



## HAPPY 2026 Year of the Fire Horse!

**Dear Dharma Friends,**

As we begin this new year, we hope you have been staying warm and well through the winter season.

Over the past three months, we have completed our Monastic Winter Retreat—a period dedicated to deep personal practice and reflection for the monastics. We are grateful for your quiet support during this solemn and meaningful time.

With the retreat now concluded, we are happy to announce that our regular **Sunday Dharma Talks will resume in March**. We warmly invite you to join us as we continue studying and practicing the Buddha's teachings together. **Check [here](#) for the Sunday Morning schedule.**

We are also pleased to share encouraging news about our educational programs. Our **Diploma in Buddhist Studies (DBS) Program** has been progressing smoothly and successfully, with sincere participation and steady growth in understanding among students. Building upon this strong foundation, we are preparing to launch our **Online Master's in Buddhist Studies (MABS) Program** beginning this March. This new program will offer a deeper exploration of the Dharma for those wishing to further their academic and spiritual training. We rejoice in the dedication of all our students and look forward to this new chapter of learning.

May the blessings of the Triple Gem illuminate your path, bringing wisdom, compassion, and peace in the months ahead.

With warm wishes for a healthy and harmonious year.

[Click here to learn about our online Buddhist Studies programs: Certificates, DBS, and MABS.](#)

# SUNDAY MORNING

MARCH 1<sup>ST</sup> - NOVEMBER 29<sup>TH</sup>



**9:30–10:00 AM: Sitting Meditation**

**10:00–10:15 AM: Walking Meditation**

**10:15–10:50 AM: Dharma Talk**

**10:50 AM: Chanting in Chán Hall**

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

**11:20–11:45 AM: Dharma Sharing**

**11:45 AM: Vegetarian Lunch**

**12:30 PM: Dharma Book Reading & Discussion on “In the Buddha’s Word-An Anthology of Discourses from the Pali Canon” - Edited and introduced by Bhikkhu Bodhi**

Lunch is open to all. You’re welcome to bring a dish to share—please tell us ahead of time if you plan to bring something.



## Upcoming Events

# ENGAGED BUDDHISM

**March 14<sup>th</sup> 2026**  
**Saturday**  
**1:30 PM - 3:30 PM CT**



The Buddhist Council of Greater St. Louis presents an afternoon of thought-provoking talks and group discussions about the application of Buddhist teachings to solving global problems and our every day engagement.

1:30 PM – 1:35 PM  
Introduction by Dr. Will Holcomb  
of Heartland Zen Center

1:35 PM - 2:05 PM  
"Abolish Nuclear Weapons Before  
They Abolish Us"  
Professor Emeritus Steven Starr,  
University of Missouri

2:10 PM – 2:40 PM  
"From Shared Wisdom to Shared  
Action: the Global Ethic"  
Rev. Charline Manuel  
Immediate Past Chair,  
Parliament of the World's Religions

2:45 PM – 3:15 PM  
Panel Discussion & Q & A

Closing dedication by Dr. Kongsak  
(Thai Buddhist Temple)

Free & Open to the Public  
- All Are Welcome to Join us on Zoom!

Please email to [office@maba-usa.org](mailto:office@maba-usa.org)  
for the Zoom link.

Donations are welcome to support  
St. Louis Area Food Bank

Mid-America Buddhist Association  
Qing Ming Memorial Service  
on Filial Piety and Gratitude

美中佛教会清明孝亲报恩法会

Sunday, April 12th, 2026

星期日 2026年4月12日

10:00 AM ~ 11:30 AM

Diamond Sutra & Heart Sutra

“Transferring of Merit”

《金刚经》、《心经》、回向

欢迎您及家人一起来为家人祈福及追思往生者。  
为您及家人和往生者燃灯祈福!

Everyone is very welcome to join us  
for the memorial service.

Lit a light for yourself, family &  
departed love one!

299 Heger Ln, Augusta MO 63332

Email: [office@maba-usa.org](mailto:office@maba-usa.org)

Tel: 636-4824037

<https://www.maba-usa.org>



Mid-America Buddhist Association  
2026 年清明節祈福法會點燈登記表  
2026 Qingming Dharma Assembly Blessing Candles  
Registration Form

祈福消災平安燈: 點燈日期 04/12/2026 一永日。每盞燈以登記兩名為限，每盞燈\$30。

**Blessing Candles**: Candle will be lit on 04/12/2026 for a day; each candle lit is limited to two names, \$30 per candle lit.

平安祈福燈 1

Blessing Candle \_\_\_\_\_, \_\_\_\_\_

平安祈福燈 2

Blessing Candle \_\_\_\_\_, \_\_\_\_\_

平安祈福燈 3

Blessing Candle \_\_\_\_\_, \_\_\_\_\_

平安祈福燈 4

Blessing Candle \_\_\_\_\_, \_\_\_\_\_

為往生者點燈: 點燈日期 04/12/2026 一永日。每盞燈以登記兩名為限，每盞燈\$30。

**Blessing Candles for Departed**: Candle will be lit on 04/12/2026 for a day, each candle lit is limited to two names, \$30 per candle lit.

