

Mid-America Buddhist Association

August 2022 eNews



*Children's Half-Day at MABA's Suddhana Children's Pavilion.
Thank you to our children for their painted stones from our first meeting (background).*

"Therefore, monks, whatever isn't yours: Let go of it.
Your letting go of it will be for your long-term welfare & happiness."

—MN 22
(trans. Ṭhānissaro Bhikkhu)

Greetings from MABA

**Join us every [Sunday](#) for meditation, talks, chanting, and discussions
In-person and live on [Zoom](#), join us!**

***MABA is open to the public on Friday, Saturday, and Sunday.
Please wear masks indoors, be vaccinated, and maintain social distancing.***

Again, we are gently reminded of a few guidelines when visiting the monastery. Along with COVID precautions, please refrain from wearing fragrances, speak in low tones, wear respectful clothing (plain colors, no bare knees or shoulders), and remove shoes before entering buildings.

All are welcome to stay for lunch at 11:45am.

Dear Dharma Friends,

What a difference from a month ago! From heatwaves and drought to an over-abundance of rain that caused historic flooding. We hope that you fared well, and if not, please know we are ready to **help**, with such items as food, bleach, and personal hygiene items from our

food pantry.

Save the dates!

Our Bodhisattva Retreat will be held on October 14-16 and is by invitation to those who have taken Bodhisattva Vows or have taken Refuge and Precepts and are interested in taking Bodhisattva Vows. More information next month, including registration link.

On November 16, Master will be conferring Refuge and Precepts to those who are interested. For more information and to sign-up, please contact Ven. Kongshi at office@maba-usa.org

Applications are open for our next series of classes leading to a Diploma in Buddhist Studies, which will begin in March 2023. See our [website](#) for more information.

MABA would like to thank all those who participated in our recent meditation, talk, and discussion with Thānissaro Bhikkhu on Not-Self. Ajaan Geoff is currently on retreat and he will join us again later this fall.



This month our **Book Study Group** will conclude reading and discussing Ajaan's book, *Selves & Not-Self* as part of our **Sunday Mornings** program. Join us, all are welcome.



***Meet our latest
Artist-in-Residence:
Darrell White***

Darrell made repairs and restored our Manjusri sculpture on a recent visit.

Thank you, Darrell for a job well-done!

Children's Half-Day

Ages 5-12

July 10 & 24 ~ August 7 & 21 ~ September 11 & 25
9:30am - 11:45am

(same time as our *Sunday Mornings* program;
we come together for lunch at 11:45am)

For more information and to sign-up
Please contact: office@maba-usa.org

Our Children's Half-Day program continues to meet, and our theme for August is Generosity (dana). We welcome children ages 5 through 12 with their own program in Manjusri Hall, while our regular **Sunday Mornings** program is held in Chan Hall. Then we all meet for lunch at 11:45am at the Blue Lotus House. Facilitated by Ven. Kongke, Stacey, Jennifer,

and with adult helpers, the program includes short meditations, story-telling, a short walk or yoga, crafts, and sharing. Those younger than five-years old are welcome when accompanied by an adult, while those older than 12 are welcome to be helpers. Adult helpers are always welcome as well. For more information and to sign-up, please email the **MABA office** with "children's group" in the subject line.

IBFA's new temple in Chicago's Chinatown is very close to receiving its final inspection! Volunteers are working to help Master and Venerables finish the various details, please help if you can. Photos are on the **IBFA website**. Please email the **office** for details on volunteering (including free room and board). We'll see you in Chicago at our Grand Opening Celebration soon!

Our **Dizang Blessing** will be held on Sunday, September 4, more information is below.

Mindfulness Day, sponsored by the Buddhist Council of Greater St. Louis, will be held at the Thai Temple in Florissant on August 20. More information is below.

Join us in designing new walking paths at MABA! With 76 acres of gently rolling terrain, we have USGS topological maps and a drone with a camera to help us plot easy and medium difficulty walkways. We are renovating the existing walking path around MABA's pond, including planting Missouri natives and setting pavers. **Donations** for landscaping, plants, pavers, and benches along the routes are welcome. Planning in earnest will begin after Labor Day, with work beginning in the fall. Please contact Master at the **office** if you'd like to be part of the design team.

