

Mid America Dharma News



Summer/Fall 2009

www.midamericadharm.org

July 2009

Insight Dialogue: The Interpersonal Path to Freedom

Mid America Dharma is pleased to be able to once again host Gregory Kramer in Missouri. Gregory has taught Insight Meditation for three decades, but most recently has been integrating silent meditation with "Insight Dialogue," a beautiful, heart-opening meditation practice. Because the idea of talking during a meditation retreat may be new to many, Gregory has offered responses to some basic questions about this practice and about what participants at an Insight Dialogue retreat might expect.

What is Insight Dialogue?

Insight Dialogue rests on the foundation of traditional Buddhist teachings, and skillfully applies them to our lives with others. The Four Noble Truths directly reflect this:

- The First Noble Truth states the suffering that is so much a part of our lives. Much suffering arises in relationship.
- The Second Noble Truth: when we investigate, we see that hunger is the source of this suffering - hunger for pleasure, hunger to exist and to not exist, to get out. These hungers are sustained by identification and ignorance. Hunger for interpersonal pleasure and existence (visibility) are examples of how this manifests in relationship.
- The Third Noble Truth: that cessation, freedom, is possible in every moment and in every interaction. We see this directly in relational meditation.
- The Fourth Noble Truth: that the Path the Buddha outlined, and this interpersonal suffering is unbound, with Insight Dialogue, in an interpersonal practice.

While drawing deeply from the teachings of the Buddha, Insight Dialogue integrates recent understandings from western psychology and interpersonal neurobiology. Participants will have the opportunity to come face-to-face with core human experiences: longing and fear, joy and profound inter-relatedness, suffering and freedom. They will have the opportunity to experience an intimacy that does not depend upon the construction of the self and its needs. Rather, meditative intimacy is meeting people in the very moment of experience, unmediated by notions of self and not driven by habitual hungers.

What is an Insight Dialogue retreat like?

Participants at an Insight Dialogue retreat will explore the interpersonal meditation practice of Insight Dialogue; that is, interacting with others in an explicit meditation practice as a way of awakening insight and compassion. The process brings the mindfulness and tranquility of silent meditation directly into the participants' experience in relationship.

Retreats unfold in noble silence except when we're in dialogue. They include a careful blend of silent insight meditation, lovingkindness (metta) meditation, time in nature, and the interpersonal meditation practice of Insight Dialogue. We begin with a gradual introduction of the meditation instructions, the Insight Dialogue Guidelines. As meditators are learning the practice, they are also contemplating essential truths in their lives, from death and doubt to generosity and our already manifesting wisdom. The support that arises within this meditation community fosters strong mindfulness, relaxed concentration, and an enhanced capacity to accept deep insights into the heart.

What are the benefits of this practice?

Participants can expect to go home from this retreat with insight into the nature of interpersonal relationships and how they can be a place of freedom, not just habit and confusion. They may experience moments of profound peace *while engaged with others*. They are likely to experience a new openness to their families and work

partners and a profound sense of their relatedness to the natural world. Skills in communication, ease in relationship and “Right Speech” naturally flow from this practice. Interpersonal mindfulness yields greater understanding of oneself and others as well as greater compassion and care. Many Insight Dialogue meditators report going home with a renewed commitment to their traditional, silent practice, and a startlingly real sense of the Buddha’s teachings.

Is this practice geared toward any particular sort of person?

Insight Dialogue is applicable to people of any faith or belief system. This retreat is most appropriate for people with some meditation background. Absolute beginners to meditation, however, have also gained a lot from Insight Dialogue.

§

Gregory Kramer will be leading a Mid America Dharma residential retreat, October 23-26, with the option to stay through October 28 for facilitator training. See Retreats, page 7, for details.

The Sweet Taste

by Philip Jones

Yesterday I went to the Columbia Farmers Market. It is always a stimulating place to visit. There are so many sights: white plastic coolers filled with fresh Missouri trout, mounds of exotic Asian vegetables, jar after jar of local honey. Walking between the vendors it is hard to know which way to look. Do I look at the fresh blueberries or the goat cheese? Do I check out the young herb plants or the fresh artisanal bread? Then I notice people carrying baskets of fresh peaches, so I go to search for them and find a long line of people with the same desire.

