



Mid America Dharma News

Offering Insight Meditation to the Heartland

Buddhist Meditation: Catching the Right Thought Train *by Anushka Fernandopulle*

In May 2016, Mid America Dharma hosts renowned teacher, Anushka Fernandopulle, for a 3-day, non-residential retreat in the Kansas City area (see page 8 for details). Anushka has trained for over 25 years in the Theravada tradition in the U.S., India and Sri Lanka and teaches worldwide. Her teaching is informed by nature, creative arts, political engagement, innovation and modern life.

Consider your mind being like the platform of a train station where different trains of thought pull through the station in each moment, heading to various destinations: childhood memories, creative ideas, revenge fantasies, cravings for chocolate, vacation plans. The untrained mind gets on every single train that pulls through the station, only later realizing what the destination is. For instance, the "Jealousy Train" leads to a bleak wasteland -- fear, aggression, obsession, stalking your ex, burning garbage, large rodents -- you do not want to get on that train! On the other hand, the "Generosity Train" leads to a place that is spacious, happy, relaxed and connected. That's a good one to board.

[Continued on page 2]

It's All in the Mind *by Jon Yaffe*

I want to share with you a famous couplet from the Dhammapada. If you're not familiar with this work, this is a collection of short sayings by the Buddha – you might call it the Buddha's best sound bites. These are not elaborated enough to be complete teachings by themselves, but serve as a great reminder of the teachings for those

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We offer 2 ways to register for our retreats—online or by mail:

Online

- ♦ Visit midamericadharmadharma.org
- ♦ Click the link *Mid America Dharma Retreats*
- ♦ Register for your preferred retreat by clicking On-line Registration

By Mail

- ♦ Complete and mail-in the registration form on page 11



We post up-to-date info on our Facebook page. Comment or message us anytime – we love to hear from you!

[Continued from page 1, Right Thought Train by Anushka Fernandopulle]

The path of Buddhist meditation practice involves developing a deep understanding of what leads toward peace and happiness and what does not; what is in harmony with the truth of the way things are (Dharma) and what creates suffering by going against the grain. Wise effort involves cultivating intentions that are aligned with this goal (skillful states), abandoning those that are not (unskillful states) and knowing the difference.

Developing this skill is a lot like learning how to read; in this case, reading the mind, heart and body through knowing the energy of the intentions, emotions and thoughts that drive us in each moment. You may not remember what it was like to learn how to read, but it can take some time! I had the experience in my adult life of learning how to read another language. After I finished college, I spent time in Sri Lanka doing meditation practice at various monasteries and centers. While my family is originally from Sri Lanka, I was born and raised in the U.S., so though I could speak conversationally, I was not very good at reading Sinhalese language. I could read slowly like a small child, but certainly not fluently.

I traveled around a lot by bus, and in order to take the bus, you had to stand by the side of the road and when you saw your bus coming, flag it down to get on. The trouble was, my reading of the bus signs was too slow. I would see a bus coming and try to read the sign: "Co.....Lo...." Zoom! The bus would be gone before I could finish reading the destination. "Ku....Ru..." Zoom! Again I couldn't tell if it was the right bus or not. Sometimes I would guess based on the first two characters, flag the bus to get on and finish reading from the inside of the bus, stopping the bus as fast as I could if I had guessed wrong!

But as I studied the language more, I got better at reading. So after a while, I could read the signs well and easily know which was my bus and which was not. I spent less time on buses going in the wrong direction and was able to have a smoother, faster trip to my intended destination; I traveled with less confusion and more confidence.

“ ... we can learn to get on the thought trains that are helpful & skip the ones that are not.”

Similarly, as we develop our practice we can learn to get on the thought trains that are helpful and skip the ones that are not. And just like in a train station, if nobody is boarding the trains that go to a destination, they will stop running them so often, and eventually stop running them at all. This is known

as the path of purification, and it is completely possible for a 21st century person to attain, if you are interested in learning.

