

# Mid America Dharma News



Winter/Spring 2008-2009

www.midamericadharmadharma.org

December 2008

## The Courage of Beginnings: Walking the Path with Ginny Morgan

*After serving on the Mid America Dharma Board for more years than she can remember, Ginny Morgan stepped down from the Board this fall. While all of us on the Board will greatly miss her wisdom and presence at our meetings, MAD will continue to benefit from her dedication to the Dharma, as she will now be devoting her energies exclusively to her family and to teaching. We are grateful that she will again be leading the upcoming New Year's Retreat, "The Courage of Beginnings: Tuning Our Lives to the Flow of What Is," at the LaSalle Center outside of St. Louis, from December 31-January 4.*

*I had the opportunity in October to talk at some length with Ginny, learning more about her service with Mid America Dharma, the spiritual journey that began with Ram Dass and continues with Vipassana, as well as her plans for the New Year's Retreat.*

When Ginny Morgan discovered that Mid America Dharma existed, she immediately knew she wanted to serve on the fledgling organization's Board. She had been listing herself in *Inquiring Mind* for a number of years, hoping to cultivate *sangha*, a group with whom to share the practice that had had such a tremendous impact on her life. So when she discovered that an organization already existed in the Midwest, an organization that, Ginny says, was doing a "fabulous job" sponsoring Vipassana retreats and offering support to local sanghas, she wanted to help make sure it continued.

In fact, soon after she joined the Board, Ginny was elected President, a post she held for several terms. The minutes from the January 4, 1997 Board meeting describe the election of officers, including Ginny as President, with this note, "at this time the previous President left the meeting, turning it over to Ginny Morgan, the new President of Mid America Dharma." According to Board

member John Flaherty, Ginny appeared to hardly expect to find herself President so suddenly: "I'll never forget how startled Ginny was to find herself in charge of the meeting and the organization without any notice. She stayed in the moment, recovered quickly and made it through the rest of the meeting with grace and humor. That marked the start of many years leading MAD through its many subsequent changes."

One of her goals in this role was to cultivate more connection between Mid America Dharma and the greater Vipassana community by bringing in teachers from Insight Meditation Society and Spirit Rock to lead retreats. And she was able to fulfill this goal through her own connections to this community by way of her practice at IMS and her training in Spirit Rock's first Community Dharma Leaders program. Gil Fronsdal, Eugene Cash, and Joseph Goldstein are among the senior western Vipassana teachers who led retreats during Ginny's years as President.

While Ginny's first exposure to Vipassana came with visits to IMS soon after its founding in the late 1970s, her spiritual journey had begun a number of years prior with a 14-day retreat at New Mexico's Lama Foundation. She had no intention of setting out on this path. Although she reports having spiritual longings as a child to which her Protestant pastors were unable to respond, those inclinations had fallen away in adolescence and young adulthood and were replaced with what she describes as a "biting wit." As a young wife married to a university professor, however, she experienced a strong desire to find her own way, to do something on her own. When a flyer from Lama appeared in her mailbox, she found herself drawn to Ram Dass's photograph and the words "living spirit." She immediately sent in her registration for the retreat, despite having no idea what she was getting into. In fact, she says, "I didn't even know I was going on a retreat."

And the first few days of the retreat were pure misery for Ginny. She describes being completely baffled by what Ram Dass and the other retreatants were doing. Even

more confusing were the waves of energy coming from the main hall which overwhelmed her to such an extent that she found it impossible to enter. After seriously contemplating an escape—driving to the nearest pay phone to call her husband back home in Missouri and declaring that the people at the retreat were “crazy”—she stuck with the devotional practice, supplemented by meditation, that Ram Dass was teaching. And she subsequently returned to the Midwest “with a whole new way of being in the world.”