Standing in line, I realize I know the person in front of me. It's hard to go to the Farmers Market without running into someone I know. Especially when we haven't seen each other in a while, we'll stop to chat, briefly letting go of that sense of mission about finding peaches or lettuce or whatever it is that we desire. We talk about family, friends, work or the events of the world, sharing our views and opinions.

All of these sense impressions, views and opinions belong to the realm of conditioned things. They're the things we get attached to. When I say we get attached to them, I'm not making a value judgement. It isn't a statement of right or wrong. It's simply a statement that "this is the way that it is." The way-it-is is that we get attached to conditioned things. Yesterday I was attached to getting fresh blueberries and peaches. I also get attached to my own views and opinions and believe that I'm right and others are, to put it nicely, misguided.

If I hadn't found the blueberries or peaches, I would have been disappointed. If they spoil in a day or two, before they're all eaten, I'll be disappointed that they didn't last. If I eat them all before they spoil, I'll be disappointed that they're gone and will want more. Even pleasant things bring disappointment, or unsatisfactoriness, because they don't last. This is the nature of conditioned things. When I'm attached to them being a particular way --available, fresh, lasting as long as I want -- it leads to some uneasiness with life.

Sometimes, though, I have my fruit and am still at ease. What makes this possible? It's when there is a knowing and an acceptance that this is the way that it is. If the peaches are gone and I'm disappointed, it is simply knowing the disappointment as the way that it is. If the peaches are a perfect combination of sweet and tart and desire is arising for another bite, it is a simple knowing that this is the way that it is. There is no judgement about one or the other. There is just the knowing and accepting that in this moment this is the way that it is.

When I rest, truly rest, in this moment, there is peace. There is contentment. At these times there is no story about what is happening, no sense of passing time, and no sense of an I that is doing or knowing or experiencing, there is just *this*. The taste of freedom at these moments is truly sweeter than the taste of fresh blueberries or peaches has ever been.

Reprinted, with permission, from Philip Jones's blog: www.awakenmissouri.blogspot.com

§

Philip Jones will be leading a Mid America Dharma non-residential retreat, September 11-13, in St. Louis, MO. See Retreats, page 7, for details.

Sangha News

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, 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

SIU Buddhist Fellowship - for registered students at SIUC, meets Thursday nights at 5:30 pm at the Interfaith Center while school is in session.

Website: myspace.com/siucbuddhist

Illinois - Chicago Area

Insight Chicago - Contact Ellen McCammon, 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 for updated schedule.
- North Side Sangha – Evanston - holds weekly Sunday sittings and instruction. Contact Ralph Marol, rmarol1@comcast.net, 847-675-0282; www.northsidesangha.org
- Western suburbs: Elgin Area Insight Meditation - Monday evening sittings, with readings and other teachings. Contact Deb Wright, debwright@elginim.org; www.elginim.org

Contacts: General info and directions: Ellen McCammon, ellen_mccammon@ameritech.net (312) 493-9015

For sangha news & retreats: Ann Leeds, a Leeds@prairiesangha.org, phone (847) 644-8593

Illinois – Prairie Sangha Network (Urbana, Chicago, Park Forest-South Chicago Suburbs, Peoria)

www.prairiesangha.org is a multi-group website offering further information about the sanghas listed above.

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 – Ft. Wayne

Ft. Wayne Vipassana Sangha - Plymouth Congregational Church, 501 West Berry Street.

We meet on Tuesday evenings at 5:30 pm.

Contact: Tammy Dyer, tsdyer@comcast.net, 260-672-8023

Indiana - Indianapolis

Friends of Awakening

4370 Cooper Rd, Indianapolis, Indiana, 46228

Contact: Ingrid Sato, IngridSato@gmail.com, 317-291-1776

Website: www.friendsofawakening.net

Indiana, Laporte

Vipassana meditation and dharma discussion 7:00pm Tuesday evenings.

