

Mid America Dharma News



Winter/Spring

www.midamericadharmadharma.org

November, 2006

Is It Time for a Break?

By Phil Jones

If you've been on a retreat, you may have experienced a common reaction to the periods scheduled for walking meditation: Break Time! After sitting still in one position, being able to move can be a relief. And, after working hard to focus your mind and to be present for your experience while on the cushion, it may feel like you need a break. Maybe a soothing cup of tea and time to let the mind wander seems appealing? While finding the right amount of effort is always a balancing act, walking meditation is more than time for a break. It offers additional ways to open to our lives and to experience some of the deepest truths of this practice.

There are different ways of doing walking meditation. Sometimes we are instructed to do it very slowly with close attention paid as we lift, move and place each foot. We may be instructed to coordinate our breath with the movements as a further way to strengthen concentration. At other times, we may be instructed to walk at whatever pace seems comfortable, simply being aware of the sensations arising and passing in our feet and lower legs with each step that we take.

In the *Satipatthana Sutta* (the Discourse on the Four Foundations of Mindfulness), the Buddha did not specify a particular method of walking. What he did instruct us to do was to contemplate the body as a body, to contemplate the nature of arising and passing away in the body and to act with full awareness while walking [MN 10.6-8].

One of the things that contemplating the body as body means is to understand the nature of our experience of the body. So whatever the technique of walking meditation, we begin to bring full awareness to the sensations in the body while we are walking. As we do this, our bodies and the world around us often seem to become more alive. If we are walking on grass, we may become more aware of whether the grass is soft or stiff, whether it is cool or warm, dry or damp. If walking on pavement, we may notice how smooth or abrasive the surface feels, whether it is cool or warm to our feet. We may be more aware of whether the sensations of walking are pleasant, unpleasant or neutral and whether that changes over time.

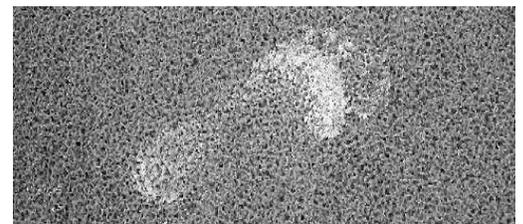
As we get more interested in these sensory experiences, we are drawn into paying closer attention. As a result, the mind naturally becomes more calm and focused. This deeper state of concentration allows us to look even more closely at the sensations. We may then begin to notice, especially if we are moving very slowly, the arising and passing away of sensations. We begin to see their impermanence. And if we continue to look closely, we may notice how the sensations at the core of our experience of body arise from emptiness and return there.

We may wonder what gives our bodies their sense of solidity if sensations arise from emptiness and return to emptiness. As we continue to explore our experience of body as body, we may begin to see for ourselves how this sense of a solid body is constructed from the experience of sensation and the image or conceptual matrix of our body. This contributes to the understanding of body as body, rather than body as *my* body.

Even if we aren't on retreat, though, walking meditation can be of benefit. Early in the morning or at night after a long and tiring day, we may not have a lot of energy. If we try sitting meditation, low energy may lead us to doze off. Walking meditation is a practical alternative as it will engage more energy even as the mind settles down.

During a busy day at work or home, we may notice that our bodies feel tight and contracted and that our minds are jumping all over the place. It may not be practical for us to find a quiet space to sit for a few moments to collect our minds and relax our bodies. But there are usually opportunities to walk. By simply focusing on the sensations in our feet as we walk at a normal pace, we can ground ourselves in the present moment once again. We can settle the mind and relax the body. Then we'll be more able to focus on the task at hand.

Whether we are on retreat or in daily life, walking meditation is more than a time for escape. It is a way to give ourselves a break that refreshes while deepening our understanding.



Self Retreat

By Matthew Flickstein

Editor's note: Matthew Flickstein will lead a self retreat in St. Louis in April, 2007. Many of us, even those who have been practicing for some time, are unfamiliar with self retreats. We asked Matthew to write briefly about how these differ from more traditional Vipassana retreats, and offer a truly unique opportunity to deepen our practice.