Of course in the meantime you will often get on the wrong train, but each time can be seen as an opportunity to learn. You will spend a lot of time developing intimacy with difficult states of mind, connecting with their challenges. But you will also learn about the beautiful states of mind and the joy that they bring. Through this practice you will become more effective in whatever you are trying to do in your life: politics, social change work, parenting, business and creative arts all benefit from catching the right thought trains!

So I wish you well in your practice. Enjoy learning about your mind and heart! Your efforts will be beneficial for you and all those you meet for the rest of your life. ❖

*See page 8 for details on Anushka's May 2016 retreat. In addition to teaching, **Anushka Fernandopulle** works as a leadership coach & management consultant. Anushka is on the Spirit Rock Teacher's Council and is founding an urban meditation center in San Francisco. For more info, visit www.anushkaf.org.*

[Continued from page 1, It's All in the Mind by Jon Yaffe]

are already familiar with them, and are a great launching place for offering teachings. So here is the reading:

All experience is preceded by mind, led by mind, shaped and formed by mind.

Speak or act with an impure mind and suffering follows, like the wheel of the cart follows the foot of the ox.

All experience is preceded by mind, led by mind, shaped and formed by mind.

Speak or act with a pure mind and happiness follows, like a never-departing shadow.

Now, you likely will have picked-up on two key word differences in these two stanzas – “suffering” in the first, and “happiness” in the second. The reading says in no uncertain terms, that both of these (as well as everything else in our experience) are “mind-made”.

You may not agree with this idea. After all, we are all bombarded with messages telling us that external goods, events and circumstances can make us happy or sad. Acquire the right stuff – get the right degree from the right school, land the right job, marry the right spouse, have the right number of children, drive the right car into the right garage, do the right exercises with the right personal trainer, and so forth – and happiness will certainly be yours. Slip up along the way, or heaven forbid grow old or get sick or be told 'No' when you want to hear the word 'Yes', and of course you will be made understandably miserable.

But the Buddha is saying: look, understand, that everything outside of us – along with everything inside us – is brought to our awareness via the mind: “preceded by mind, led by mind, shaped and formed by mind”.

The mind can operate with great clarity, and over time – seeing things consistently with great clarity – can acquire wisdom: about the true nature of life and how best to participate in and with life. When we live in acceptance and harmony with what's true, we can be authentically happy.

Or, the mind can operate in a very unrefined manner, seeing things in a slanted or distorted way. When this is so, over time we build up patterns of distortion and delusion about what's going on, about what's worthwhile and not, and these flavor and sully our participation in and with life. When we live in disharmony with what's true, there must be friction and resistance almost every step of the way, and we suffer.

When we hear the expression, “It's all in the mind”, we have been trained to be dismissive, to think, “Well, then, never mind.” But to the Buddha, “It's all in the mind” is an essential and profound truth, and points us to the only place we can ever really go. Mind brings us the whole universe. The confines of the mind, or the limitlessness of it, is where we do our work. ❖

Jon Yaffe will be co-leading a non-residential retreat with Bridget Rolens in March 2016. See page 8 for details.

Join our Annual Board Meeting and Election of Officers

Mid America Dharma will hold its annual board meeting on January 23, 2016, at 10AM in Columbia, MO (location TBD). We invite you to experience first-hand the work of this all-volunteer group dedicated to providing opportunities to practice Insight Meditation with nationally recognized teachers. Contact us so that we can give you the location of the meeting: phil@midamericadharm.org or [573-874-0881](tel:573-874-0881).

Impermanence and Transitions *by Phil Jones, et al*

Jon Yaffe, past president of Mid America Dharma, resigned from the board at our July 2015 meeting. He and his fiancée have moved to Austin, Texas. Jon joined the board in 2004 and served as president for seven years, from 2008 through 2014. Jon also used his knowledge of database programming to create our on-line registration system and managed retreat registrations as Registration Coordinator for many years. We are fortunate that Jon will continue to offer technical support to our registration system.

Jon was one of the teachers for St. Louis Insight Meditation Group and for a number of years he and Bridget Rolens co-led retreats in St. Louis for Mid America Dharma.