Contact: Michael at 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, 219-362-1462

Iowa - Des Moines

The Des Moines Meditation and Mindfulness Group - Friends Meeting House, 4211 Grand Avenue - meets every Tuesday at 7:30 PM for sittings and dharma talks. Occasional non-residential retreats are held 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: Steve Abbott, 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, 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

Minnesota - Forest Lake

Resources for Ecumenical Spirituality - Offers classical Theravada Mahasi style vipassana and loving-kindness meditation; retreats for Christian groups and 12-step programs.
Contact Mary Jo Meadow.
651-464-7489 or resecum@msn.com
Website: www.resecum.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, 612-722-8260

Website: www.commongroundmeditation.org

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: Merrra Young, rivwaymed@aol.com, 612-253-5133
Website: 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.
2009 residential retreats, all in Willard, WI:

- Feb. 13-16 Rebecca Bradshaw. Contact Naomi Baer 651-698-1458
- June 26-28 or June 26-July 5 Kamala Masters & Steve Armstrong. Contact Elena Walker 651-699-6640
- Oct. 9-11 or 9-13 Annie Nugent. Contact Joanne Skarjune 612-724-9357

For information about any retreat, email retreats@tcvc.info
For general information, email info@tcvc.info or call Joanne Skarjune 612-724-9357

Our current newsletter, which includes a registration form, can be found on our website: 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, 601-981-6925

Missouri - Columbia

Show Me Dharma - 2011 Chapel Plaza Court, #9 - Offers weekly meditation groups on Sunday mornings and Tuesday and Wednesday evenings, as well as Committed Practice Classes on Monday and Thursday evenings. Also Book Study Group, as well as frequent Insight Dialogue groups. New offerings include Introduction to Meditation classes. Also offer non-residential retreats, including upcoming retreat with Annie Nugent (Sept. 18-20, 2009).
Contact: Ginny Morgan, virginia028@centurytel.net or call 573-999-9042; Website: <http://showmedharma.org>

Silent Mind-Open Heart - Elm Street Yoga, 904 Elm St., Suite. 210 - Offering insight meditation for beginning and advanced practitioners.
Meets Sundays, 9:00 a.m.-10:00 a.m. for a 30 minute sitting plus a brief talk and Q&A. Instructions are available.

Contact Phil Jones, phil@silentmindopenheart.org

573-874-0881

Website: 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@gmail.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, 10:00AM-12:00 Noon. Other activities include 2 full-day retreats annually and Continuing Practice Classes Wednesday nights 5:30 - 7:30

Contact: Maureen Hall, 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 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, 314-773-0866

Website: 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, 314 762-9412

Website: http://people.tribe.net/sun_sangha_stl

Missouri - Springfield

Buddhist Group - Body of Work Studio, 205 W. Walnut - We sit for forty-five minutes, walk for fifteen, and conclude with a presentation of a discourse of the Buddha from the Pali Canon. Please check web site for meeting time and day.

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

Website: <https://sites.google.com/site/buddhistgroupsite/>

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, 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, 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 – 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, 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

Texas - Beaumont

Insight Meditation Community in Beaumont - 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