The original spiritual model for working with students was to develop a strong student/teacher relationship. The student would live with the teacher for days, weeks, months or even years. During that time the teacher would begin to deeply understand the mind of the student, and the student would learn to trust the teacher's guidance.

Cultivating this type of teaching relationship is very difficult when the student is part of a large group, receives the same instructions as everyone else, meets with the teacher infrequently, and hears answers to questions other students ask that might be answered differently if addressed specifically to them.

The focus of a "self-retreat" is on supporting each participant in his or her quest for clarity and an open heart. There will be an individual meeting with Matthew each day and an optional question and answer session every evening. Aside from these events and scheduled meal times, each student will find his or her own practice rhythm for the retreat. This retreat is designed for those who want the support to go to a deeper level in their spiritual development.

Notices to Our Readers

2007 Public Board Meeting

The annual public meeting of the Mid America Dharma board of directors will be held on January 17, 2007 at the home of Ginny Morgan, 717 Hilltop Drive, Columbia, MO 65201.

Let us know if you plan to attend. Contact Phil Jones, by phone at 573-874-0881 or by email at pljones01@mchsi.com.

Newsletter

To receive MAD newsletters electronically, simply email a request to johnpflaherty@earthlink.net. Be sure to type "MAD Newsletter" as the subject. This will assure your request gets through the SPAM filter.

To receive the printed version of the MAD newsletter, send a request to the email address above, or write:

Mid America Dharma
PO Box 120246
Kansas City, MO 64112

Please let us know if you do *NOT* want us to share your address with teachers and other dharma centers.

Change of Address? – Let Us Know!

Impermanence happens – but don't let that come between you and the Dharma. If you are moving or changing your email address, send us your updated information. We'll update our mailing lists and you'll keep receiving our newsletter without disruption.

Insight Dialogue: A Residential Five-Day Retreat

with Gregory Kramer

In this retreat, we will extend our practice of mindfulness and tranquility to include interpersonal contact. We will directly observe the roots of social suffering and taste our potential for social freedom. Insight dialogue is a methodical practice based on Buddhist insight meditation and years of careful and respectful development. It is an interpersonal meditation practice that can bring clarity out of confusion and compassion out of self-centeredness. It is an especially profound practice for professionals who work in a healing capacity.

In this five day retreat we will interweave silent practice, listening and speaking meditations and loving-kindness and compassion practices. As we meditate with each other, insights into the patterns that bind us arise. As the practice deepens, the insight dialogue guidelines function as powerful meditation instructions, pointing the way toward profound spiritual awakening. Some previous meditation experience is recommended.

When: June 13-17, 2007

Where: Hughes Hall, Columbia College, Columbia, MO

This retreat is co-sponsored by Mid America Dharma and the University of Missouri Mindfulness Practice Center.

Teacher: Gregory Kramer, Ph.D. is a meditation teacher, author, and director of the Metta Foundation. He is a co-developer of Insight Dialogue and teaches the practice worldwide. His books include *Meditating Together*, *Speaking from Silence* and *Seeding the Heart: Practicing Loving Kindness with Children*. He is a core faculty member of the Barre Center for Buddhist Studies and lives in Portland, Oregon.

Please refer to the Mid America Dharma Retreat Schedule (page 4) and Registration Form (Page 5) for registration information. For more information about the retreat, contact Lynn Rossy at rossyl@health.missouri.edu. For more information about Insight Dialogue and Gregory Kramer, go to www.metta.org

Sangha News

Note: we've done our best to provide accurate listings, but please use the contact information to verify all specific listings, events and dates of interest. Things change!

Arkansas - Little Rock

The Ecumenical Buddhist Society - 1015 Second St., Little Rock, AR 72201 - meets Sundays at 7:00 PM for a thirty minute silent sitting followed by a book discussion.

