

Mid-America Buddhist Association



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.



[Visit our Website](#)

Sunday Morning at MABA schedule:

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

August schedule:

- 5th of August - Children's Day
- 6th of August - Sunday at MABA (Dhamma Talk by ven. Kongke)
- 13th of August - Sunday at MABA (Dhamma Talk by Xiǎnxǐng Sherrie)
- 19th of August - Mindfulness Day at Thai Temple
- 20th of August - Sunday at MABA (Dhamma Talk by Xiǎnzhì Katty)
- 27th of August - Sunday at MABA (Dhamma Talk by Xiǎnjí Lee)

Event Calendar



Buddhist Teaching of the Month

As the dust is raised by the wind and is laid by the falling rain,
in like manner he who has the eye of wisdom,
his whole mind is at rest.

Udānavarga 12.2



VOLUNTEERS ARE WELCOME!
**SEW THE SEEDS
OF GOOD DEEDS**

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



Volunteer



Saturday,
August 19, 2023,
1pm–3pm

Thai Buddhist Temple
890 Lindsay Lane,
Florissant, MO 63031

Mindfulness Day with Guided Meditations

Sponsored by The Buddhist Council of Greater St. Louis
Donations are welcome to support the St. Louis Area Foodbank

Different Techniques of Meditation 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!

Schedule of Events

- 1:00 pm Welcome and Introduction (Will Holcomb, Heartland Zen)
- 1:05 Walking Meditation (Venerable Jiru, MABA)
- 1:30 Standing Meditation (Venerable Jiru, MABA)
- 1:55 Dynamic Meditation (Kongsak Tanphaichitr, Thai Buddhist Temple)
- 2:25 Sitting Meditation (Will Holcomb, Heartland Zen)
- 2:45 Teaching on Lying Down Meditation (Venerable Jiru, MABA)
- 3:00 Concluding Remarks, Dedication of Merit
(Kongsak Tanphaichitr, Thai Buddhist Temple)

To donate to the St. Louis Area Foodbank, visit MABA at: www.maba-usa.org/contribute

Please specify "Foodbank."

