

# Mid America Dharma News



Summer/Fall 2008

[www.midamericadharm.org](http://www.midamericadharm.org)

June, 2008

## Meet the Board

Two long-time members of our Board of Directors resigned at our February, 2008 meeting. **Bob Mikesic** served on the Board since MAD's inception in 1994, most recently as the Chairman of the Scholarship Committee. **Tamara Dutton** joined the board in 2001, and most recently served as Treasurer. Their service, wisdom and warm friendship certainly will be missed.

Happily, we have recruited new members to replenish our thinned ranks. **Donna Strickland** and **Joe McCormack** join us from the Columbia, MO area, and **Bill Bunn** joins us from the Kansas City area.

This newsletter provides a good opportunity to introduce our new members and reacquaint you with our continuing ones.

**Bill Bunn** – is a new board member. Bill has practiced meditation since 1984 starting with the Kansas City Shambhala Group. He initiated Zen training in 1986 with Zen Master Seung Sahn and studied with several Zen teachers in the Korean and Soto traditions. He currently co-facilitates the Kansas City Zen Group which is affiliated with the Kwan Um School of Zen. Bill has practiced insight meditation since 1995. He currently studies with Matthew Flickstein, and practices with the Heart of America Sangha. Bill is retired from the Environmental Protection Agency where he worked as an analytical chemist and then as an environmental scientist conducting investigation and cleanup of hazardous waste sites.

**John Flaherty** – is a founding member of Mid America Dharma and has been on the board since 1994. He currently serves as both Secretary and Retreat Coordinator. John has practiced for 16 years, and for many years helped lead the Heart of America sitting group in Kansas City. He has taught introductory insight meditation classes and participated in a workshop for those who aspire to teach the Dharma offered by Matt Flickstein. He holds a Master's degree in social work, and has worked in health care, mental health and addiction treatment. John hopes to see MAD revitalized by new board members and to develop a fresh, clear sense of its mission.

**Marnie Hammer** - is another founding member of Mid America Dharma, and likewise has been on the board since 1994. She has served as Secretary, chaired the Scholarship Committee, and currently manages our membership mailing list. Marnie has been practicing for 16 years, helped lead the Heart of America sitting group in Kansas City, and is a longtime member of a monthly Buddhist book club. Soon to be retired from her career in public service, Marnie hopes MAD will be revitalized with new board members and looks forward to seeing increased interest in our retreats and assistance to local sanghas in the Heartland.

**Philip Jones** - has served on the board since 1996 in many capacities. Most recently, seeing an urgent unfilled need, he generously stepped down from serving as President to take over as Treasurer. He also is Webmaster of the Mid America Dharma website. Philip has practiced meditation since 1987 and has been teaching since 1996, including leading retreats for Mid America Dharma. His primary teacher has been Matthew Flickstein. He also has studied with Bhante Gunaratana and teachers from the Insight Meditation Society, Spirit Rock Meditation Center and Abhayagiri Buddhist Monastery. In addition to being trained to teach by Matthew, Philip completed Spirit Rock Meditation Center's first Community Dharma Leader Program. He helped found Show Me Dharma, the Insight Meditation community of Mid-Missouri, and currently offers an independent Sunday morning sitting in Columbia, MO. 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.

**Joe McCormack** - is a new board member. He has been practicing insight meditation since 1995. He practices with the Show Me Dharma sangha in Columbia, MO, and is a member of their Teachers Collective and president of their board of trustees. Joe also teaches meditation to prisoners at the Jefferson City Correctional Center. He completed Spirit Rock Meditation Center's Community Dharma Leader training program in January of 2008. Joe

works as a psychotherapist in Jefferson City, Missouri. In addition to practicing vipassana, he is a student in the Diamond Approach teaching of A.H. Almaas.

**Ginny Morgan** - has practiced meditation since 1977 and served on the board since 1995. She is a past President of the board and a guiding teacher for Show Me Dharma Center. 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. Ginny regularly leads retreats for Mid America Dharma and many local sanghas in the mid-west. Her annual Mid America Dharma "New Year" retreats are a perennial favorite.

