

# Mid-America Buddhist Association

## *May 2022 eNews*



*Master Jiru, Ajahn Amaro, and Ven. Kongyan  
at Amaravati Monastery, UK, April 2022*

"When there is a sense of ease,  
we're in tune and we can respond in a way that is suitable,  
rather than a way that's wilful and that will perpetuate agitation."

*—Freeing the Heart*

Dhamma teachings from the Nun's community  
at Amaravati and Cittaviveka Monasteries

## *Greetings from MABA*

Join us every **Sunday** for meditation, talks, chanting, and discussions  
in person, on **Zoom**, and **Facebook**, all are welcome!

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

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Dear Dharma Friends,



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

Spring is in full swing at MABA and we have a lot to share with you this month! First, our volunteers have been working diligently around MABA on Saturday mornings. Come join us in the gardens, lunch included!

Next, our Vesak Day celebration is Sunday, May 15, and will be in person (Chan Hall), and on [Zoom/Facebook](#). Please email the [office](#) if you'd like to attend in person to bathe the Buddha so we know how many people to expect. [Donations](#) to support our monastics are gratefully accepted. More information on Vesak Day to come.

Third, MABA's **Book Study Group** welcomes [Bhikkhu Amaro](#) virtually as part of our Zoom Dharma Talk Series. He will be giving a Dharma Talk on the [Niramisa Sutta](#) as part of our regular **Sunday Morning** program on May 22. See below for more information.

Fourth, below is an exterior photo of the new **IBFA** building in Chicago's Chinatown. Insulation and sheet rock installation in the four-story building is close to completion. We anticipate an opening celebration in a few weeks, stay tuned. Volunteers are still needed to paint, clean, and help move in furnishings. Please email the [office](#) for details, see you in Chicago!



*International Buddhist Friendship Assn., Chicago Chinatown*

This month's guided meditation from Xiānkuān Don Yéye:  
[Equanimity](#)

We invite you to join us every **Sunday Morning**, either in person, on **Zoom**, or on **Facebook** for meditation, Dharma talks, chanting, and discussions. 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 soon!

Your Friends in the Dharma,  
The Community at MABA

## *Bhikkhu Amaro ~ Sunday, May 22*

Everyone is welcome to join us in person, via Zoom or FB;  
note that Ajahn Amaro will be joining us via Zoom from the UK.

### *Sunday Mornings* at MABA Welcomes



**Ajahn Amaro**

#### **Dhamma Talk on Equanimity in the *Nirāmisā Sutta***

**Sunday, May 22, 2022, 10 am (CT)**  
*Meditation at 9:30 am*

Ajahn Amaro will be joining us virtually from the UK, where he is the Abbot of **Amaravati Buddhist Monastery**, in the Forest Monk tradition of his teacher, Ajahn Chah. Earlier, he was one of the founders of **Abhayagiri Monastery** in Northern California.

*The teaching is free, all are welcome!*

**Find our Zoom link at: [maba-usa.org/sunday-morning](https://maba-usa.org/sunday-morning)**

**Donations gratefully accepted: [maba-usa.org/contribute](https://maba-usa.org/contribute)**

*Part of our Zoom Dhamma Talk Series*



## Augusta Food Drive Ends June 5



### 2022 AUGUSTA COMMUNITY FOOD DRIVE April 17— June 5 Easter - Pentecost



Let's help stock the shelves of our  
Neighborhood Food Pantries

Sugar, Cooking oil, Tuna/canned meats, cereal,  
Box mixes, Cake & Brownie Mix, Frosting, Gravy Mix, Pancake Syrup,  
Mac & Cheese, Peanut Butter/Jelly, Fruit Juice, Tea, Creamer, Catsup,  
Laundry Detergent & Bleach, Glass Cleaner, Cleansers  
Paper Products & Personal Hygiene Items,  
**Non Perishable items only & No Glass Please**

#### Collection Boxes:

S& R Convenience Center	Bank of Dutzow
K & R Market	True Vine Fellowship
Christ Lutheran	Ebenezer UCC
Immaculate Conception	Augusta Shores (Ken Daming)
Mid-America Buddhist Association	

Donations will be distributed to  
St. Vincent de Paul Food Pantry—New Melle  
Southern Warren & St Charles County Food Pantry—Marthasville

For monetary donations,  
please make your tax deductible checks payable to  
Ebenezer U.C.C.  
5541 Walnut St.  
Augusta, MO 63332  
(Be sure to include FOOD PANTRY in memo on check)

#### Questions?

Call: Debbie Smith 228-4831      Robert Aholt 228-4431  
Diane Pieper 228-4417      Jan Mallinckrodt 228-4518  
Ken Daming 314 799-8698

When  
visiting  
MABA

Please donate  
to our local  
food pantry.

Thank you  
for your  
generosity!

## Study Group in Chinese ~ Wednesday Evenings

### 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](mailto:kattymetta2you@gmail.com) OR: [lktan\\_sinee@yahoo.com](mailto:lktan_sinee@yahoo.com)

*All who interested are welcome to join us!*

## MABA Calendar

**May 1 -- Sunday Mornings at MABA** - Dharma Talk by Master Jiru

**May 8 -- Manjusri Blessing** - Dharma Talk by Xiankuan Don Yeye

**May 15 -- Vesak Day** - Dharma Talk by Ven. Kongke

May 22 -- **Sunday Mornings at MABA** - Dharma Talk by Bhikkhu Amaro  
May 29 -- **Sunday Mornings at MABA** - Dharma Talk by Xianxing Sherrie

### Spring topic: *Dharma for Difficult Times*

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### **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  
(*Facebook streaming ends*)
- 11:10 am -- Study Group
- 11:45 am -- Conclude

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**Sunday Mornings** at MABA and our **Study Group** meet every Sunday morning in person and via Zoom and Facebook. 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

Or, find **Sunday Mornings** at MABA on Facebook at  
[www.facebook.com/MABAAugusta](http://www.facebook.com/MABAAugusta)



On Sundays our **Book Study Group** continues to read and discuss the *Śūraṅgama Sūtra* (□□□□ *Shōulèngyán Jīng*) during our regular **Sunday Mornings** program. This month we plan to cover Chapter Three. All are welcome, no experience necessary. To sign up for these classes, contact Xiānxǐng Sherrie at [retreat@maba-usa.org](mailto:retreat@maba-usa.org) to receive the free .pdf book. Or join us on **Sunday Morning** and download it then.

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

*MABA Cares*



to be of benefit to any of our sangha members in difficulty, and we are able to help in several ways.

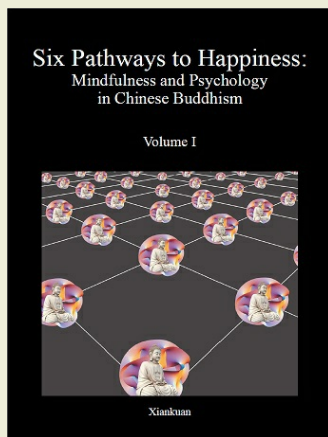
If you are in a food emergency, MABA can provide supplies from MABA's pantry; if you cannot make it out to the monastery, we can deliver. For longer-term food assistance, we can help you find a food pantry.



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*



### **This month's guided meditation from Xiānkuān Don Yéye: [Equanimity](#)**

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 this fall!

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  
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!***

