



MABA
eNEWSLETTER
September 2024



Blue Lotus House & Manjushri Hall

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lánlián wū jī wénshū jiāngtáng

Hello, friends!

We hope you're all doing well!

Several events took place in August. The [Mindfulness Day Event](#) at the Thai Buddhist Temple was a great success, featuring informative [presentations](#) by speakers from various Buddhist centers around the St. Louis area. One of the speakers was Master Jì Rú. They provided instructions on incorporating mindfulness practices into our everyday routines.

Our online Buddhist classes have started and are off to a great start, with enthusiastic sign-ups. If you're interested in joining the free online class and haven't signed up yet, don't miss out - [sign up soon!](#)

The volunteer group from our Chicago temple, the International Buddhism Friendship Association (IBFA), recently participated in a ten-day practice at MABA with the monastic community. They deeply appreciated the experience, gained valuable insights into the teachings, and immersed themselves in the living at MABA! Be sure to check out the [photos](#) and read more in the volunteers section.



Our Online Buddhist Studies Program

Discover the enriching opportunities of our online Diploma in Buddhist Studies (DBS) program. Applications are now open for the upcoming academic year! Visit our website to learn more about this flexible and comprehensive program.

Whether you prefer a structured curriculum or want to explore Buddhism at your own pace, we offer a few study options tailored to your interests.

[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



Buddha's Teaching of the Month

"Truly, misers fare not to heavenly realms; nor, indeed, do fools praise generosity. But the wise man rejoices in giving, and by that alone does he become happy hereafter."



UPCOMING EVENTS

September marks the conclusion of our Deep Reflection Period. We have a vibrant fall season ahead filled with spiritual events. Join us for Blessing Ceremonies, weekly Dharma Talks by our Dharma teachers, and our inaugural **one-day retreat** on October 26th (details on the flyer below). The much-anticipated **Kathina** event will be on November 24th. We are also hosting a **Volunteer Offering Service Week** from September 30th to October 5th. Discover the details of our upcoming events below.

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

Please join us on Sunday Mornings:

September 8th, 2024
Dharma Talk by Xiǎn Kuān Don at Chán Hall
Dìzàng Blessing Ceremony at Dìzàng Hall

Master Ji Ru's Dharma Talks on Sundays
September 22nd, 2024
September 29th, 2024

Schedule for September Sunday Morning at MABA:

9:30 - Silent Meditation

10:10 - Dharma Talk

(If there is no dharma talk, we will continue with silent meditation)

10:45 - Chanting

11:10 - Group Discussion at the Manjushri Hall

11:45 - Vegetarian Lunch at Blue Lotus House

Make sure to visit our [website](#) for the latest Sunday morning schedule updates.

September 8th 2024
Dizang Blessing Ceremony

美中佛教会地藏王菩萨
祈福法会

DIZANG BLESSING
CEREMONY

SUNDAY
SEPTEMBER 8TH

9月8日2024年
(星期日)

10 AM ~ 11:30 AM

Reciting Diamond Sutra, Heart Sutra, &
Name of "Ksitigarbha Bodhisattva of the Great Vow"
Offering & Transferring of Merit

念诵金刚经、心经、地藏王菩萨圣号；
上供、回向

MABA welcomes you and your family, relatives, and
friends to participate in this Dharma Assembly to
commemorate the departed, and blessings to yourself,
family, relatives, and friends!
Vegetarian Lunch will be served.

欢迎您和家人亲友们共同来参与法会追思往生者，
及为您及家人亲友祈福！
本会准备午斋与大家共享。

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

有兴趣加入MABA的Whatsapp或微信群组，
请在点灯的表格下方填上您的资料。



299 HEGER LN
AUGUSTA MO 63332
Website: <https://www.maba-usa.org>

Volunteer Offering Service Week
September 30th, 2024 to October 5th, 2024

As fall arrives, we'll be caring for MABA's grounds by trimming tree branches and tending to the flower gardens. Master Ji Ru will lead the team. We plan to work from approximately 8:30 AM to 11:00

AM, followed by a lunch break and resuming from 1:00 to 3:30 PM. If you'd like to participate, please inform the office of your preferred dates so that our kitchen staff can adequately prepare lunch. Your offering service would be greatly appreciated!

Schedule of the offering service:

8:30 AM Arrival

Offering Services include: Trimming tree branches, clearing bushes, weed trimming, tending to the gardens, cleaning up the meditation cushions at Chan Hall, Chan Hall's porch area, Guanyin Pavilion's clean up, and maintaining the Pet's Memorial Corner.

11:00 Tea break/Dharma Sharing

11:30 Vegetarian Lunch

1:00 PM Offering Services resume

3:00 Tea break/Dharma Sharing

3:30 Offering Services end for the day.

(Option: Bring the following items: a chainsaw, a tree cutter, work gloves, eye protection glasses, work shoes, and extra clothes for changing if needed.)

