



## MABA eNEWSLETTER

JULY 2024



Guanyin Pavilion

Hello, friends!

Greetings from MABA! Happy and peaceful July 4th to all! May everyone stay as cool and comfortable as possible this summer!



## INTRODUCING

Our very own

## BUDDHIST STUDY PROGRAM

Learn About Our New Programs to Deepen Your Understanding of the Long-Standing Religion.

Expand your knowledge of Buddhism and immerse yourself in a supportive community with our new Buddhist Study Programs! Our programs are designed to accommodate YOUR schedule with its self-paced and **test-less** - that's right **TEST-LESS** - courses! Choose from 3 different education paths that fit your level of experience and earn a certificate from the American Buddhist Sangha Academy. There is no registration fee and no hassle! This is your chance to further or even begin your path to enlightenment, so enroll today!

NOTE: the DBS program **does** require a registration fee and **does** have final exams.

Learn more on our website linked below

[Learn more](#)

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### Buddha's Teaching of the Month

"Let none find fault with others; let none see the omissions and commissions of others. But let one see one's own acts, done and undone."

Readings:

[Right View Quarterly](#)

[Daily Sutta Reading](#)

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

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### UPCOMING EVENTS

See what's happening this summer.

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

Master Ji Ru has returned to MABA and will resume Dharma Talks on Sundays.

#### 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!

## VESAK DAY

We commemorated the Buddha's birth, enlightenment, and passing away on June 9th.

Vesak Day on June 9th was a wonderful celebration! We were happy to connect with familiar faces and welcome new friends at this special event hosted by Fo Guang Shan for the Buddhist Council of Greater St. Louis.

Attendees enjoyed a rich experience, including an inspiring Dharma talk, a peaceful meditation session, and uplifting chanting. The Bathing of the Buddha ceremony was a beautiful highlight, and the delicious lunch offered a chance for connection and conversation. Three unique stations showcasing different Buddhist cultures added depth and diversity to the day.

We invite you to join us next year for Vesak Day, a truly incredible opportunity to connect with the vibrant Buddhist community in the St. Louis area and learn about the various traditions represented here.



## Volunteers of the Month



Yóukǎ 育可 (Vladimir Yurkuns) and sons Mark & Dennis.

Yóukǎ, along with his wife and sons first discovered MABA about two years ago. While Mark and Dennis enjoyed the Children's Half Day Program, Yóukǎ found a deeper connection through Sunday Mornings and Beginners' Retreats. Yóukǎ's commitment to MABA extends far beyond attendance, though. He has generously offered many hours of volunteer service, contributing significantly to MABA's upkeep and well-being.



Christina, Winnie, and Mr. Mak cleaning up the Meditation Hall's windows.

On June 23rd, Yóukǎ and Dennis once again came to volunteer, this time helping to clean the windows and porch in the Meditation Hall. Dennis even assisted his father with the power washing! Their dedication exemplifies the spirit of community and shared purpose that thrives at MABA.

Yurka's eldest son, Mark, is a talented self-taught chef who generously shared his culinary skills with us. He prepared a delicious lunch for the monastics one Saturday, and we were all incredibly impressed with his cooking. See his cooking video [here](#). We hope to have the pleasure of enjoying his creations again soon!

The video below was recorded by Mark, hope you enjoy it.



## Herbal Plants At MABA

Asian Mugwort and *Plantago Asiatica* are abundant throughout MABA's grounds



### Asian Mugwort

Chinese Mugwort (*Artemisia argyi* or ài cǎo 艾草)

- This variety of mugwort has grayish leaves, pale yellow flowers, and a distinct aroma. In traditional Chinese medicine, it's used to address conditions related to the liver, spleen, and kidneys.\* It's also edible and can be found in various dishes like breads, dumplings, cakes, pastries, soups, and stews.

Japanese Mugwort (*Artemisia princeps* or yomogi ヨモギ)

- This type of mugwort is known for its use in traditional Asian medicine to treat inflammation, infection, and circulatory problems.\*



### Asian Plantain (*Plantago asiatica* or chēqián cǎo 車前草)

This traditional medicine is used to address variety of ailments, including liver disease, stomach problems, and urinary system inflammation.\* The whole plant, including the roots, can be utilized. It can be boiled fresh or dried for later use. To prepare, simply boil and drink as a tea.



"For further information on the medicinal uses of both Mugwort and Asian Plantain, 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!

### Lawn Mower at MABA



After 16 years of dedicated service, our trusty Hustler lawn mower (with a remarkable 8,765 hours on the clock!) is finally ready to retire..

We are raising fund to purchase a new mower to replace Hustler. So far, an anonymous donors from Chicago had donated \$12,000 out of the total cost of the new mower, Scag 72" zero turn of amount \$17,579. Click [donate here](#) to make any amount to cover up the rest of the cost. Thank you for your kind 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 engage 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](#)



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