



Dear Friends in the Dharma,

As we share our final eNewsletter of the year, we would like to offer a gentle reminder that the Sangha here at MABA will soon enter our annual three-month winter retreat, from December 1 through February 28. During this period of quiet abiding and deep practice, our eNewsletter will pause and return in March 2026.

During the winter retreat, there will be no Dharma Talk. Please review the Sunday morning schedule listed below for updated details. For any weather-related closures, please check our [website](#) and the local weather news channel for the most current information.

The first snow and early freezing winds have already touched the monastery grounds. May you all be safe in your travels, protected from harm, and kept warm throughout the winter.

With hearts of gratitude, we offer our sincere thanks for your generous contributions and steadfast support to MABA. Your kindness nourishes the monastery and strengthens the spread of the Dharma. We earnestly wish that you continue to cultivate diligence, mindfulness, and wholesome joy in your practice throughout the cold season.

For those seeking Dharma nourishment during the retreat months, we warmly recommend *In the Buddha's Words* by Bhikkhu Bodhi as a supportive reading companion and as preparation for our Spring Study Group.

May you and your loved ones be blessed with peace, harmony, and happiness throughout the holidays. And as we enter the New Year of the Fire Horse, may wisdom grow bright, merit increase, and wholesome aspirations be fulfilled.

With gratitude and blessings!

May this season of change inspire mindfulness, gratitude, and compassion in your daily life. We thank you for your continued support and presence in the MABA community.



MASTER JIRU  
& THE COMMUNITY OF  
MID-AMERICA BUDDHIST ASSOCIATION  
WISHING YOU ALL A VERY

*Merry*  
**CHRISTMAS**  
*and all good wishes  
for the New Year!*

May peace be upon your home,  
May joy be within your hearts,  
May the blessings of this season  
Follow you into the New Year.

WISHING YOU  
PEACE, JOY, AND A  
HAPPY NEW YEAR!

299 Heger Ln, Augusta, MO 63332



Master in Buddhist Studies (MABS)



For admission requirements, application instructions, program schedule, and other details, please visit our website:



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

Email inquiries: [ybefacademy@gmail.com](mailto:ybefacademy@gmail.com)

## PROGRAM STRUCTURE

This MABS program includes both coursework and an extended essay, to be completed within a two-year period.

### A. COURSE WORK

1. Buddhist Doctrines of the Pali Nikāyas: Analysis and Interpretation
2. History of Chinese Buddhism
3. Buddhist Doctrine: Modern Philosophical Perspectives
4. Buddhist Ethics: Concepts and Philosophical Interpretations
5. Modern Buddhism
6. Introduction of Buddhist Chaplaincy
7. Research Methodology and Extended Essay

### B. EXTENDED ESSAY

- 5,000-word extended essay on a topic related to one of the courses taken.
- Completed by the end of the second year, with the possibility of a one-year extension, if necessary.

## OUR FACULTY

1. Ven. Dr. Dhammadipa SAK (PhD in Religions, University of Bristol)
2. Ven. Dr. Soorakkulame Pemaratana (PhD in Religious Studies, University of Pittsburgh)
3. Ven. Dr. Longyun (PhD in Religious Studies, University of the West)
4. Dr. Li, Jingjing (PhD in Philosophy of Religion, McGill University)
5. Dr. TENG, Weijen (PhD in Religious Studies, Harvard University)
6. Dr. YING, Lei (PhD in East Asian Languages and Civilizations, Harvard University)

MABS 72 Research Methodology and Extended Essay

- Instructors: Ven. Dr. Dhammadipa, Dr. Teng, Weijen

## WHY US?

The partnership between RMTA and PGIPBS offers a unique learning experience—uniting the academic excellence of an internationally renowned Buddhist Institute with the wisdom and guidance of seasoned Buddhist scholars and practitioners in the West.



### TUITION FEE IS SPONSORED BY YBEF

One-time admin fee is payable to PGIPBS

\*\* Donation to YBEF to support our efforts is strongly encouraged.



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### EXPERT INSTRUCTIONS

Learn from experienced monastic and lay Buddhist scholars

### POSTGRADUATE INSTITUTE OF PALI AND BUDDHIST STUDIES (PGIPBS)

The PGIPBS at the University of Kelaniya is an internationally recognized center for the advanced study of Buddhism; exploring its profound philosophical roots as well as its relevance in today's world.

