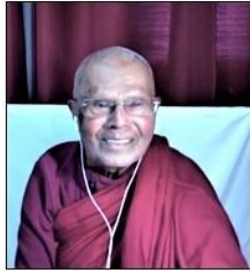


Mid-America Buddhist Association

December 2021 eNews



Opening the Gate to Awakening Dharma Talk Series

*(from upper left) Bhikkhu Bodhi, Bhante G, Bhikkhuni Dhammadinna
(from lower left) Master Jiru, Thanissaro Bhikkhu, Bhante Sujato*

"Not despising, not harming,
restraint according to the code of monastic discipline,
moderation in food,
dwelling in solitude,
devotion to meditation –
this is the teaching of the Buddhas."

–Dhammapada v.185

Greetings from MABA

Join us every [Sunday](#) during Monastic Winter Retreat for meditation, chanting, and discussions on [Zoom](#) and [Facebook](#), all are welcome!

Dear Friends,

Falling leaves and falling temperatures mark an end to outdoor garden activities for the year. There's always maintenance to be done on those warm-ish days; tools are cleaned and stored, the shed door is closed, to await the spring anew.

Winter is the time at MABA for the monastics to retire in retreat for three months, from December 1 to February 28. This is a time for the monastics to rest and study in solitude. Note that communications with MABA will be slower, please be patient, thank you.

Our Opening the Gate to Awakening Dharma Talk Series was a tremendous success! Hundreds and hundreds of participants from all over the world joined us on Zoom and FB to

hear our guests speak and answer questions over five days in early November. We thank Thanissaro Bhikkhu, Bhante G, Bhante Sujato, Bhikkhuni Dhammadinna, Bhikkhu Bodhi, and Master Jiru for giving us their time, we appreciated your learned teachings, wit, and humor. And thank you to those sangha members who worked to bring us this first of its kind talk series at MABA. Sadu, sadu, sadu! Talks can be found on our [Facebook](#) page (will be uploaded later to our Youtube channel). MABA is now working to bring Opening the Gate to Awakening 2022 next November, stay tuned.

Thank you to everyone who donated to our monastics during our Kathina last month. We raised almost \$14,000! Thank you for your generosity, MABA wouldn't be MABA without your kindnesses.

All are invited to join the monastic sangha in a New Year's Eve Blessing on Zoom Friday, December 31, 2021, at 7:30pm. More information is below.

Also note our new Zoom link below for [Sunday Mornings at MABA](#). The old link no longer works.

If you receive Mindful Magazine or Tricycle Magazine, you may notice that the latest issues have ads for MABA's new [Mindfulness Program](#) (more info below), which begins in March 2022. Registration is still open, and interest for both of our programs are from all over the USA.

Again, now is the time to get a regular flu shot, especially if you're in a high risk group, the [CDC](#) advises. For those who are eligible, please schedule your COVID booster shot now, as full efficacy takes 14 days. If you have questions or fears about vaccinations, please contact the [office](#). We are here to help.

We invite you to join us every [Sunday](#) for meditation, chanting, and discussions. Our winter Study Group Topics are on selected Pāli Suttas on the Six-Sense Bases, and the *Sūraṅgama Sūtra*, 楞嚴經 *Shōulèngyán Jīng*. Study materials will be provided, no experience necessary, all are welcome.

As always, we are grateful for your ongoing support. May all beings be well and happy, please continue to stay safe. We'll see you in the spring!

Your Friends in the Dharma,
The Community at MABA

New Year's Eve Blessing ~ Dec. 31

New Year's Eve Dharma Blessing ***On Zoom***

7:30pm on 12/31/2021

Due to the pandemic, we will not be holding the Midnight Celebration of the New Year's Eve in person this year. Instead, the Venerable Sangha invites you to welcome in the New Year by attending a New Year's Eve Dharma Blessing Assembly on **Zoom** beginning at 7:30pm on Friday, December 31, 2021. This is a special night where we are going to take a step towards the beginning of the New Year 2022.



