



March 2025
eNEWSLETTER



Chán Hall after the Icy Snow Storm



Hello, friends!

The winter retreat has been peaceful and quiet. We enjoyed the winter weather and the snow. However, we are excited to ramp up our activities schedule as the temperature rises and our retreat comes to an end.

We want to thank our volunteers who have assisted around the campus these past few months with shoveling and other maintenance tasks. Your help is always greatly

appreciated! If you would like to volunteer, Vesak Day is on May 18, and we need volunteers to help set up the day before, as well as assistance in the kitchens. Please [get in touch with us](#) if you are interested.

The first weekly Dharma talk will resume on the first Sunday of March, featuring talks from our teachers and Master Ji Ru. This year, we are also introducing after-lunch Dharma discussions on Sundays. If you plan on attending the discussions, please fill out this [form](#) for the Dharma discussion topics & sign up for the updates.)

Many events are coming up, including a beginners' retreat. Make sure to stay updated so you don't miss anything! We look forward to seeing everyone this coming year. However, please note that in the event of inclement weather, we will cancel any events or services scheduled for that day.

We hope to see you all soon, and stay safe!

****All services are closed in the event of bad weather.****

Please check [our website](#), and local news channels, or call [our office](#) to find out if our Sunday morning service has been canceled!



Our Online Buddhist Studies Program

The DBS program is a great opportunity for new and experienced people alike to grow their knowledge of Buddhism and apply it to your everyday lives. If you are interested in applying, the 2025-2027 academic year is now open!

Visit our website to learn more about the [DBS program](#) and [other flexible options](#) available to you. Whether you prefer a structured curriculum or explore Buddhism at your own pace, we have the perfect options for you.

[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

ONLINE COMPREHENSIVE BUDDHIST STUDIES PROGRAM

1

FREE OF TUITION FEE

2

CONVENIENCE
STUDY AT YOUR OWN PACE

3

FLEXIBILITY
THREE PROGRAM LEVELS, TAILORED TO
YOUR EXPERIENCE AND LEARNING GOALS

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

Free! Certificates from ABSA
2 Options:

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



Sunday Morning

We hope to see you at MABA! Whether you're seeking spiritual growth or community engagement, we invite you to join us on Sunday mornings or for our various service opportunities.

****All services are closed in the event of bad weather.****
Please check [our website](#), and local news channels, or call [our office](#) to find out if our Sunday Morning has been canceled!

SUNDAY MORNING

2025
MARCH-NOVEMBER



9:30-10:00 AM: Sitting Meditation

10:00-10:15 AM: Walking Meditation

10:15-10:50 AM: Dharma Talk

10:50-11:10 AM: Chanting

11:20-11:45 AM: Dharma Sharing at Manjushri Hall

11:45 AM: Vegetarian Lunch at Blue Lotus House
(All are welcome to stay for lunch.)

12:30-1:30 PM: Dharma Discussion at Manjushri Hall
(Sign up to stay updated.)



Please check our website for updates.
<https://maba-usa.org/sunday-morning>



Scan here for the Dharma Discussion's
topics & sign-up for the updates.

Dharma Discussion topics after Sunday lunch include:

1. Huayan Sutra (Flower Ornament Sutra)
2. Four Foundations of Mindfulness
3. Teaching of Samantabhadra Bodhisattva
4. Five Aggregates

5. Prajnaparamita (Perfection of Wisdom)

6. How to use The Four Foundations in Meditation

For more details or to sign up for the discussion, please visit our website or scan the barcode above.

You are also welcome to bring your personal questions about Dharma and practice to the discussion session.



2025 Upcoming Events

March 8th (Saturday): Socially Engaged Buddhism at the Thai Buddhist Temple, organized by the Buddhist Council of Greater St. Louis

April 13th (Sunday): Qing Ming Blessing Ceremony at the Mausoleum, MABA.

May 18th (Sunday): Vesak Day Celebration at MABA, organized by the Buddhist Council of Greater St. Louis



Annual Engaged Buddhism Event at the Thai Buddhist Temple
organized by The Buddhist Council of Greater St. Louis

ENGAGED BUDDHISM

March 8, 2025

Saturday

1:00 PM - 3:00 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.