PGIPBS website: <https://pgipbs.kln.ac.lk/>

### RIGHT MINDFULNESS TRAINING ACADEMY (RMTA)

Founded in 2018, the RMTA brings monastics and lay practitioners together in a cross-cultural exchange of authentic Buddhist teachings—honoring tradition while addressing today's world. RMTA is affiliated with YBEF and MABA in Augusta, Missouri.

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

### YOUTH BUDDHIST EDUCATIONAL FOUNDATION (YBEF)

An affiliate non-profit organization of Mid-America Buddhist Association (MABA), dedicated to supporting Buddhist educational programs. Tax ID Number 43-1786009.

By donating to YBEF, you support our mission and help us expand our efforts.



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**2-YEAR PART-TIME**

**2026-2027**  
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 Program Starts on **March 13, 2026**

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Degree Conferred by  
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 University of Kelaniya, Sri Lanka



**Degree Conducted by**



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

**Degree Conferred by**



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University of Kelaniya, Sri Lanka

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Starts March 13, 2026**

**APPLICATIONS ARE  
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For program details, please scan  
below or contact us by email:



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



Email Inquiries: [ybefacademy@gmail.com](mailto: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.

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### New Courses Launching in 2026!

We are delighted to introduce two new language courses designed to deepen your study of Buddhist texts. Seize this unique opportunity to connect with the roots of Buddhist wisdom through original language study!

#### 1. Reading Pāli Through the Tipiṭaka

Instructor: Bhante D. Kusalagnana

Dates: January 2 – January 29, 2026 (Mon–Fri; 20 sessions)

Time: 8:30 – 10:00 pm EST

Course fee: \$200

#### 2. Introduction to Sanskrit Through Classical Texts

Instructor: Bhante D. Kusalagnana

Dates: June 1 – June 28, 2026 (Mon–Fri; 20 sessions)

Time: 8:30 – 10:00 pm EST

Course fee: \$200

For full course details, syllabi, and online applications, please visit our [RMTA website](#).

For inquiries, please send an email to [ybefacademy](#).

[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

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## 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

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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)



## 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**  
DECEMBER 1-FEBRUARY 28



**9:30-10:00 AM: First Meditation Sitting in the Chán Hall upstairs or Meditation Instruction and Q&A for beginners and interested others in the downstairs library**