往生燈 1

Deceased Candle \_\_\_\_\_, \_\_\_\_\_

往生燈 2

Deceased Candle \_\_\_\_\_, \_\_\_\_\_

往生燈 3

Deceased Candle \_\_\_\_\_, \_\_\_\_\_

往生燈 4

Deceased Candle \_\_\_\_\_, \_\_\_\_\_

Please make the check payable to MABA. Please fill in the form and send it with the check to **MABA, 299 Heger Lane, Augusta, MO 63332**, on or before 04/11/2026, for our preparation purposes.  
If you wish to send it via Zelle, the ID is: [office@maba-usa.org](mailto:office@maba-usa.org).

Applicant Name: \_\_\_\_\_ Tel: (\_\_\_\_) \_\_\_\_\_ (Zelle/Cash/Check) # \_\_\_\_\_ Total Amount: \$ \_\_\_\_\_

Received By: \_\_\_\_\_ Receipt #: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/2026

Email: \_\_\_\_\_

(PLEASE PRINT)

# Mindfulness Retreat

April 25<sup>th</sup> - 26<sup>th</sup>, 2026

Ānāpānasati and Four Foundation of Mindfulness

April 25<sup>th</sup>, 2026 - Saturday

8:15 am : Arrival  
8:30 am : Introduction–Mindfulness Meditation  
9:00 am : Sitting and Walking Meditation  
9:30 am : Walking Meditation  
9:40 am : Dharma Talk 1–Relationship between Anapanasati & Satipathana  
10:10 am : Discussion  
10:40 am : Break  
10:45 am : Dharma Talk 2–Six Wonderful Gates connected to Five Types of Contemplation  
11:15 am : Walking meditation & Discussion at Blue Lotus House  
11:45 am : Vegetarian Lunch & Clean-Up  
1:30 pm : Dharma Talk 3  
2:00 pm : Discussion  
2:30 pm : Break  
3:00 pm : Sitting & Walking Meditation  
3:30 pm : Q&A  
4:30 pm : Merit Dedication  
4:35 pm : Meditation Hall Clean-Up

April 26<sup>th</sup>, 2026 - Sunday

9:30 am : Sitting and Walking Meditation  
10:15 am : Sunday Dharma Talk - Mindfulness of Mind  
10:50 am : Chanting  
11:10 am : Walking to Blue Lotus House  
11:20 am : Dharma Tea Discussion  
11:45 am : Vegetarian Lunch & Clean-Up  
1:30 pm : Dharma Talk 4–Mindfulness of Feeling  
2:00 pm : Discussion  
2:30 pm : Break  
3:00 pm : Sitting and Walking Meditation  
3:30 pm : Merit Dedication  
4:00 pm : Clean-Up

At  
Mid-America Buddhist Association (MABA)  
299 Heger Ln, Augusta, MO 63332  
[www.maba-usa.org](http://www.maba-usa.org)

Pre-registration is required as space is limited. A donation of \$50/day is requested to help cover the cost of food and resources.

Scan here to register



## Video to watch

### 2,300 Miles Of Hope and Peace

A spiritual journey across America. Venerable monks walked from coast to coast to spread harmony and well-being for all living beings.

[Buddhist Monks' Walk for Peace](#)



## Teachings to watch

[Satipatthana in Practice series: Mindfulness of Dhammas](#)



## Buddha's Teaching

### MN 54 From... Potaliyasutta: With Potaliya the Householder

“...Anger and distress should be given up, relying on not being angry and distressed.’ That’s what I said, but why did I say it?  
“It’s when a noble disciple reflects: ‘I am practicing to give up and cut off the fetters that might cause me to be angry and distressed. But if I were to be angry and distressed, because of that, I would reprimand myself; sensible people, after examination, would criticize me; and when my body breaks up, after death, I could expect to be reborn in a bad place. And being angry and distressed is itself a fetter and a hindrance. The distressing and feverish defilements that might arise because of being angry and distressed do not occur in someone who does not get angry and distressed.’ ‘Being angry and distressed should be given up, relying on not being angry and distressed.’  
“That’s what I said, and this is why I said it...”

Read the entire translation of Majjhima Nikāya 54 Potaliyasutta: With Potaliya the Householder by Bhikkhu Sujato on [SuttaCentral.net](http://SuttaCentral.net). Or read a different translation on [SuttaCentral.net](http://SuttaCentral.net) or [DhammaTalks.org](http://DhammaTalks.org). Or listen on [PaliAudio.com](http://PaliAudio.com) or [SC-Voice.net](http://SC-Voice.net). Or explore the Pali on [DigitalPaliReader.online](http://DigitalPaliReader.online).

Support the Monastery to continue propagating the teachings of the Buddha

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