Ginny continued to practice with Ram Dass for a number of years, traveling to New York and staying frequently at his center there. The primarily devotional practice, however, came to feel insufficient to her. She asked Ram Dass what he did when he really needed to work with the mind, and he told her at those times he practiced with the Buddhists at the Insight Meditation Society. Soon, Ginny signed up for 14-day retreat at IMS. Upon practicing there, she immediately felt she had arrived home, and she has never looked back. She has since studied with a number of Vipassana teachers, including Munindra-ji, one of the teachers of many of the founders of IMS. As a friend of one of Munindra’s attendants, Ginny was able to spend a great deal of time with this teacher. He even came to her house, where, she says, he taught all day, while cooking, while eating. Everything was an opportunity for practice.

Because Ginny is so grateful for the opportunities she has had to work with a variety of teachers, she would like to see MAD continue to grow in order to expand the offerings available to practitioners in the Midwest who don’t have the resources to travel to IMS on the east coast or Spirit Rock on the west coast. She hopes that MAD’s development fund will be carefully stewarded, that efforts to develop a retreat center—one of her not-quite-reached goals as President—will not be lost. Noting that no one cared that IMS in its beginnings needed a lot of work, she says that, “It doesn’t have to be anything fancy,” just a simple, utilitarian place to host retreats, even if it means sharing it with organizations from other wisdom traditions. She would love to see MAD “slowly continue this process of coming up with some sort of home in the Midwest that has a schedule comparable to east and west coast offerings.”

Clearly, Ginny has brought and continues to bring great love and aspiration to our organization. For John Flaherty, “MAD would not have been as successful as it has without [her] kindness, good judgment and intelligence.” Ginny has also served as a treasured

mentor over the years for those new to the Board. Bridget Rolens expresses her deep appreciation to Ginny, who “has been a wonderful mentor to me both as Retreat Coordinator . . . and as a student of the Dharma. As Board member she generously shared her experience with retreat coordination and her personal connections with senior insight meditation teachers around the country. As a mentor she has lovingly supported my spiritual growth by the example of her practice and the wisdom and compassion of her teaching. A deep bow of gratitude to Ginny.”

And even though she is leaving the Board, Ginny continues to support our spiritual growth as she again leads the annual New Year’s Retreat this winter. This year’s retreat starts on New Year’s Eve, so that the passage into a new year, a new beginning, will open the retreat. Ginny notes that “all of Buddha’s teachings speak to beginning again in each moment, letting who we thought we were drop away in each moment.” Just as Ginny found that she had become a new person after her first retreat, she hopes to recreate that experience for those coming to the New Year’s retreat.

--Donna Strickland, for the MAD Board

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#### *New Organization Established by Bikkhu Bodhi*

Buddhist Global Relief was established this year to provide relief to the poor and needy throughout the world. The Buddha’s teachings remind us of the benefits of generosity and challenge us to “share our meal” with others throughout the world. This holiday season, please join BGR in expressing your compassion. Your gifts will support relief efforts on behalf of people worldwide afflicted by poverty, natural disaster, and societal neglect. [www.buddhistglobalrelief.org](http://www.buddhistglobalrelief.org)

*Buddhist Global Relief, PO Box 1611, Sparta, NJ 07871*

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#### *Winter Feast for the Soul*

From Jan. 15-Feb. 23, daily meditation instructions will be available as part of *A Winter Feast for the Soul*. Rumi wrote, “What nine months does for the embryo / Forty early mornings will do / For your growing awareness.” In this spirit, daily Insight Meditation instructions, provided by Phil Jones, will be available by conference call. For more information, see <http://winterfeastforthesoul.org/>.

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MAD needs volunteers to work with retreat sites, teachers and people attending our retreats. It is a rewarding way to serve the dharma, plus you get a free retreat. For more details and to apply, contact John Flaherty: 816-523-5061 or [johnpflaherty@earthlink.net](mailto:johnpflaherty@earthlink.net) Please put MAD in the subject line of your email.

