrying me. I felt held and safe. All I had to do was trust that this was *the way* to do TCC. After all, he invented it! If I couldn't trust him who could I trust? All I had to do was go in my waist and wrists. And boy did the chi flow! I felt a lightness and an ease in my practice that I haven't felt before.

Sometimes it can be hard to do our practice because we just, well, try too hard. We want to do it perfectly. We overthink it. We hold on so tightly that we lose the joy. We make it too difficult. We become our own worst enemy.

That practice with Justin changed me. Maybe I don't need all that sugar now that spring is returning and ice is disappearing. Maybe by loosening in my practice I will feel the same in my life. Maybe I can trust that all will be well. Instead of being my own worst enemy, maybe I can become my own best friend.

Laurie Jacobi - Guest Contributor

3/17/2026

Thank you, Laurie Jacobi, for sharing and helping us all to become our own best friend!

Much Love,

Marie

Teachers' Community 2nd Saturday Zoom Get Together T'ai Chi Chih Practice & Discussion

Topic: Letting go and opening to the flow in our waists

Date: Saturday April 11th

Time: 9am Pacific, 10am Mountain, 11am Central, 12pm Eastern, 5pm UK, 6pm Italy & Holland

Join the meeting in any of these 3 ways:

Open Zoom and enter Meeting ID: 813 8264 0729 Passcode: Connect or Click the direct Zoom link in the Facebook T'ai Chi Chih Teacher Circle or contact Jessica Lewis for the 302-593-5005 or jhtl0521@gmail.com.

Zoom Meeting Caption Translation into other languages! *Zoom has the option to allow u to see the captions translated into the language of their choice. I am happy to share that we a offering this on a trial basis for the 2nd Saturday Get Togethers. Please share with anyone tha might benefit from this.*

Community Bulletin Board

This section in the newsletter is for our community to share any news, updates, and happier that would help us connect and grow TCC. Please send me (mcdotts@hotmail.com) anything you would like to put here.

World TCQ Day 2026 is April 25 2026 at 10 am local time (Your time zone) You can advertise your event on the [Word Tai Chi Day website](#). Also please list your event on the TCC Teacher Circle FB page. *Encourage your students to attend a live local event or an online event such as one hosted by World T'ai Chi Day organizers and hosted by TCC teacher Siobhan Hutchinson. **S the date and register for this free event here: [Zoom link](#)** Note that during the online event will be a 15 minute spot to update viewers on T'ai Chi Chih-related research which contributes our ever-growing evidence base. At 9 am Eastern Daylight time, Anita Vestal will review the research while a video of TCC practitioners put together by Jessica Lewis plays in the background.*

Mark your calendars! The date of this year's Zoom conference is **Saturday, August 8th** and the theme is **Transformation!** It will be a beautiful time connecting and sharing topics centered

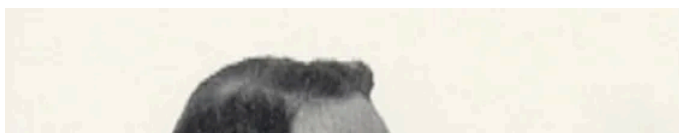
around the transformative nature of the Chi and our practice. Registration will be open next month. This year's conference team is Marie Dotts, Laurie Jacobi, Patty Stupca, Barbra Star and Benjamin Brisjar. Much thanks and appreciation to this year's conference team for volunteering to support our community in this way!

The Albuquerque T'ai Chi Chih® Association - Friday Nights in Joy! Conversation Series - Invitation! Join us for our March 2026 Conversation with Carmen Brocklehurst and Amy Tyksinski originally shared at the 2024 International T'ai Chi Chih Teachers' Conference [Link Video](#). Please feel free to send ideas or requests for conversation topics to news@taichichihassociation.org.

Please also consider subscribing to @amytcc on Youtube to receive notifications for when I conversations are released. How do you subscribe? [Click here](#) for "@amytcc." Once on her channel, click the red Subscribe button under the channel name. You can also tap the bell icon next to it to get notifications for new videos.