7:20pm Sign in to Zoom ([link](#))
7:30pm Meditation
8:00pm Dharma Talk by Master Jirú
8:15pm Blessings Chant led by the Monastics
9:00pm Sharing & Tea with the Monastics
Offering of Regrets & Intentions

Blessing and peace to all sentient beings.
Join us for the Zoom New Year's Eve Blessings Ceremony!

All are welcome!
Wishing You a Very Happy, Healthy, and Peaceful New Year!

美中佛教會 **元旦線上祈福**

由於疫情的原因，每年在美中佛教會舉報的午夜元旦祈福法會將取消。
但是本會僧眾邀請您及家人一起在線上迎接這 2022 年的來臨。12 月 31 日 2021 年（星期五）晚上 7:30 開始。這是一個很特殊之夜，請您在線上參加我們邁向新的一年
的開始。

7:20pm 加入 Zoom ([Link](#))
7:30pm 靜坐
8:00pm 繼如師父開示
8:15pm 誦經祈福
9:00pm 與大家線上分享及喝茶

祈願您及家人新的一年吉祥健康快樂！

Spring 2022 Classes

Registration is Open!

Click on the images below for more information on these two very worthwhile programs. We hope you will join us for one, or both, of these educational opportunities that are unique to the St. Louis (and Midwest) area.

Now Open for Application Mindfulness & Dharma Training Program Fall Term 2021

Visit our website for a description of our facility located on a 76 acres land in the beautiful rolling hills of the Missouri River Valley.

PROGRAM FEATURES:

- * Combination of online lectures for Dharma learning and in-person retreat for mindfulness practice at MABA Monastery in Augusta, Missouri (45 minutes from St. Louis).
- * Dates & times for online courses: Every Sunday 1:30-4:30 PM CT starting Sept 12 till Nov 28, 2021
- * 4-day in-person retreat: Dec 2-5, 2021

* For details of the program, visit our website or email to ybafacedemy@gmail.com

Scan here for online application form:



COURSES OFFERED:

1. Establishing A Moral Foundation & Mindfulness of the Body
2. Four Noble Truths
3. History of Indian Buddhism
4. History of the Buddha and His Great Disciples

REQUIREMENTS:

- * Determination, sincerity, self-discipline in learning and practice.
- * Proof of COVID-19 vaccination prior to join the in-person retreat.

TUITION FEE FOR ONE TERM: USD \$499

- * Discount if early registration by Aug 1: USD \$449
- * Discount for subsequent terms, visit our website for the details.

DIPLOMA IN PĀLI & BUDDHIST STUDIES (DPBS)

Admission 2022 Now Open for Application

Jointly Offered by University of Kelaniya (UoK) & Right Mindfulness Training Academy (RMTA)

About The Program

- This Associate-equivalent program consists of 16 compulsory credits and 14 optional credits for the total of 450 class hours
- Taken over two years period at part-time basis
- Taught primarily by qualified monastic and lay teachers
- Certificate will be conferred by the university upon completion of the program
- Classes will be held by RMTA through Zoom on two weekends each month, total of four months/semester, two semesters/year.

Commencement Date: MARCH 12, 2022

Fee: One-Time Registration USD \$500.00

To Apply: Email to ybafacedemy@gmail.com for application form

The Pāramitā Challenge Continues □□□□□

Pāramitā Challenge!

Join us for a 10-month meditation, study, and application of the Ten Pāramitās (Perfections), including the Ten Major Bodhisattva Vows!

Receive a monthly guide of this practice based on:
Sutra on Understanding the Profound and Esoteric Doctrine (解深密經 Jiě shēnmì jīng), *Doctrine of Mere-Consciousness* (成唯識論 Chéng wéishí lùn), and the *Brahmā's Net Sutra* (梵網經 Fànwǎng jīng).

The material is easy to understand and enjoyable to practice!

Contact Don Yéye at
donshushu@cvt-stl.com to sign up.