This month's guided meditation from Xiānkuān Don Yéye: **Mindfulness of the Breath**

We invite you to join us live every **Sunday Morning**, either in person or on **Zoom**, for meditation, Dharma talks, chanting, and discussions. All are welcome. Note that we no longer stream live to Facebook. Past talks will be uploaded later to our **YouTube channel** and **Facebook page**.

As always, we are grateful for your ongoing **support**. May all beings be well and happy, please continue to stay safe.

Your Friends in the Dharma,
The Community at MABA

Dizang Blessing ~ September 4

Mid-America Buddhist Association
2022 年地藏王菩薩祈福燃燈登記表
2022 Dizang Dharma Assembly Blessing Candles Registration
Form

祈福週五平安燈：點燈日期從 8/31/2022 至 9/4/2022 共計五日。每盞燈以登記兩名為限，每盞燈 \$30。
Blessing Candles: Candle will be lit from 8/31/2022 to 9/4/2022. Total of 5 days, each candle lit is limited to two names, \$30 per candle lit.

平安祈福燈 1
Blessing Candle _____

平安祈福燈 2
Blessing Candle _____

平安祈福燈 3
Blessing Candle _____

平安祈福燈 4
Blessing Candle _____

為往生者點燈：點燈日期從 8/31/2022 至 9/4/2022 共計五日。每盞燈以登記兩名為限，每盞燈 \$30。
Candle will be lit from 8/31/2022 to 9/4/2022. Total of 5 days, each candle lit is limited to two names, \$30 per candle lit.

往生者 1
Deceased Candle _____

往生者 2
Deceased Candle _____

往生者 3
Deceased Candle _____

往生者 4
Deceased Candle _____

Please make check payable to MABA. Please fill in the form and send together with the check to MABA, 299 Heger Lane, Augusta, MO 63332 on or before 8/30/2022 for our preparation purpose. If you wish to send via zelle, please use email: office@maba-usa.org.

Applicant Name: _____ Tel: (_____) _____
Total Amount: \$ _____
Received By: _____ Receipt #: _____ Date: ____/____/2022

Click image to download form in .pdf

DIZANG BLESSING CEREMONY

美中佛教會地藏祈福法會

Sunday, September 4th, 2022
星期日 2022 年九月四日
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：歡迎您和家人親友們共同來參與法會追思往生者。全程務必戴
口罩及遵守 MABA 列下的防疫措施。本會準備午齋與大家共享。
Note: MABA welcome you and your family, relatives, and friends to participate in this Dharma
Assembly to commemorate the departed. Please wear mask at all time & follow the restriction
rules set by MABA. Vegetarian lunch will be served.

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>

Click image to download flyer in .pdf

Chinese Study Group

in Mandarin

Wednesdays 8–10 pm CT

Skype Host: Sin EE

Current topic of study: Discourse by Master Yin Shun –
the “**Extensive Commentary on the Five Skandas of the Mahayana Tradition**”
大乘廣五論講記]

Contact: Katty Choi

Email: kattymetta2you@gmail.com OR: lktan_sinee@yahoo.com

All who interested are welcome to join us!

Mindfulness Day

with Guided Meditations

Saturday, August 20, 2022, 1pm–3pm

Thai Buddhist Temple

890 Lindsay Lane, Florissant, MO 63031

Sponsored by The Buddhist Council of Greater St. Louis

Donations are welcome to support the St. Louis Area Foodbank

Returning to the Practice

This half-day retreat is an opportunity for members of the various Buddhist groups, as well as the community-at-large, to learn and practice various meditation techniques and pathways from various traditions. Interconnectedness is one of the main themes of the Buddha's teachings, and Buddhism in St. Louis is unique because of the inter-cooperation of many of our groups and teachers.

This is a free event. Everyone is welcome to attend and participate!

