

Mid América



Dharma News

Winter Issue

<http://www.midamericadharm.org/>

November 2004

Spiritual Friendship

by Rodney Smith

When I was a monk alone in the monastery of Thailand, my practice was effortless and spacious. I did not struggle in the Thai forests despite the unfamiliar climate and poisonous creatures. But if a Westerner visited the monastery, my heart would close down and the natural harmony of the forests would turn into a darkened internal struggle of wanting to be left alone. I was closed to any intrusion in "my space" and spiritual friendship was relegated to distant correspondences in other parts of the world.

What do we mean by spiritual friendship and how is it different than the friendships we have throughout our lives? Many friendships are based on fulfilling a need. Usually the need is a psychological hole that the friend offsets. It may come from a feeling of something missing in ourselves that we don't feel when we are with our friend. Or the friend might offer us something tangible like empathy, advice, or a listening ear. In either case, such a relationship is often weighted toward dependency. As long as the unspoken conditions are met, the friendship endures, but if one or the other's needs change the friendship must go through a readjustment to survive.

The hallmark of a true spiritual friend is an open and caring honesty. Not the biting honesty that says what is true regardless of the listener's receptivity, but a caring honesty that genuinely wants the best for the other person. Such a relationship does not foster or encourage dependency. In fact if dependency becomes the basis of the relationship it would likely become a topic for inquiry and discussion between the two friends. Spiritual friends are often willing to journey into any part of their lives for the sake of truth. Inward closeted areas are opened without judgment or shame. Each supports the other in this excursion of self-discovery with interest, confidence and wise intention. Spiritual friendship supports selflessness. It is not egocentric nor does it spiral down into the unskillful energies of judgment or complaining. Rather it fosters the assurance that all things are workable when they are held in intimacy and seen impersonally.

Spiritual friendship is a wonderful part of the journey of awakening. Like all spiritual practice, it requires wise effort and letting go. The effort needed is the energy to cultivate the relationship and the willingness to move the friendship into a mutual trusting rapport. The letting go is the disposition to release the friendship from selfish demands or expectations - to have it begin and end within its own timing. Spiritual friends learn to love deeply and move on.

Reclusively huddled in the forest of Thailand I had no idea what I was missing by shutting off interpersonal contact. The free and honest exchange of spiritual friends enhances whatever practices we do. It is easy for me to be alone in nature, watch my mind, and see wisely without distortion. What is difficult is to bring the same wise observation and honest intention to my relationships and live the wisdom of the forest. Yet the heart would have no other way.

Walking on Faith and Kindness

by Phil Jones

You're driving down US Rt. 61 somewhere near the Mississippi River. As you come over a rise in the road, up ahead you see two large yellow-brown figures on the side of the road. As you get closer you realize that these are Theravada Buddhist monks. You wonder "What are Theravada monks doing on a country highway here in the middle of the US?"

You could have this experience sometime between March and July, 2005. Two Theravada Buddhist monks, Ajahn Punnadhammo and Jotipalo Bhikkhu, and a lay supporter, Austin Steward, will be walking from New Orleans, LA to Thunder Bay, Ontario, Canada. They will literally be living a homeless life, wandering from place to place, living on whatever food and shelter is offered to them and on the kindness of the people they encounter along the way. This is the practice of tudong which has existed in the Theravada Buddhist tradition since the time of the Buddha. They practice in the Thai forest monastic lineage of the great Thai teacher, Ajahn Chah, and his Western disciple, Ajahn Sumedho. Ajahn Punnadhammo is the abbot of the Arrow River Forest Hermitage near Thunder Bay, Canada, just north of Minnesota, on the western edge of Lake Superior, and Jotipalo Bhikkhu practices at the Abhayagiri Buddhist Monastery in the forests of Northern California, near Eureka.

