



Hello, friends!

This past August, we celebrated Mindfulness Day at the Thai temple, took a docent tour of the Asian Art Collection at the St. Louis Art Museum, and welcomed numerous gracious volunteers. For many, August marked the start of the school year, and we wish everyone the best of luck with their studies!

We would like to remind you that enrollment is now open for the Master's in Buddhist Studies (MABS) program. Please check the flyer below for more details and visit the [Right Mindfulness Training Academy \(RMTA\)](#) website to learn more.

With autumn approaching, everyone at MABA is preparing for the upcoming fall activities. In addition to our regular groundskeeping tasks, we will also be actively harvesting fruits and vegetables from the garden. As always, we welcome help from volunteers to assist with the mowing, cleaning, harvesting, and other daily activities. If you're interested in volunteering, [contact us](#) to coordinate a visit!

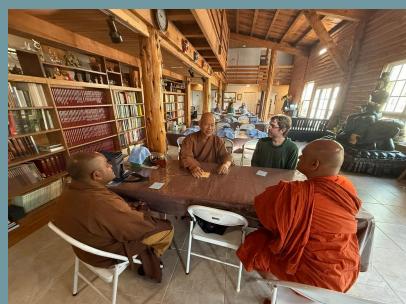
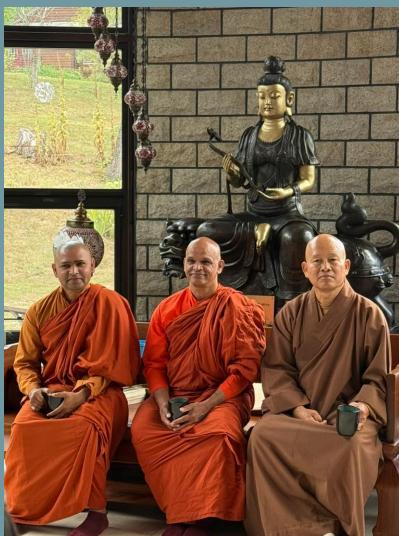
As we welcome the new season, events like our Dizang Blessing Ceremony—scheduled for September 14th—are on the way. Be sure to check [our website](#) for upcoming events and updates.

We would like to extend our gratitude to everyone for their support of the Myanmar Rebuilding Project. The funds have been sent to the Texas Buddhist Association, where a dedicated group of members and volunteers is on the ground in Myanmar working to distribute the funds to those in need.

May you be peaceful and happy!



MABA's First Teacher-and-Student Retreat





From August 30–September 2, 2025, MABA hosted its first teacher-and-student retreat for participants in our online Buddhist Studies Program. Teachers, students, alumni, and Dharma friends from St. Louis and beyond came together for a meaningful and inspiring experience of the Buddhist community. The retreat included silent meditation, shared outdoor work, lively discussions, and reflective moments filled with laughter and encouragement. It concluded with a productive teachers' meeting, leaving everyone inspired and motivated. We look forward to gathering again next year! Click [here](#) to see more photos.



August Events

Mindfulness Day at Thai Buddhist Temple



On Saturday, August 23rd, Venerables Kongyan and Kungshih, along with Xianji Lee, participated in the annual Mindfulness Day Event held at the Thai Buddhist Temple, organized by the Buddhist Council of Greater St. Louis. The event focused on mindfulness practices in daily life. Attendees enjoyed

Dharma tea sharing and cultural food tastings prepared by a generous group of Thai female members from the temple. Venerable Kongyan delivered a talk on mindful living, while Xianji Lee provided a brief guided instruction on standing and sitting meditation. The event ended with a dedication of merit led by Dr. Kongsak, chairperson of the Buddhist Council of Greater St. Louis. More photos and teachings from the event can be viewed on the [website](#).



