

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

June schedule:

June 4th Sunday Morning at MABA talk by Xiǎnxǐng Sherrie
June 10th Vesak preparation day (volunteers are welcome)
June 11th Vesak day
June 17th Childrens program
June 18th Sunday Morning at MABA talk by Xiǎnchū Cory
June 25th Sunday Morning at MABA talk by Xiǎnzhi Katty

[Event Calendar](#)



Buddha's Teaching of the Month

We are shaped by our thoughts; we become what we think.
When the mind is pure, joy follows like a shadow that never leaves.



June 11th
Vesak Day

Vesak Day

衛塞節

Sunday, June 11, 2023

9.30 am to 11.30 a.m

at MABA (Mid-America Buddhist Association)

299 Heger Lane, Augusta, MO 63332

Free and Open to the Public



Vesak Day Schedule

9.30 Arrival

9.35 Introduction

9.40 Opening Chanting of the Heart Sutra led by
Ven. Jue Huang (Fo Guang Shan St. Louis Buddhist Center) and
Rev. Daigaku Rumme (Zen Confluence Center)

9.50 Ceremony of Bathing the Buddha

10:05 Dharma Talk by Will Holcomb, Heartland Zen Center

"The Way of Metta: Visions of a Kinder World"

10:40 Dharma Talk by Ven. Master Jirú, MABA

"The Path to Enlightenment"

11:10 Dedication of Merit led by MABA

11:30 Vegetarian Lunch

Commemorating the Birth,
Enlightenment, and Death
of the Buddha
Sponsored annually by
the Buddhist Council
of Greater St. Louis

Donations are welcome to support St. Louis Area Food Bank
To donate to St. Louis Area Foodbank, visit MABA's website:
www.maba-usa.org/contribute

Thank you for your generosity!

MABA invites **volunteers** to help prepare for the Vesak on the Saturday, **June 10th**.
For setting up tables, tents and other work we genuinely need some help.
Please **contact us** if you would like to join.



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



IBFA Opening Ceremony

We greatly appreciate venerable masters, friends, volunteers and visitors who came to attend the opening ceremony from far and near. Congratulations to all new Bodhisattvas for those who took the Bodhisattva vows.



June 17th
Children's program

CHILDREN'S

summer program

MABA will host our first children's program this summer
on June 17th.

The event features fun outdoor activities, art&crafts,
Dhamma sharing & story time, as well as meditation and
mindfulness activities.

JOIN US

www.maba-usa.org



MABA will host our first children's program this summer on June 17th. 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.
Please sign up, registration for this event ends June 4th.
Next program is scheduled for July 15h.



July 15th
Children's program
(registration ends July 2nd)

MABA CHILDREN'S SUMMER PROGRAM: 2ND DATE, JULY 15TH



- Mid-America Buddhist Association will be hosting this years first kid's summer event on **July 15th!**
- The event features fun outdoor activities, arts & crafts, Dhamma sharing & story time, as well as meditation and mindfulness activities. Activities start at 9:45a.m. with lunch at a 11:30, ending mid-afternoon (around 2). Space is limited to 20 children, **registration for this event ends July 2nd.**
- Lunch is provided; **registration is required.** Please email the office at office@maba-usa.org.
- These programs 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.



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



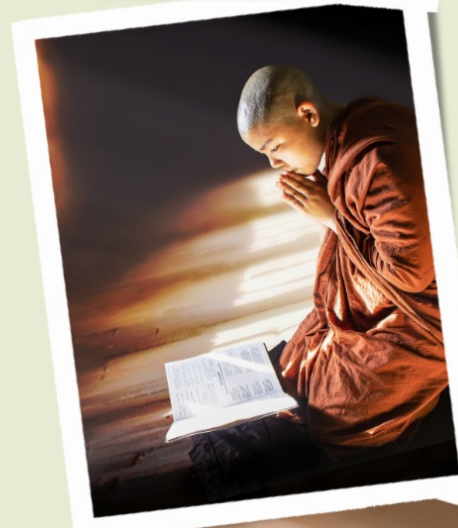
Dhamma talks

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



继如法师粤语开讲 「相应部」与 「杂阿舍经」 基础的读解

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。

第一講：

6月16日 美国东部 - 星期五晚上8:30-9:30
6月16日 美国西部 - 星期五晚上5:30-6:30
6月16日 美国中部 - 星期五晚上7:30-8:30
6月17日 亚洲 (香港) - 星期六早上8:30-9:30

第二講：

6月17日 美国东部 - 星期六晚上8:30-9:30
6月17日 美国西部 - 星期六晚上5:30-6:30
6月17日 美国中部 - 星期六晚上7:30-8:30
6月18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

maba-usa.org

299 Heger Lane, Augusta, MO



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

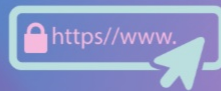
is the virtue of giving. Monastic community is fully dependent on the lay community support. As for now MABA almost fully relies on the support of traditional Asian community. It is very important for us to help Western community to develop six paramitas (perfection), first of which is the virtue of 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



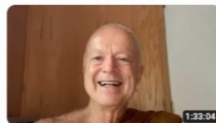
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www.maba-usa.org

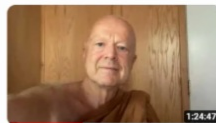
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[Dharma Talks](#)



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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a renown
Buddhist U

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Fee**

* Registration Fee
Needed

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For more info, visit our website:

Or Email Us: ybefacademy@gmail.com

Don't Miss the Chance! Register Now!

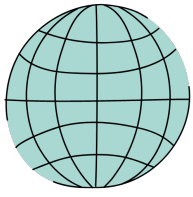


<https://maba-usa.org/dbs-2024-2025>

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](tel:6364824037) | <https://maba-usa.org/>



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

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