Published Research article by newly accredited UK TCC Teacher Elena Narinskaya! I was trained in biblical interpretation across the three Abrahamic faiths—Judaism, Christianity, and Islam. After completing my University degrees, I found myself responding academically to life situations and experiences unfolding around me. Over time, I developed a deep interest in mental health and wellbeing, mind-body practices, and the field of pastoral care and counseling. When I began my own personal practice of Tai Chi Chih, and later pursued training and accreditation as an instructor, I sensed an article beginning to take shape—one that explored the spiritual benefits of Tai Chi Chih as a case study within the broader landscape of mind-body practices. In an age where institutional religions are increasingly losing their appeal and credibility, the quiet, often understated spirituality of mind-body practices speaks to a unique cultural moment. It addresses a contemporary hunger for mental health and wellbeing, the desire for experiential freedom, and the attraction of practices that feel neither regimented nor doctrinally bound.

I gathered my thoughts on this subject and wrote an article titled: **Modern Spirituality and Quest for Wholeness: Tai Chi Chih as a Contemporary Expression of the Religious Experience in a 'Secular' Age.** [Here is a link to read the article](#) [EDITORS NOTE: Only the second page is translated into Russian, all the remaining pages are in English.]





Outstretched Hands

The world is a reflection of ourselves. What we see without is an accurate measure of what are within. If there is serenity inside, the outside world seems friendly. When we go to a str place with our hands outstretched and open, willing to offer whatever we have to give, the reception is warm, we make friends, and life is joyous. But if we grasp, if we manipulate and exploit, the result is different. Our vibration is changed, our appearance is uninviting, and v repel others.

~Justin Stone "Climb the Joyous Mountain" Reprinted with permission from the copyright holder (K Grant)





Old & New Friends

Old friends pass away, new friends appear.

It is just like the days.

An old day passes, a new day arrives.

The important thing is to make it meaningful...

A meaningful friend - or a meaningful day.

~Dalai Lama



T'AI CHI CHIH EVENTS LED BY THE GUIDE AND BY TEACHER TRAINERS

Year 2026

New & Returning Teachers' Teaching Group (open to TCC teachers accredited from 2020 - 2025 and to any TCC teacher hoping to jump start or invigorate their teaching). These 6-Mo sessions comprised of monthly workshops are designed to address specific TCC teaching

sessions comprised of monthly workshops are designed to address specific TCC teaching interests/questions/challenges expressed by the participants. Each monthly workshop includes small and large group teaching exploration and also includes movement refinement in service to feeling the "chi." The New & Returning Teachers' Teaching Group is not a "drop-in" mode a chance to forge connection with a consistent group of peers in a deepening way and learn to apply ideas and strategies in one's T'ai Chi Chih classes and in one's own TCC practice in between meetings. The 2026 6-month session of the "New & Returning Teachers Teaching Group" will run from August 2026 - February 2027 (no meeting in December 2026). Please contact Amy Tykinski: amytycc@outlook.com to get more information and/or reserve your spot. All welcome!

January 17, 2026 Seijaku Retreat with Daniel Pienciak on Zoom. One Saturday afternoon online workshop, 1:30 p.m. to 4:45 p.m. Eastern time (includes one 15 minute break). Teaching discussion, sharing, and experience of Seijaku practice. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573 Email or voicemail only - no texts.

February 21, 2026 TCC & Meditation Retreat with Daniel Pienciak on Zoom. One Saturday afternoon online workshop, 2:00 p.m. to 4:15 p.m. Eastern time (includes one 15 minute break). Teaching and experience of Justin Stone recommended seated meditation practice to supplement TCC and Seijaku movements. Contact: Daniel Pienciak Email wakeupdaniel@aol.com or call 732-988-5573 Email or voicemail only - no texts

March 24-26, 2026 TCC RETREAT "Deepening Your T'ai Chi Chih Practice" with Pam Tow Prince of Peace Abbey, Oceanside, CA Details & Registration form Contact: Michelle Sarubt taichichihwithmichelle@gmail.com or call 619-672-3237.