St. Louis Art Museum's Tour





On August 24th, members of MABA, including the Venerables and friends, visited the St. Louis Art Museum for a docent-led tour of the Asian Art Collection. During the tour, they explored various traditions related to the Bodhisattvas, with a particular focus on Avalokiteśvara. The experience concluded with the chanting of the Heart Sutra in both English and Chinese in front of the Guanyin Bodhisattvas.

Before departing, one of the docents provided mandala art for everyone to color. Everyone enjoyed the tour, and we look forward to planning our next visit to the Nelson-Atkins Museum of Art in Kansas City.



Master in Buddhist Studies (MABS)



Degree Conducted by



Right Mindfulness Training Academy (RMTA)
U.S.A

Degree Conferred by



Postgraduate Institute of Pali and Buddhist Studies
University of Kelaniya, Sri Lanka

Online

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Email Inquiries: ybefacademy@gmail.com

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The PGIPBS at the University of Kelaniya is an internationally recognized center for the advanced study of Buddhism, exploring its profound philosophical roots as well as its relevance in today's world.

PGIPBS website: <https://pgipbs.kln.ac.lk/>

RIGHT MINDFULNESS TRAINING ACADEMY (RMTA)

Founded in 2018, the RMTA brings monastics and lay practitioners together in a cross-cultural exchange of authentic Buddhist teachings—honoring tradition while addressing today's world. RMTA is affiliated with YBEF and MABA (Mid-America Buddhist Association) in Augusta, Missouri.

RMTA website: <https://rmtausa.org/>

YOUTH BUDDHIST EDUCATIONAL FOUNDATION (YBEF)

An affiliate non-profit organization of MABA, dedicated to supporting Buddhist educational programs financially. Tax ID Number 43-1786009.

By donating to YBEF, you support our mission and help us expand our efforts.



For admission requirements, application instructions, program schedule, and other details, please visit our website:



Program website: <https://rmtausa.org/>

Email Inquiries: ybefacademy@gmail.com

WHY US?

This master's degree is offered by a partnership of an internationally renowned Buddhist Institute with the wisdom and guidance of expert Buddhist scholars and practitioners in the West. The University of Kelaniya and Right Mindfulness Training Academy near St. Louis collaborate to provide a unique learning experience, global yet grounded.



FACULTY OF DISTINGUISHED MONASTIC & LAY BUDDHIST SCHOLARS



100% ONLINE



TUITION FEE IS SPONSORED BY YBEF

With a one-time administrative fee payable to PGIPBS, and donations to YBEF are suggested if you are able.



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2 YEAR PART TIME

2026-2027

ACADEMIC YEAR

Starts March 13, 2026

Admissions Now Open!

Degree Conducted by

Right Mindfulness Training Academy (RMTA), USA

Degree Conferred by

Postgraduate Institute of Pali and Buddhist Studies (PGIPBS)

University of Kelaniya, Sri Lanka

PROGRAM STRUCTURE

This MABS program includes both coursework and an extended essay, to be completed within a two-year period.

A. COURSE WORK

1. Buddhist Doctrines of the Pali Nikāyas: Analysis and Interpretation
2. History of Chinese Buddhism
3. Buddhist Doctrine: Modern Philosophical Perspectives
4. Buddhist Ethics: Concepts and Philosophical Interpretations
5. Modern Buddhism
6. Introduction of Buddhist Chaplaincy
7. Research Methodology and Extended Essay

B. EXTENDED ESSAY

- 5,000-word extended essay on a topic related to one of the courses taken.
- Completed by the end of the second year, with faculty committee support and possibility of one-year extension.