**Bridget Rolens** – joined the board in 2000. She has served as Newsletter Editor, Retreat Coordinator, and currently is our Vice President. She also has managed many Mid America Dharma retreats. Bridget began practicing Insight Meditation in 1996, bringing to her Buddhist practice twenty years of prior experience with the Christian contemplative path, gained as a member of a Catholic religious order. She participated in Matthew Flickstein's "Teaching as a Form of Practice" retreat/workshop, and in 2008 completed the Community Dharma Leaders program sponsored by Spirit Rock Meditation Center. As a co-leader of the St. Louis Insight Meditation Group, Bridget facilitates the weekly sitting group, teaches introductory Insight Meditation, guides their Committed Practice Group, leads daylong retreats and mentors beginning meditators. Professionally, she teaches mindfulness based stress reduction in Missouri and Illinois. She is the program facilitator for the mind-

body stress reduction program at Masterpeace Studios in Kirkwood, MO and is the meditation instructor for the Integrative Medicine program at St. John's Hospital Center for Living in Springfield, IL. She currently is collaborating with McFarland Zone Center in Springfield, IL to develop a mindfulness-based stress reduction program for the employees of this mental health center.

**Donna Strickland** – is a new board member. She has been a member of the Show Me Dharma sangha in Columbia, Missouri since 2004, and last year offered service through Mid America Dharma as an assistant retreat manager. She has had retreat experiences with Ginny Morgan, Matthew Flickstein, Gina Sharpe, Gregory Kramer, and others. As an assistant professor of English at the University of Missouri, she is developing a course in "Mindful Writing" that will integrate meditation with writing instruction.

**Jon Yaffe** - joined the board in 2005. He has served as Newsletter Editor, Registration Coordinator, and is the new President. He also has been the registrar for many Mid America Dharma retreats, and develops our registration websites. Jon began practicing Insight Meditation in 2001, has attended two of Matthew Flickstein's "Teaching as a Form of Practice" retreat/workshops, and is committed to Matthew's forthcoming "Year of Practice" program. He has been actively involved in the St. Louis Insight Meditation Group since 2001. Currently one of their three co-leaders, he facilitates the weekly sitting group and co-leads daylong retreats. He is a founding member of the Gateway Sangha, a committed practice group in St. Louis. His professional background includes 10 years in social services and 30 years in the business world, as a computer programmer and systems analyst.



# Sangha News

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Note: we do 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](mailto:phebed@comcast.net), 501-975-4060  
Website: [www.ebslr.org](http://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: Yolán Presley, [yo@shawnee-dharma.org](mailto:yo@shawnee-dharma.org)  
Website: [www.shawnee-dharma.org](http://www.shawnee-dharma.org)

**Buddhist Advocacy Fellowship** - for registered students at SIUC, meets Wednesday nights at 6:00 pm at the Student Center while school is in session.  
Website: [www.myspace.com/siucbuddhist](http://www.myspace.com/siucbuddhist)

## Illinois - Chicago Area

**Insight Chicago** - Contact Ellen McCammon, [ellen\\_mccammon@ameritech.net](mailto:ellen_mccammon@ameritech.net)

- Chicago Sittings - Mondays 7:30 PM in East Rogers Park (near the Morse stop on the CTA red line) at 7:30. See [www.InsightChicago.org](http://www.InsightChicago.org) for updated schedule.
- North Side Sangha – Evanston - holds weekly Sunday sittings and instruction. Contact Ralph Marol, [rmarol1@comcast.net](mailto:rmarol1@comcast.net), 847-675-0282; [www.northsidesangha.org](http://www.northsidesangha.org)
- Western suburbs: Elgin Area Insight Meditation - Wednesday evening sittings, with readings and other teachings. Contact Deb Wright, [debwright@elginim.org](mailto:debwright@elginim.org); [www.elginim.org](http://www.elginim.org)

October 25-28, 2007, residential retreat at the Cenacle Retreat Center in Chicago – Contact: Ann Leeds, [aleeds@prairiesangha.org](mailto:aleeds@prairiesangha.org), 847-644-8593

Contacts: General info and directions: Ellen McCammon, [ellen\\_mccammon@ameritech.net](mailto:ellen_mccammon@ameritech.net) (312) 493-9015  
For sangha news & retreats: Ann Leeds, [aleeds@prairiesangha.org](mailto:aleeds@prairiesangha.org), phone (847) 644-8593

## Illinois – Prairie Sangha Network

[www.prairiesangha.org](http://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