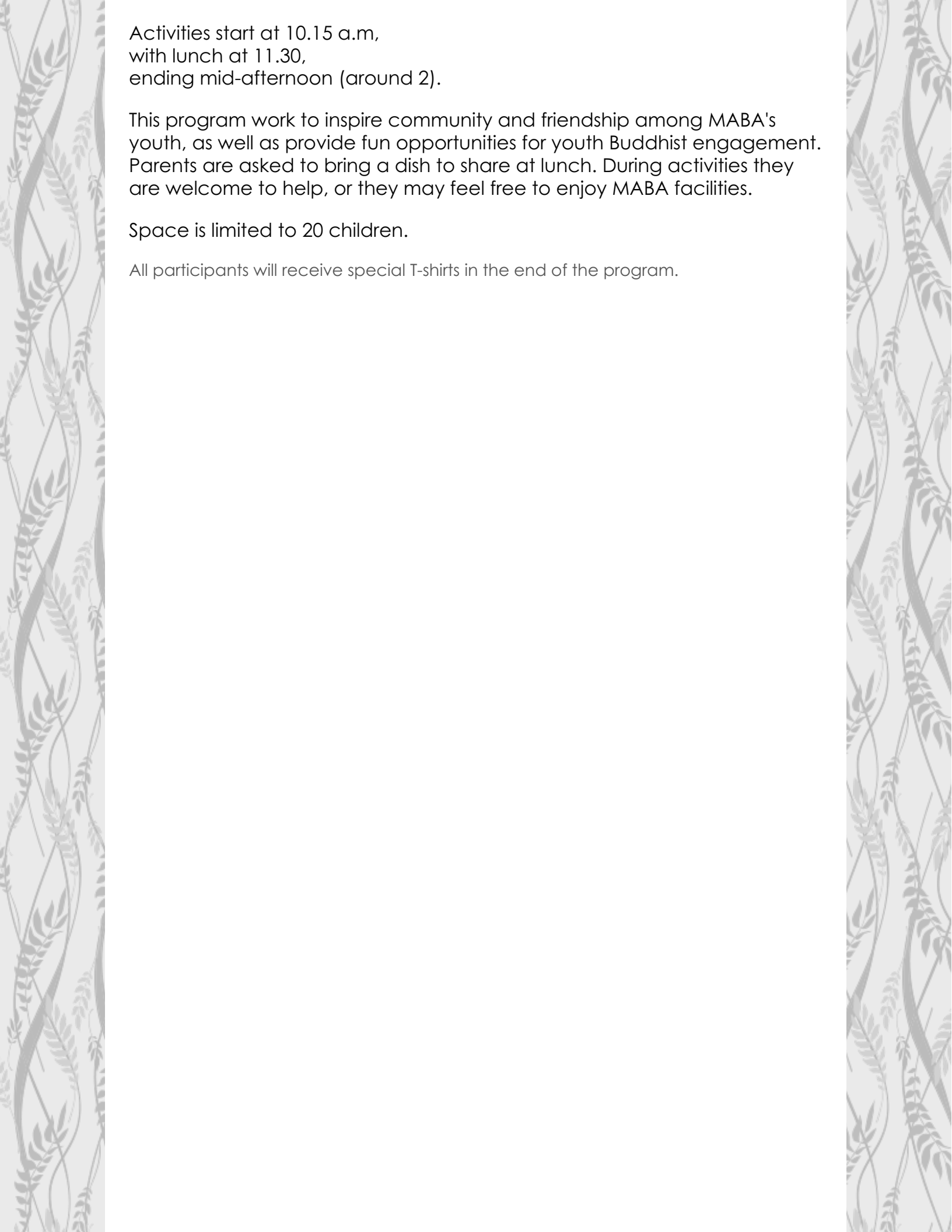
Thank you for your generosity!

May All Beings Be Well and Happy!



August 5th
Children's program

MABA will host our last children's program this summer on August 5th. The event features fun outdoor activities, art&crafts, Dhamma sharing & story time, as well as meditation and mindfulness activities.



Activities start at 10.15 a.m,
with lunch at 11.30,
ending mid-afternoon (around 2).

This program 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.

Space is limited to 20 children.

All participants will receive special T-shirts in the end of the program.

CHILDREN'S

summer program

MABA will host our last children's program this summer
on August 5th.

The event features fun outdoor activities, art&crafts,
Dhamma sharing & story time, as well as meditation and
mindfulness activities.

JOIN US

Registration required!

www.maba-usa.org





September 29 - October 1
Beginner's retreat

MINDFULNESS

Beginner's retreat

MEDITATION & BUDDHIST TEACHINGS



Meditation

Learn how to meditate
Further your practice
Personal instructions
Quiet place for practice



Dhamma talks

Four Foundations of Mindfulness
Mindfulness of breathing



Personal interviews

A chance to ask experienced practitioners any meditation and Dhamma related questions



REGISTER NOW

299 Heger Lane, Augusta, MO 63332

636-4824-037

www.maba-usa.org

to register: office@maba-usa.org

July 7-9
September 29-1
November 10-12



Dizang Blessing Ceremony
on September the 3rd

DIZANG BLESSING CEREMONY

美中佛教會地藏祈福法會

Sunday, September 3rd, 2023

2023年9月3日(星期日)

10:00 AM ~ 11:30 AM

Reciting *Diamond Sutra, Heart Sutra,*
& Name of "*Ksitigarbha Bodhisattva of the Great Vow*"
Offering & Transferring of Merit
念誦金剛經、心經、地藏王菩薩聖號；
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。本會準備午齋與大家共享。

Note: MABA welcomes you and your family, relatives, and friends to participate in this Dharma Assembly to commemorate the departed. Vegetarian lunch will be served.