OUR FACULTY

1. Ven. Dr. Dhammadipa SAK (PhD in Religions, University of Bristol)
2. Ven. Dr. Soorakkulame Pemaratana (PhD in Religious Studies, University of Pittsburgh)
3. Ven. Dr. Longyun (PhD in Religious Studies, University of the West)
4. Dr. LI, Jingjing (PhD in Philosophy of Religion, McGill University)
5. Dr. TENG, Weijen (PhD in Religious Studies, Harvard University)
6. Dr. YING, Lei (PhD in East Asian Languages and Civilizations, Harvard University)

MABS 72 Research Methodology and Extended Essay

- Instructors: Ven. Dr. Dhammadipa, Dr. Teng, Weijen



Our Online Buddhist Studies Program

Deepen Your Buddhist Knowledge with Our Online Buddhist Studies Program

The Diploma in Buddhist Studies (DBS) Program offers a wonderful opportunity, whether you're new to Buddhism or looking to deepen your understanding, to explore the Buddhist teachings and apply them in daily life.

Now Accepting Applications for 2025–2027!

Interested? Visit our [website](#) to learn more about the [DBS program](#) and other flexible study options. Whether you thrive in a structured curriculum or prefer to learn at your own pace, we have a path that suits you.

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YOUR EXPERIENCE AND LEARNING GOALS

PROGRAM OPTIONS

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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 are seeking spiritual growth or opportunities for community engagement, we invite you to join us on Sunday mornings or to participate in our various service activities. We welcome any

vegetarian contributions for our Sunday lunch. If you would like to bring a dish, please let our office know what you will be bringing.



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

Everyone is welcome to stay for lunch, and you may bring a dish to share. Please inform us if you plan to bring a dish. Thank you!

12:30 PM: Dharma Book Reading & Discussion at
Manjushri Hall



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

All are welcome to join us for the Dharma Book reading from
12:30 PM~1:30 PM

"What the Buddha Taught" by Venerable Dr. Walpola Rahula
Download the [pdf copy here](#).

If you like to receive an updates on the readings weekly,
please email to the [office](#).



Upcoming Events

美中佛教会地藏王菩萨 祈福法会

DIZANG BLESSING CEREMONY

SUNDAY
SEPTEMBER 14TH

9月14日 2025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。

299 HEGER LN
AUGUSTA MO 63332
636-4824037
Website: <https://www.maba-usa.org>



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 19th, 2025

星期日 2025年10月19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〉 喇颂, 〈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。



Volunteers at MABA





We want you to be part of our team! If you'd like to make a difference, please reach out to us about some exciting upcoming opportunities to volunteer. We're gearing up for gardening, grounds cleanup and we need enthusiastic volunteers like you! There are many ways to get involved, from setting up tents and parking signs to assisting in the kitchen. Join us for a rewarding experience where you'll meet new people and impact our community!

Volunteer Work Opportunities at MABA

You are welcome to volunteer any day and at any time from Monday to Saturday during the following hours:

- 9:30 AM to 11:20 AM
- 1:00 PM to 3:00 PM

Master Jì Rú will offer half an hour of meditation instruction & Dharma sharing whenever he is available at MABA.

Volunteer tasks include:

- Garden and ground maintenance
- Mowing
- Weed trimming
- Cleaning the porch of the Chan Hall
- Reorganizing the garden/weeding around the Standing Buddha
- Kitchen assistance

and other works as needed.

Sign Up Here to Volunteer!



Buddha's Teaching of the Month

Iti 27 Mettācetovimutti Sutta:

The Development of Loving-kindness

This discourse was taught by the Blessed One, taught by the Arahant, the fully enlightened Supreme Buddha. This is as I heard:

“Monks, all the ways of making merit leading to future happiness do not equal a sixteenth part of the mind-liberation of loving-kindness. The mind-liberation of loving-kindness surpasses them and shines, blazes, and dazzles.”

“Just as the radiance of all the stars does not equal a sixteenth part of the radiance of the moon, the moon’s radiance surpasses them and shines, blazes, and dazzles, so do all the grounds for making merit leading to future happiness not equal a sixteenth part of the mind-liberation of loving-kindness. The mind-liberation of loving-kindness surpasses them and shines, blazes, and dazzles.”