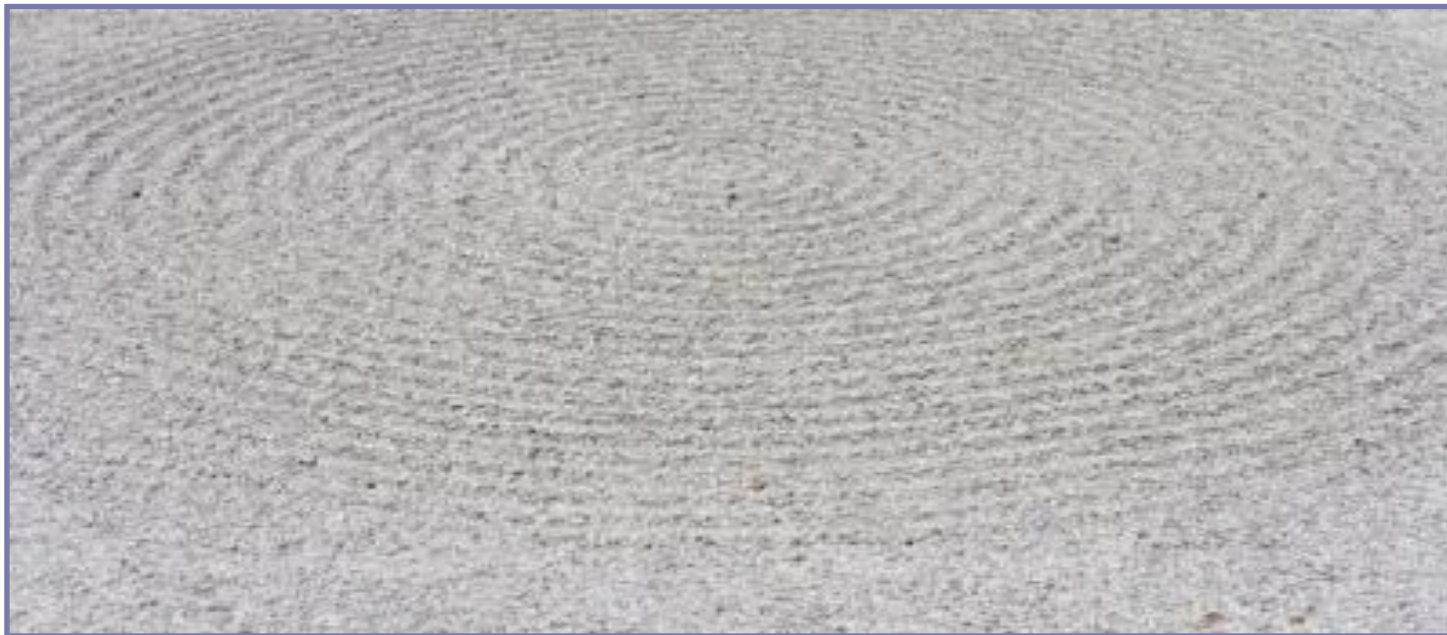
Texas - San Antonio

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 Donna Strickland, stricklanddg@missouri.edu
The next edition will be published in November 2009. Deadline for submissions is October 1.



Mid America Dharma - 2009 Fall/Winter Retreats



September 11-13, 2009

Non-Residential retreat with **Philip Jones** – Maria Center, St. Louis, MO

Philip Jones has practiced meditation since 1987 and has been teaching insight meditation since 1996. His primary teacher has been Matthew Flickstein, although he has also studied with Bhante Gunaratana and teachers from the Insight Meditation Society and Spirit Rock Meditation Center. In addition to being trained to teach by Matthew, Philip completed Spirit Rock Meditation Center's first Community Dharma Leader Program. Phil serves on the board of directors of Mid America Dharma, the regional retreat organization.

Cost: \$60

Registration begins July 11; closes August 28. Register online at www.retreat0909.homestead.com

Send registration to: Jon Yaffe, 3222 Walter Ave., Maplewood, MO 63143, 314-398-6187, gjyaffesbcglobal.net



October 23-26, 2009 Insight Dialogue Residential Retreat or
October 23-28, 2009 Insight Dialogue Residential Retreat + Optional Facilitator Training
with Gregory Kramer

Lake Doniphan Conference and Retreat Center, Excelsior Springs, MO (Kansas City Area)

Resting on the foundation of traditional Buddhist teachings, Insight Dialogue is an interpersonal meditation practice bringing the mindfulness and tranquility of traditional silent meditation into our experience with others. Immediately following the retreat, Gregory Kramer will offer Insight Dialogue Facilitator Training for those who would like to extend their retreat experience and learn how to lead groups in this practice. The workshop is optional, available only to those who attend the retreat.

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 *Insight Dialogue: The Interpersonal Path to Freedom* (Shambhala). He is a faculty member of the Barre Center for Buddhist Studies and lives in Portland, Oregon.

