

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
10.10 - 10.45 Dhamma talk
10.45 - 11.00 Chanting
11.00 - 11.45 Study Group
11.45 Vegetarian Lunch

September schedule:

- 2nd of September - Dynamic Meditation Day at 1 p.m.
- 3rd of September - Dizang Blessing
- 3rd of September - Sunday at MABA (Dhamma Talk by Xiǎnzhi Katty)
- 10th of September - Sunday at MABA (Dhamma Talk by Master Jì Rú)
- 17th of September - Sunday at MABA (Dhamma Talk by Xiǎnzé Jeff)
- 23rd of September - Dynamic Meditation Day at 1 p.m.
- 24th of September - Sunday at MABA (Dhamma Talk by Master Jì Rú)
- 29th Sep - 1st Oct - Beginner's Retreat

Event Calendar



Buddhist Teaching of the Month

Dharma dwells in the region of absolute reality, being above and beyond all dualities; is unmovable for it does not rely on the six objects of sense; neither comes nor goes for it does not stay anywhere; is in line with voidness, formlessness and inactivity; is beyond beauty and ugliness; neither increases nor decreases; is beyond creation and

destruction; does not return to anywhere; is above the six sense organs of eye, ear, nose, tongue, body and mind; is neither up nor down; is eternal and immutable; and is beyond contemplation and practice."

Vimalakirti Sutra. Chapter 3



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](#)



Dizang Blessing Ceremony
on September the 3rd

DIZANG BLESSING CEREMONY

美中佛教會地藏祈福法會

Sunday, September 3rd, 2023

2023年9月3日(星期日)

10:00 AM ~ 11:30 AM

Reciting *Diamond Sutra*, *Heart Sutra*,
& Name of "Ksitigarbha Bodhisattva of the Great Vow"
Offering & Transferring of Merit
念誦金剛經、心經、地藏王菩薩聖號；
上供、回向

注：歡迎您和家人親友們共同來參與法會追思往生者。本會準備午齋與大家共享。

Note: MABA welcomes you and your family, relatives, and friends to participate in this Dharma Assembly to commemorate the departed. Vegetarian lunch will be served.

有興趣加入 MABA 的 WhatsApp 或微信群組，
請在點燈的表格下方填寫您的資料。

To receive MABA news via WeChat or WhatsApp,
please enter your information at the bottom section of the lantern form.

299 Heger Ln, Augusta, MO 63332
Website: <https://www.maba-usa.org>

To download Dizang form please visit [maba website](https://www.maba-usa.org)



September 29 - October 1
Beginner's retreat

Our first beginner's retreat was a great experience for everyone. We are happy to welcome everyone for the second one that will be held in the end of September. 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
Quite place for practice



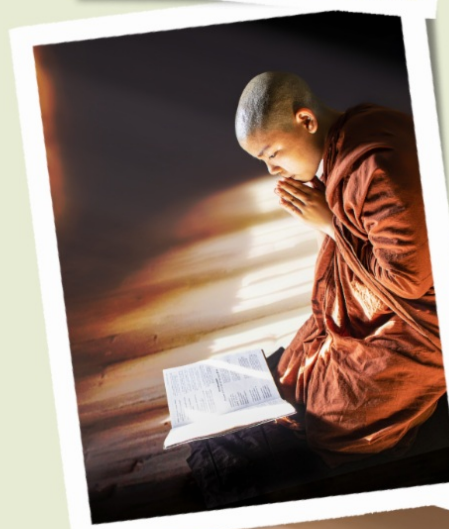
Dhamma talks

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



After summer brake we are happy to announce that our **Dynamic Meditation Program** is back. Join us in our effort to learn more about Body and Mind. 2nd and 23rd of September 1 p.m. - 3 p.m.

Everyone is welcome!

Intended schedule:

1.00 p.m. Taichi and Qigong

1.30 p.m. Sitting Meditation

2.00 p.m. Dhamma Discussion

Schedule is subject to change. If you have any topic that you would like to suggest for Dhamma discussion, we would be happy to hear about it.

The event is open for everyone!

Please register!

MABA Mindfulness Program

Dynamic Meditation Day

With certified Chinese
Martial Art instructor
Lay Dhamma Teacher
Xianjie (Kat)

Time: 09/02 and 09/23 at 1.00 p.m.
Location: Sudhana Pavilion or Chan Hall

For registration and inquiries:
kongke.maba@gmail.com



Monastic "Deep Reflection" Retreat

This year from October 2023 till September 2024 MABA monastic community will take time to have a deep reflection retreat, dedicated to studying Samyutta Nikaya and Samyukta Agama. During that time few changes will happen, including:

- MABA will be open to the public only on Sundays
- MABA suspends all retreats and programs except those that have already been scheduled, including Beginner's Retreat, Sunday Mornings, Qingming Blessing, and Dizang Blessing
- MABA stops accepting requests for any duration of overnight stay except those already accepted before August 20, 2023.
- MABA stops accepting invitations to attend any programs and activities except those already accepted before August 20, 2023.



Since October 2023 till September 2024 MABA monastic community will be in a deep reflection retreat dedicated to studying Samyutta Nikaya and Samyukta Agama. During that time MABA will not accept applications for this training program. But if you are interested to know more about this program and would like to apply later, please do not hesitate to reach out

[Contact us](#)

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



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 its 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

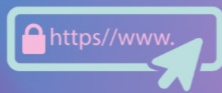
not hesitate and seize any opportunity to develop this virtue.

Thank you for your outgoing support!

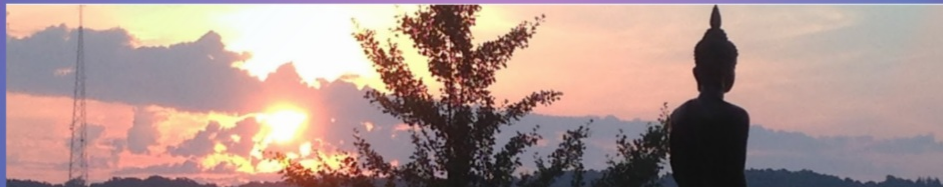
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Find past Dharma Talks on our YouTube channel



www.youtube.com/MABAAugusta



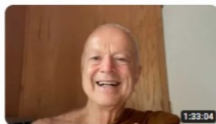
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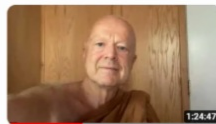
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[Dharma Talks](#)





University of Kelanya (Sri-Lanka) and
Right Mindfulness Training Academy (USA)

2-year program
Certified
by a renown
Buddhist
University



No
Tuition Fee

*Registration fee
Needed

100 %
Online
Part-time
Basis

Classes
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:

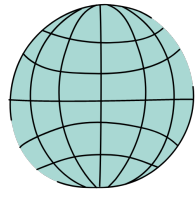
<https://maba-usa.org/dbs-2024-2025>



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 | 6364824037 | <https://maba-usa.org/>



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

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