“Just as in the last month of the rainy season, in the autumn, when the sky is clear and cloudless, the sun, on ascending the sky, dispels the darkness of space and shines, blazes and dazzles, so do all the grounds for making merit

leading to future happiness do not equal a sixteenth part of the mind-liberation of loving-kindness. The mind-liberation of loving-kindness surpasses them and shines, blazes, and dazzles.

“Just as in the last stage of the night, not yet dawn, the morning star shines, blazes, and dazzles, so do all the grounds for making merit leading to future happiness do not equal a sixteenth part of the mind-liberation of loving-kindness. The mind-liberation of loving-kindness surpasses them and shines, blazes, and dazzles.

This is the meaning of what the Blessed One said. So, with regard to this, it was said:

The one, who mindfully develops loving-kindness immeasurably, sees the destruction of defilements. The fetters in his mind are worn away.

If one spreads boundless loving-kindness without having a hateful mind, even for one being, as a result, he becomes a skilled Dhamma practitioner, not to speak of the power of abundance of merit accumulated by the noble one who has a compassionate mind towards all beings.

In this world, powerful kings who have conquered the earth crowded with beings have gone about performing sacrifices: the horse sacrifice, human sacrifice, water rites, and soma rites.

But those sacrifices do not equal even a sixteenth part of a well-developed mind of loving-kindness; just as all the stars in the sky do not equal even a sixteenth part of the radiance of the moon.

The one who neither kills nor influences others to kill nor defeats others nor influences others to defeat, spreads loving-kindness to all beings – he has no hatred towards anyone or anything at all.

This, too, is the meaning of what was said by the Blessed One. This is exactly as I heard.

Read this translation of **Itivuttaka 27 Mettācetovimutti Sutta: The Development of Loving-kindness** by Ven. Kiribathgoda Gnananda Thero on SuttaFriends.org. Or read a different translation on SuttaCentral.net or DhammaTalks.org. Or listen on SC-Voice.net. Or explore the Pali on DigitalPaliReader.online.

Readings:
Right View Quarterly
Daily Sutta Reading
Suttas (Buddha's Teachings)



Videos of the Month



The Ten Stages of Trust

Volume 1 The Fifty-two Stages of the Bodhisattva



XIANKUAN

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.



[Donate at our Website](#)



Myanmar Earthquake

We are deeply saddened by the immense damage and suffering occurring in Myanmar due to the earthquake. The destruction is profound, and help is needed right now. Jírú Shífù hopes we can all put our compassion into action by aiding our friends in Myanmar.

Please give as generously as you can to emergency aid services such as the Red Cross or Doctors Without Borders.

MABA is collecting funds for future use in Myanmar to help them rebuild their temples and monasteries. Thousands of their cultural and religious sites have been destroyed. Temples and monasteries will be rebuilt once the emergency has ended. **Please aid in rebuilding the places to study and practice the Dharma in Myanmar at the link to the left. Select "Relief Fund" under Paypal donations.**





DONATE HERE



**Internet Upgrade Expenses
Donation Link**

Dana

Dana signifies the virtue of giving. The monastic community relies heavily on the support of the lay community. Currently, MABA depends almost entirely on the support of the traditional Asian community. It is very important for us to assist the Western community in developing the six paramitas (perfections), the first of which is the virtue of giving. The significance of practicing Dana lies in its ability to help overcome lower fetters, such as greed and ignorance, as well as in its role in accumulating merits that support meditation practice. Without making preliminary efforts to establish virtuous actions, meditation can often become fruitless. We encourage everyone to seize any opportunity to develop this virtue.

At MABA, we have greatly integrated the use of the internet into our routines. This technology allows us to host online teachings and create presentations for our Sunday services. However, our internet provider is discontinuing their unlimited business plans, and transitioning to a usage-based plan will increase our rate from \$599.95 per month to \$799.95 per month.



We are reaching out to our community for help in bridging this gap! If you can, please support our cause. Every contribution counts! To donate, click the button to the left. Under "General Donation," select "Donate." This will redirect you to the donation page; once there, use the dropdown menu to select "Internet Upgrade Expenses."

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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