



**Mid-America
Buddhist Association**

A Buddhist Monastery in Augusta, MO



Hello, friends!

We hope you are all enjoying a wonderful July while staying cool.

For those who enjoyed our June Shaolin Exercise Workshop or are interested in trying it out, we have great news: MABA will be hosting another seminar on August 2nd and 3rd! Please check the flyer below for more information.

Additionally, the Buddhist Council of Greater St. Louis is organizing a Mindfulness Day Event on August 23rd at the Thai Buddhist Temple. This event will help participants deepen their understanding of mindfulness practice in daily life. Venerable Kongyan will be giving a presentation on Mindful Living, so be sure to attend!

We are also excited to announce that enrollment is now open for the *Master in Buddhist Studies program*. Please see the flyer below for more details and visit the [Right Mindfulness Training Academy \(RMTA\) website](#) to learn more.

As always, check our [website](#) for any updates and upcoming events.

May you be peaceful and happy!



July at MABA





We recently held our wedding ceremony at MABA, as we wanted something real and intentional. From the stillness of the grounds to the kindness we were met with, everything felt aligned. The space itself seemed to breathe with us—calm, present, grounded. Our elopement was small, but the meaning was vast. Held in quiet reverence, surrounded by nature and grace, it was a ceremony we'll carry in our hearts forever.

Thank you, MABA, for offering not just a place, but a feeling—a peaceful beginning to a lifelong journey!

Evelina & Ottavio



Volunteers Retreat

From July 16th through 24th, IBFA-based practitioners joined longstanding MABA practitioners for a meditation retreat led by Master Jiru. Master Jiru instructed practitioners in Satipatthana meditation and stressed the importance of the practice outlined in the Mahavagga, or Great Book, in the Samyutta Nikaya, and incorporating this practice into every moment of our lives. Master Jiru also emphasized the importance of developing the "engineer mind" instead of the "scholar mind." In addition, Master Ji Ru gave a talk on the meaning of a retreat: to take the parts of your practice that you already have and reassemble them into a new structure so that in your ordinary life you can continue practicing at a higher level. Attendees practiced mindful work in the garden and Master Jiru's wood-working shed and cooked a Southern-style lunch of mashed potatoes, sweet beans and carrots, baked apples and peaches, and BBQ tofu—putting the International in International Buddhism Friendship Association!

Master Jiru and Bhante Vijitha who comes from Sri Lanka then traveled to Chicago along with two IBFA practitioners to sell vegetarian food and Buddhists gifts and trinkets at the Chinatown Summer Fair. The event was a great opportunity to raise funds for IBFA and share Buddhist and Chinese culture with many people.



Master in Buddhist Studies

Degree Conducted by



Right Mindfulness Training Academy (RMTA)
U.S.A

Degree Conferred by



Postgraduate Institute of Pali and Buddhist Studies
University of Kelaniya, Sri Lanka



Online

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2026-2027

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Program Starts on **March 13, 2026**

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For program details, please scan:



