

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
10.00 - 10.45 Dhamma talk
10.45 - 11.00 Chanting
11.00 - 11.45 Study Group
11.45 Vegetarian Lunch

July schedule:

- July 2nd: Sunday Morning, talk by Master Jì Rú
- July 7-9: Beginners Retreat
- July 9th: Sunday Morning, talk by Master Jì Rú
- July 15th: Children's Program
- July 16th: Sunday Morning, talk by Venerable Kōngjǐn
- July 23rd: Sunday Morning, talk by Xiǎnzé Jeff
- July 30th: Sunday Morning, talk by Xiǎnchū Cory

Event Calendar



Buddha's Teaching of the Month

The wise man through earnestness, virtue,
and purity makes himself an island which no flood can submerge.

Udānavarga 5.25



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!



July 15th
Children's program

CHILDREN'S

summer program

MABA will host children's program this summer
on July 15th.

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



MABA will host second children's program this summer on July 15th. The event features fun outdoor activities, art&crafts, Dhamma sharing & story time, as well as meditation and mindfulness activities.

Activities start at 9.45 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.

The thirds and the last program is scheduled for August the 5th.



July 7-9
Beginner's retreat

MINDFULNESS

Beginner's retreat

MEDITATION & BUDDHIST TEACHINGS



Meditation

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



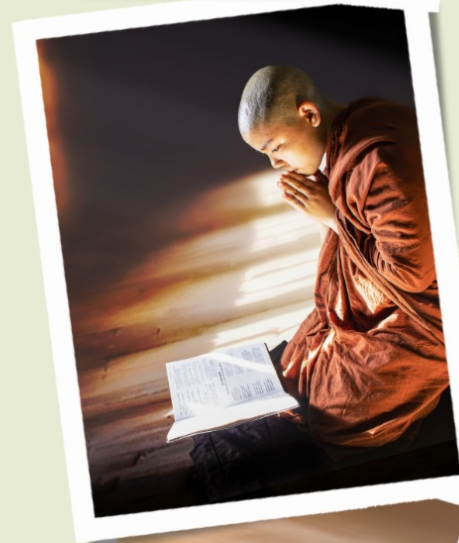
Dhamma talks

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



Starting from June 16th
Master Jiru will be giving talks in Cantonese



繼如法師粵語開講 「相應部」與 「雜阿含經」 基礎的讀解

從6月16日開始，
繼如法師每逢星期五、
六日講經至講完為止。

第五講：

6月30日 美国东部 - 星期五晚上8:30-9:30
6月30日 美国西部 - 星期五晚上5:30-6:30
6月30日 美国中部 - 星期五晚上7:30-8:30
7月01日 亚洲(香港) - 星期六早上8:30-9:30

第六講：

7月01日 美国东部 - 星期六晚上8:30-9:30
7月01日 美国西部 - 星期六晚上5:30-6:30
7月01日 美国中部 - 星期六晚上7:30-8:30
7月02日 亚洲(香港) - 星期日早上8:30-9:30

開課前，我們也會發YouTube的直播連線給大家。

講經連線將以Zoom來播放。

請email maba_usa@yahoo.com

取得Zoom的連線，

或請求加入WhatsApp或微信群組。

*Mid-America
Buddhist Association*

maba-usa.org

299 Heger Lane, Augusta, MO

MABA



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





MABA Mindfulness Program

Dynamic meditation day

With certified Chinese
Martial Art instructor
Rev. Kongke



Time: to be discussed

Location: Sudhana Pavilion

**For registration and
inquiries:**

kongke.maba@gmail.com



Chicago IBFA temple

will be hosting weekend mindful retreats once a month.



WEEKEND MINDFULNESS RETREAT

June 3-4
July 22-23
August 19-20

Rev. Kongke
Rev. Kongjin
Taught by
buddhist monks

Mindfulness / Meditation /
Yoga / Taichi / Dhamma Talks

MABA
Augusta, Missouri
www.maba-usa.org
office@maba-usa.org
636-4824-037



IBFA
Chicago, Illinois
ibfachicagotemple.org
ibfa2251@gmail.com
312-265-1111

DISCIPLINES

What are we going to learn

Four Foundations of Mindfulness
Four Noble Truths
Cause and Effect
Noble Eightfold Path
Five aggregates
Six senses
Five hindrances
Five factors of jhana
Seven factors of awakening

01 Meditation

02 Dhamma talks

03 Taichi & Qigong & Yoga

04 Mindfulness practice

05 Buddhist Chanting

SCHEDULE

08.00 Arriving
08.15 Chanting
08.30 Taichi
09.30 Dhamma Talk
10.30 Meditation
12.00 Lunch break
13.00 Q&A
14.00 Qigong & Yoga
15.00 Meditation
16.00 Meditation
17.00 Chanting
17.15 Departure

To register:

Fill out the google form:
<https://forms.gle/VTArAPYFZgimLaFZ8>

Or retrieve the link through
MABA or IBFA websites
e-mail: kongke.maba@gmail.com

Important to know:

Lunch: please bring your own lunch
Clothes: wear comfortable, not revealing,
not very tight clothes
Price: suggested amount
60\$ for 2 days, 40\$ for 1 day
Give more or less according to your conditions

May all beings be
liberated from bondages
May all beings experience
nibbanic peace within



Dana

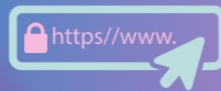
is the virtue of giving. Monastic community is fully dependent on the lay community support. As for now MABA almost fully relies on the support of traditional Asian community. It is very important for us to help Western community to develop six paramitas (perfection), first of which is the virtue of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

[Donate Now](#)



Find past Dharma Talks on our YouTube channel



www.youtube.com/MABAAugusta



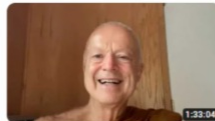
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@MABAAUGUSTA 430 subscribers 452 videos
www.maba-usa.org

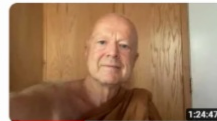
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[Dharma Talks](#)



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

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Buddhist U

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For more info, visit our website:

Or Email Us: ybefacademy@gmail.com

Don't Miss the Chance! Register Now!

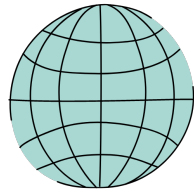


<https://maba-usa.org/dbs-2024-2025>

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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