

Mid-America Buddhist Association

September 2021 eNews



"You yourselves must strive;
the Buddhas only point the way.
Those meditative ones who tread the path
are released from the bonds of Mara."

—Dhammapada v.276

Greetings from **MABA**

Please note: Although MABA continues to be closed to the public, a limited number of visitors will be allowed on Saturdays and Sundays, by appointment only. Please contact the [office](#) for more information and COVID protocols before you visit.

Join us every [Sunday](#) for LIVE Guided Meditations, Dharma Talks, and Discussions on [Zoom](#) and [Facebook](#) Live

Online classes via Zoom begin this month!

Dear Dharma Friends,

Thanks to all who signed, commented, wrote letters, and came to the recent Zoning and Planning Commission hearing. Xiānxǐng Sherrie presented two petitions to the Commission with more than 450 signatures. As a result, David Hoffmann has decided not to proceed with his helipad plans in Augusta! They will instead use the Washington, MO airport, which already has a helipad.

Xiǎnxǐng Sherrie says that we have received thanks from several Augusta residents for our help in this matter. Thank you for speaking out, you have done a great service to MABA and the Augusta area. There will still be some changes in our future, with other development continuing around Augusta and MABA. By working together we can meet these challenges and maintain our community at MABA. Thank you again, you have done a great service.

Each month during the **2021-2022 PARAMITA CHALLENGE**, receive a set of topics for contemplation, one for each week of the month. To sign-up, please email **Xiǎnkuān Don Yéye**. All are welcome! This month: Perfection of Morality, the Bodhisattva Precept of Non-Stealing, and the second set of the Stages of Faith. More information is below.

This month's guided meditation from Xiǎnkuān Don Yéye:
Ten Minute Compassion Meditation.

Looking ahead: the **Buddhist Global Relief** Buddhist Action to Feed the Hungry will be held online October 2. More information next month. Also, Thanissaro Bhikkhu will be joining us again for a teaching based on his book *On the Path* the evening of November 3. Contact **Xiǎnkuān Don Yéye** to pre-register.

Now that the FDA has approved the Pfizer COVID-19 vaccine, if you have continued questions or fears about being vaccinated, please contact the **office**. We are here to help.

As always, we are grateful for your ongoing support. Please stay well. We invite you to join us every **Sunday** for meditation, Dharma Talks, and discussions. All are welcome!

Your Friends in the Dharma,
The Community at MABA

Dizang Blessing Sept. 5

DIZANG BLESSING CEREMONY

美中佛教會地藏祈福法會

Sunday, September 5th, 2021

星期日 2021 年九月五日

10:00 AM ~ 11:30 AM

Reciting Diamond Sutra, Heart Sutra,

Name of Amitabha Buddha

Offering & Transferring of Merit

念誦金剛經、心經、佛號；

上供、回向

注：MABA 當天（只限九月五日，11:30AM-3:30PM）將只開放地藏殿讓家人前往追思往生者。**10:00 AM ~ 11:30 AM** 法會進行期間，請勿進入地藏殿內。感激您的合作。（全程務必戴口罩及遵守 MABA 列下的防疫措施。）

有興趣長期收到 MABA 活動和訊息，

請添加 MABA 的微信 ID: MABAAugustaMO

To receive MABA news via WeChat, please add MABAAugustaMO to your WeChat contact.

299 Heger Ln, Augusta, MO 63332

Website: <https://www.maba-usa.org>

Mindfulness at Wash. U.

Mindfulness at Washington University in St. Louis

This is the second talk in the Mindfulness & Anti-Racism series, sponsored by

the Center for Race, Equity and Ethnicity (CRE2) at WUSTL, following the very popular talk by **Rhonda Magee**. This upcoming talk by **Valerie Brown** on September 10 from 1-2:30pm promises to be equally informative. Everyone is welcome, but you do need to register beforehand to receive the Zoom link.

[Click here for more information and to register.](#)



Washington University in St. Louis

HAPPENINGS AT WASHU

ASSEMBLY SERIES SCHOOLS Log In

Search the calendar

How to Fight Injustice Without Hating: Connecting Mindfulness with Social Justice

September 10
1 - 2:30pm
via Zoom

Happenings @ WashU

Save the date for our second talk in the [Mindfulness and Anti-Racism series](#) funded through a grant from the [Center for Race and Ethnicity](#) and with support from the [Office of Diversity, Equity and Inclusion at Washington University School of Medicine](#). We will have [Valerie Brown](#) as our speaker. [Register in advance for this meeting.](#)

Dial-In Information

Register in advance for this meeting:
<https://wustl.zoom.us/join/https://wustl.zoom.us/join/register/LJ0lc0ihqjgoEThnpAPtIDKcwpKOy3mywZr>

After registering, you will receive a confirmation email containing information about joining the meeting.

Fall 2021 Classes!

Introductory Course: Mindfulness Training Program

Four Sunday afternoons 1:30 to 3:30 pm

The FOUR FOUNDATIONS of MINDFULNESS

Enrich and Deepen Your Practice!