You could come for the whole week of offering service, or choose any day of your free day that week.



Inhabit the Moment | Restore Your Equilibrium | Cultivate Connection

WashU Mindfulness Week 2024

Enjoy mindful movement, art, music, amazing speakers, guided meditations, and a panel on mindfulness-related research at WashU.

Highlights include watch parties for:

- A keynote given by one of the world's most renowned Tibetan Buddhist meditation teachers, the Venerable Yongey Mingyur Rinpoche: "Change Your Mind, Change Your World: Recognizing Innate Wellbeing," live from Nepal. His TED talk – "How to tap into your awareness, and why meditation is easier than you think" – has more than 1 million views.

- The 8th speaker in WashU's Mindfulness & Anti-Racism Speaker Series, Dr. Larry Ward, founder of The Lotus Institute and author of *America's Racial Karma: An Invitation to Heal*, live from North Carolina.

Presented by WashU's Mindfulness Science & Practice group, a multi-year cluster of the Incubator for Transdisciplinary Futures.

SEPTEMBER 24-27, 2024



Incubator for
Transdisciplinary
Futures

WashU Mindfulness Week 2024

Join the Mindfulness Science and Practice group at WashU for four days of music, art, movement, silence, and stillness. We will experience community and conversation, insight, rest, and reflection.



LEARN MORE:



October 13th 2024
Guanyin Blessing Ceremony

Complete the [form](#) to light a lantern.

美中佛教会于观音亭
举行
观世音菩萨祈福燃灯供佛法会

Mid-America Buddhist Association is celebrating the
Avalokiteśvara (Guanyin) Bodhisattva
Lanterns Offering Blessing Ceremony
at the Guanyin Pavilion

Sunday, October 13th, 2024

星期日2024 年10月13日

9:30 AM ~ 11:30 AM

The Gatha from Chapter 25 of the *Lotus Sutra*
Heart Sutra

Dharma Talk by Master Jì Rú

诵〈观世音菩萨普门品〉偈颂，二〈心经〉

为燃灯者及大众祈福。

继如法师开示

MABA welcomes you and your family, relatives, and friends to
participate in this Dharma Assembly, for blessings to yourself,
family, relatives, and friends!
Vegetarian Lunch will be served.

欢迎您和家人亲友们共同来参与为您及家人亲友祈福！
本会准备午斋与大家共享。

October 26th 2024

One-Day Retreat:

Understanding What It Means to Take Refuge and the Precepts

Click [here](#) to register.

One Day Retreat

Saturday, October 26, 2024

LEARN WHAT IT MEANS TO
TAKE REFUGE AND THE
PRECEPTS

This is a wonderful opportunity for beginners and experienced alike to deepen their understanding of what it means to Take Refuge and practice the Five Precepts. We will experience how these practices broaden develop mindfulness. The retreat will run from 8:15 a.m to 5:00 p.m but you are welcome to arrive at 5:30 a.m. to join us in morning meditation and chanting! This retreat is open to all, and it is not required that you take Refuge and the Precepts.

Pre-registration is required and spaces are limited so sign up now!

[registration link](#)

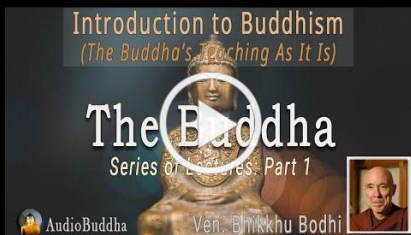


Scan me!

a donation of \$50 is requested to help cover costs of food and other resources



Videos of the Month



Volunteers of the Month



Aihwa Oliva (with a blue shirt on), is our volunteer of the month. Aihwa has been with MABA since 1996. She volunteers to offer assistance to Eileen Brake, who is part of the Volunteer Worker program for Older Workers. Eileen works three days a week at MABA. During the 10-day IBFA Volunteer Group retreat, Aihwa came to offer her assistance to Eileen. Both of them worked diligently in the kitchen, preparing and cooking lunch for our IBFA Volunteer Group Retreat at MABA.



IBFA VOLUNTEERS RETREAT AT MABA

This August, several volunteers and Venerable Chi Miu from the IBFA Temple in Chicago traveled to MABA for a retreat. Some of our local members attended as well. Most attended for three days, but a few volunteers had the pleasure of staying for a ten-day retreat!

The daily schedule consisted of morning and evening chanting services, Dharma talks and discussions led by Master Ji Ru, four meditation sessions, and time dedicated to mindful work in the garden and around MABA. Master Ji Ru and the other monastics instructed the attendees in Satipatthana meditation: mindfulness while sitting, walking, standing, and lying down. Master Ji Ru gave Dharma talks on subjects such as impermanence and change; the Four Noble Truths; the Noble Eightfold Path; the necessity of ridding oneself of greed, anger, and delusion to strengthen one's mind; and how lay devotees can incorporate the Buddha's teachings into their lives.