Contact: Phebe Duff, phebed@comcast.net, 501-975-4060

Website: www.ebslr.org

Illinois - Carbondale

The Shawnee Dharma Group - The Interfaith Center, 913 S. Illinois Ave., Carbondale, IL 62901 – meets Tuesdays 7:00 PM for a meditation sitting. We are an informal peer-led group meeting regularly since 1999.

Contact: Yolan Presley, yo@shawnee-dharma.org

Website: www.shawnee-dharma.org

Illinois - Chicago Area

Insight Chicago - c/o Nancy Randleman, 1300 Belmont, Suite 401, Chicago, IL 60657

- Chicago Sittings - Mondays 7:30 PM in East Rogers Park (near the Morse stop on the CTA red line) at 7:30. See Insight Chicago www.prairiesangha.org for updated schedule.
- North Side Sangha – Evanston - holds weekly Sunday sittings and instruction. Contact Ralph Marol, rmaroll@comcast.net, 847-675-0282; www.northsidesangha.org
- Western suburbs group: Weekly sitting in Elgin - Wednesday evenings; includes readings and other teachings. Contact debwright@earthlink.net.

May 3-6, 2007 – Residential Retreat at Portiuncula Center, Frankfort, IL (just south of Chicago) – Contact: Ann Leeds, aleeds@prairiesangha.org, 847-644-8593

Contacts: General info and directions: email nrandleman@hotmail.com or phone (773) 697-6871 Ext. 82. For sangha news & retreats: Ann Leeds, aleeds@prairiesangha.org, phone (847) 644-8593

Illinois – Prairie Shagha Network

www.prairiesangha.org is a multi-group website offering further information about several of the sanghas listed here, plus several that are unlisted.

Illinois - Quincy

Great River Sangha - an eclectic group benefiting from our members' range of experience. Beginners welcome. Activities include: meetings Sundays, 9:00 AM for meditation and puja at New Horizons on State Street; book discussion every other Wednesday; day-long retreats once every two months
Contact: Patrick Hotle, photle@culver.edu, 573-288-6394

Illinois - Rockford

SatSang Sangha - meets Saturdays at 7:30 AM in members' homes to practice sitting meditation and to share reading materials, tapes and breakfast. We are an eclectic group drawing direction from the Insight Meditation Society and Goenka, both coming from the Theravada (insight meditation) tradition of Buddhism; and Thich Nhat Hanh's version of Zen Buddhism. We often attend retreats together.
Contact: Wendy Larson Bennett, 815-961-0164

Illinois - Springfield

Satipatthana Vipassana Association - a newly established meditation center focusing on Vipassana Insight Meditation (Mahasi tradition).

Contact: ugunasiri@chanmyayusa.org

Indiana - Evansville

The Mindful Heart Buddha Sangha - 20 Walnut Street, Suite 120, Evansville, Indiana, 47708
The Sanmon Sangha - Branchville Correctional Facility - meets weekly with the support of the Mindful Heart Buddha Sangha. The sangha has written and printed an introductory booklet to give to newcomers and is currently studying *Wings of Awakening* by Thanissaro Bhikkhu.
Contact: (both sanghas): 812-434-6643
Website: www.mindfulsangha.com

Indiana - Indianapolis

Friends of awakening
4370 Cooper Rd, Indianapolis, Indiana, 46228
Contact: Ingrid Sato, IngridSato@gmail.com, 317-291-1776
Website: www.friendsofawakening.net

Iowa - Des Moines

The Des Moines Meditation Group - Friends Meeting House, 4211 Grand Avenue - meets Tuesdays at 7:30 PM. Other activities include non-residential retreats throughout the year.
Contact: Charlie Day, charlesday1@mchsi.com, 515-255-8398

Kansas - Lawrence

The Free State Sangha - Oread Friends Meeting House, 1146 Oregon - meets Wednesdays, 7:30 PM for metta practice, insight meditation and discussion. Activities include occasional pot luck and movie gatherings, day-long and weekend retreats.
Contact: Ann Kuckelman Cobb, acobb@ruralnet1.com, 785-863-2068