Jon provided steady leadership to MAD during his presidency. His attention to detail, attitude of goodwill and sense of humor all contributed to the successful operation of our all-volunteer regional organization. He was not only a trusted colleague, but a good friend and we will all miss him. We wish Becky and Jon all of the best in their new lives in Austin.

Several board members added their memories of Jon:

John Flaherty: Shortly after Jon joined the board, he started bringing our retreat registration into the 21st century, converting from a paper to an online process. In the fall of 2014, he started teaching me to do the online registration job. My computer skills are basic at best, and Jon showed infinite patience and respect as he mentored me. I will always appreciate his example of metta in action. I greatly enjoyed getting to know Jon better through my training.

Rowena Raborar: Serving not only as our President and registrar, I've seen what a great public face & leader Jon has been for our organization. His careful edits of the newsletter, always sprinkled with jokes, made my work easier and fun. I'm grateful for Jon's sharp mind and humor and will miss him.

Bridget Rolens: Jon has been both a colleague and a dharma friend. For many years Jon and I co-led the St. Louis Insight Meditation Group. I greatly appreciated his love of the dharma and the wonderful way he communicated it to the sangha. He is a skillful wordsmith and really knows how to “turn a phrase.” I was delighted when he agreed to join the Mid America Dharma board. Little did I know the many contributions he would make to our organization. I will miss our quarterly journeys from St. Louis to Columbia, MO, for board meetings and the special “one-on-one” time it gave us.

Jon responded to our reflections...

Dear everyone,

I'm a bit uncomfortable with the personal recognition I've been receiving as I move on. I hope you all understand that my involvement with Mid America Dharma, and the Dharma overall of course, has been a true labor of love. I have mostly been, to paraphrase the Metta Sutta, ‘unburdened with my duties’.

It's worth pointing out that many on MAD's board have served far longer than I. Of course we need a steady influx of new board members to stay vital and energized, but this steady presence has been a great boon to our mission. We've served these many years because it's fundamentally an honor to be able to do so; to help sustain and cultivate the Dharma in the mid-West.

I am constantly amazed at what this dedicated handful of volunteers has been able to provide. I don't believe it's possible to fully grasp the number of people we've touched in helpful, supportive ways over the years. It's a joy to know this will continue long after any of us as individuals move on.

With metta,

Jon



Remembering a MAD Founding Member: John van Keppel

by Bridget Rolens & Marnie Hammer

We were saddened to hear that John van Keppel died on June 12, 2015. John played an important part in the creation of Mid America Dharma.

Board member Marnie Hammer was also a part of that first group of meditators whose vision and efforts led to the establishment of Mid America Dharma.

Marnie shared her memories of John:

John van Keppel was the driving energy behind the founding of Mid America Dharma. He gathered together a group of meditators to assist Bob Mikesic in finding a way to provide Theravada meditation retreats in the Kansas City area. He gently—and sometimes not so gently—prodded us to keep thrashing through how to organize and incorporate Mid America Dharma. His contributions to our early efforts are deeply appreciated. And we send our fond memories of his ebullient help as we started Mid America Dharma.

John was remembered in the Kansas City area as being involved in a variety of community activities: coaching his sons' football team; contributing to the formation of the Heart of America Soccer Association; and volunteering for political campaigns, especially for candidates promoting Free Thinking.

John was preceded in death by his wife of 50 years and is survived by his four children, five grandchildren and one great grand-child. Donations in his memory can be made to Houston Hospice, 1905 Holcombe Blvd., Houston, TX 77030. ❖

Nothing Left Out: Integrating Wisdom & Compassion in Practice

by Joe McCormack

Joe McCormack will be leading a non-residential retreat in Columbia, MO, November 6-8, 2015. He talks about the theme of the retreat and what to expect.