Cost: Retreat only: \$360 (single occupancy) \$300 (double occupancy)
 Retreat Plus Facilitator Training: \$530 (single occupancy) \$460 (double occupancy)
 Add \$25 to fee if paying after September 23, 2009

Registration begins July 1; closes October 9. Register online at www.retreat0910.homestead.com

Mail payment to: Mid America Dharma, c/o Jon Yaffe, 3222 Walter Ave., Maplewood, MO 63143, 314-398-6187, gjyaffe@sbcbglobal.net



Dec. 30, 2009 - Jan. 3, 2010

Residential retreat with **Ginny Morgan** – St. Louis, MO

La Salle Retreat and Conference Center, Wildwood, MO (St. Louis Area)

Ginny Morgan lives in Columbia, Missouri. She is a guiding teacher for Show Me Dharma Center (Columbia, MO) and a former President of the Board of Mid America Dharma, the regional retreat organization. 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 studied with Ram Dass, Munindra-ji, Matthew Flickstein and teachers from Insight Meditation Society and Spirit Rock Meditation Center.

Cost: Sliding scale: \$310 - \$465 (Anything above \$310 is a tax-deductible contribution; please see notice on p.9)

Every retreatant will have a single occupancy room.

Registration opens October 1; closes December 16. Register online at www.retreat0910.homestead.com

Mail payment to: Mid America Dharma, c/o Jon Yaffe, 3222 Walter Ave., Maplewood, MO 63143, 314-398-6187, gjyaffe@sbcbglobal.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.

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.midamericadharma.org/retreats. Please register as early as you can, as this greatly helps our planning. Thank you.

- _____ September 11-13, 2009
Non-Residential Retreat with Philip Jones,
St. Louis, MO
Cost: \$60
- _____ October 23-26 / October 23-28, 2009
Residential with Gregory Kramer, Excelsior Springs, MO
Cost:
Retreat only: \$360 (single), \$300 (double)
Retreat Plus Training: \$530 (single), \$460 (double)
Add \$25 to fee if paying after September 23, 2009
- _____ December. 30, 2009 – January 3, 2010
Residential with Ginny Morgan, St. Louis, MO
Cost: Sliding scale: \$310 - \$465 (Anything above \$310 is a tax-deductible contribution)

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 Upcoming Retreat Schedule

Sept. 11 – 13, '09 Philip Jones, Non-Residential; St. Louis, MO
Oct. 23 – 26 or – 28, '09 . . . Gregory Kramer, Residential; Kansas City, MO
Dec. 30 '09 – Jan. 3, 2010 Ginny Morgan, Residential; St. Louis, MO
Feb. 19 – 21, '10 Philip Jones, Non-Residential; Kansas City, MO
March 19 – 24, '10 Shinzen Young, Residential; Conception, MO
July 6-13, '10 Joseph Goldstein, Residential; St. Louis, MO

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

www.midamericadharmadharma.com

Sliding Scale Fees for Residential Retreats: With the ever-increasing cost to retreat centers of providing food and facilities, the centers have all responded by increasing their rates. Additionally, some centers now require us to pay for a large guaranteed number of retreatants, whether our registration reaches that level or not.

These factors create a dilemma for us. How do we keep our fees as affordable as possible while also covering our costs, especially if registration falls below the required guarantee?

We have decided to ask for your support by implementing a sliding fee scale for our retreats. Going forward we will list a base registration fee for each retreat, and additionally will suggest a sliding scale above that. Anything paid above the base fee will be a tax-deductible contribution to Mid America Dharma and will be used to defray retreat expenses. When fees and contributions exceed retreat expenses, the surplus will be used to cover scholarships and our other activities. This will be effective with our Dec. 30, 2009-Jan. 3, 2010 retreat.

If you are able to make a donation above the base fee, we hope you will see this as an opportunity to share your blessings with the whole sangha of those attending these retreats. This is a wonderful way to support and extend your practice through generosity.

Mid America Dharma
455 E 80th Terrace
Kansas City, MO 64131-2120
Address Service Requested