Jotipalo Bhikkhu said: "Some of the reasons I have for doing this tudong are: 1) The physical challenge of being separated from the comforts of the monastery (a roof over the head, or ability to dry your wet clothing). 2) Living on faith (not knowing with any certainty that you will get any food to eat, maybe not even for days). And, perhaps most importantly, 3) Being a spiritual presence in the world. For myself, I see this walk as a conscious effort to support peace and maybe it will cause some people to question the consumer lifestyle most people just take for granted. I hope that by just walking, that will generate conversations about what we are doing. Give an opportunity for people to question what Buddhism is about. To give people the opportunity to support a worthy endeavor. The idea I have is to just walk, cultivate thoughts of the brahma-viharas [loving-kindness, compassion, sympathetic joy and equanimity], pray for peace and dedicate the merit of the walk to all beings."

Offers of support of this tudong would be welcome. If you would like to help, please send your name, address and phone number as well as what services you would like to offer (e.g., a place to stay, a meal offering, clothing or other requisites) to Jotipalo Bhikkhu at 16201 Tomki Road, Redwood Valley, CA 95470 or E-Mail jotipalo@abhayagiri.org. Please note that monks are only allowed to accept an offer for four months unless the donor makes clear specifications about the offer - like saying, "while you are on tudong please call me if you need food, shelter or any other requisites."

Announcements

Jon Kabat-Zinn Coming to Columbia, MO

Jon Kabat-Zinn will be giving two free public talks in Columbia in January.

Meditation and Talk - "Tasting Mindfulness" - An Evening of Practice and Conversation with Jon Kabat-Zinn. Wednesday, January 26: 7:30 p.m.; Stotler Lounge, Memorial Union North, MU Campus

Public Talk and Book-signing

"Coming to Our Senses: Healing Ourselves and the World, in Ways Little and Big, Through Mindfulness" Thursday, January 27: 7:00 p.m.; Missouri Theatre.

Jon is Professor of Medicine emeritus at the University of Massachusetts Medical School, where he was founding executive director of the Center for Mindfulness in Medicine, Health Care, and Society, and founder (in 1979) and former director of its Stress Reduction Clinic.

Newsletter

To add your name to the electronic mailing list, please use this subject/attention line, "MAD enewsletter", and send to johnpflaherty@earthlink.net (no paper copy will be sent). The mailing list coordinator's computer has had some really bad virus, worm and Trojan horse problems, so the email filter is set on high. She will know to accept your email and proceed accordingly. Please let us know if you do *NOT* want us to share your address with teachers and other dharma centers. As always, we welcome donations toward the cost of publishing/mailling the newsletter.

If your mail code ends in a "98" you are due to be removed from the mailing list, unless we hear from you. To remain on the list you need to attend a retreat or send a donation or contact Marnie Hammer with a request to remain on the mailing list.

Snail mail: *Mid America Dharma, PO Box 120246, Kansas City, MO 64112*

Email: johnpflaherty@earthlink.net Subject/Attention line: "MAD enewsletter"

To Our Sangha

Our newsletter is offered at no charge to those who wish to receive it. If you would like to help us offset the cost of printing and mailing the newsletter, we gratefully accept donations in any amount. Send your check payable to:

**Mid America Dharma,
620 Indiana,
Lawrence, KS 66044**

Sangha News - Winter 2004-2005

If you wish to include your group in the next edition of Mid America Dharma News, contact Bridget Rolens, 3934 Arsenal Street, St. Louis, MO 63116; email bridgetr@brick.net. The next edition will come out in May, 2005. Deadline for articles April 1, 2005.

Ann Arbor, MI

Arbor Insight sitting group meets bi-monthly on Sunday evenings. They also offer beginning meditation classes and non-residential retreats. Contact information: Sandra Berman, 734-769-9948; www.arborinsight.org.