The Buddha's teachings compare the practice of the dharma to a bird in flight, needing two wings. These two wings are compassion and wisdom. If both wings are not available to us, our spiritual journey never truly launches. In this weekend retreat, we will work to bring an open-hearted and compassionate awareness to both the joyful and the challenging aspects of our experience, and as we do this, our innate wisdom begins to see with clarity the true nature of our lives. Seeing in this way, the habitual patterns of our conditioned minds begin to ease, and we experience the peace, freedom, and unconditional acceptance that are always there, waiting to be revealed. The retreat will consist of alternating periods of sitting and walking meditation, with practice instructions. There will be opportunities to explore the practical skills and challenges of Insight Meditation practice, through question and answer sessions, and through conferences with the retreat leader. ❖

Registration for this retreat opens on September 6, 2015. See page 7 or visit www.midamericadharm.org for more information and to register.

Celebrating New Year's Eve: A Comparative View

by *Bridget Rolens*

December 31, 2014 – Springfield, IL

For at least the past 10 years it has been my custom to attend an Insight Meditation retreat over the New Year holiday. This year I've decided to spend the holidays with family. My brother, Mark, and his wife, JoAnn, have invited me and my sister, Brionn, who is visiting from out-of-town. My other 6 siblings are attending parties elsewhere. We arrive with our contribution to the New Year's Eve feast - spinach artichoke dip. All the other guests are friends of Mark and JoAnn and unknown to me. I spend the evening mingling with the other guests, returning to the food tables and sipping a glass of wine. I don't have a lot in common with most of the people there. Probably the best part of the evening is having an opportunity to visit with my sister and brother, limited though that is. The majority of the group want to play a game that involves speech that is a bit on the crude side. I try to join in to be social, but the game is at odds with my aspiration to practice wise speech. I eat a bit too much, but manage to practice moderation with the alcoholic beverages. We toast the New Year with champagne and I'm glad I can give my family members a hug and a wish for their happiness.

December 31, 2009 – Conception Abbey, 2 hours north of Kansas City

I'm participating in the Mid America Dharma New Year's Eve retreat led by Ginny Morgan. I walk mindfully to the meditation hall for our gathering to "ring in" the New Year. I bring nothing but myself (the retreat manager has arranged for some snacks to be served later). Some of the guests are old Dharma friends, while others are not known to me. And yet, I enter the meditation hall with a sense of being supported by each person there. We sit together in silent meditation for a while and then Ginny gives a Dharma talk. After the talk we engage in the custom of formally taking refuge in the Buddha, Dhamma and Sangha and renewing our aspiration to undertake the trainings of the Five Precepts. We each receive the traditional "protection" cord to remind us of our

wholesome New Year's aspiration. Now we really get down to partying! Volunteers help the retreat manager fill plastic champagne glasses with sparkling grape juice. Each of us has been given a cardboard cylinder with a string attached (aka a "party popper"). Ginny raises her glass and we all shout "Happy New Year!" – clink the cups of nearby revelers - and sip our non-alcoholic champagne. Party-poppers greet the New Year with a bang and a rainbow spray of confetti. We launch into the customary singing of "Auld Lang Syne" and then return to silence. Ginny invites us to continue our practice of mindfulness. We are left to choose from a variety of mindful activities (remembering to honor the Noble Silence of the retreat): enjoying New Year's Eve snacks in the dining room: continuing formal sitting and/or walking meditation, or preparing mindfully for bed and a night of rest.

As I reflect on my 2 experiences I realize that this year I want to celebrate the turn of the year with a silent Insight Meditation retreat. My one hesitation is that going on retreat takes me away from family. On the other hand, my experience with New Year's Eve parties (or parties in general) is that they provide only a limited opportunity to really connect with family members. So this year I want to address both my desire to celebrate New Year's Eve with a retreat and my desire to connect with family. I think this will require some creativity in finding an alternative way to celebrate the holidays with my family. As far as retreat, my next step is to visit www.midamericadharm.org and register for the New Year's Eve retreat with Robert Brumet. If you happen to live in Springfield, IL, St. Louis or Columbia, MO, how about car-pooling? You can reach me at bridget@pathwaystomindfulness.com. ❖

Bridget Rolens will be co-leading a non-residential retreat with Jon Yaffe in March 2016. See page 8 for details.