有興趣加入 MABA 的 WhatsApp 或微信群組，
請在點燈的表格下方填寫您的資料。

To receive MABA news via WeChat or WhatsApp,
please enter your information at the bottom section of the lantern form.

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

To download Dizang form please visit [maba website](https://www.maba-usa.org)



MABA invites young people to experience monastic life. If you always wanted to know if becoming a monk or a nun is a good decision for you, give it a try. Learn more about the Buddha's teaching and how to live according to this practice.

MID-AMERICA BUDDHIST ASSOCIATION

A LEARNING PROGRAM FOR
YOUNG ADULTS

MONASTIC EXPERIENCE

*HAVE YOU EVER WISHED TO
LIVE AS A MONK OR A NUN?*

Join a training program at MABA

Time: not less than 2 weeks

Age: from 17 till 36 years old

Requirements: good physical and mental health,
alcohol and drug free, health insurance

Inquiry: office@maba-usa.org



Dana

is the virtue of giving. Monastic community is fully dependent on the lay community support. As for now MABA almost fully relies on the support of traditional Asian community. It is very important for us to help Western community to develop six paramitas (perfection), first of which is the virtue of giving. The importance of practicing Dana is known through its benefit for overcoming 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

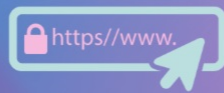
not hesitate and seize any opportunity to develop this virtue.

Thank you for your outgoing support!

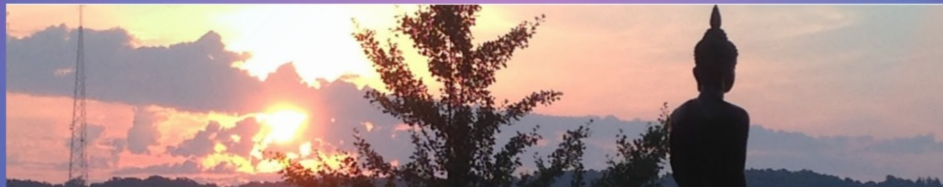
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Find past Dharma Talks on our YouTube channel



www.youtube.com/MABAAugusta



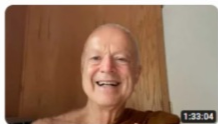
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www.maba-usa.org

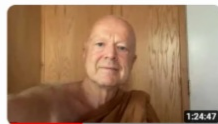
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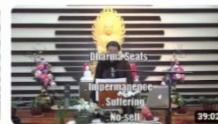
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07172016 Xianxing Sherrie Master Zhiyi and
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[Dharma Talks](#)



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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Part-time
Basis**

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Over The
Weekends**

A Systematic and Comprehensive Buddhist Educational Program

- ✓ Experienced Monastic and Lay Buddhist Teachers
- ✓ Diverse Courses Offered—from Buddhist History, Philosophy to Modern Applications
- ✓ Foundation for Graduate Programs in Buddhist Studies
- ✓ Meet Teachers and Classmates Online, Complete the Program from Home

For more info, visit our website:

Or Email Us: ybefacademy@gmail.com

Don't Miss the Chance! Register Now!

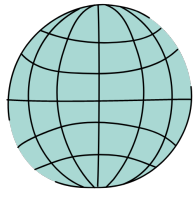


<https://maba-usa.org/dbs-2024-2025>

Learn more



ADDITIONAL SERVICES



Interfaith

MABA accepts invitations from schools, educational institutes and other religious organizations to introduce Buddhism and mindfulness practice, as well as to join interfaith dialogues that promote mutual understanding between practices.

[Learn more](#)



Lanterns

For our Dharma friends and supporters who wish to make a dedicated lantern offering, we will engrave a tablet in your name (or any name you wish) and place it at the pavilion.

[Lantern offerings](#)



Funeral services

Reservation of the niches, ordering the urns, placing the urns, relocating the urns, chanting service for transference of merits, funeral services, placement of name tablet of ancestors, and visiting dying patients.

[Request a service](#)

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



Mid-America Buddhist Association | 299 Heger Lane, Augusta, MO 63332

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