April 10-11, 2026 Spring into Softness with April Leffler. Franciscan Spiritual Center, Astoria, OR PA. Together we'll explore the power of Softness as we move through the principles of Tai Chi Chih. For more information, contact host: Kathleen McAllister TccTeacher555@gmail.com or call 610-308-4846

April 18, 2026, Online TCC & Meditation Retreat with Daniel Pienciak, Franciscan one Saturday, 1:30 to 4:45 p.m. EDT. An experience of Justine Stone's guided meditations and Tai Chi method along with practice of the TCC movements. contact facilitator: Daniel Pienciak wakeupdaniel@aol.com or 732 988 5573, email or voicemail only, no texts.

April 22-26, 2026 TCC INTENSIVE with Amy Tykinski Franciscan Retreat Center, Colorado Springs, CO Contact Host: Marie Dotts mcdotts@hotmail.com or 970-412-9955

April 25, 2026 Online World T'ai Chi & QiGong Day, with Daniel Pienciak, Saturday, 11:30 to 2:30 pm. Join this worldwide celebration with a practice of TCC and a simple

experience/demo of T'ai Chi and QIGONG. Contact Facilitator: Daniel Pienciak
wakeupdaniel@aol.com or 732 988 5573 email or voicemail only, no texts.

June 24-28, 2026 Online TCC Intensive with Pam Towne Wed, Thurs, Sat: 8am - 4:30pm Pacific Time (with several short breaks throughout the day plus a meal break 12 - 1:30pm) Sun: 8am - 12pm Pacific Time (Friday is our "down day" and is perfectly timed to allow for review and integration of what's already been revealed during the first two days, as well as assigned homework.) For more info , contact Jessica Lewis (Host): 302-593-5005 / jhtl0521@gmail.com

June 25 – 28, 2026, Joy In The Heart – A T'ai Chi Chih Retreat with Amasy Tyksinski, Norbertine Spirituality Center, Albuquerque, NM - - [Link](#) to Flyer

October 1- 5, 2026, T'ai Chi Chih Intensive, Kansas City, KS Teacher Trainer: Dan Pienciak
Contact: Lorraine Lepine (Host): for details, email: lorlepine@gmail.com or text: 913-710-34

Monday, November 30 - Sunday, December 6, 2026 - (Please note Date and Location Change) TCC ACCREDITATION with Sandy McAlister at Norbertine Spirituality Center, Albuquerque, NM, Contact: Amy Tyksinski amytc@outlook.com or 505-228-2104

YEAR 2027

March 31, - April 4, 2027 TCC INTENSIVE, San Damiano Retreat, Danville, CA. Contact information to follow.

[Click here for more T'ai Chi Chih Events](#) including those led by dedicated Teachers, as well as the Guide and Teacher Trainers. Attending T'ai Chi Chih events is an excellent way for you to receive helpful feedback, improve your practice, and to be with other T'ai Chi Chih practitioners.





T'AI CHI CHIH EVENTS LED BY ACCREDITED TEACHERS

2026

The Albuquerque T'ai Chi Chih® Association - Friday Nights in Joy live Conversations. Every Friday of the month a new conversation is added to this series. [Here is a Link](#) that will take to their playlist!

Teachers Events this section is available for any Teacher who wishes to have others participate in their in-person and/or a Zoom T'ai Chi Chih Event. Submit details to: stephen2816@mac.com.