Program website: <https://rmtausa.org/>



Email Inquiries: ybefacademy@gmail.com



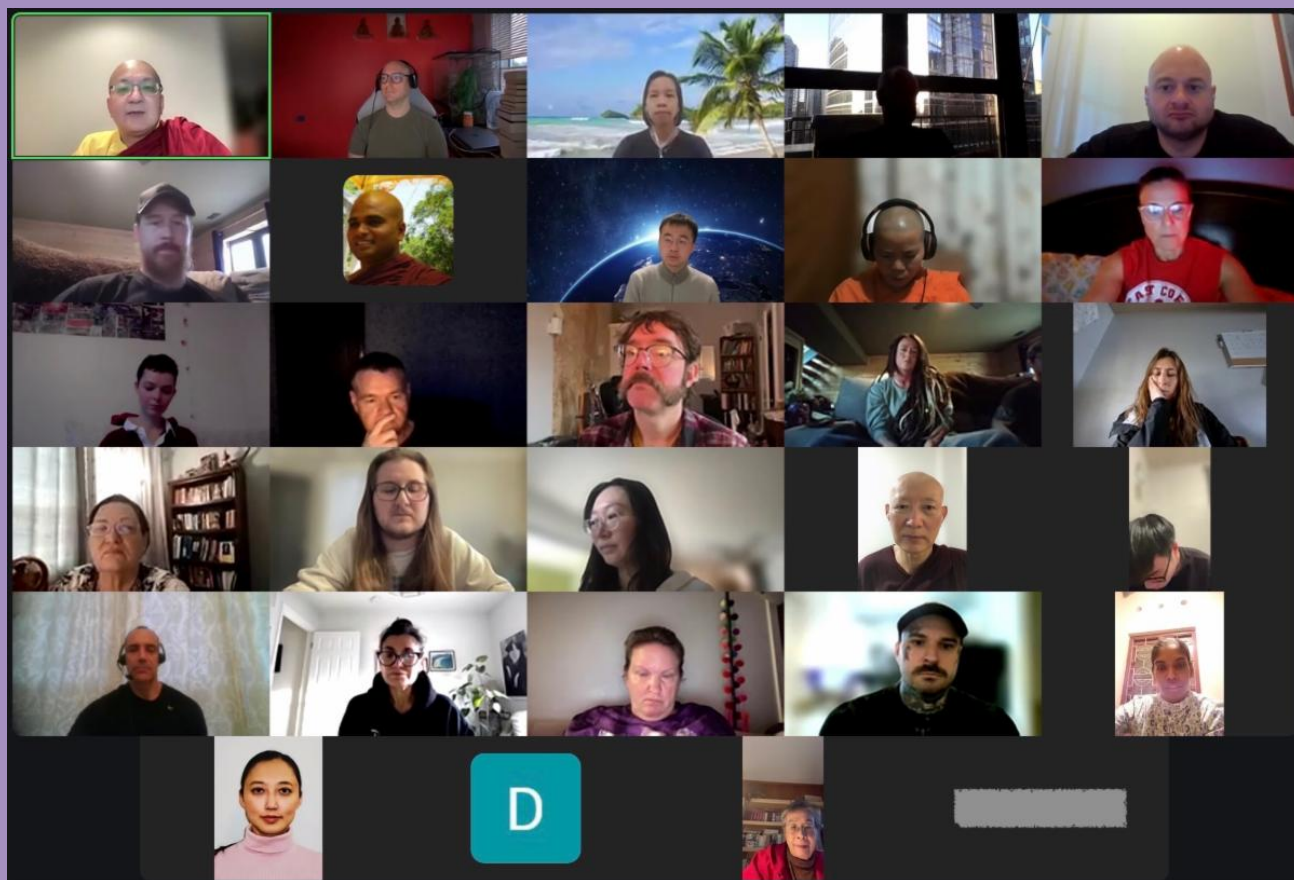
Our Online Buddhist Studies Program

Deepen Your Buddhist Knowledge with Our Online Buddhist Studies Program

The Diploma in Buddhist Studies (DBS) Program offers a wonderful opportunity, whether you're new to Buddhism or looking to deepen your understanding, to explore the Buddhist teachings and apply them in daily life.

Now Accepting Applications for 2025–2027!

Interested? Visit our [website](#) to learn more about the [DBS program](#) and other flexible study options. Whether you thrive in a structured curriculum or prefer to learn at your own pace, we have a path that suits you.



This photo captures our students during one of their online learning sessions.

[Click here to Learn more](#)



DEPARTMENT OF PALI AND BUDDHIST STUDIES, UNIVERSITY OF KELANIYA (UoK),
SRI LANKA, AND THE AMERICAN BUDDHIST SANGHA ACADEMY (ABSA) IN THE USA

ONLINE COMPREHENSIVE BUDDHIST STUDIES PROGRAM

1

FREE OF TUITION FEE

2

CONVENIENCE
STUDY AT YOUR OWN PACE

3

FLEXIBILITY
THREE PROGRAM LEVELS, TAILORED TO
YOUR EXPERIENCE AND LEARNING GOALS

PROGRAM OPTIONS

Option A

Diploma In Buddhist Studies (DBS)

- Certificate from the prestigious University of Kelaniya.
- Fulfill the program by completing the 12 courses (30 credits), assignments, and final exams.
- Registration fee for the university - USD 500.

Option B

CERTIFICATE IN BUDDHIST STUDIES

- Free of charge! No registration fee.
- Complete 16 credits within 2 years. Choose courses from the diverse DBS curriculum to personalize your studies.
- Earn your certificate from ABSA by completing engaging assignments.

Option C

INTRODUCTION TO BUDDHIST STUDIES

Free! Certificates from ABSA
2 Options:

1. CERTIFICATE OF COMPLETION

Choose a minimum of 8 credits from the DBS curriculum & complete the assignments.

2. CERTIFICATE OF PARTICIPATION

Choose and attend any courses from the DBS curriculum.

No assignment or exam required.

To Apply, please visit our website:

www.maba-usa.org/buddhist-studies-1



Sunday Morning

We hope to see you at MABA! Whether you are seeking spiritual growth or opportunities for community engagement, we invite you to join us on Sunday mornings or to participate in our various service activities. We welcome any vegetarian contributions for our Sunday lunch. If you would like to bring a

dish, please let our office know what you will be bringing.