Free & Open to the Public
- All Are Welcome!

Join us at the Thai Buddhist Temple,
890 Lindsay Lane, Florissant, MO 63031

Donations are welcome to support
St. Louis Area Food Bank

Zoom is available for people who cannot attend in person.
(It is highly recommended that you participate in this program in person.)
(Please scan the QR Code to request for the Zoom link.)



1:00 PM – 1:15 PM
Engaged Buddhism Begins Within
- Gabriela M. Doural
(Midwest Moon Sangha)

1:20 PM – 1:35 PM
Buddhist practice solving
global problems
- Dr. Rosan Yoshida
(Missouri Zen Center)

1:40 PM – 1:55 PM
Expressions of everyday engagement
- Rev. Daigaku Rummé
(Confluence Zen Center STL)

2:00 PM – 2:30 PM
Reflection and Sharing

2:35 PM – 3:00 PM
Panel Discussion & Q & A
(15-30 min)

Closing dedication by Dr. Kongsak
(Thai Buddhist Temple)



Qingming Blessing Ceremony

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 13th, 2025

星期日 2025年4月13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

Tel: 636-4824037

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



Click [here](#) to download the Lantern Form



Volunteer Work

We would love to give a big shout-out to our volunteers Vladimir and his son, Dennis for helping to shovel snow!

If you are interested in volunteering too, reach out to us and ask about an upcoming opportunity. We would love to have you!

Contact Us!

<https://maba-usa.org/contact-us>



Buddha's Teaching of the Month

Dhp 112–115 From... Sahassavagga: The Thousands

"Better to live a single day energetic and strong,
than to live a hundred years lazy and lacking energy.

Better to live a single day seeing rise and fall
than to live a hundred years blind to rise and fall.

Better to live a single day seeing the state free of death
than to live a hundred years blind to the state free of death.

Better to live a single day seeing the supreme teaching
than to live a hundred years blind to the supreme teaching."

Readings:

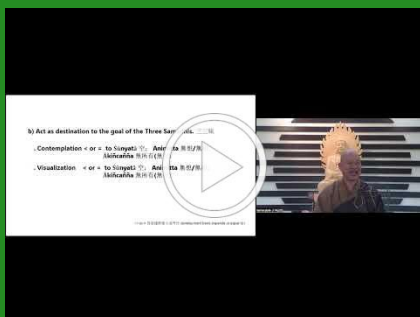
Right View Quarterly

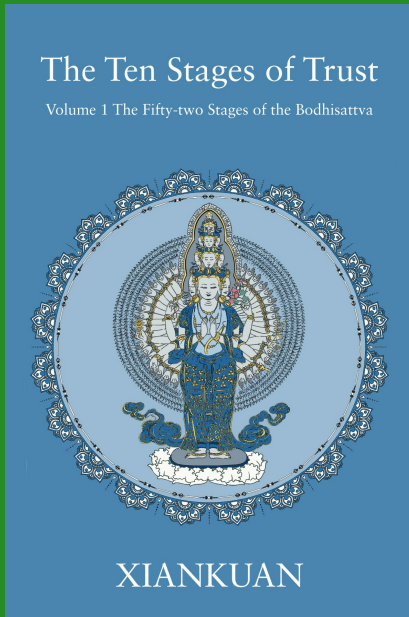
Daily Sutta Reading

Suttas (Buddha's Teachings)



Videos of the Month





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.



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



DONATE HERE



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!



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.

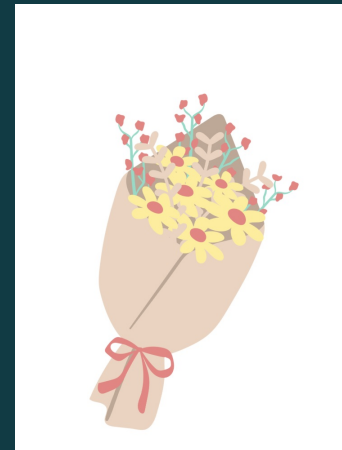
[Learn more](#)



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 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](#)

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



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

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