

Mid America Dharma News



Winter/Spring 2009-2010

www.midamericadharm.org

November 2009

"The Clinging Fields": On Retreat with Joseph Goldstein

By Lynn Rossy,

Mid America Dharma is pleased to welcome Joseph Goldstein back to the Midwest. With Annie Nugent and Will Kabat-Zinn, he will be leading a 7-day residential retreat in St. Louis, July 6-13, 2010.

Lynn Rossy, the current board president of the Show Me Dharma sangha in Columbia, MO, shares experiences from her first retreat with Joseph Goldstein, when he visited Missouri a decade ago.

My first residential Vipassana retreat was offered through Mid America Dharma at Conception Abbey in 2000. This 9-day retreat was led by a host of wonderful teachers—none of whom I knew about at the time. Joseph Goldstein was leading the retreat with Eugene Cash, Sharda Rogell, and Myoshin Kelly. Being a relative newcomer to Buddhist practice, I had no idea about the "importance" of the teachers and the lineage through which I was receiving teachings at this gathering in the northern hills of Missouri.

What I did know, through the experience of the retreat itself, was that the teachings and practices I engaged in during the retreat were mind, heart, and life altering. Nine years later, I can say this has continued to be true. And I have made it a practice to sit a residential retreat each year since, in order to truly taste the freedom promised in the practice of Insight Meditation. Yes, retreat experiences lend themselves to having greater compassion and clarity and bringing the heart and mind into balance. Everyday life has a tendency to lead to forgetfulness instead of mindfulness. This is why I go back to "get my batteries charged" every year. But the

lessons that I learned in that first retreat with Joseph Goldstein have remained my touchstone ever since.

What he said in that retreat (and I still have my notes) was that the Buddha taught about "non-clinging, "non-attachment" and the "end of craving." He said that we are *not* practicing for a better experience, but for freedom of the non-grasping mind. This is the heart's release and it is developed through mindfulness of impermanence. That was a lot to take in on my first retreat, and I have continued to work through layers of the truth of these sentences over the years.

Joseph talked about the things to which we cling that create our suffering. He called them "the clinging fields." First is the attachment to pleasant sense experiences. It doesn't matter so much that we enjoy and desire pleasant sense experiences. I think that is all about being human. However, the key is to be aware enough that you can watch the desire arising and not get caught in it and suffer. One of my favorite stories that Joseph tells is of catching himself looking through a magazine and being aware of how he was scanning the pages to see if there wasn't something that he could want to buy. I have to admit to doing that one myself. But, being aware of desiring pleasant sense experiences doesn't mean I have to whip out my credit card. I can just enjoy seeing the beautiful things without grasping for them. With awareness, there is freedom.

Second is the attachment to our view and opinions. To test how well you are doing on this one, try being around a group of people with very different views than your own. I was recently at a party in which I was in the minority of one as to my particular political persuasion. I told myself over

and over again silently not to say anything but to just listen to everyone agreeing with each other with their opposite viewpoint from mine. At one point it was more than I could bear, and I launched into my opinion on the particular “hot” topic. There is one woman who didn’t talk to me for the rest of the evening. Joseph’s advice on this particular attachment was from Bankei, a seventeenth century Japanese Zen master, who said simply: “Don’t side with yourself.” I should have remembered that advice. I’m still a work in progress.

Third is the attachment to the concept of self, the “I” that we think we are. But, as the Buddha said, “Nothing whatsoever is to be clung to as I or mine.” He said, “Whoever understands this has understood all the teachings.” There are many teachings that speak of letting go of the idea of self. Joseph acknowledged that there can be a tremendous fear of loss and death when we work with letting go of this attachment. In my experience, it can also be a great relief in those moments of true surrender to this truth. As Rumi, the great 13th century Sufi poet, wrote, “I’ve lived too long [in this personality] where I can be reached.” It can be awfully tiring to be a “me.”

When we pay attention and bring real interest and energy to seeing through these attachments—in those moments the mind is not clinging. Joseph wrote in a March 2004 *Shambhala Sun* article:

It is not a question of whether unwholesome mind states will arise in us—or in the world around us. Feelings of hatred, enmity, fear, self-righteousness, greed, envy and jealousy all do arise at different times. Our challenge is to see them all with mindfulness, understanding that these states themselves are the cause of suffering and that no action we take based on them will lead to our desired result—peace in ourselves and peace in the world.

The method is mindfulness, the expression is compassion and the essence is wisdom. Wisdom sees the impermanent, ephemeral nature of experience and the basic unreliability of these changing phenomena. Wisdom opens our minds to the experience of selflessness, the great liberating jewel of the Buddha’s enlightenment. This understanding, in turn, engenders a compassionate engagement with

the world. Wisdom reveals that non-clinging is the essential unifying experience of freedom. We see that non-clinging is both a practice to cultivate and the nature of the awakened mind itself.

So I’m looking forward to being on retreat with Joseph again in Summer 2010, ten years since my first retreat with him, to hear again the teachings that started me out so many years ago. “Liberation through nonclinging” continues to be my edge of practice. It is so simple in theory, but not always so easy. Through the practice of mindfulness, my heart has broken open enough to hold this “human being” experience with great compassion even when I do cling, and I surrender so much more quickly to the truth in what I heard Joseph say so many years ago, “it does not matter to what you don’t cling... just don’t cling.”