Deep Spring Center offers a variety of classes for beginning, intermediate, and experienced students; plus short courses on specific topics such as non-duality and metta, weekly drop-in sittings, residential and non-residential weekend retreats 3-5 times/year, week-long summer retreat in June. The guiding teacher is Barbara Brodsky. Retreat opportunities include: Self-Retreat for Experienced Students, guided by Barbara Brodsky (Jan 21-29); Spring Retreat (March 4-6); No-Frills, No Teacher Vipassana Retreat for Continuing Students (April 22-24); Summer Retreat led by Barbara Brodsky and John Orr (June 17-25). For a complete schedule see our website. Contact information: Deep Spring Center, 3003 Washtenaw Ave., Ste. 2, Ann Arbor, MI 48104; (734) 477-5848; info@deepspring.org, www.deepspring.org

Carbondale, IL

The Shawnee Dharma Group provides a southern Illinois sangha for persons following any meditative path but especially Buddhism in any of its forms. We welcome anyone interested in practicing meditation and hearing the Dharma. We are informal, egalitarian, democratic and peer led. We

are a diverse group, in terms of Buddhist traditions, backgrounds and practices. Our meetings are, Tuesday evenings at 7 PM, at the Interfaith Center in Carbondale. We have a formal period of meditation, 7:15 - 7:45 PM. From 7:45 - 8:30 PM we either read a dharma text or listen to a tape followed by discussion. Our web site (www.shawnee-dharma.org) lists Buddhist resources, newsletter and a bulletin board for the group.

Chicago, IL

Prairie Sangha Network, information on sitting groups, retreats, classes and other events can be found at www.prairiesangha.org. In Illinois: Insight Chicago 773-697-6871, ext. 2, nrandleman@hotmail.com; Matteson Plank Trail Sangha, bfeldt@workplaceproductions.com; Urbana, Prairie Sangha for Mindfulness Meditation, tom@prairiesangha.org. In Indiana: Lafayette Sangha, rodneyball@juno.com.

Cincinnati, OH

Tri-State Dharma is an organization designed to promote the study and practice of Insight Meditation in the Buddhist Theravadan tradition in the geographic areas of Ohio, Kentucky and Indiana. As such, it is actively engaged in facilitating the existing Sangha in both study and practice. The organization sponsors retreats and other related activities throughout each calendar year in an effort to bring the teachings to the public. Sunday Meditation, 9:30 - 10:50 AM, sitting and walking meditation, followed by tea and Dharma discussion at Earth Connection, 370 Neeb Rd., Cincinnati, OH (for directions see our website). Upcoming Retreats: New Year's Retreat with Mary Ellen Landolina & Joan Staubach

(Dec. 30 - Jan. 2); *The Bare Bones and Inner Marrow of Buddhist Practice* with Matthew Flickstein (Mar. 11-20) - the focus of this retreat will be to review the Buddha's Path to Purification as described in the Theravadan tradition. Contact information: Joan Staubach, (513) 793-0652; Tri-State Dharma, PO Box 36528, Cincinnati, OH 45236; tsdharma@TriStateDharma.org; website, <http://www.tristatedharma.org/>

Columbia, MO

Show Me Dharma has begun the Fall with several offerings. A new group on the Mindful Family was begun in Sept. Facilitated by Beth Shoyer this group is currently discussing *Everyday Blessings: The Inner Work of Mindful Parenting* by Jon and Myla Kabat-Zinn. Oct. 16 The Enneagram and Mindfulness, an Introductory Workshop, led by Robert and Sandra Hodge, will be offered in conjunction with the MU Mindfulness Practice Center. Daylong retreats are planned for Nov. and Dec. Our other offerings include our Basics for Beginners series on Tuesdays, our Experienced Practitioner sitting group on Wednesdays, two committed practice classes led by Ginny Morgan, Individual Committed Practice program offered by Phil Jones and our book/practice discussion group. Contact information: see website, www.dharma.missouri.org

Columbus, OH

Mindfulness Meditation of Columbus, a weekly meditation group meets on Thursdays, 7:15-9:00 PM at 1st Community Church Annex Building, room 105. Contact information: Jim Dunn, 614-291-7630; mmocohio@earthlink.net.