SUNDAY MORNING

2025
MARCH-NOVEMBER



9:30-10:00 AM: Sitting Meditation

10:00-10:15 AM: Walking Meditation

10:15-10:50 AM: Dharma Talk

10:50-11:10 AM: Chanting

11:20-11:45 AM: Dharma Sharing at Manjushri Hall

11:45 AM: Vegetarian Lunch at Blue Lotus House

Everyone is welcome to stay for lunch, and you may bring a dish to share. Please inform us if you plan to bring a dish. Thank you!

12:30 PM: Dharma Book Reading & Discussion at Manjushri Hall



Please check our website for updates.
<https://maba-usa.org/sunday-morning>

All are welcome to join us for the Dharma Book reading from
12:30 PM~1:30 PM

"What the Buddha Taught" by Venerable Dr. Walpola Rahula

Download the [pdf copy here](#).

If you like to receive an updates on the readings weekly,
please email to the [office](#).



Upcoming Events



Shaolin Temple Secret Manual



少林寺秘籍

Bodhidharma's Yijin Xisui Health Cultivation Method. Zen practice, martial cultivation, perfect enlightenment!

Saturday, August 2nd: 10am-11am & 2pm-3pm
Sunday, August 3rd: 2pm-3pm & 4pm-5pm

The course consists of four classes with a registration fee of \$100. Upon successful completion of the assessment, a refund reward will be given!

For those that participated in the June workshop, you are welcome to register for this class and the fee will be waved!

Scan here to register.

Space is limited,
sign up now!



美中佛教会

Mid-America Buddhist
Association

299 Heger Ln, Augusta, MD 63332



Mindfulness Day

Saturday, August 23rd, 2025, 1pm-3:30pm

At The Thai Buddhist Temple

890 Lindsay Lane, Forissant, MO 63031

Sponsored by The Buddhist Council of Greater St. Louis

Mindful *Living*

This half-day teaching is an opportunity for members of the various Buddhist groups, as well as the community-at-large, to learn about mindfulness in daily life and perspectives 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 in person and participate!

Schedule of Events

- 1:00 PM Welcome and Introduction
- 1:05 PM 24/7 Mindfulness Meditation
by Dr. Kongsak Tanphaichitr, Thai Buddhist Temple
- 1:30 PM Mindful Living
by Venerable Kōngyán, Mid-America Buddhist Association
- 1:55 PM Standing & Sitting Meditation
by Mid-America Buddhist Association
- 2:20 PM Mindfulness in Everyday Life
by Reverend Daigaku, Confluence Zen Center
- 2:45 PM Dharma Tea Sharing
(Break-out groups)
- 3:30PM Concluding Remarks, Dedication of Merit
by Dr. Kongsak Tanphaichitr, Thai Buddhist Temple

Scan here to make donation to support St. Louis Area Foodbank!



Volunteers at MABA







We want you to be part of our team! If you'd like to make a difference, please reach out to us about some exciting upcoming opportunities to volunteer. We're gearing up for gardening, grounds cleanup and we need enthusiastic volunteers like you! There are many ways to get involved, from setting up tents and parking signs to assisting in the kitchen. Join us for a rewarding experience where you'll meet new people and impact our community!

[Volunteer Work Opportunities at MABA](#)

You are welcome to volunteer any day and at any time from Monday to Saturday during the following hours:

- 9:30 AM to 11:20 AM
- 1:00 PM to 3:00 PM

Master Jì Rú will offer half an hour of meditation instruction & Dharma sharing whenever he is available at MABA.

Volunteer tasks include:

- Garden and ground maintenance
 - Mowing
 - Weed trimming
 - Cleaning the porch of the Chan Hall
 - Reorganizing the garden/weeding around the Standing Buddha
 - Kitchen assistance
- and other works as needed.

[Sign Up Here to Volunteer!](#)



Buddha's Teaching of the Month

Thag 6.12 Brahmaddattattheragāthā: Brahmadatta

From where would anger come for one free of anger, tamed, living justly,

freed by right knowledge, peaceful and poised?

When you get angry at an angry person you just make things worse for yourself.

When you don't get angry at an angry person you win a battle hard to win.

When you know that the other is angry, you act for the good of both yourself and the other if you're mindful and stay calm.

People unfamiliar with the teaching consider one who heals both oneself and the other to be a fool.

If anger arises in you, reflect on the simile of the saw; if craving for flavors arises in you, remember the simile of the child's flesh.

If your mind runs off to sensual pleasures and future lives, quickly curb it with mindfulness, as one would curb a greedy cow eating corn.

For the simile of the saw, read [MN 21](#). For the simile of the child's flesh, read [SN 12:63](#).