# 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)

**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](http://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 - Monday evening sittings, with readings and other teachings. Contact Deb Wright, [debwright@elginim.org](mailto:debwright@elginim.org); [www.elginim.org](http://www.elginim.org)

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 (Urbana, Chicago, Park Forest-South Chicago Suburbs, Peoria)

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

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 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](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, [swaod@hotmail.com](mailto:swaod@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)

**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.  
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](mailto:retreats@tcvc.info)

For general information, email [info@tcvc.info](mailto: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](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. Also Book Study Group, as well as frequent Insight Dialogue groups. New offerings include Introduction to Meditation classes and afternoon sittings. Also offer non-residential retreats. Recent retreats have included nonresidential Insight Meditation Retreats with Gina Sharpe, Howard Cohn, and Matthew Flickstein

Contact: Ginny Morgan, [virginia028@centurytel.net](mailto:virginia028@centurytel.net) or call 573-817-9942

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, 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@gmail.com](mailto: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](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, [brumetrj@unityworldhq.org](mailto:brumetrj@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, 10:00AM-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](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 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 - We sit for thirty 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.

#### **Nov. 16 day long retreat**

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** - 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 Donna Strickland, [stricklanddg@missouri.edu](mailto:stricklanddg@missouri.edu)  
The next edition will be published in May 2009. Deadline for submissions is April 1.



# Mid America Dharma – 2008-9 Winter/Spring Retreats



**Dec. 31, 2008 – Jan. 4, 2009**

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

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 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)



**Feb. 27 – Mar. 1, 2009**

Non-residential retreat with **Phil Jones** – Kansas City

Phil Jones has practiced meditation since 1987 and has been teaching since 1996. After working as a psychotherapist for 25 years, he now works part-time as a medical social worker, devoting the remainder of his time to service work, teaching, and his family. He helped found Show Me Dharma, the Insight Meditation community of Mid-Missouri, and serves on the Board of Directors of Mid America Dharma, the regional retreat organization. His primary teacher has been Matthew Flickstein.

Register online at: <http://www.retreat0902.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)



**May 28 – 31, 2009**

Residential retreat with **Gloria “Taraniya” Ambrosia** – St. Louis

Gloria Taraniya Ambrosia has been a Dhamma teacher since 1990. She is a student of the Western forest sangha, the disciples of Ajahn Sumedho and Ajahn Chah, and is a Lay Buddhist Minister in association with Abhayagiri Buddhist Monastery in Mendocino, California. She served as resident teacher of the Insight Meditation Society in Barre, Massachusetts from 1996 through 1999. She teaches at the Barre Center for Buddhist Studies and at other Dhamma centers in the United States.

Register online at: <http://retreat0905.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)

*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!

# 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.

\_\_\_\_\_ December. 31, '08 – January. 4, '09  
Residential with Ginny Morgan, St. Louis, MO  
Cost: \$315 (\$340 if paid after Dec. 17)

\_\_\_\_\_ February 27-March 1, '09  
Non-Residential with Phil Jones, Kansas City, MO  
Cost: \$60

\_\_\_\_\_ May 28-31, '09  
Residential with Gloria "Taraniya" Ambrosia, St. Louis, MO  
Cost: \$310 (\$335 if paid after May 14)

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  
Winter/Spring 2008-9 Retreat Schedule

Dec. 29, '08 - Jan. 1, '09 ... Ginny Morgan, Vipassana, Residential; St. Louis, MO  
Feb. 27 - Mar. 1, '09 ... Phil Jones, Vipassana, Non-Residential; Kansas City, MO  
May 28 - 31, '09 ... Gloria "Taraniya" Ambrosia, Vipassana, Residential; St. Louis, MO

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

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

Notice of Mid America Dharma Annual Meeting

The Annual Meeting of the Mid America Dharma Board of Directors will be held on Saturday, January 17, 2009, at 2011 Chapel Plaza Ct, Columbia, MO. The meeting will begin at 10 AM, and is open to the public. Interested parties are welcome to attend. Please check the Mid America Dharma website ([www.midamericadharm.org](http://www.midamericadharm.org)) to confirm the time and place of the meeting.

*Address Service Requested*

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

Mid America Dharma

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