Des Moines, IA

The Central Iowa Meditation Group meets every Tuesday from 7:00 - 8:30 PM at the Friends Meeting House at 4211 Grand Ave., Des Moines, IA. The first sitting is 7:00 - 7:40 PM, followed by a dharma reading and discussion until 8:00 PM, and a second sitting from 8:00 - 8:30 PM. Instructions are provided for beginners. One day retreats are held several times a year. Contact information: Charlie Day, (515) 255-8398; charlesday1@mchsi.com

Evansville, IN

Mindful Heart Buddha Sangha is a small (about 20) but committed group that has been meeting for 6 years. Most of the practitioners focus on the Theravadan tradition but all are welcome. To meet the sitting needs of all, there are five sittings times. A study group meets on Saturday morning to read the suttas and sit for 40 minutes. Occasionally weekend retreats are held for sangha members and others in the area. Introduction to meditation classes are taught as the need arises. MHBS has supported a prison sangha at Branchville Correctional Facility in Tell City, IN, for three years. Contact information: PO Box 3231, Evansville, IN 47736; 812-426-1318; ghutton@sigecom.net

Grand Forks, ND

Lotus Meditation Center, 2908 University Ave., hosts a sitting group for experienced meditators Monday evenings at 7PM.

Beginner Classes begin every Sept. and January. Special events such as videos, speakers, and extended sittings are scheduled on Sunday afternoons. Contact Information: Lora Sloan, 701-787-8839; lorasloan@msn.com; www.und.edu/dept/oip/html/lotustr.htm.

Houston, TX

Citta 101 offers Instructional sittings in Houston, Mondays 7-8:30 PM, Wednesdays 11AM - 12:30 PM. New people may join any Monday night by pre-arrangement or begin an introduction to practice on line at www.citta101.org/home.htm. Peer led sitting groups meet in Houston on Monday night, Tuesday night, and Sunday mornings and in Beaumont (east of Houston) on Saturday mornings (see website for times/contacts). Upcoming activities in Houston include a non-residential weekend retreat January 14-16; six-week and eight-week insight and mindfulness courses in early 2005; mentor development for established students; and additional courses, days of mindfulness, and sutta study for sangha development as needed. Events for specific populations are also available (mental health professionals, ADD adults and OCD adults). Contact : Mary, 713-662-2743; mary@citta101.org; website, www.citta101.org

Jackson, MS

The Conscious Living Project meets Sundays 9:00 - 10:00 AM for a one hour silent meditation sit and 10:30 - 11:30 AM for a one hour transmission meditation, both at Rainbow Plaza. It also offers a Spiritual Study Group (currently studying *Awakening the Buddha Within*, by Lama Surya Das), Wednesdays, 7:15 - 8:30PM at the Jackson Zen Dojo and Fall meditation classes in the adult learning program at Millsaps College. The group sponsors a free lending library of nearly 2,000 titles - books, cassettes and video tapes. Lending library and Sunday sits are at Computer Co-op, 2807 Old Canton Rd., Suite B, Jackson, MS 39216. Contact Information: Luke, 601-981-6925; luke@computercoop.com.

Kansas City Metro Area

Kansas City Bhavana Group meets on Sunday evenings at Pilgrim Chapel, 3801 Gillham Rd. (mid-town area), at 6:30 PM. We do Metta practice, sit for about 45 minutes, and have a discussion afterwards of dhamma/meditation topics. We are a friendly and caring group, and the space has a great "energy." Contact information: Mike McFarland, 816-914-9732; karma_704@yahoo.com.

The Unity Village/Lee's Summit Sangha meets Mondays, 7:00 PM at Unity Village Administration Building Room #229. Our format consists of 40-minute sit followed by 45 minutes of sharing/discussion. We conduct a three-day, nonresidential retreat twice a year (Apr & Oct). Contact: Robert Brumet, phone 816-941-4603; brumet@unityworldhq.org.