Mid America Dharma Retreats

Robert Brumet ❖ Oct 18, 20, 22 and 24, 2015

*Unity Village near Kansas City, MO – Non-residential (Oct 18 & 24 day longs; Oct 20 & 22 evenings)
Fee Range: \$60–\$90. Registration opens August 18, 2015.*

Robert Brumet ❖ Dec 30, 2015–Jan 3, 2016

*Conception Abbey, Conception, MO (2 hrs from Kansas City) –Residential
Fee Range: Reduced \$300 / Sustaining \$400 / Supporting \$500
Registration opens October 30, 2015.*



Robert Brumet has practiced Insight Meditation since 1988. He has been leading a local sangha and conducting meditation retreats throughout North America since 1995. In the early 1990s he received vipassana facilitator training from Shinzen Young. In January 2000 he graduated from the Community Dharma Leader training program, sponsored by Spirit Rock Meditation Center. Robert is one of the founding members of Mid-America Dharma. He lives in Kansas City and teaches at Unity Institute and Seminary near Lee's Summit MO.

► **LISTEN** to Robert's retreat recordings at www.midamericadharma.org/audio.html

Joe McCormack ❖ Nov 6–8, 2015

*Show Me Dharma Center, Columbia, MO – Non-residential
Fee Range: \$60–\$90. Registration opens September 6, 2015.*



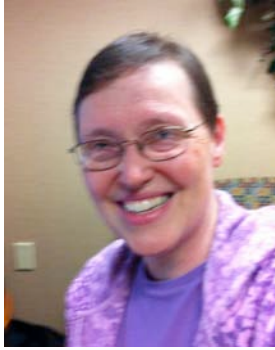
Joe McCormack has practiced Insight Meditation since 1995. He has been a member of the Show Me Dharma Teachers Council since 2002. Joe leads an Insight Meditation group in Jefferson City, and has taught Insight Meditation to prison inmates since 1998. His teachers include Ginny Morgan, Phil Jones, and Matthew Flickstein. In January 2008, he completed the Community Dharma Leader training program through Spirit Rock Meditation Center. In his dharma instruction, Joe draws from traditional Theravada Buddhist teachings, Zen and Dzogchen practice, Advaita teachings, and the Diamond Approach. He is also trained as a psychologist and practices psychotherapy in Jefferson City.

Mid America Dharma Retreats

Bridget Rolens & Jon Yaffe ❖ *Mar 18–20, 2016*

Maria Center, St. Louis, MO – Non-residential

Fee Range: \$60–\$90. Registration opens January 18, 2016.



Bridget Rolens has practiced Insight Meditation since 1997. Her mentors include Matthew Flickstein, Ginny Morgan and Gloria “Taraniya” Ambrosia. Recognized by the Spirit Rock Teachers Council as a Community Dharma Leader, Bridget shares the Dharma through classes, workshops, and retreats. She also teaches Mindfulness-Based Stress Reduction in Missouri and Illinois and is the program facilitator for Masterpeace Studios’ Mind-Body Stress Reduction program in Crestwood, MO.



Jon Yaffe began practicing Insight Meditation in 1999 and has been a co-leader of SLIMG since 2006. A student of Matthew Flickstein, he has completed two of his programs: "Teaching as a Form of Practice" and "The Two Year Training". He served on the Board of Directors of Mid America Dharma from 2005 - 2015.

► **LISTEN** to Bridget’s & Jon’s retreat recordings at www.midamericadharm.org/audio.html

Anushka Fernandopulle ❖ *May 20–22, 2016*

Hollis Renewal Center, Kansas City, KS – Non-residential

Fee Range: \$60–\$90. Registration opens March 20, 2016.



Anushka Fernandopulle has trained for over 25 years in the Theravada tradition in the U.S., India and Sri Lanka and teaches retreats and workshops around the world. Anushka also works as a leadership coach and management consultant, influenced by a BA in anthropology and religion from Harvard University and an MBA from the Yale School of Management. Anushka is on the Spirit Rock Teacher’s Council and leads a weekly group in San Francisco, Monday Night Dharma. Her teaching is informed by nature, creative arts, political engagement, innovation and modern urban life. She is founding an urban meditation center in San Francisco. For more information, visit www.anushkaf.org.