Kansas – Shawnee

The Monday Mindfuls - 5302 Lucille Lane, Shawnee, KS – 66203; Mondays from 5:30 to 7:00 PM
Contact: Jane Vogel, wired4gs@yahoo.com, 913-248-4412

Michigan - Ann Arbor

Arbor Insight - sitting group meets bi-monthly on Sunday evenings. They also offer beginning meditation classes and non-residential retreats

Contact: Sandra Berman at 734-769-9948

Website: www.arborinsight.org

Deep Spring Center - 3003 Washtenaw Ave., Ste. 2, Ann Arbor
Offers 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. See the website for a complete schedule, including retreats led by Barbara Brodsky at other locations.

Contact: email info@deepspring.org or phone (734) 477-5848

Website: www.deepspring.org

Michigan - Michigan City

Peacemakers Sangha - meets at two locations:

- Tuesdays at 7:15 PM at Dancing Feet Yoga Studio in the Old School Community Center of Long Beach in Michigan City
- Sundays at 9:00 AM (except winter months) at the Friendship Gardens of Michigan City off Rt. 12.

We practice 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: Michael Zieve, mlzieve@yahoo.com, 219-362-1462

Michigan - Three Oaks

Belle Via Sangha - Belle Via Market on Elm Street - meets 2nd and 4th Thursdays, 7:30 PM to practice Vipassana meditation, listen to Dharma tapes, and engage in discussion. Beginners are welcome.

Contact: Mike Zieve, mlzieve@yahoo.com, 219-362-1462

Minnesota - Minneapolis

Common Ground Meditation Center - 3400 East 26th Street - offers weekly sitting groups and classes, daily open sitting times, and both residential and non-residential retreats. We practice vipassana (insight) and metta (loving kindness) meditation as well as other practices that flow out of the Theravada Buddhist Tradition.

Contact: Mark Nunberg, info@commongroundmeditation.org, 612-722-8260

Website: www.commongroundmeditation.org

Rivers' Way Meditation Center - 3357 36th Ave. South - Mindfulness & balance meditation, spiritual support and psychotherapy - Mindfulness/Vipassana meditation & loving-kindness practice - Meditation Practice Groups (by dana/donation only)

Minnesota – Minneapolis (cont')

Mondays 7-9 PM at Rivers' Way, Sundays 9:15-10:15 AM at MindBodySolutions Yoga Center - Monthly Dharma talks with women teachers (by SWD collective)

Contact: Merrra Young, rivwaymed@mn.rr.com, 612-253-5133

Website: www.riverswaymeditation.com

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 (loving-kindness) meditation, primarily in the Theravada Buddhist tradition.

Upcoming 2007 residential retreats:

- Feb 2-4 or 2-10 with Santikaro; Christine Center, Willard, WI; Contact: Jean Fagerstrom, jfagerstrom@mn.rr.com or 612-722-4967
- June 15-15 or 15-24 with Steve Armstrong & Kamala Masters; Contact: TCVCoop@hotmail.com

Contact: tcvcoop@hotmail.com

Website: www.tcv.info

Mississippi - Jackson

The Conscious Living Project - Wednesday night Buddhist Study Group at 7:00 PM at the Jackson Zen Dojo and a one hour sit on Sundays at 10:00 AM at Computer Co-op, 2807 Old Canton Road, Jackson.

Contact: Luke Lundemo, luke@computercoop.com,

601-981-6925

Missouri - Columbia

Show Me Dharma - 717 Hilltop Dr, Columbia, MO 65201 - offers weekly meditation groups on Tuesday and Wednesday evenings, as well as Committed Practice Classes on Monday, Thursday and Friday. Mindful Family Programming is offered, as well as a Book Study Group. Recent additions include monthly groups practicing Insight Dialogue and Dharma Contemplation.

We offer non-residential, daylong, and half-day retreats. Recent retreats have included a residential Insight Dialogue Retreat with Gregory Kramer in June, a nonresidential Insight Meditation Retreat with Matthew Flickstein in September, and a daylong Metta Bhavana Retreat with Ginny Morgan in October.