Heart of America Sangha meets Thursdays at 7:30 PM, Unity Temple on the Plaza. We are spending time with forgiveness practice, loving kindness practice and finding ways to bring peace to our own parts of the world. Come join a group of spiritual friends looking to support each other's practice. Contact: John or Marnie, 816-523-5061.

Lawrence, KS

The Free State Sangha meets on Wednesdays at 7:30 PM at the Oread Friends Meeting House, 1146 Oregon in Lawrence, Kansas for metta practice, insight meditation and discussion. We occasionally have a pot luck and movie, one day or weekend retreat. Sangha members are currently reading and discussing *A Path with Heart* by Jack Kornfield. Contact information: Daniel Rempel, 785-865-2913, danrempel3@juno.com

Little Rock, AR

Ecumenical Buddhist Society Vipassana Practice Group meets for sitting and book discussion/study group every Sunday at 7:00 PM. at the Ecumenical Buddhist Society, Gans Place Carriage House, 1010 W. 3rd Street. We are holding a non-residential retreat with Matt Flickstein January 21-23 at the Oasis Renewal Center in Little Rock. We would love to have out of town visitors and anyone interested can contact Phebe Duff. Contact information: Phebe Duff, 501-975-4060; phebed@comcast.net; Ecumenical Buddhist Society, Gans Place Carriage House, 1010 W. 3rd Street, Little Rock, AR 72202

Madison, WI

Madison Insight Meditation Group/Madison Vipassana, Inc. has weekly sittings Sundays, 6:00-8:00 PM at 900 Univ. Bay Drive, Madison, WI and Tuesdays 6:30-8:00 PM at 5501 Univ. Ave., Madison, WI. Other activities include 1st Monday each month, "Practicing in the Thai Forest Tradition", half day retreats on Saturdays every other month and periodic residential retreats. Our spring residential retreat will be with Myoshin Kelly, April 5-10, 2005. Check our website www.vipassana.net for retreat details, classes, information on our annual New Year's Eve meditation and other events. Contact information: Jan Sheppard, 608-233-3844; jrshppard@sbcglobal.net

Memphis, TN

Memphis Insight Meditation
<http://www.dharmamemphis.com>

Michigan City, IN

Peacemakers Sangha meets Tuesdays at 7:15 PM at Dancing Feet Yoga Studio in the Old School Community Center of Long Beach in Michigan City and Sundays at 9:00 AM (except winter months) at the Friendship Gardens of Michigan City off Rt. 12. We are a small group that practices sitting and walking meditation with discussion afterwards. Members practice in the Zen tradition of Thich Nhat Hanh and some in the Vipassana school. Beginners welcome. Contact information: Michael Zieve, 219-362-1462; mlzieve@yahoo.com.

Minneapolis, MN

Twin Cities Vipassana Cooperative (TCVC) is a community of people interested in developing and deepening their meditation practice. We provide opportunities to hear and practice the teachings of vipassana (insight) and metta

(lovingkindness) meditation primarily in the Theravada Buddhist tradition. Upcoming retreats include Santikaro (Jan 14-16 or Jan. 14-21), Kamala Masters and Steven Armstrong (June 10-12 or June 10-19), Marcia Rose (Sept. 30-Oct. 2 or Sept. 30-Oct. 4). To learn more about retreats in 2005 and the newsletter *GrassRoots Dhamma* see the website listed below. Contact information: Twin Cities Vipassana Cooperative, PO Box 14683, Minneapolis, MN 55414; Info Line: 651-229-3139; TCVCoop@hotmail.com; <http://www.tcvc.info>.

