



## MABA eNEWSLETTER

August 2024



Dizang Memorial Hall  
(Columbarium)

□□□ dìzàng diàn

Hello, friends!

We are sending you all warm greetings from MABA! Life here is nice and relaxed. The summer weather is making the air conditioning extra refreshing as we take our time for reflection. We've been getting plenty of rain, which is great for the gardens, but it's also making the lawn grow like crazy! The monastics have been super busy taking care of the gardens, mowing the lawn, and doing some trimming. We recently had a lovely one-day retreat for our teachers and long-time retired members. You can see photos on our [website](#). Master gave teachings on Sunday, you can listen to the past teachings [here](#).

MABA's Year of Deep Reflection will be coming to an end at the end of September. Dharma Talks by our lay teachers will resume every Sunday, so stay tuned for future updates. Our first one-day retreat will be on October 26th, and more information will be posted later. If you are interested in participating in the one-day retreat, be sure to mark the date on the calendar.

Wishing you all a great month ahead, stay cool and be safe!





## Our Online Buddhist Studies Program

Explore the enriching opportunities of our online Diploma in Buddhist Studies (DBS) program. Applications are now open for the upcoming academic year! Visit [our website](#) to learn more about this flexible and comprehensive program.

Whether you prefer a structured curriculum or want to explore Buddhism at your own pace, we have the perfect options for you.

[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](http://www.maba-usa.org/buddhist-studies-1)



### Buddha's Teaching of the Month

"In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true."

Readings:



## UPCOMING EVENTS

See what's happening this summer.

**MABA is still in deep reflection, so events will be limited. Please join us on Sunday Mornings or volunteer on Saturdays if you'd like to connect with us!**

Master Ji Ru's Dharma Talks on Sundays

August 4th 2024

August 11th, 2024

August 18th

### Schedule for Sunday Morning at MABA:

9:30 - Silent Meditation

10:10 - Dharma Talk by Master Ji Ru (If there is no dharma talk, we will continue with silent meditation)

10:45 - Chanting

11:10 - Group Discussion at the Manjushri Hall

11:45 - Vegetarian Lunch at Blue Lotus House

### Mindfulness Day

Saturday August 3rd

Thai Buddhist Temple

890 Lindsay Lane, Florissant MO

Presented by the Buddhist Council of Greater St. Louis



# *Mindfulness Day*

**Saturday, August 3rd, 2024, 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

## **Mindfulness in Daily Life**

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**  
(Will Holcomb, Heartland Zen)
- 1:05 Mindfulness for Stress Management**  
(Kongsak Tanphaichitr, Thai Buddhist Temple)
- 1:30 Zen in Daily Activity**  
(Rev. Daigaku Rumme, Confluence Zen Center)
- 1:55 Patience as a Mindfulness Practice**  
(Will Holcomb, Heartland Zen)
- 2:20 Sitting Meditation**  
(Rev. Rosan Yoshida, Missouri Zen Center)
- 2:45 The Path and Fruit of Mindfulness Training**  
(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](http://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!

September 8th 2024  
Dizang Blessing Ceremony

[2024 Dizang Dharma Assembly Blessing Candles Registration Form](#)



# 美中佛教会地藏王菩萨 祈福法会

## DIZANG BLESSING CEREMONY

SUNDAY  
SEPTEMBER 8TH

9月8日2024年  
(星期日)

10 AM ~ 11:30 AM

Reciting Diamond Sutra, Heart Sutra, &  
Name of "Ksitigarbha Bodhisattva of the Great Vow"  
Offering & Transferring of Merit

念诵金刚经、心经、地藏王菩萨圣号；  
上供、回向

MABA welcomes you and your family, relatives, and  
friends to participate in this Dharma Assembly to  
commemorate the departed, and blessings to yourself,  
family, relatives, and friends!  
Vegetarian Lunch will be served.

欢迎您和家人亲友们共同来参与法会追思往生者，  
及为您及家人亲友祈福！  
本会准备午斋与大家共享。

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

有兴趣加入MABA的Whatsapp或微信群组，  
请在点灯的表格下方填上您的资料。



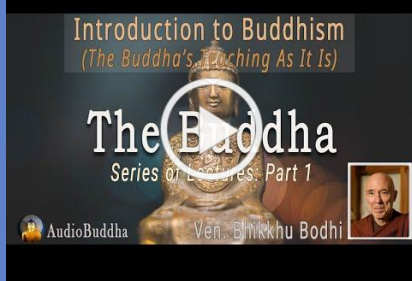
299 HEGER LN  
AUGUSTA MO 63332  
Website: <https://www.maba-usa.org>



Videos of the Month







## Volunteers of the Month & Experience the Monastic Life



Xiǎnyuè 晓月 and Xiǎnlín 晓琳 have traveled from Malaysia for an amazing two-month stay at MABA. They are here to experience monastic life, contribute through volunteer work, and learn and practice under the guidance of Master Jì RÚ. Welcome to MABA!



## Herbal Plants At MABA



*Dandelion Plant*  
(*Taraxacum Officinale*)  
蒲公英 (púgōngyīng)

Dandelion is a perennial herbaceous plant of the Asteraceae family, widely



*Chameleon Plant*  
(*Houttuynia Cordata*)  
三白草 (yúxīngcǎo)

Nutritionists point out that *Houttuynia cordata* (Chameleon Plant) can promote gastrointestinal digestion,

distributed in temperate climates. Despite often being dismissed as a stubborn lawn weed, people have used dandelion in forms of traditional medicine for centuries.

The leaves, roots, and flowers can add color to your plate and are often found in herbal teas and supplements. They are used as a natural remedy to support blood sugar management and boost skin, liver, and heart health.

In traditional Chinese, Arab, and Native American medicine, dandelion is used to treat various ailments related to the liver, inflammation, and cancer.



maintain cardiovascular health, help reduce inflammation, and antioxidants, regulate blood sugar levels, control weight, enhance immunity, prevent cancer, and help reduce edema.

To experience the full benefits of *Houttuynia cordata*, consuming 15-30 grams daily, not exceeding three times a week is recommended. Overboiling the herb should be avoided, as it may cause the evaporation of essential oils, reducing its effectiveness. Soak and wash the herb, then decoct for 5-10 minutes to preserve its potency.

You can simply boil both plants (option: can also add in Asian Plantain - read the benefit of Asian Plantain from our last month July eNewsletter [here](#)) and enjoy the brewed mixture as a lovely tea.

"For further information on the medicinal uses of both Dandelion and *Houttuynia cordata*, please consult reliable online resources or a qualified healthcare professional.

\*Disclaimer: This information is not intended as a substitute for professional medical advice. Please consult with a qualified healthcare provider before using them for medicinal purposes."



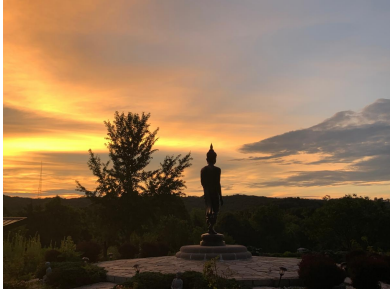
[DONATE HERE](#)

## Dana

is the virtue of giving. The monastic community is fully dependent on the lay community's support. For now MABA relies almost fully on the support of traditional Asian community. It is very important for us to help the Western community develop the six paramitas (perfections), the 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 as the way to accumulate merits that will support the practice of meditation. Without preliminary effort to establish virtuous actions, the practice of meditation often becomes fruitless. Do not hesitate to seize any opportunity to develop this virtue.



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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