New Policy: Sliding Scale Fees for 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.

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.

Annual Board Meeting: January 9, 2010, at 10 am at Show Me Dharma Center, 2011 Chapel Plaza Court, #9, Columbia, MO. All are welcome to attend and help MAD forge the future of vipassana in the Midwest.

Sitting Groups

Note: We will be discontinuing this feature of the newsletter. Beginning with the next issue, all group listings will appear exclusively on the Mid America Dharma website: www.midamericadharm.org. Send updated information, including email addresses, schedule changes, news, to info@midamericadharm.org.

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 sits 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, aleeds@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, 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, 913-248-4412

Kentucky - Louisville

Louisville Vipassana Community - Meets for weekly sitting and walking practice at 6:30 PM on Monday evenings at Clifton Unitarian Church, 2231 Payne Street. We offer monthly half-day retreats and quarterly day-long retreats. For more information, please visit www.louisville-vipassana-community.org.

Beginners welcome!

Contact: Glenda Hodges-Cook,

louisville.vipassana@gmail.com, 502-741-1129.

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. 2010 Residential Retreats:

- February 12-15, 2010 or February 12-19, 2010, Ajahn Punnadhammo (Frontenac, MN)
- June 4-13, 2010, Steve Armstrong & Kamala Masters (Willard, WI)

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.

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, 314-369-1391

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: Holly, 417-459-0665 or hjgraves56@gmail.com
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

Mid America Dharma - 2010 Retreats



Dec. 30, 2009 – Jan. 3, 2010

Residential retreat with **Ginny Morgan**

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: \$310 - \$465 (private rooms; see p. 2 for information on the new sliding scale)

Registration began October 1; closes December 16. Register online at www.retreat0912.homestead.com or mail form on next page.



February 19 – 21, 2010

Non-Residential retreat with **Philip Jones** – Kansas City, 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 - \$90 (see p. 2 for information on the new sliding scale)

Registration opens November 19; closes February 5. Register online at www.retreat1002.homestead.com or mail form on next page.



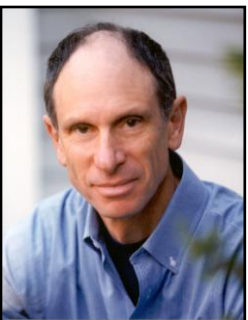
March 19 – 24, 2010

Residential Retreat with **Shinzen Young** – Conception Abbey, 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.

Cost: \$340 - \$510 (private rooms; see p. 2 for information on the new sliding scale)

Registration opens December 19; closes March 5. Register online at www.retreat1003.homestead.com or mail form on next page.



July 6 – 13, 2010

Residential Retreat with **Joseph Goldstein, Will Kabat-Zinn & Annie Nugent** – Mercy Center; St. Louis, MO

Cost: \$580 - \$870 (double rooms only; see p. 2 for information on the new sliding scale)

Registration opens February 1. A non-refundable \$150 deposit is required to confirm registration. Full payment will be due on May 1.

Register online at www.retreat1007.homestead.com or mail form on next page.

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.

FEES: Residential: a minimum deposit as specified 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: The deposit for the Goldstein et al. retreat is non-refundable. For all other retreats, 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: We encourage you to register online, at www.midamericadharm.org/retreats. If you don't have internet access, please complete this registration form, **writing-in the sliding scale fee/donation you wish**. Send this form, with check payable to **Mid America Dharma**, to: Mid America Dharma, c/o Jon Yaffe, 3222 Walter Ave., Maplewood, MO 63143. Please register as early as you can, as this greatly helps our planning. Thank you.

_____ December. 30, 2009 – January 3, 2010 **FEE Amount** _____
Residential with Ginny Morgan, St. Louis, MO
Cost: \$310 - \$465 (sliding scale); \$75 deposit required

_____ February 19 – 21, 2010 **FEE Amount** _____
Non-Residential with Philip Jones, Kansas City, MO
Cost: \$60 - \$90 (sliding scale)

_____ March 19 – 24, 2010 **FEE Amount** _____
Residential with Shinzen Young, Conception, MO
Cost: \$340 - \$510 (sliding scale); \$75 deposit required

_____ July 6 – 13, 2010 **FEE Amount** _____
Residential with Joseph Goldstein, Will Kabat-Zinn, and Annie Nugent, St. Louis, MO
Cost: \$580 - \$870 (sliding scale); \$150 non-refundable deposit required

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

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

Mid America Dharma Upcoming Retreat Schedule

Dec. 30 '09 – Jan. 3, '10 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, with Will Kabat-Zinn & Annie Nugent, Residential; St. Louis, MO

For the latest information on retreats, please visit our website: www.midamericadharm.org

Please Note: If you receive the printed newsletter and your code (found above your name) has a "99" in it, you are due to be dropped from the mailing list next spring.. To continue to receive the newsletter, please contact Marnie Hammer, 455 E 80th Ter, KCMO 64131, or email marniehammer@att.net and put MAD Newsletter as the subject. Or **subscribe to the online newsletter by contacting Marnie at the same email address.** We are always glad to accept donations to help defray the cost of sending the newsletter by mail.

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