Rivers' Way Insight Meditation & Psychotherapy Center offers Insight Meditation/Mindfulness classes and retreats by donation. Activities include meditation instruction and a sitting group (inquire for dates and times); Compassion Meditation Project - training and monthly support group; monthly half-day retreats; individual practice meetings; and other retreat and practice/study opportunities offered during the year. Contact information: Merrin Young, 3357 36th Ave. S., Minneapolis, MN 55406; 612-253-5133; rivwaymed@aol.com

Common Ground Meditation Center offers open sitting sessions, classes and retreats. For more details see the website. Contact information: Mark Nunberg, 612-722-8260; Common Ground Meditation Center, 3400 East 26th Street Minneapolis, Minnesota 55406; info@commongroundmeditation.org; <http://www.commongroundmeditation.org/>

Oklahoma City, OK

The Open Circle meets Thursdays, 7:15-9:00 PM at 2710 N.W.63rd, Apt 12, Oklahoma City, OK. Co-facilitators are Arpita Brown & Kay Williams. Activities include a 40 minute sitting followed by a tea break, then a study session focusing on the Buddha's teachings. Instruction is offered, as well as occasional guided meditation in Vipassana and metta. Contact information: Arpita Brown 405-478-8407 & Kay Williams 405-201-5877.

Omaha, NE

Omaha Insight Meditation Group currently has two sitting groups meeting in the Omaha area. Both groups are very informal and welcoming and are open to anyone with a personal sitting practice. One group meets the 2nd and 4th Sunday of each month in a private home in the vicinity of 58th and Leavenworth. We sit for 40 minutes, beginning around 6:30 PM (call or email for information). The other group meets Wednesdays at 12 Noon at the First United Methodist Church (Mead Chapel), 7020 Cass Street. We sit for 40 minutes and sometimes go to lunch as a group after the sitting. Contact Information: Patti Benker, 402-496-3249; benker@tconl.com

Quincy, IL

Great River Sangha is an eclectic group that benefits from a range of experience offered by our members. Beginners are welcome. Activities include a weekly meeting on Sundays at 9:00 AM for meditation and puja at New Horizons on State Street, Quincy, IL; book discussion every other Wednesday; day-long retreats once every two months. Contact information: Patrick Hotle, 217-231-6394, photle@culver.edu.

St. Louis, MO

St. Louis Insight Meditation Group meets on Sundays, 7:00 - 8:30 PM, at the Big Bend Yoga Center, 88 N. Gore, Webster Groves, MO. The group is open to meditators at all levels from beginners to more experienced yogi's. We usually begin with a 40 minute vipassana sitting meditation, continue with a dharma talk and discussion, and, on occasion, end with tea. Those new to insight meditation may arrange for a brief orientation to the practice by contacting Bridget Rolens (see below). Elizabeth Fryer is teaching a 10-month class on the Eight-Fold Noble Path. Other activities include a book/study group; 3-week Introductory Classes; a Mindfulness Process Group facilitated by Elizabeth Fryer; and, day-long non-residential retreats. Contact information: Bridget Rolens, 314-773-0866; bridgetr@brick.net; www.insightstlouis.org.

San Antonio, TX

San Antonio Insight Meditation Group (Yellow Dog Yogis) meets on Mondays, 7-9 PM. Contact information: Jon Allan, 210-695-5604; jallan@sfb.org

Springfield, MO

BOWWOW Insight Meditation Group ("We sit and we stay") meets on Saturdays at 9:45 AM at the Body of Works Studio, 205 W. Walnut, Springfield, Missouri. We combine sitting and walking meditation with a group discussion about basic Vipassana Meditation concepts. Come join us...It's the least you can do! Contact information: Neil or Cheryl Nathan, 417-736-9333; cherylnathan@att.net

Stillwater OK

Buddhist Association of OSU offers two sitting groups, Wednesdays, 7:00 AM and Tuesdays, 7:00 PM, both at 420 Student Union (location changes each semester so contact Barbara for current location). The group also has special events, but no regular schedule for them. Contact information: Buddhist Association of OSU, Oklahoma State University, Student Union, Stillwater, OK 74078; Barbara Carlozzi, 405 744-9457; 422 Willard Hall, OSU; carlozz@okstate.edu

Winona, WI

Winona Meditation Group meets on Sunday at 8:00 AM for silent meditation. Contact Information: Lynne, 507-457-0347.