► **LISTEN** to Anushka’s talks at <http://www.anushkaf.org/teaching-schedule/talkswritings/>
WATCH a video talk at <http://seattleinsight.org/Talks/BrowseTalks/tabid/107/Default.aspx>

Mid America Dharma Retreats

Shaila Catherine & Phil Jones ❖ Aug 6-13, 2016

Marillac Center, Leavenworth, KS – Residential with Weekend-Only (Sat-Mon) Option.

Fee Range for Full Retreat: Sustaining \$750 / Supporting \$1,050.

Fee Range for Weekend-Only: Sustaining \$300 / Supporting \$450.

Registration opens May 6, 2016.



Shaila Catherine is the founder of Bodhi Courses, an online Dhamma classroom (bodhourses.org), and Insight Meditation South Bay, a Buddhist meditation center in Silicon Valley in California (imsb.org). She has been practicing meditation since 1980, and has taught internationally since 1996. Shaila studied with masters in India, Thailand, and Nepal, and also with the founders of western meditation centers. She authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*. Since 2006 Shaila has been practicing under the direction of Venerable Pa-Auk Sayadaw. She authored *Wisdom Wide and Deep: A Practical Handbook for Mastering Jhāna and Vipassanā* to help make this traditional approach to samadhi and vipassana accessible to western practitioners.



Philip Jones has practiced meditation since 1987 and has been teaching Insight Meditation since 1996. He has studied with teachers from Spirit Rock and the Insight Meditation Society and graduated from the first Community Dharma Leader program in 2000. He also studied for a number of years with Matthew Flickstein and more recently has been practicing with teachers from IMS. He has served on the board of directors of Mid America Dharma, the regional retreat organization, since the mid-'90's. Many of his talks and writings can be found at <http://silentmindopenheart.org>.

► **LISTEN** to Shaila's & Phil's retreat recordings at www.midamericadharma.org/audio.html

Retreat Basics: The Five Precepts

We ask everyone participating in our retreats to make a commitment to follow the Five Ethical Precepts, a foundation for our practice.

The precepts create the community of harmony and safety necessary for our work of turning inward. The self-restraint we show by following the Precepts is essential to settle the mind.

Through this we develop confidence in our worth and ability to do the practice. Following the Precepts bestows a sense of happiness with our own goodness.

- ❖ I undertake the training of refraining from taking the life of any living being.
- ❖ I undertake the training of refraining from taking what has not been given.
- ❖ I undertake the training of refraining from any form of intentional sexual activity.*
- ❖ I undertake the training of refraining from false and harmful speech.
- ❖ I undertake the training of refraining from intoxicating drink and drugs that lead to heedlessness.

* A more general form of this precept is "I undertake the training rule to abstain from sexual misconduct," but at retreat we commit to the version stated above.

Retreat Registration

Insight Meditation offers an easily accessible way to free the mind from the distortions of self-centeredness, negativity and confusion. Through concentrated awareness, we see that our experience is a constantly changing process, in which all aspects of life are accepted with increasing balance and equanimity. This insight leads to 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, 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.

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.

Fees: Retreat costs are listed under each retreat heading and on the mail-in registration form at the end of this newsletter.

Sliding Scale: Costs for each retreat are listed as a range. For non-residential retreats, the lowest fee listed is the actual cost of providing the retreat for each

retreatant. For residential retreats, the “sustaining” fee is the actual cost. Any amount paid above the actual cost will be regarded as a tax-deductible contribution used to defray retreat expenses, scholarships and other activities.

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 specific retreat pages. Registrations are not accepted prior to the beginning date for each retreat. If the registration fee for a residential retreat is not received by the deadline, there is a \$25 late fee.

Refunds: We will refund fees if requested before the deadline. Refunds requested later than this are made at the discretion of Mid-America Dharma’s Board of Directors.

