



Mid-America Buddhist Association

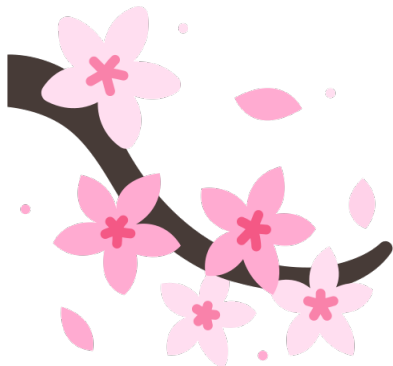
April 2023

Join us every Sunday

**for meditation, chanting, and study  
in-person at MABA  
(299 Heger Lane, Augusta, MO)**

MABA is open to the public  
on Friday, Saturday, and Sunday.

[maba-usa.org](http://maba-usa.org)

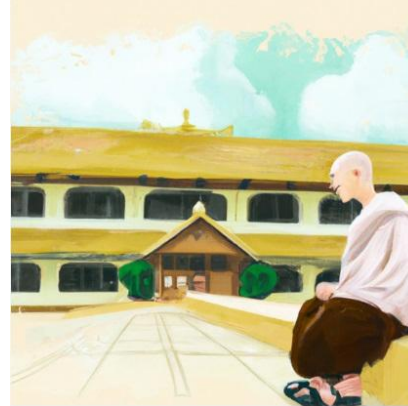


09.30 - 10.00 Sitting meditation  
10.00 - 10.10 Walking meditation  
10.00 - 10.45 Dhamma talk  
10.45 - 11.00 Chanting  
11.00 - 11.45 Study Group  
11.45 Vegetarian Lunch

April Dhamma Talks Schedule

April 2nd: Xiǎnxǐng Sherrie  
April 9th: Xiǎnjí Lee  
April 16th: Xiǎnchū Cory  
April 23rd: Xiǎnzhì Katty  
April 30th: Venerable Kōngyán

## Events



Volunteers are welcome!

The spring season is here. Our monastery is happy to receive any help in cleaning the Chan Hall and gardening. Join us on Saturday Mornings, with vegetarian lunch provided. Please let us know you are willing to come and help

[office@maba-usa.org](mailto:office@maba-usa.org)

[Karma Yoga](#)



An Uposatha Day

It is an old tradition to spend an *uposatha* observance day at a monastery. Although we do not have a specific day for Eight Precepts day observance, we are happy to let you know that you may request it being scheduled individually.

Please contact us  
[office@maba-usa.org](mailto:office@maba-usa.org)

[Requesting Eight Precepts](#)

# MABA CHILDREN'S SUMMER PROGRAM



- Mid-America Buddhist Association will be hosting kid's summer events this year on **June 17th, July 15th, and August 5th!**
- The event features fun outdoor activities, arts & crafts, Dhamma sharing & story time, as well as meditation and mindfulness activities. Activities start at 9:45a.m. with lunch at a 11:30, ending mid-afternoon (around 2).
- Lunch is provided; registration required. Please email the office at [office@maba-usa.org](mailto:office@maba-usa.org).
- These programs work to inspire community and friendship among MABA's youth, as well as provide fun opportunities for youth Buddhist engagement.
- Parents are asked to bring a dish to share at lunch. During activities they are welcome to help, or they may feel free to enjoy MABA facilities and community.

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We are excited to announce our new program

## Dynamic Meditation Day at MABA

Every second Saturday we invite you to join our mindfulness class, where we will learn Chinese breath and energy work Qigong

- (qi) air; breath, energy, spirit
- (gong) skill, technique; (physics) work

Through exercises, with applied mindfulness we will aim at unification and harmonization of Body and Mind.

Pre-registration is needed:

Dynamic  
Meditation Day  
at MABA

April 8

April 22

Contact  
[Kongke.maba@gmail.com](mailto:Kongke.maba@gmail.com)

### Tentative schedule

10.00 - 11.30 Taichi

- ◆ stillness meditation
- ◆ dynamic meditation
- ◆ exercise

• Optional

11.30 Lunch  
12.00 Clean up  
13.00 Dharma discussion  
14.00 Working meditation



## Dana

is the virtue of giving. It is the practice to overcome lower fetters, such as greed and ignorance, and the way to accumulate merits, that will support the practice of meditation. Without preliminary effort to establish virtuous actions, the practice of meditation often become fruitless. Do not hesitate and seize any opportunity to develop this virtue.

[Donate Now](#)

# Beginners retreats

## SAVE THE DATE

1. July 7-9
2. Sep 29-1
3. Nov 10-12

Details will be announced later



# Find past Dharma Talks on our YouTube channel

[www.youtube.com/MABAAugusta](http://www.youtube.com/MABAAugusta)



**MABA AUGUSTA**

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[www.maba-usa.org](http://www.maba-usa.org)

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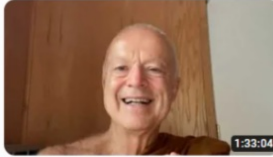
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**Qing Ming Memorial Service  
ON FILIAL PIETY AND GRATITUDE**  
**美中佛教會清明孝親報恩法會**

**Sunday, April 09th, 2023**

**星期日 2023 年 4 月 09 日**

**10:00 AM ~ 11:30 AM**

**"Diamond Sutra," "Heart Sutra,"  
"Transferring of Merit"**

**【金剛經】、【心經】、回向**

**歡迎您及家人一起來追思往生者。**

**Everyone is very welcome to join us for the memorial service.**

**(全程務必戴口罩及遵守 MABA 列下的防疫措施。)**

Friends visiting are still encouraged to wear a mask for everyone's safety precaution.

**299 Heger Ln, Augusta, MO 63332**  
**Website: <https://www.maba-usa.org>**

Offered Jointly by U of Kelaniya, A Renown Buddhist U in Sri Lanka  
and Right Mindfulness Training Academy (RMTA), USA

# DIPLOMA IN BUDDHIST STUDIES

## ADMISSION Now Open for 2024-2025

Commencing Mar 2024

**2-Year  
Program**  
Certified by  
a renown  
Buddhist U

**No Tuition  
Fee**

\* Registration Fee  
Needed

**100%  
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- ✓ Foundation for Graduate Programs in Buddhist Studies
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**For more info, visit our website:**

**Or Email Us: [ybefacademy@gmail.com](mailto:ybefacademy@gmail.com)**

**Don't Miss the Chance! Register Now!**



 <https://maba-usa.org/dbs-2024-2025>



**2023  
AUGUSTA COMMUNITY  
FOOD DRIVE**

**April 9— May 28  
Easter - Pentecost**



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

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

**Collection Boxes:**

**S& R Convenience Center**

**K & R Market**

**Christ Lutheran**

**Immaculate Conception**

**Mid-America Buddhist Association**

**Bank of Dutzow**

**True Vine Fellowship**

**Ebenezer UCC**

**Augusta Shores (Berg House)**

Donations will be distributed to

Augusta Community Outdoor Food Pantry

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 636 228-4831

Robert Aholt 636 221-4601

Diane Pieper 636 228-4417

Jan Mallinckrodt 636 228-4518

Ken Daming 314 799-8698

Mid America Buddhist Assosiation | 6364824037 | <https://maba-usa.org/>



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