Contact: Ginny Morgan, virginia028@centurytel.net or call 573-817-9942

Website: www.dharma.missouri.org

Missouri - Jefferson City

Jefferson City Meditation Group - 203 East Dunklin - meets Thursdays 7:00–9:00 PM, for insight and metta meditation, dharma talk, and discussion

Contact: Joe McCormack, metta41856@yahoo.com, 573-491-3431 (Home), 573-864-5617 (Cell)

Missouri - Kansas City Metro Area

Heart of America Sangha - Unity on the Plaza – meets Thursdays 7:30 PM to explore how to deepen insight practice in daily life. We are searching for quiet, accessible space in midtown KC.

Contact: John or Marnie, 816-523-5061

Kansas City Bhavana Group - Pilgrim Chapel, 3801 Gillham Rd. (mid-town area) - meets Sunday evenings at 6:30 PM for Metta practice, 45 minutes of sitting meditation, and a discussion of dhamma/meditation topics. We are a friendly and caring group, and the space has a great "energy."

Contact: Mike McFarland, karma_704@yahoo.com, 816-914-9732

The Unity Village/Lee's Summit Sangha - Unity Village Administration Building Room #229 - meets Mondays 7:00 PM for a 40-minute sit followed by 45 minutes of sharing/discussion. We conduct a three-day, nonresidential retreat twice a year (April and October).

Contact: Robert Brumet, brumetri@unityworldhq.org,

816-941-4603

The Monday Mindfuls (Shawnee Sangha Group)

5302 Lucille Lane, Shawnee, KS 66203 – Mondays, 5:30-7:00 PM

Contact: Jane Vogel, wired4gs@yahoo.com, 913-248-4412

Missouri - Kirksville

Kirksville Dharma - 501 South Halliburton, Kirksville, MO 63501 - meets Sundays 8:00 PM for sitting and Dharma talks at the home of Mark Rice

Contact: Marc Rice, 660-216-5303

Missouri - Rolla

Inspiration Center Sangha - 13345 Christopher Drive - meets Saturday's, 10:00–11:30 AM. Other activities include 2 full-day retreats and 1 weekend residential retreat each year.

Contact: Maureen Hall, mhall@inspirationcenter.net,

573-364-0517

Missouri - Saint Louis Metro Area

St. Louis Insight Meditation Group - Big Bend Yoga Center, 88 N. Gore, Webster Groves - meets Sundays, 7:00-8:30 PM. The group is open to meditators at all levels from beginners to more experienced yogis. Leadership rotates between four leaders, each with a unique style of sharing the dharma. Meetings usually include a 40 minute sitting meditation, a dharma talk and discussion. One Sunday a month is devoted to mindfulness of body through the movement of yoga. Other activities include a book/study group; Introduction to Insight Meditation Classes; and half day, day-long and 2-day non-residential retreats; weekend residential retreats. Those new to insight meditation may arrange for a brief orientation to the practice by contacting Bridget Rolens.

Contact: Bridget Rolens, bridgetr@brick.net, 314-773-0866

Website: www.insightstlouis.org

Missouri - Saint Louis Metro Area (cont')

Meditation Sundays - Yoga Source, 1500 S. Big Bend - meets Sundays 11:00 AM to Noon. The group is open to both experienced and beginning meditators and includes instruction in mindfulness meditation. All dana (donations) are given to the Mitrata-Nepal Foundation, a nonprofit child sponsorship program in Nepal.

Contact: info@connectstlouis.com, 314-725-9650

Missouri - Springfield

Bow Group - Body of Work Studio, 205 W. Walnut - meets Saturdays 9:45-11:15 AM - We sit for thirty minutes, walk for fifteen, and conclude with a Dhamma talk and discussion.

Ginny Morgan is currently guiding the group in a book study using *The Wings of Awakening* by Thanissaro Bhikkhu.