MABA Calendar

~ December 1 to February 28 ~
Monastic Winter Retreat (No Dharma Talks)

Sunday Mornings at MABA and Study Group will meet every Sunday during the Monastic Winter Retreat. All are welcome! If you would like to receive a weekly email reminder, please send an email to **Xiankuan Don Yeye** to subscribe.

Sunday Mornings at MABA

~ Monastic Winter Retreat Schedule ~

9:15 am – Meditation Instruction Video
9:30 am – Silent Sitting Meditation
10:00 am – Chanting (in English)
10:15 am – *Announcements & Break*
10:30 am – Study Group

- Monastic Winter Retreat: December 1, 2021–February 28, 2022 ~ No Dharma Talks
- Study Group Topics: Selected Pāli Suttas on the Six-Sense Bases, and the *Śūraṅgama Sūtra*, 首楞嚴經 *Shǒulèngyán Jīng*

NEW! Zoom link for Sunday Mornings at MABA:

<https://us02web.zoom.us/j/86110188493?pwd=NnhzQ0FxcWZCTzIjZHFIMHVxLzc4UT09>

Meeting ID: 861 1018 8493
Passcode: 828040

Or, find **Sunday Mornings at MABA Live on Facebook** at www.facebook.com/MABAAugusta



On Sundays in December, our **Book Study Group** will conclude reading and discussing Ṭhānissaro Bhikkhu's *On The Path* during our regular **Sunday Morning** program. We will be reading **Chapters Nine and Ten**. All are welcome, no experience necessary. To sign up for these classes, contact Xiānxǐng Sherrie at retreat@maba-usa.org to receive the free .pdf book. Or join us on **Sunday Morning** and download it then.

Beginning January 2, 2022 ~ Winter Study Group Topics:

Selected Pāli Suttas on the Six-Sense Bases, and the *Śūraṅgama Sūtra*, 首楞嚴經 *Shǒulèngyán Jīng*

Come join us on Zoom this winter!

MABA Cares

The MABA community is happy to be of benefit to any of our sangha



members in difficulty, and we are able to help in several ways. If you are in a food emergency, MABA can provide supplies from MABA's pantry; if you cannot make it out to the monastery, we can deliver. For longer-term food assistance, we can help you find a food pantry.

Whether spiritual counseling and moral support, professional mental health counseling, end-of-life questions, or legal assistance, we can help you find a provider. If you feel unsafe, let us know.

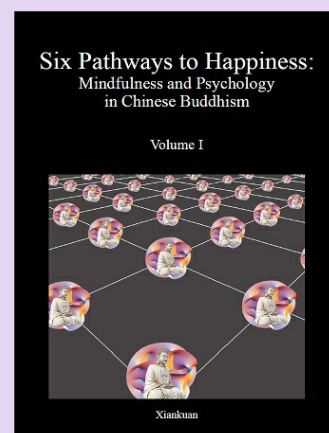
Please have no fear of reaching out; anyone can fall into difficulty, and there is no shame in a helping hand from a friend. Reach out to MABA at www.maba-usa.org/contact-us if you need assistance.

Dharma Talks and Guided Meditations

This month's guided meditation from Xiǎнкуān Don Yéye: Patience

Xiǎнкуān continues to post new guided meditations on YouTube. Learn how to calm the mind, gain insight, and cultivate loving kindness and compassion at:
Six Pathways

Six Pathways is available in both softcover and e-book at Amazon.com. Stay tuned for Volume II early next year!



MABA continues to upload past Dharma Talks, and can be found at MABA's YouTube channel (more to come):

[Dharma Talks at MABA](#)

Photos, Events, and More!

To view more photos from events at MABA, please visit our **[Media page](#)**.

Please visit our **[Event Calendar](#)** for upcoming events.

[Donate Now](#)

Please consider making a donation today.

All donations are tax-deductible to the extent allowed by law.

You may make secure contributions directly to MABA via PayPal, **[PayPal Giving Fund](#)**, or by sending a check made payable to "MABA" to 299 Heger Lane, Augusta, MO 63332

Thank you for your continued support!