Scholarships: We do not want inability to pay to prevent you from attending. We are experimenting with a reduced rate on residential retreats. If further financial support is needed to attend residential and non-residential retreats, we offer scholarships and a deferred payment plan. Learn more about these options when you register online or the registrar can send you written materials. Applications 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 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 completely voluntary.

Mail-in Registration Form

Retreat registration is available online or via mail. To register online, go to www.midamericadharmadharma.org/retreats.

To register by mail, send this form with a check payable to: **Mid America Dharma, c/o John Flaherty, 455 E. 80th Terrace, Kansas City, MO 64131**. If registering for multiple retreats, please send a separate copy of this form with payment to the registrar for each retreat. A \$75 deposit is required for all residential retreats. Please register as early as you can, as this greatly helps our planning.

_____ Oct 18, 20, 22 and 24, 2015
Robert Brumet, Non-residential
 Unity Village near Kansas City, MO
 Fee: \$60-\$90
 Fee Amount _____

_____ Nov 6-8, 2015
Joe McCormack, Non-residential
 Show Me Dharma Center, Columbia, MO
 Fee range: \$60-\$90
 Fee Amount _____

_____ Dec 30, 2015-Jan 3, 2016
Robert Brumet, Residential
 Conception Abbey, Conception, MO
 Fee range: \$300 / \$400 / \$500
 Fee Amount _____

_____ Mar 18-20, 2016
 Jon Yaffe & Bridget Rolens, Non-residential
 Maria Center, St Louis, MO
 Fee range: \$60-90
 Fee Amount _____

_____ May 20-22, 2016
 Anushka Fernandopulle, Non-residential
 Hollis Renewal Center, Kansas City, KS
 Fee: \$60-\$90
 Fee Amount _____

_____ Aug 6-13, 2016
 Shaila Catherine & Phil Jones, Residential w/
 Weekend-only Option
 Marillac Center, Leavenworth, KS
 Fee range, Full: \$725 / \$1,050
 Weekend-Only: \$300 / \$450
 Fee Amount _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

E-Mail Address: _____

Required of ALL Retreatants:

1. Please check the box below to indicate you agree to honor *The Five Precepts* during your retreat. *The Five Precepts* assure everyone has a safe & wholesome retreat experience (see page 9 for details).

Yes, I have read the *Retreat Basics* on page 9 and agree to honor *The Five Precepts* during retreat.

2. What is your prior experience with meditation retreats? ___First Retreat ___Slight ___Moderate ___Extensive

For Residential Retreatants only:

- 1. Gender: M F
- 2. Will you arrive after 7pm on the first day? Y N
- 3. Is this your first Insight Meditation retreat? Y N
- 4. Do you snore? Y N

If you have special needs, please contact the registrar at registrar@midamericadharmadharma.org or (816) 523-5061.

Mid America Dharma

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Mid America Dharma Upcoming Retreats

- Oct 18-24, 2015* Non-residential Householder retreat, **Robert Brumet**, Unity Village, Kansas City, MO
- Nov 6-8, 2015* Non-residential retreat, **Joe McCormack**, Show Me Dharma Center, Columbia, MO
- Dec 30, 2015-Jan 3, 2016* Residential retreat, **Robert Brumet**, Conception Abbey, Conception, MO
- Mar 18-20, 2016*Non-residential retreat, **Jon Yaffe and Bridget Rolens**, Maria Center, St. Louis, MO
- May 20 -22, 2016*Non-residential retreat, **Anushka Fernandopulle**, Hollis Renewal Center, Kansas City, MO
- Aug 6-13, 2016*Residential retreat, **Shaila Catherine and Phil Jones**, Marillac Center, Leavenworth, KS
- Sep 8-11, 2016*Residential retreat, **David Chernikoff**, Pallottine Renewal Center, St.Louis, MO
- Sep 30-Oct 2, 2016*Non-residential retreat, **Bridget Rolens**, Chiara Center, Springfield, IL
- Oct 16-22, 2016* Non-residential Householder retreat, **Robert Brumet**, Kansas City, MO

For the latest retreats and a full listing of Midwestern Buddhist groups, please visit our website:

www.midamericadharm.org