Contact: Dipa, sisterdipa@yahoo.com, 417-864-4559

Website: www.geocities.com/sisterdipa

Nebraska - Omaha

Omaha Insight Meditation Group - currently has two sitting groups. Both are very informal and welcoming and are open to anyone with a personal sitting practice. One group meets 6:30 PM on the 2nd and 4th Sunday of each month in a private home in the vicinity of 58th and Leavenworth, sitting for 40 minutes. The other group meets Wednesdays at Noon at the First United Methodist Church (Mead Chapel), 7020 Cass Street, sitting for 40 minutes and sometimes going to lunch as a group after the sitting.

Contact: Patti Benker, pwbenker@gmail.com, 402-496-3249

North Dakota - Grand Forks

Lotus Meditation Center - 2908 University Avenue, Grand Forks, ND 58203 -

Sitting group meets Mondays 7:00 PM - Intro classes offered twice per year - Non-Residential Weekend Retreat: Fall 2006 with Ajahn Sudanto (Date TBA)

Contact: Lora Sloan at lorasloan@gra.midco.net, 701-787-8839

Ohio - Cincinnati

Tri-State Dharma - meets Sundays, 9:30-10:50 AM for sitting and walking meditation followed by tea and Dharma discussion. The group invites nationally known teachers to lead retreats of varying lengths.

Contact: Joan Staubach, 513-793-0652

Website: www.tristatedharma.org

Ohio - Columbus

Mindfulness Meditation of Columbus – meets weekly

Contact: Jim Dunn, mmocohio@earthlink.net, 614-291-7630

Oklahoma - Oklahoma City

The Open Circle - Windsong Innerspace in Oklahoma City – meets Tuesdays at 7:15 PM. One Day and Half-Day retreats occur once each quarter. The last Tuesday of the month is devoted to study. Contact: Arpita Brown, 405-478-8407 or Kay Williams, 405-201-5877

Oklahoma - Stillwater

Buddhist Association of OSU - offers two sitting groups, Wednesdays 7:00 AM and Tuesdays 7:00 PM. The location changes each semester, so contact us for current location information, and also for information about special events. Contact: Barbara Carlozzi, carlozz@okstate.edu, 405-744-9457

Oklahoma - Tahlequah

Tahlequah Sangha – Universalist Unitarian Congregation of Tahlequah, 104 N. College - Wednesdays 12:15–12:45 PM
We read from the writings of Thich Nhat Hanh and meditate silently together for 20 minutes. When a new person comes, we discuss the Vipassana method of meditation. Other activities include retreats about twice a year lead by Charlie Day from Des Moines, IA.
Contact: Thea Nietfeld, 918-456-7900

Tennessee - Memphis

Dharma Memphis - home for the mindfulness community of the mid-south. Our goal is to offer information and support for the various monasteries, sanghas, and all practitioners of the middle way
Website: www.dharmamemphis.com/index2

Texas - Beaumont

Insight Meditation Community in Beaumont - currently is physically dispersed due to the effects of hurricane Rita on the entire community. Contact us for an update on the sangha's status.

Contact: Nancy Thompson, njuniper@sbcglobal.net

Texas - Houston

Insight Meditation Community Houston and Citta 101 - led by Community Dharma Leader Mary Rees, we host sittings weekly, Mondays 7:00 PM and Wednesdays 11:00 AM.

Contact: Lisa Hoover, dharmadelrio-design.com, 979-798-4448 or

Greg Van Meter, gregvanm@aol.com, 713-823-5610

Website: www.citta101.org

Texas - San Antonio

San Antonio Insight Meditation Sangha - First Unitarian Universalist Church 7150 W. I-10 - meets 7:30-9:00 PM Mondays (6:50 PM for new student orientation) in the Jefferson Building.

Contact: Randy Gribbin, rgribbin@hotmail.com, 830-964-3684

Wisconsin - Winona

Winona Meditation Group - meets Sundays 8:30–9:30 AM for silent meditation.