Mid America Dharma Winter/Spring 2004-05 Retreat Schedule



Dec. 30, '04 - Jan. 2, '05: Residential with Ginny Morgan, Conception, MO
Send registration to Linda Pluschke, 2107 E. Nashville Church Rd., Ashland, MO 65010; phone: 573-657-9482; e-mail: LPluschke@hotmail.com. Registration begins October 30; deadline, Dec. 9; closes Dec. 16.

Ginny Morgan lives in Columbia, Missouri. She is the current board president of Mid America Dharma, the emerging retreat and dharma center for the Midwest. After working as a play therapist for chronically and acutely ill children for many years, she has shifted her focus to dharma teaching, and to working almost exclusively for dharma activities. She has studied with Ram Dass and teachers from Insight Meditation Society and Spirit Rock. She is currently being mentored by Matthew Flickstein.



Jan. 21-23: Non-residential with Rodney Smith, Kansas City, MO
Send registration to Jon Yaffe, 3222 Walter Ave., Maplewood, MO 63143-3916, Phone: 314-644-1926, Email: gjyaffe@sbcglobal.net. Registration begins November 21; deadline January 14.

Rodney Smith spent eight years in Buddhist monastic settings, both at the Insight Meditation Society (IMS) in Massachusetts and several years as a Buddhist monk in Asia. He disrobed as a monk in 1983 and, after returning to the West, started working in hospice care and teaching vipassana meditation throughout the U.S. Currently Rodney is a full time dharma teacher conducting meditation classes and retreats. In addition, he offers spiritual consultations. He serves as a Senior Teacher for IMS and is the founding and guiding teacher for Seattle Insight Meditation. He is author of the book, *Lessons from the Dying*.



April 29-May 1: Non-residential with Gina Sharpe, Columbia, MO
Send registration to Jan Colbert, 707 Crestland, Columbia, MO 65203, Phone: 573-442-4802, Email: colbertj@missouri.edu. Registration begins February 28; Deadline April 22.

Gina Sharpe discovered the dharma over 30 years ago and has studied and practiced with teachers in the Zen, Tibetan, and Theravada traditions. She trained at the Mindfulness-Based Stress Reduction Clinic founded by Jon Kabat-Zinn and is a graduate of the first Spirit Rock Community Dharma Leaders Program. Gina is a cofounder of New York Insight Meditation Center. She has taught meditation since 1994 and has recently been teaching People of Color retreats with teachers from IMS.



May 26-30: Residential with Matthew Flickstein, Conception, MO
Send registration to Tamara Dutton, 620 Indiana, Lawrence, KS, 66044; 785-842-6666; Email: tlea@ku.edu. Registration begins March 26; deadline May 5; closes May 12.

Matthew Flickstein has been practicing and teaching Theravadan Buddhism for over twenty-five years. At one time he was ordained as a monk in the Theravadan Buddhist tradition. His primary teacher has been Bhante Henepola Gunaratana, a Buddhist monk for over fifty-eight years and author of the highly regarded book *Mindfulness in Plain English*. Matt co-founded the Bhavana Society Meditation Center in West Virginia with Bhante Gunaratana in 1982. He has published two books, *Journey to the Center: A Meditation Workbook* and *Swallowing the River Ganges: A Comprehensive Practice Guide to the Path of Purification*, (Wisdom Publications).

Information on Mid America Dharma Retreats

INSIGHT MEDITATION offers an easily accessible way of freeing the mind from the distortions of self-centeredness, negativity and confusion. Through concentrated awareness, we can learn to see our experience as a constantly changing process, in which pleasure and pain, fear and joy, and all aspects of life are accepted with increasing balance and equanimity. This insight leads to an understanding of our true nature and the possibility of living each moment fully with compassion and genuine freedom. Insight Meditation requires no belief commitments and is compatible with religious affiliations. Unless specified by the retreat description, no previous meditation experience is required.

RETREAT FORMAT: Periods of sitting meditation will be alternated with walking meditation. *Retreats will be held in silence with talking only during teaching periods. Beginners must be present from the start of the retreat* to receive initial instructions.