## Illinois – Quincy (cont')

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](mailto: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](mailto: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](http://www.mindfulsangha.com)

## Indiana – Ft. Wayne

**Ft. Wayne Vipassana Sangha** - Plymouth Congregational Church, 501 West Berry Street.  
We meet on Tuesday evenings at 5:30 pm.  
The sangha is sponsoring the following Vipassana retreat: Matthew Flickstein – “Balancing the Mind and Heart” Aug. 22-24, 2008; Oakwood Retreat Center (near Selma, IN)  
Contact: Tammy Dyer, [tsdyer@comcast.net](mailto:tsdyer@comcast.net), 260-672-8023

## Indiana - Indianapolis

**Friends of Awakening**  
4370 Cooper Rd, Indianapolis, Indiana, 46228  
Contact: Ingrid Sato, [IngridSato@gmail.com](mailto:IngridSato@gmail.com), 317-291-1776  
Website: [www.friendsofawakening.net](http://www.friendsofawakening.net)

## Indiana, Laporte

Vipassana meditation and dharma discussion 7:00pm Tuesday evenings.  
Contact: Michael at [mlzieve@yahoo.com](mailto:mlzieve@yahoo.com) 219-871-2094

## Indiana - 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](mailto:mlzieve@yahoo.com), 219-362-1462

## 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](mailto: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: Steve Abbott, [swaad@hotmail.com](mailto:swaad@hotmail.com), 785-842-2533

## 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](mailto: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](http://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](mailto:info@deepspring.org) or phone (734) 477-5848

Website: [www.deepspring.org](http://www.deepspring.org)

## 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](mailto:info@commongroundmeditation.org), 612-722-8260

Website: [www.commongroundmeditation.org](http://www.commongroundmeditation.org)

## Minnesota - Minneapolis (cont')

**Rivers' Way Meditation Center** - 2637 27th Ave. S. #201  
Vipassana/Mindfulness meditation, loving kindness practice, qigong/mindful movement; Dharma book & CD study groups. Mindfulness Mondays 7:30-9:15pm, weekly sitting group. Individual practice meetings. Monthly Qigong practice group. Beginners and all levels of experience welcome. (donation/dana)  
Contact: Merra Young, [rivwaymed@aol.com](mailto:rivwaymed@aol.com), 612-253-5133

Website: [www.riverswaymeditation.net](http://www.riverswaymeditation.net)

**Twin Cities Vipassana Collective (TCVC)** - provides opportunities to hear and practice the teachings of vipassana and metta meditation, with an emphasis on residential retreats led by senior teachers in the Theravada Buddhist tradition.

Upcoming 2008 residential retreats:

- June 13-15 or 13-22 Kamala Masters & Steve Armstrong in Frontenac, MN - Contact Jean Fagerstrom 612-722-4967, [retreats@tcvc.info](mailto:retreats@tcvc.info)
- October 10-12 or 10-14, 2008 Santikaro in Willard, WI - Contact Gail Iverson, 612-721-8626, [retreats@tcvc.info](mailto:retreats@tcvc.info)

Contact: Joanne Skarjune, [info@tcvc.info](mailto:info@tcvc.info), 612-724-9357

Website: [www.tcvc.info](http://www.tcvc.info)

## Mississippi - Jackson

**The Conscious Living Project** - offers 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](mailto: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](mailto:virginia028@centurytel.net) or call 573-817-9942

Website: [www.dharma.missouri.org](http://www.dharma.missouri.org)

**Silent Mind-Open Heart** - Elm Street Yoga, 904 Elm St., Suite. 210 - Offering insight meditation for beginning and advanced practitioners.

Meets Sundays, 8:45 a.m.-10:00 a.m. for a 45 minute sitting plus a brief talk and Q&A. Instructions are available.