Contact: Lynne, 507-457-0347

To list your group or update its listing in the next *Mid America Dharma News*, contact Jon Yaffe, giyaffe@sbcglobal.net, 314-644-1926. The next edition will be published in May, 2007. Deadline for submissions is April 1.



Mid America Dharma – 2007 Winter/Spring Retreats



Dec. 29, 2006 - Jan. 1, 2007

Residential retreat with Ginny Morgan – St. Louis, MO

Ginny Morgan lives in Columbia, Missouri. She is a guiding teacher for Show Me Dharma Center and the former President of the Board of Mid America Dharma, the emerging retreat center for the Midwest area. After working as a play therapist for acutely and chronically ill children for many years, she has shifted her focus to Dharma teaching, and to working exclusively for Dharma activities. She has studied with Ram Dass, Munindra-ji, Matthew Flickstein and teachers from Insight Meditation Society and Spirit Rock Meditation Center.

Registration begins Oct. 29, deadline Dec 8, closes Dec. 15.

Send registration to: Karen Hodge, 1199 East Highpoint Lane, Columbia, MO 65203, Phone: 573 449-3450, E-Mail: hodgetribe@socket.net



March 9-12, 2007

Residential retreat with Phil Jones – St. Louis, MO

Phil Jones has practiced meditation since 1987 and has been teaching since 1996. After working as a psychotherapist for 25 years, he now works part-time as a medical social worker, devoting the remainder of his time to Dharma service and teaching, and to his family. He helped found Show Me Dharma and currently serves as president of the Board of Directors of Mid America Dharma. Phil completed Spirit Rock Meditation Center's first Community Dharma Leader Program and has been mentored by Matthew Flickstein.

Registration begins January 9, deadline February 16, closes February 23.

Send registration to: Jon Yaffe, 3222 Walter Ave., Maplewood, MO 63143, 314-644-1926, E-Mail: gjyaffe@sbcglobal.net



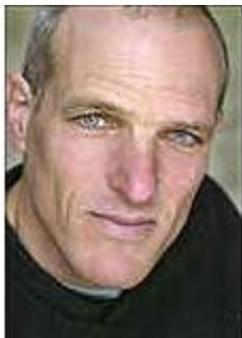
April 20-26, 2007

Residential Self-Retreat with Matthew Flickstein – St. Louis, MO

Matthew Flickstein has been practicing and teaching Vipassana meditation for over thirty years. At one time ordained as a monk in the Theravadan Buddhist tradition, his primary teacher has been Bhante Henepola Gunaratana, a Buddhist monk for over sixty-three years and author of the highly regarded book, *Mindfulness in Plain English*. Matthew 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*, through Wisdom Publications.

Registration opens January 20, deadline March 30, closes April 6.

Send registration to: Jon Yaffe, 3222 Walter Ave., Maplewood, MO 63143, 314-644-1926, gjyaffe@sbcglobal.net



June 13-17, 2007

Residential retreat with Gregory Kramer – Columbia, MO

Gregory Kramer, Ph.D. is a meditation teacher, author, and director of the Metta Foundation. He developed the practice of Insight Dialogue and teaches it worldwide. His books include *Meditating Together*, *Speaking from Silence* and *Seeding the Heart: Practicing Loving Kindness with Children*. He is a core faculty member of the Barre Center for Buddhist Studies and lives in Portland, Oregon.

Registration opens January 1, deadline May 23, closes May 30.

Send registration to: Jan Colbert, 707 Crestland, Columbia, MO 65203, Phone: 573-442-4802, E-Mail: colbertj@missouri.edu

Now Available ... Online Registration!

Mid America Dharma now offers online retreat registration. You also can make deposits or pay full fees online, by credit card or PayPal account. To check it out, go to: www.midamericadharmadharma.org/retreats. Please note there is a small add-on charge for online payment, to offset the cost of providing this convenience.