ZOOM T'AI CHI CHIH CLASSES

MONDAYS

Lorraine Lepine Zoom T'ai Chi Chih Practice from 9 am to 10 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen, Tantric, or Tao writing before the Practice and end with an optional meditation. Contact: Email Lorraine for details, Zoom information and love donation suggestion: lorlepine@gmail.com

Lisa Stroyan, Doriane Tippet, and Beverly Miles Community

Lisa Stroyan, Dorene Tippet, and Beverly Miles Community Hybrid T'ai Chi Chih Drop-in class zoomed from Ft. Collins, CO! Popular with students, teachers, and candidates; all are welcome. Free; we encourage regulars to make a small charitable donation. Mondays weekly at 8:30 PT/9:30 MT/10:30 CT/11:30 ET/4:30p [Click here for ZOOM link](#) Meeting ID: 913 1791 5664 no passcode Contact: Email Lisa Stroyan lstroyan@gmail.com or see Lisa's website for more information [USING THIS LI](#)

Jessica Lewis T'ai Chi Chih for Veterans (a NEW community-based program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. 12:00-1:00 PM EST Meeting ID: 529 988 701 Password: TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

TUESDAYS

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

Lorraine Lepine T'ai Chi Chih Practice On Zoom from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen, Tantr Taoist writing before the Practice and end with an optional meditation. Contact: Email lorlepine@gmail.com for details, Zoom information and love donation.

Daniel Pienciak TCC Guided Practice and Study on Zoom 3 remaining Tuesdays, March 24, April 7, 14, 2026, 1 to 3:00 p.m. EDT A thorough review and practice of movements with opportunity for individual feedback by a TCC Teacher Trainer. Appropriate for new or serious TCC students, teacher accreditation candidates, and teachers. Contact: Email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573, Email or voicemail only - NO TEXTS.

Daniel Pienciak Seijaku "Begin or Review" Guided Practice and Study on Zoom: Four consecutive Tuesdays April 28, May 5, 12, 19, 2026, @1 to 2:45 p.m. EDT A continuing study and practice of the "advanced form of TCC", OR a first-learning Seijaku, including coverage of the Maximum Chi Program, and the Justin Stone meditations. Contact: email Daniel Pienciak wakeupdaniel@aol.com or call 732 988 5573 Email or voicemail only - NO TEXTS.

WEDNESDAYS

Lorraine Lepine Zoom Seijaku Practice from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen, Tantric, or Tao writing before the Practice and end with an optional meditation. Contact: Email Lorraine Lepine for details, Zoom information and love donation suggestion: lorlepine@gmail.com

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

Paul Ciske 10:30 -11:30 AM Pacific - Begins with brief introduction or focus followed by a 6 repetition practice, followed by questions, clarifications, insights, and optional silent meditation. Charitable donation appreciated. [Click here to Register](#)

Pam Towne Seijaku Practice for teachers or students who already know Seijaku Wednesdays 10:30 - 12pm PDT, \$40/month or \$100 for 3 months Short teaching section practice, Jing & Sitting in Silence 5 minutes or more. You are invited to come as my guest one class for free to see if you'd like to join. Contact: Email Pam Towne pamtowne@gmail.com or call 760-421-7589

Jessica Lewis Tai Chi for Veterans (T'ai Chi Chih taught within the context of the federal VA Community Care Network program) FREE for US Veterans & Accredited TCC Teachers, others pay with credit card. 6:30-7:30 PM EST Meeting ID: 171 422 068 Password: TC4V [Click here for ZOOM](#) Contact: Email Jessica Lewis jhtl0521@gmail.com for cost.

THURSDAYS

Lorraine Lepine T'ai Chi Chih Practice On Zoom from 10:30 am to 11:30 am (Central Time). There is no teaching, we discuss thoughts from Justin Stone, Zen, Taoist writing before the Practice and end with an optional meditation. Contact: Email lorlepine@gmail.com for details, Zoom information and love donation.

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

Lorraine Lepine Virtual Seijaku 6-class series Six Thursdays April 21st - May 21st, 2026, 4:00 - 6:00 pm, Central Time. Learn or Review Seijaku, explore how your Life Force energy is enhanced and refined resulting in more clarity and increased energy. Contact Lorraine Lepine: email lorlepine@gmail.com or text 913-710-3464.

