

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 Sundays.



[Visit our Website](#)

Sunday Morning at MABA schedule:

Sunday Morning Schedule October 2023 - September 2024		
9:30 - 10:30 AM	Silent Meditation	Silent Meditation
10:30 - 11:00 AM	Dharma Talk by Master JìRú	(When there's no Dharma Talk, we will continue with the Silent Meditation)
11:00 - 11:30 AM	Group Discussion	
11:30 - 11:45 AM	Chanting	Chanting
11:45 AM Vegetarian Lunch		



MABA Deep Reflection

October 2023 - September 2024

During this one year, MABA monastics seek to reflect on effectively passing on the Buddhist tradition and its spirit of renunciation to the younger generations. The monastics will focus on meditative practice and self-contemplation to strengthen the vow for the perfect enlightenment (saṃbodhi) and the following purposes. MABA encourages friends and followers to understand our Buddhist tradition through studying the Samyukta Agama (SA) and Samyutta Nikaya (SN) and the principle of Sangha together with us every Sunday. This is the cultural tradition we have inherited, resulting from the successful experience of the Triple Gems propagating worldwide for over 2,500 years.

Purposes:

1. To consolidate a Buddhist sangha with the main body of monks and nuns according to the Buddhist tradition.
2. To assist the lay Buddhists in professionalizing themselves to promote the Dharma and benefit the people.

During this one year:

1. Buddhist Studies Programs remain to be our top priorities.
2. MABA monastics focus on strengthening the tradition of renunciation by studying and contemplating the Dharma, especially the teaching in the SN and SA, the Vinaya, and the principle of Sangha.
3. MABA opens Sundays 9:00 AM–3:00 PM only for visitors; Mondays to Saturdays are closed for visitors.
4. MABA suspends all retreats and programs except Sunday Mornings, Qingming Blessing, and Dizang Blessing; no Guanyin Blessing Ceremony this year, 2022. The arranged programs will be concluded before the monastic winter retreat starts on December 1, 2023.
5. MABA stops accepting requests for any duration of overnight stay except those already accepted before August 20, 2023.
6. MABA stops accepting invitations to attend any programs and activities except those already accepted before August 20, 2023.
7. MABA strongly encourages followers and friends to take:
 - "The eight guidelines of Anuruddha" (AN 8.30 and parallel discourse MA 74 are listed below) for personal practice.
 - The practice of giving as an external practice.
 - Three forms of giving: money and materials, time and energy, and knowledge of Buddhist teaching and practice.
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The order of the study of the SA and SN:

1. The Path (Maha Vagga)
2. Five Aggregates (Khandha Vagga)
3. Six Sense-bases (Salayatana Vagga)
4. Causes And Conditions (Nidana Vagga)
5. Eight Assemblies (Sagatha Vagga)

"The Eight Guidelines of Anuruddha"

AN 8.30 (English translation by Bhikkhu Bodhi)

This Dhamma is for:

1. One with few desires, not for one with strong desires.
2. One who is content, not for one who is discontent.
3. One who resorts to solitude, not for one who delights in company.
4. One who is energetic, not for one who is lazy.
5. One with mindfulness established, not for one who is muddle-minded.
6. One who is concentrated, not for one who is unconcentrated.
7. One who is wise, not for one who is unwise.
8. One who delights in non-proliferation, who takes delight in nonproliferation, not for one who delights in proliferation, who takes delight in proliferation.

MA 74 (CBETA 2023.Q3, T01, no. 26, pp. 540c18-542b1)

1. The Path is from no desire, not from desire.

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2. The Path is from contentment, not from insatiableness.

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3. The Path is from seclusion, not from delight in gathering and dwelling in a gathering. □□□□□□□□□□□□□□□□□□□□

4. The Path is from diligence, not from laziness.

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5. The Path is from right mindfulness, not from wrong mindfulness.

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6. The Path is from mental concentration, not from a confused mental state.

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7. The Path is from wisdom, not from ignorance.

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8. The Path is from non-proliferation, delight in non-proliferation, undertake nonproliferation; not from proliferation, delight in proliferation, and undertake proliferation.

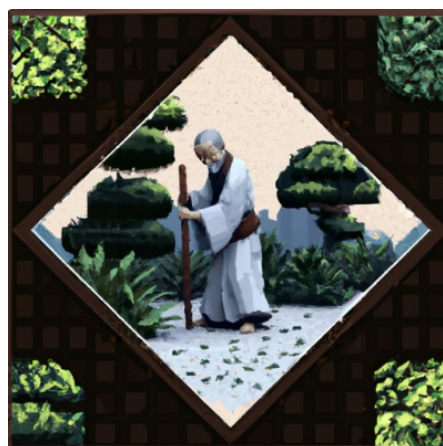
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VOLUNTEERS ARE WELCOME!

SOW THE SEEDS OF GOOD DEEDS

Our monastery is happy to receive any help in cleaning the Chan Hall, yard work and gardening. Please let us know you are willing to come and help.



[Volunteer](#)



November 10 - 12 Beginner's retreat

Our last beginner's retreat of the year will be held on November 10 to 12. We are happy to welcome everyone. We still have a few spots open, make sure to register. Gift yourself with time dedicated simply to your practice!