Information on Mid America Dharma Retreats

INSIGHT MEDITATION offers an easily accessible way to free the mind from the distortions of self-centeredness, negativity and confusion. Through concentrated awareness, we 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 and/or dharma teachings alternate with walking meditation. Retreats are held in silence, with talking only during specified teaching periods. Beginners should 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 provide basic instruction in vipassana (insight) meditation. They are open to both beginning and experienced practitioners, and offer a valuable opportunity for beginners to develop more intensive practice. The shorter duration of non-residential retreats does not allow teachers to schedule individual interviews with retreatants.

Residential retreats begin with check-in at 4 pm on the first day and run through lunch on the last day. Participants are guided

through group or private interviews and daily general lectures. Meals are plain vegetarian. A tea table is provided.

REGISTRATION: Information about retreat site, starting times, etc., is available online or will be sent after you register.

RETREAT REGISTRARS: See information on page 4.

FEES: Residential: a minimum deposit of \$75 must accompany registration; full payment is due at the start of the retreat. **Non-residential retreats:** please pay the full fee when you register.

Registration Opening Dates and Deadlines: ... are listed on the preceding page. Registrations are not accepted prior to the beginning date for each retreat. Registrations received after the deadline are subject to a \$25 late fee.

Retreat Costs: ... are listed on the Registration Form, below.

Refunds: We will refund fees if requested before the deadline.

Scholarships: We do not want inability to pay to prevent you from attending, and have established a scholarship fund to provide assistance where needed. Deferred payment is 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): Our retreats are led by teachers who freely give the teachings without any payment. All retreat fees go for retreat expenses, such as facility rental and meals. It is central to this tradition that students support teachers through their donations. There is no expected amount, but please give to the extent you are able. Dana is totally voluntary.

Registration Form

To register please send this form with a check payable to **Mid America Dharma** to the Registrar of the retreat you plan to attend (see p. 4). If registering for multiple retreats, please send a separate copy of this form with payment to the registrar listed for each retreat. A \$75 deposit is required for all residential retreats. **We now also offer online registration**, and accept online payment of fees and deposits; at: www.midamericadharmadharma.org/retreats. Please register as early as you can, as this greatly helps our planning. Thank you.

_____ Dec. 29, '06 – Jan. 1, '07
Residential with Ginny Morgan, St. Louis, MO
Cost: \$230 (\$255 if paid after Dec. 15)

_____ March 9-12, 2007
Residential with Phil Jones, St. Louis, MO
Cost: \$260 (\$285 if paid after Feb 23)

_____ April 20-26, 2007
Residential Self-Retreat with Matthew Flickstein,
St. Louis, MO
Cost: \$510 (\$535 if paid after April 6)

_____ June 13-17, 2007
Residential with Gregory Kramer, Columbia, MO
Cost: \$250 (\$275 if paid after May 30)

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

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

E-Mail Address: _____

For Residential Retreatants only:

Gender: F M

Will you arrive after 7 pm on the first day? Y N

Is this your first insight meditation retreat? Y N

Do you snore? Y N

Mid America Dharma
2007 Retreat Schedule - Winter / Spring

Dec. 29, '06 -- Jan. 1, '07 ... Ginny Morgan, Vipassana, Residential; St. Louis, MO

March 9-12 ... Phil Jones, Vipassana, Residential; St. Louis, MO

April 20-26 ... Matthew Flickstein, Vipassana Self-Retreat, Residential; St. Louis, MO

June 13-17 ... Gregory Kramer, Insight Dialog Retreat, Residential; Columbia, MO

For the latest information on retreats, please visit our website:

www.midamericadharm.org

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We publish an enhanced version of our newsletter on our website. Sign-up for it, and we'll email you as soon as each edition is posted. You'll have access to it sooner, and never have to worry about losing it! You also will be helping us reduce printing and postage cost, so we can keep our retreats as affordable as possible. It will even be kinder to the environment.

Signing up is quick and simple: just send an email with "MAD Newsletter" as the subject, to johnpflaherty@earthlink.net. Say "Hi" and tell him your Full Name, Address (City, St, Zip), and email address.

All done! Now back to the cushion!

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