Taught by Master Jirú, Abbot of Mid-America Buddhist Association (MABA)

Assisted by Xiānkuān Don Yéye, author of *Six Pathways to Happiness*

Two Dharma Talks and One Meditation Each Session

September 12 – Mindfulness of the Breath and Body
October 10 – Mindfulness of Feeling
November 7 – Mindfulness of Mind
December 5 – Mindfulness of Phenomena

Open to All via Zoom. Pre-registration Required. Donations Welcome.

Contact: donshushu@cbt-stl.com

Compassion In Action



Ven. Bhikkhu Bodhi



BUDDHIST ACTION TO FEED THE HUNGRY

Join us via Zoom on October 2
www.buddhistglobalrelief.org

Spring 2022 Classes!

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.

MID-AMERICA BUDDHIST ASSOCIATION (MABA)

299 Heger Lane, Augusta MO 63332, USA
www.maba-usa.org Tel: (636) 482-4037

Now Open for Application Mindfulness & Dharma Training Program Spring Term 2022

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 Mar 20 till Jun 5, 2022
- * 4-day In-person retreat: Jun 9-12, 2022
- * For details of the program, visit our website or email to ybefacademy@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 Feb 1, 2022: 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 ybefacademy@gmail.com for application form

Program Details: <https://www.maba-usa.org/dpbs/>

Welcome to the **Pāramitā Challenge!** □□□□□□

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@cbt-stl.com to sign up.

MABA Calendar

September 5 - Sunday Services - Dizang Blessing - Xiǎnzhì Katty and Xiǎnguān Don Yéye

September 12 - Sunday Services - Dharma Talk by Xiǎnjí Lee

September 12 - Four Foundations of Mindfulness Class

September 19 - Sunday Services - Dharma Talk by Ven. Kōngyán

September 26 - Sunday Services - Dharma Talk by Master Jìrú

October 3 - Sunday Services - Dharma Talk by Xiǎnxǐng Sherrie

October 10 - Sunday Services - Dharma Talk by Xiǎnzhì Katty

October 10 - Four Foundations of Mindfulness Class

October 17 - Sunday Services - Guanyin Blessing - Dharma Talk by Xiǎnguān Don Yéye

October 24 - Sunday Services - Dharma Talk by Xiǎnchū Cory

October 31 - Sunday Services - Dharma Talk by Master Jìrú

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**MABA's Sunday Services** and Book Study Group meet every Sunday.

Everyone is welcome! (use Zoom link below).

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Sunday Services Schedule (Central Time-US):

- 9:15 am -- Meditation Instruction Video
 - 9:30 am -- Guided Sitting Meditation
 - 10:00 am -- Dharma Talk
 - 10:40 am -- Chanting (in English), Announcements, and Short Break
 - 11:00 am -- Book Study Group (reading *On the Path*)
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Zoom link for MABA Sunday Services:

[https://us02web.zoom.us/j/88072392264?](https://us02web.zoom.us/j/88072392264?pwd=a3htWG02Z0x1RzYvbTUvc0hnT1V5Zz09)

[pwd=a3htWG02Z0x1RzYvbTUvc0hnT1V5Zz09](https://us02web.zoom.us/j/88072392264?pwd=a3htWG02Z0x1RzYvbTUvc0hnT1V5Zz09)

Meeting ID: 880 7239 2264

Passcode: 130185

Or, find **MABA Sunday Services** Live on **Facebook**

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Our **Sunday Book Study Group** continues reading and discussing Thānissaro Bhikkhu's *On The Path* on Sundays as a part of regular services.

We are about to begin Chapter Eight: Right Mindfulness. All are welcome, no experience necessary. To sign up for these classes, contact Xiǎnxǐng Sherrie at [retreat@maba-usa.org](mailto:retreat@maba-usa.org) to receive the free .pdf book. Or join us for Sunday Services and download it then.

**Join us on November 3, with special guest Thānissaro Bhikkhu!**  
**More information next month. Contact Xiǎnguān Don Yéye to pre-register.**



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](http://www.maba-usa.org/contact-us) if you need assistance.*

## ***Dharma Talks and Guided Meditations***

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

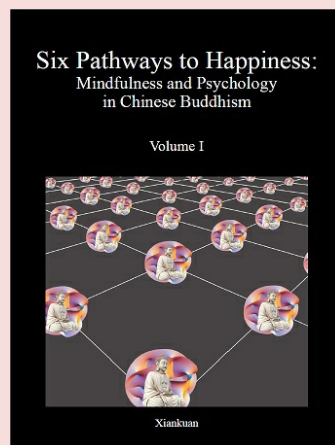
### [Dharma Talks at MABA](#)

#### **This month's guided meditation from Xiānkuān Don Yéye: Ten Minute Compassion Meditation**

Xiānkuān 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](http://Amazon.com). Stay tuned for Volume II later this year!



## ***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!***