[Register](#)

MINDFULNESS

Beginner's retreat

MEDITATION & BUDDHIST TEACHINGS



Meditation

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



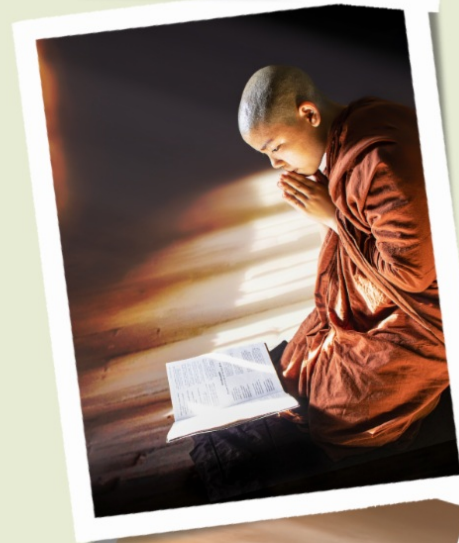
Dhamma talks

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



E-news announcement

We will temporarily stop posting e-news during MABA deep reflection period.



Dana

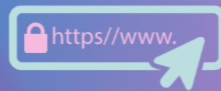
is the virtue of giving. Monastic community is fully dependent on the lay community support. As for now MABA almost fully relies on the support of traditional Asian community. It is very important for us to help Western community to develop six paramitas (perfection), first of which is the virtue of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

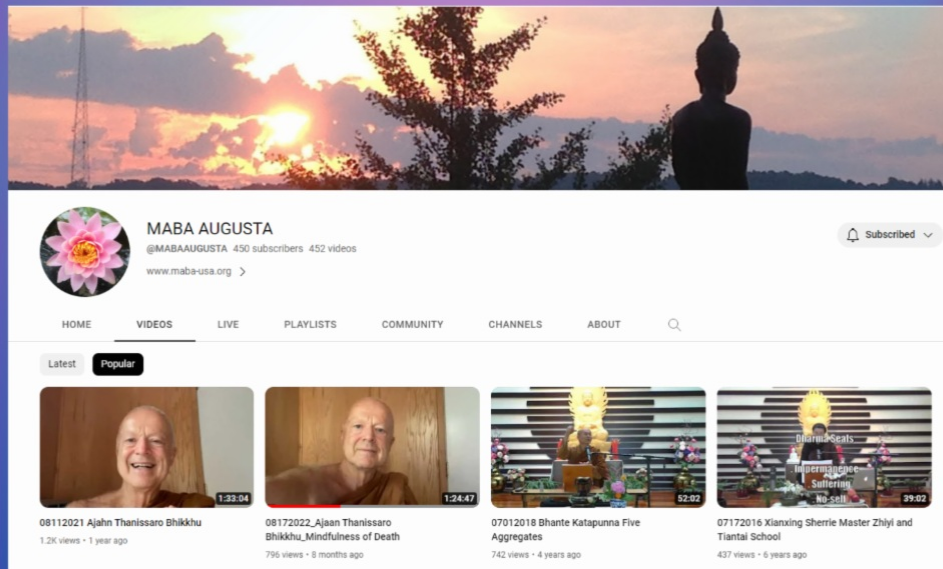
[Donate Now](#)



Find past Dharma Talks on our YouTube channel



www.youtube.com/MABAAugusta



The screenshot shows the YouTube channel page for MABA AUGUSTA. The channel name is MABA AUGUSTA, with the handle @MABAAUGUSTA, 430 subscribers, and 452 videos. The website www.maba-usa.org is listed. The channel is subscribed to. The video list includes:

Video Title	Views	Age
08112021 Ajahn Thanissaro Bhikkhu	1.2K views	1 year ago
08172022_Ajaan Thanissaro Bhikkhu_Mindfulness of Death	796 views	8 months ago
07012018 Bhante Katapunna Five Aggregates	742 views	4 years ago
07172016 Xianxing Sherrie Master Zhiyi and Tiantai School	437 views	6 years ago

[Dharma Talks](#)





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2-year program
Certified
by a renown
Buddhist
University



No
Tuition Fee

*Registration fee
Needed

100 %
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Part-time
Basis

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in the
evenings

DIPLOMA IN BUDDHIST STUDIES ADMISSION FOR 2024-2025

A SYSTEMATIC AND COMPREHENSIVE BUDDHIST EDUCATIONAL PROGRAM

- ✓ Experienced Monastic and Lay Buddhist Teachers
- ✓ Diverse Courses Offered: from Buddhist History, Philosophy to Modern Applications
- ✓ Foundation for Graduate Programs in Buddhist Studies
- ✓ Meet Teachers and Classmates Online Complete the Program from Home

APPLY NOW!

For more information
email us: ybefacademy@gmail.com
or visit our website:

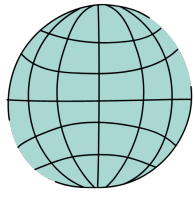
<https://maba-usa.org/dbs-2024-2025>



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 | 636-4824-037 | <https://maba-usa.org/>



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