*Groups are welcome to bring materials about their activities, meeting times,
and retreats to share with everyone.*

Schedule of Events

- | | |
|---------|---|
| 1:00 pm | Welcome and Introduction
<i>(Leonora Kham)</i> |
| 1:05 | Dharma Talk: On Returning to the Temple
<i>(Gus Bloebaum, Thai Buddhist Temple)</i> |
| 1:35 | Guided Meditation
<i>(Dr. Will Holcomb, Heartland Zen)</i> |
| 2:05 | Dharma Talk: Mindful-Awareness—Key to Perfecting One's Life
<i>(Dr. Kongsak Tanphaichitr, Thai Buddhist Temple)</i> |
| 2:35 | Panel Discussion and Q&A with everyone |
| 3:00 | Concluding Remarks; Dedication of Merit |

To donate to the St. Louis Area Foodbank, visit MABA at: www.maba-usa.org/contribute and click on the **Donate Now** button. Please specify “Foodbank.” Thank you for your generosity!

May All Beings Be Well and Happy!

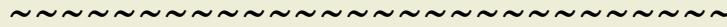
MABA Calendar

August 7* -- **Sunday Mornings at MABA** - Dharma Talk by Xiankuan Don Yeye
August 14 -- **Sunday Mornings at MABA** - Dharma Talk by Ven. Kongyan
August 21* -- **Sunday Mornings at MABA** - Dharma Talk by Ven. Kongke
August 28 -- **Sunday Mornings at MABA** - Dharma Talk by Master Jiru

Sept. 4 -- **Sunday Mornings at MABA** - Dharma Talk by Xianzhi Katty
Sept. 11* -- **Sunday Mornings at MABA** - Dharma Talk by Xianhuan Francesca
Sept. 18 -- **Sunday Mornings at MABA** - Dharma Talk by Xianchu Cory
Sept. 25* -- **Sunday Mornings at MABA** - Dharma Talk by Xianji Lee

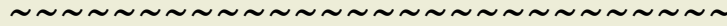
* = Children's Half-Day

Topic: *Dharma for Difficult Times*



Sunday Mornings at MABA Schedule:

- 9:15 am -- Meditation Instruction Video
- 9:30 am -- Guided Sitting Meditation
- 10:00 am -- Dharma Talk
- 10:30 am -- Chanting (in English), Announcements, and short break
- 11:00 am -- **Study Group**
- 11:45 am -- Conclude



Sunday Mornings at MABA and our **Study Group** meet every Sunday morning in person and via Zoom. All are welcome, no experience necessary. If you would like to receive a weekly email reminder, please send an email to **Xiankuan Don Yeye** with "subscribe to weekly email" in the subject line.

Zoom link for *Sunday Mornings* at MABA:

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

Meeting ID: 861 1018 8493
Passcode: 828040

Find past Dharma Talks on our YouTube channel:
www.youtube.com/MABAAugusta or
Facebook page: www.facebook.com/MABAAugusta



This month our **Book Study Group** will conclude reading and discussing Thanissaro Bhikkhu's *Selves & Not-Self*, as part of our regular **Sunday Morning** program. 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, *Selves and Not-Self*.

Come visit with us on **Sunday Mornings!**

MABA Cares

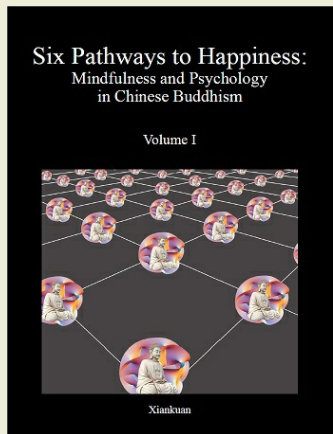
The MABA community is happy to be of benefit to any of our sangha members in difficulty, and we are able to help in several ways.

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
Xiānkuān Don Yéye:
Mindfulness of the Breath

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. Stay tuned for Volume II this fall!

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

[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
to support our on-going programs.**

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

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

Thank you for your continued support!

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