Contact Phil Jones, [phil@silentmindopenheart.org](mailto:phil@silentmindopenheart.org), 573-874-0881

Website: [www.silentmindopenheart.org](http://www.silentmindopenheart.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](mailto: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](mailto: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](mailto: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](mailto: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.  
Contact: Maureen Hall, [mhall@inspirationcenter.net](mailto:mhall@inspirationcenter.net), 573-364-0517

### Missouri - Saint Louis Metro Area

**St. Louis Insight Meditation Group** - Big Bend Center, 88 N. Gore, Webster Groves - meets Sundays, 7:00-8:30 PM. Meditators at all levels are welcome. Leadership rotates between three leaders, each with a unique style of sharing the dharma. Meetings usually include a 40 minute sitting meditation, a dharma talk and discussion. The last Sunday includes tea and time for socializing. Other activities include: Introduction to Insight Meditation Classes, Committed Practice Groups and day-long nonresidential

### Missouri - Saint Louis Metro Area (cont')

retreats. Those new to insight meditation may arrange for a brief orientation to the practice by contacting Bridget Rolens.  
Contact: Bridget Rolens, [bridget@pathwaystomindfulness.com](mailto:bridget@pathwaystomindfulness.com), 314-773-0866  
Website: [www.insightstlouis.org](http://www.insightstlouis.org)

**Sunday Sangha** - Yoga Source, 1500 S. Big Bend - meets Sundays 11:15 AM to 12:30 PM. 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: Christine Schutz, [drcms@earthlink.net](mailto:drcms@earthlink.net), 314 762-9412  
Website: [http://people.tribe.net/sun\\_sangha\\_stl](http://people.tribe.net/sun_sangha_stl)

### Missouri - Springfield

**Buddhist Group** - Body of Work Studio, 205 W. Walnut - meets Saturdays 9:30-11:15 AM - We sit for thirty minutes, walk for fifteen, and conclude with a dhamma talk and discussion.

- Oct 4-10, 2008 - Vipassana Retreat led by Venerable Û Vansa in the Mahasi Sayadaw tradition, in Republic, MO. Retreat information is available on our website.

Contact: Dipa, [dipaeightpreceptor@yahoo.com](mailto:dipaeightpreceptor@yahoo.com), 417-864-4559  
Website: [www.geocities.com/sisterdipa](http://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, [insightomaha@gmail.com](mailto:insightomaha@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.  
Contact: Lora Sloan at [lorasloan@gra.midco.net](mailto: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](http://www.tristatedharma.org)

### Ohio - Columbus

**Mindfulness Meditation of Columbus** – meets weekly  
Contact: Jim Dunn, [mmocohio@earthlink.net](mailto: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](mailto: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 – Knoxville

**Monday Mindfulness Meditation** (Theravada tradition) – Losel Shedrup Ling Tibetan Buddhist Center - 5415 F Kingston Pike – Mondays 7:00-8:30 PM – we sit for 45 minutes, with time for a mixture of dharma talks, metta practice, readings, mindful sharing, listening and discussion. Daylong retreats are scheduled periodically.  
Contact: Ann Pendley, [zpendley@bellsouth.net](mailto:zpendley@bellsouth.net), 865-556-3908

### 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](http://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](mailto: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](mailto:dharmadelrio-design.com), 979-798-4448  
or: Greg Van Meter, [gregvanm@aol.com](mailto:gregvanm@aol.com), 713-823-5610  
Website: [www.citta101.org](http://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](mailto: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, [gyaffe@sbcglobal.net](mailto:gyaffe@sbcglobal.net), 314-644-1926.  
The next edition will be published in November, 2008. Deadline for submissions is October 1.



# Mid America Dharma - 2007 Summer-Winter Retreats



**June 20-26, 2008**

**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 Theravada 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.

The retreat will be at Il Ritiro, Ditmer MO (25 miles west of St. Louis). Each retreatant will have a private room.

Cost: \$525 (\$550 if paid after June 6)

Registration opens April 20, deadline May 30, closes June 6. Register online at [www.retreat0806.homestead.com](http://www.retreat0806.homestead.com)

**Mail payment to:** Mid America Dharma, c/o Jon Yaffe, 3222 Walter Ave., Maplewood, MO 63143, 314-644-1926, [gjyaffe@sbcglobal.net](mailto:gjyaffe@sbcglobal.net)



**September 6-7**

**Non-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, Munindraji, Matthew Flickstein and teachers from Insight Meditation Society and Spirit Rock Meditation Center.

The retreat will be held at Masterpeace Studios, Kirkwood MO.