Two IBFA members, Ayler and Charlotte, received their lay ordination from Master Ji Ru. During this ceremony, they took refuge in the Triple Gems (Buddha, Dharma, and Sangha), and accepted the Five Precepts. They received their Haiqing robes to wear during temple ceremonies.

Our visiting volunteers Lih Yong and Siew Choo prepared an authentic Malaysian laksa, a dish that some of our American attendees got to try for the first time. Laska is a spicy noodle soup with bean curd puffs and vegetables in a coconut milk broth.

The Chicago-based attendees appreciated the chance to take a break from city life and experience a lifestyle fully dedicated to upholding the Dharma. We hope they were all inspired to incorporate aspects of their practice from the retreat into their daily lives at home.



Herbal Plants At MABA*





Red Silk Thread

Red silk thread has several beneficial, pharmacologically active ingredients. These ingredients have a variety of effects, including:

1. Antibacterial and anti-inflammatory: The glycosides contained in the red silk thread have antibacterial and anti-inflammatory effects, which can inhibit the bacteria or viruses that cause cough and reduce the inflammatory response.

2. Phlegm and cough relief: The flavonoids in the red silk thread have the effect of dissolving phlegm and relieving cough, which can help dilute sputum, reduce the viscosity of sputum, and promote sputum discharge.

3. Antiasthmatic: The volatile oil in the red silk thread has an antiasthmatic effect, which can help relax the bronchial smooth muscles, relieve bronchospasm, and improve respiratory function.

4. Cough suppressant
The red thread has the effect of suppressing the cough center and can effectively relieve cough symptoms. At the same time, the red thread also has a calming effect, which can help relieve the symptoms of irritability caused by coughing and promote sleep quality.

5. Clear lung fever
The red silk thread has the effect of clearing lung heat and purging lung fire, and can effectively relieve symptoms such as cough, phlegm, sore throat, and other symptoms caused by lung heat.

Red silk thread can help remove toxins accumulated in the lungs, and enhance the lungs' ability to fight infection. The red silk thread has cough and expectorant effects attributed to active ingredients like glycosides, flavonoids, and volatile oils. It also acts as a cough suppressant, clears lung fever, and has antibacterial and anti-inflammatory properties.

Lotus Leaf Tea

Efficacy:

Lotus leaf tea is primarily made from lotus leaves and has several health benefits, including lowering blood lipids and aiding weight loss. It not only helps reduce body heat and relieve heat-related discomfort but also boosts spleen yang, making it effective for treating summer heat and diarrhea. It is often used in conjunction with lentils.

1. Lowering blood lipids:

The alkaloid in lotus leaves, called lotus leaf alkali, can dilate blood vessels, reduce body heat, and lower blood pressure.

2. Weight loss:

The alkaloids in lotus leaf tea have been found to have lipid-lowering effects, making it a common choice in clinical treatment for obesity. Lotus leaf tea works by forming a layer of fat isolation film on the intestinal wall, preventing the absorption of fat and facilitating effective weight reduction while controlling rebound weight gain.

3. Relieving constipation:

Lotus leaf tea contains fiber, which is more effective than regular high-fiber foods in promoting large intestine peristalsis and facilitating bowel movements.

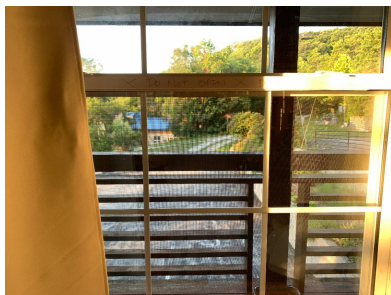
It is not recommended to consume simple dried lotus leaves directly. Lotus leaves are cold in nature, and consuming them alone may be harmful to the spleen and stomach. It is advisable to choose a formulated tea made by reputable manufacturers, or add herbal tea formula, tangerine peel, honey, etc.

please consult reliable online resources or a qualified healthcare professional.

*Disclaimer: This information is not intended as a substitute for professional medical advice. Please consult with a qualified healthcare provider before using them for medicinal purposes."



[DONATE HERE](#)



Replacing the Windows in the Chan Hall.

The Chan Hall's aging windows, installed in 1997, have begun to deteriorate, making them difficult to operate and contributing to high energy costs. To address these issues and reduce our energy consumption, we have decided to replace the 24 windows in the upstairs Meditation Hall with higher-quality, UV-rated replacements. The total cost of this project is \$33,000.00, which we are financing in three installments.

We are seeking your generous support to help offset the cost of this essential improvement. Your contribution will not only enhance the comfort and functionality of our space but also contribute to a more sustainable future.

Thank you for your continued support of MABA!



[DONATE HERE](#)

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 the traditional Asian community. We need to encourage our Western community to 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 the 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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