Read this translation of Theragāthā 6.12 Brahmadattatheragāthā: Brahmadatta by Bhikkhu Sujato on [SuttaCentral.net](#). Or read a different translation on [SuttaFriends.org](#) or [DhammaTalks.org](#). Or listen on [SC-Voice.net](#). Or explore the Pali on [DigitalPaliReader.online](#).

Readings:

[Right View Quarterly](#)

[Daily Sutta Reading](#)

[Suttas \(Buddha's Teachings\)](#)

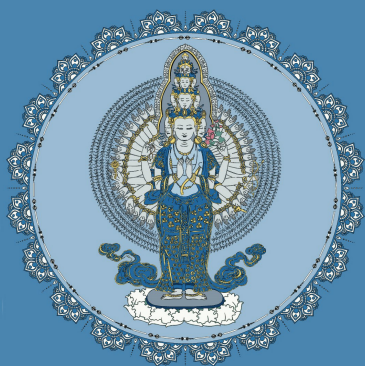


Videos of the Month



The Ten Stages of Trust

Volume 1 The Fifty-two Stages of the Bodhisattva



XIANKUAN

The Ten Stages of Trust has just been published! This is Xiankuan Don's third book on Buddhism. The Ten Stages of Trust is for Bodhisattvas and those interested in the Bodhisattva Path. This is the first commentary in English on the beginning of the Bodhisattva's 52 Stages.

To acquire books:

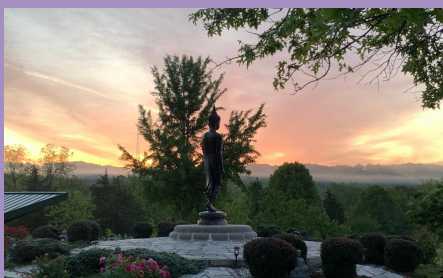
All proceeds go to MABA. If you are local to St. Louis, you can arrange to stop by Xiankuan Don's office on a Friday or Saturday afternoon and get a copy. Please contact [Don's office](#) to reserve a time.

If you are not local to St. Louis, you can acquire this book through our website: (<https://maba-usa.org/dharma-books>) or through the [author](#).

All \$40 goes to MABA (\$34 for book, \$6 for shipping). Amazon has the book also, but MABA only gets 10%.

Further Description:

The Ten Stages of Trust should interest Chan, Zen, Huayan, and Tibetan Buddhist practitioners. This text can be especially useful for those who have taken the Bodhisattva Vows or are considering this step. The 350 pages include translations of selected passages from the original sutras, commentaries on the essential meanings, as well as commentaries on verses from the Map of the Ten Buffalo (Zen Ox Pictures), Sengcan's Trust in Mind Inscription, and Farong's Mind Inscription. At the end of each chapter, there is a suggested meditation for each stage.



Donate at our
Website

Myanmar Earthquake

We are deeply saddened by the immense damage and suffering occurring in Myanmar due to the earthquake. The destruction is profound, and help is needed right now. Jirú Shífù hopes we can all put our compassion into action by aiding our friends in Myanmar. Please give as generously as you can to emergency aid services such as the Red Cross or Doctors Without Borders.



MABA is collecting funds for future use in Myanmar to help them rebuild their temples and monasteries. Thousands of their cultural and religious sites have been destroyed. Temples and monasteries will be rebuilt once the emergency has ended. Please aid in rebuilding the places to study and practice the Dharma in Myanmar at the link to the left. Select "Relief Fund" under Paypal donations.



DONATE HERE



Internet Upgrade Expenses
Donation Link

Dana

Dana signifies the virtue of giving. The monastic community relies heavily on the support of the lay community. Currently, MABA depends almost entirely on the support of the traditional Asian community. It is very important for us to assist the Western community in developing the six paramitas (perfections), the first of which is the virtue of giving. The significance of practicing Dana lies in its ability to help overcome lower fetters, such as greed and ignorance, as well as in its role in accumulating merits that support meditation practice. Without making preliminary efforts to establish virtuous actions, meditation can often become fruitless. We encourage everyone to seize any opportunity to develop this virtue.

At MABA, we have greatly integrated the use of the internet into our routines. This technology allows us to host online teachings and create presentations for our Sunday services. However, our internet provider is discontinuing their unlimited business plans, and transitioning to a usage-based plan will increase our rate from \$599.95 per month to \$799.95 per month.

We are asking our community for help to



bridge this gap! If you can, please support our cause. Every contribution counts! To donate, click the button to the left. Under "General Donation," select "Donate." This will redirect you to the donation page; once there, use the dropdown menu to select "Internet Upgrade Expenses."

Thank you for your ongoing support!



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 Guanyin Pavilion.

[Lantern offerings](#)



Funeral Services

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

[Request a service](#)

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



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

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