Cost: \$60 --- Registration opens July 1. Register online at: [www.retreat0809.homestead.com](http://www.retreat0809.homestead.com)

**Mail payment to:** Mid America Dharma, c/o Jon Yaffe, 3222 Walter Ave., Maplewood, MO 63143, 314-644-1926, [gjyaffe@sbcglobal.net](mailto:gjyaffe@sbcglobal.net)



**November 7-11, 2008**

**Residential Retreat with **Shinzen Young** – Conception, MO**

Shinzen Young became fascinated with Asian culture while a teenager in Los Angeles, and enrolled in the Ph.D. program in Buddhist Studies at the University of Wisconsin. He went to Asia for extensive training in the three major Buddhist meditative traditions: Vajrayana, Zen, and Vipassana. He was ordained as a Buddhist monk in 1971 at Mt. Koya, Japan. Returning to the US, he became interested in the scientific study of meditative states and worked at the Princeton Biofeedback Institute. He is widely recognized for developing innovative techniques for pain management.

Shinzen has conducted meditation retreats for over 20 years, and helped establish several centers and programs. His goal is to make meditative practice a viable path for Westerners, not just an exotic import from the East.

The retreat will be held Conception Abbey, Conception MO. Each retreatant will have a private room.

Cost: \$310 (\$335 if paid after October 24)

Registration opens August 1, deadline October 17, closes October 24. Register online at [www.retreat0811.homestead.com](http://www.retreat0811.homestead.com)

**Mail payment to:** Mid America Dharma, c/o Jon Yaffe, 3222 Walter Ave., Maplewood, MO 63143, 314-644-1926, [gjyaffe@sbcglobal.net](mailto:gjyaffe@sbcglobal.net)

**Dec. 31, 2008 - Jan. 4, 2009**

**Residential retreat with **Ginny Morgan** – St. Louis, MO --- See above for photo and biographical notes**

The retreat will be held at the La Salle Retreat and Conference Center, Wildwood, MO (25 miles west of St. Louis). Each retreatant will have a private room.

**Cost:** \$315 (\$340 if paid after Dec. 10)

Registration opens Oct. 1, deadline Dec 8, closes Dec. 15. Register online at: [www.retreat0812.homestead.com](http://www.retreat0812.homestead.com)

**Mail payment to:** Mid America Dharma, c/o Jon Yaffe, 3222 Walter Ave., Maplewood, MO 63143, 314-644-1926, [gjyaffe@sbcglobal.net](mailto:gjyaffe@sbcglobal.net)

# 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 in the 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 7.

**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.

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## 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**, at: [www.midamericadharm.org/retreats](http://www.midamericadharm.org/retreats). Please register as early as you can, as this greatly helps our planning. Thank you.

- \_\_\_\_\_ June 20-26, '08  
Residential Self-Retreat with Matthew Flickstein,  
St. Louis, MO  
Cost: : \$525 (\$550 if paid after June 6)
- \_\_\_\_\_ September 6-7, '08  
Non-Residential with Ginny Morgan, St. Louis, MO  
Cost: \$60
- \_\_\_\_\_ November 7-11, '08  
Residential with Shinzen Young, Conception, MO  
Cost: \$310 (\$335 if paid after October 24)
- \_\_\_\_\_ December. 31, '08 – January. 4, '09  
Residential with Ginny Morgan, St. Louis, MO  
Cost: \$315 (\$340 if paid after Dec. 17)

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  
Fall/Winter 2008 Retreat Schedule

June 20-26, '08 ... Matthew Flickstein, Residential Self-Retreat; St. Louis, MO

Sept. 6-7, '08 ... Ginny Morgan, Non-Residential Retreat; St. Louis, MO

Nov. 7-11, '08 ... Shinzen Young, Residential; Conception, MO

Dec. 29, '08 - Jan. 1, '09 ... Ginny Morgan, Vipassana, Residential; St. Louis, MO

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

[www.midamericadharm.org](http://www.midamericadharm.org)

**Contemplating Skillful Action? – Sign-Up to Receive the Mid America Dharma Newsletter online!**

We publish an enhanced version of our newsletter online. Sign-up for it and we'll email you as soon as each edition is posted. You'll receive it sooner, and never have to worry about losing it! This will reduce our printing and postage costs, and help us keep our retreats affordable. 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](mailto: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!

*Address Service Requested*

455 E 80<sup>th</sup> Terrace  
Kansas City, MO 64131-2120

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