FRIDAYS

Richard D. Smith, Barbara Kistner, and Tom Rothke All times are in Pacific Time (PT)

LINDA PROSCHE, BARBARA KRISTOFF, and TOM KOTNENDERGER All level Fridays 10:30-11:30 AM, Pacific. Starts with a master class TCC discussion and into a full practice. Breakout rooms available for individual instruction. Click here to get the Zoom link and pay. Drop-in suggested donation \$10-\$15. First class is free. Contact: Email Lin Prosche lsprosche@gmail.com or call 415-259-8900.

Pam Towne Ongoing TCC Practice for teachers & students who know TCC Fridays 10:30 - 11:45am PDT, \$35/month or \$90 for 3 months Short teaching section, full practice, Jing & Sitting in Silence 5 minutes or more. You are invited to come as my guest one class for free to see if you'd like to join. Contact: Email Pam Towne pamtowne@gmail.com or call 760-421-7589

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Mon - Fri 10:00 AM Pacific Time (Sunday 9:00 AM Pacific Time) [Click here for ZOOM](#)

SATURDAYS

Marie Dotts' 2nd Saturday Teachers Zoom Get Togethers Teachers will find a link to the 2nd Saturday of the month Get Togethers & Practices for Teachers on the T'ai Chi Chih Teacher Circle Facebook page. If you don't have a Facebook account, then you will need to join Facebook first & then request to join the private Facebook group. If you do not wish to join Facebook & just want to acquire the link to the 2nd Saturday Zoom session, please contact Jessica Lewis by cell (302-593-5005) or email (jhtl0521@gmail.com).

SUNDAYS

Barb Thurber and Bella Box Daily T'ai Chi Chih Practice Sunday 9:00 AM Pacific Time (Mon - Fri 10:00 AM Pacific Time) [Click here for ZOOM](#)



Links to Resources & Materials

Justin Stone's T'ai Chi Chih Individual Movement Instruction* (plus separate 30- and 45-minute practices) streamed digitally: [Click here for lifetime access](#) *100% of your subscription allows Justinstoneccc.com to remain available online.

Justin Stone's Other Materials: [click here](#)

Pam Towne's Serenity in the Midst of Activity DVD or Digital Download: [click here](#)

Sandy McAlister's Seated T'ai Chi Chih DVD: Email Sandy McAlister mcialister19@comcast.net

Zoom Lessons with Pam: Email Pam Towne pamtowne@gmail.com 760-421-7589

Seijaku Booklet: \$4.00 per copy +\$1.20 (first class) \$30 for 10 copies +\$8.60 (priority mail) \$2.75 (media rate) \$50 for 20 copies +\$9.45 (priority mail) or \$3.27 (media rate) Make check payable to: Ann Rutherford 1534 Wagon Train Dr. SE ABQ, NM 87123

Web Resources

Teachers!! Claim or create a personal Teacher Listing Page: [click here](#)

T'ai Chi Chih's originator Justin Stone's website: [click here](#)

T'ai Chi Chih's website: [click here](#)

T'ai Chi Chih Community website: [click here](#)

T'ai Chi Chih Facebook: [click here](#)

Facebook Tai Chi Chih Teacher Circle: [Teachers, please click here to ask to join our closed Facebook group.](#) Teachers, if you don't already have a Facebook account, you must establish an account before clicking the link. If you do not want to join the Facebook group, but need the zoom link for the second Saturday practice Contact Jessica Lewis by cell (302-593-5005) or jhtl0521@gmail.com).

Pinterest Justin Stone Quotes: [click here](#)

T'ai Chi Chih Pinterest: [click here](#)

T'ai Chi Chih Instagram: [click here](#)

X T'ai Chi Chih: [click here](#)

Flickr Pictures: [click here](#)

"T'ai Chi Chih is a Service to Humanity. It is a form of Love." ~Justin Stone

P.O. BOX 361, TUPELO, MS, US, 38802 [unsubscribe](#)