**10:00-10:25 AM: Walking & Standing Meditation in the Chán Hall for all to join**

**10:25-10:50 AM: Second Meditation Sitting in the Chán Hall for all**

**10:50-11:10 AM: Chanting in Chán Hall**

**11:10 AM: Walking to the Blue Lotus House**

**11:20-11:45 AM: Dharma Sharing on Buddhist Meditation**

**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!***



**Please check our website and local news channels**

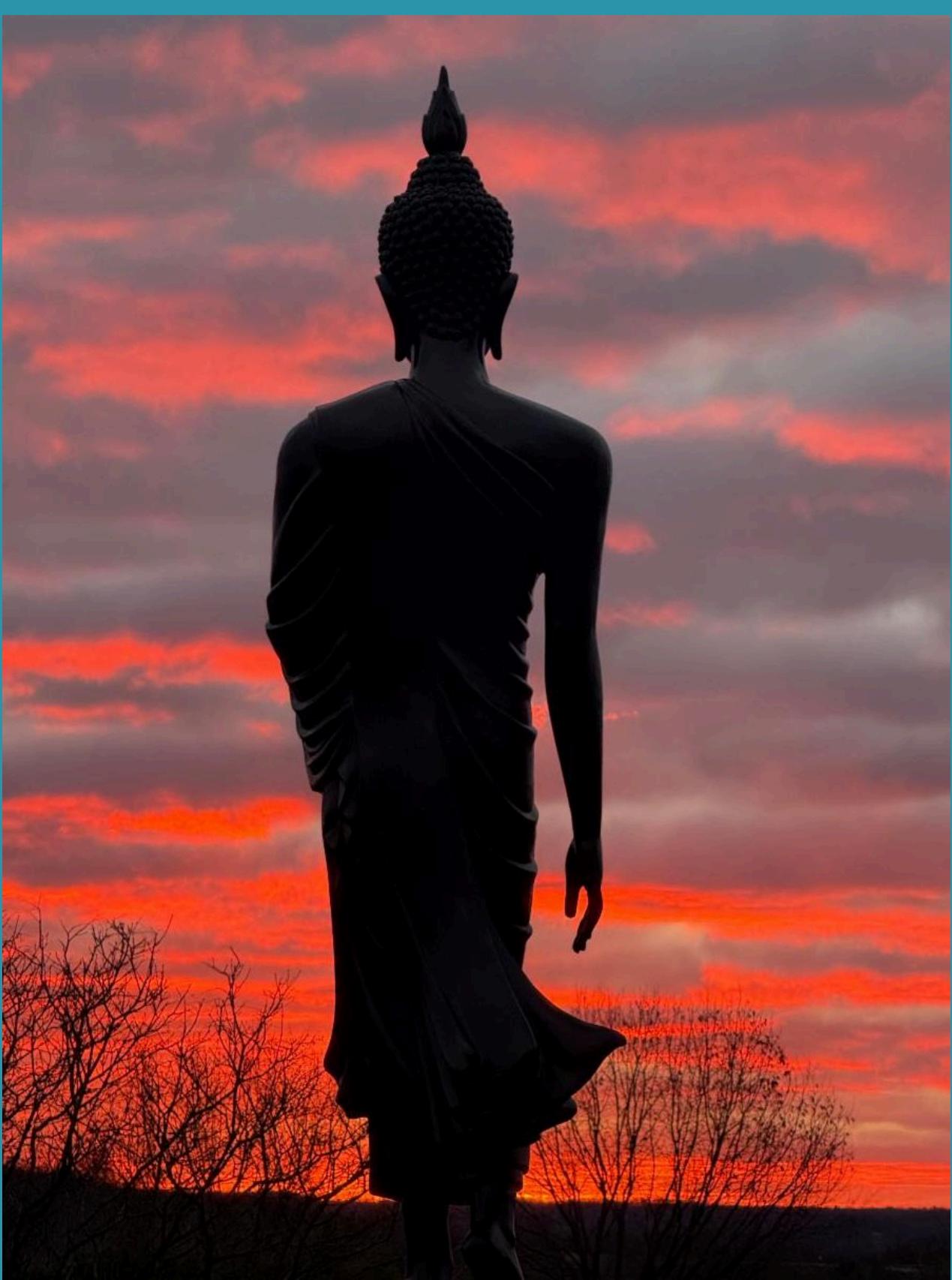
**for the bad weather closing updates.**

**<https://maba-usa.org/sunday-morning>**



## Kathina Day at MABA, November 23rd.





### Buddha's Teaching of the Month

#### **Thag 21.1 From... Vaṇgīsattheragāthā: Vaṇgīsa**

**“Speak only such words  
that do not hurt yourself  
nor harm others;  
Such speech is truly well spoken.**

**Speak only pleasing words,  
words gladly welcomed.  
Pleasing words are those  
that brings nothing bad to others.**

**Truth itself is the undying word:  
This is an eternal truth.  
Good people say that the teaching and its meaning  
are grounded in the truth.**

**The words spoken by the Buddha  
for realizing the sanctuary, extinguishment,  
for making an end of suffering:  
This really is the best kind of speech."**

Note: Extinguishment is the translation of nibbāna.

Read the entire translation of Theragāthā 21.1 Vaṅgīsattheragāthā: Vaṅgīsa by Bhikkhu Sujato on [SuttaCentral.net](http://SuttaCentral.net). Or read a different translation on [SuttaFriends.org](http://SuttaFriends.org). Or listen on [SC-Voice.net](http://SC-Voice.net). Or explore the Pali on [DigitalPaliReader.online](http://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 HERE**

## 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



**Internet Upgrade Expenses  
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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 reaching out to our community for help in bridging 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



**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.



**Funeral Services**

Reservation of the niches, ordering the urns, placing the urns, relocating the urns,

mindfulness practice, as well as to join interfaith dialogues that promote mutual understanding between practices.

**Lantern offerings**

chanting services, placement of name tablet of ancestors, and visiting dying patients.

[Learn more](#)

[Request a service](#)

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



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

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