Please bring a meditation cushion or bench and a soft floor pad for meditation. Standard chairs are available and may also be used. Wear comfortable, loose fitting clothes. Please do not wear or bring strongly scented lotions, perfumes or incense. **Non-Residential Retreats** will provide basic instruction in vipassana (insight) meditation. They are open to both beginning and experienced practitioners. Non-residential retreats are an opportunity for beginners to experience more intensive practice. Due to the length and size of the retreats, there will not be scheduled individual interviews. **Residential Retreats** begin with check-in at 4 p.m. on the first day and run through lunch on the last day. Participants will be guided through group or private interviews and daily general lectures. **Meals** are plain vegetarian. A complimentary tea table will be available.

REGISTRATION: Information about retreat site, starting times and other details will be sent after you register.

RETREAT REGISTRARS: See information on page 6.

Non-Residential Retreats: Please note that full payment is due at time of registration .

Residential Retreats: A minimum deposit of \$70 must accompany your registration. Full payment is due before the start of the retreat.

Registration Begins: Registrations will not be accepted prior to the beginning date for each specific retreat.

Registration Deadline: Registration deadlines are posted for each retreat on the previous page. *Any registrations postmarked or received after the deadlines will be subject to a \$25 late charge.*

Retreat Costs: See registration information below.

Refunds: No deposits will be refunded after the deadline.

Scholarships: Inability to pay should not prevent you from attending, as there are scholarship funds set aside for this purpose. Deferred payment plans are also available. Contact the Registrar for a copy of the scholarship and deferred payment criteria. Written applications for scholarship must be received by the Registrar no later than three weeks prior to the retreat.

Dana (or generosity): These retreats are led by teachers who freely give the teachings without any payment. All retreat fees go for retreat expenses. It is central to this tradition that the students support the teacher with a donation. There is no expected amount, but you are encouraged to give to the extent you are able. Dana is totally voluntary.

REGISTRATION FORM

To register please send a check payable to Mid America Dharma with this form to the specific Registrar for the retreat you plan to attend (see p. 6). If you are registering for more than one retreat, please photocopy this form and send with payment to the listed registrar for each retreat. A \$70 deposit is required for all residential retreats. Late registration creates problems for us, please register early.

_____ Dec 30 '04- Jan 2 '05; Residential with Ginny Morgan, Conception, MO. Cost: \$200.00, (after Dec. 9 - \$225.00)

_____ Jan. 21-23: Non-residential with Rodney Smith, Kansas City, MO. Cost:\$50.

_____ April 29-May 1: Non-residential with Gina Sharpe, Columbia, MO. Cost:\$50

_____ May 26-30: Residential with Matthew Flickstein, Conception, MO. Cost \$275 (\$300 after May 5).

Total Amount Enclosed: _____

If you have special needs, please contact the listed registrar.

Please Print:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

E-Mail Address: _____

For Residential Retreatants only:

Gender: F M

Will you arrive after 8 p.m. on the first day? Y N

Is this your first insight meditation retreat? Y N

Do you snore? Y N

2004/2005/2006 Retreat Schedule

Dec. 30, '04-Jan. 2, '05	Residential with Ginny Morgan, Conception, MO
Jan. 21-23, 2005	Non-Residential with Rodney Smith, Kansas City, MO
April 29-May 1, 2005	Non-Residential with Gina Sharpe, Columbia, MO
May 26-30, 2005	Residential with Matthew Flickstein, Conception, MO
July 22-24, 2005	Residential with Phil Jones, Conception, MO
Oct., 7-9, 2005	Non-Residential with Taraniya (Gloria Ambrosia), St. Louis, MO
Dec. 30, '05 - Jan. 2, '06	Residential with Ginny Morgan, Conception, MO

Please visit our website <<http://www.midamericadharm.org>> for the latest information on retreats.

address service requested

**P.O. Box 120246
Kansas City, MO 64112**

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