

Mid America Dharma News

Offering Insight Meditation to the Heartland | Spring 2017



A Weekend of Equanimity

by Lila Kate Wheeler

Meditation isn't just saying we are okay with everything. Nor is it cutting off from the world, isolating ourselves in a bubble of inactivity and uncaring bliss. True meditation is a wake-up call to be embodied and present, showing up to attend to the wholeness of life. We respond in a balanced way by training in the simple attention to our experiential life - fully, and genuinely inhabiting our experience through all of its inevitable ups and downs. As we observe our felt life, staying grounded in the body, a natural inner wisdom has a chance to emerge. We find an ability to be soft or strong as needed. With consistent observation, we learn that no matter what's happening on the outside, we do have a choice how we relate to life. Rather than anxiously rushing into action to fix the chaos, or blaming and shutting down to the pain in ourselves

Continued on page 2

THOUGHTS! Friend or Foe?

By Bridget Rolens

Remember the first time you meditated? Perhaps you were instructed to focus all your attention on the sensations of breathing. And so you placed your attention on the breath ... feeling the in-breath ... feeling the out-breath ... feeling the in-breath ... AND THEN, before the next out-breath, thoughts invade: "Am I doing this right? Should I be breathing a different way? Shouldn't I be feeling peaceful and relaxed? I don't want to forget to pick up milk from the store when I go home. Oh, no! I'm not focused on my breath. OK mind, shape up and get back to the breath. Bad thoughts, Bad thoughts!"

One of the first things most meditators notice is that the mind has a hard time staying focused on a particular object. The attention tends to get hooked by a thought that leads to another thought that proliferates into some memory of the past, plan for the future, or critical commentary about you or some other person or some circumstance of life.

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Mid America Dharma Retreats

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

1. **Online**
 - Visit midamericadharma.org
 - Click Mid America Dharma Retreats
 - Register for your preferred retreat by clicking On-line Registration
2. **By Mail**
 - Complete and mail-in the enclosed registration form.



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

A Weekend of Equanimity by Lila Kate Wheeler, *Continued from page 1*



and others, we find that a degree of relaxation and impartiality truly help our actions to be more meaningful. This practice called equanimity encourages us to engage fully with the brokenness of our world, and to include all the parts of our life in our caring attention. Yet we let go of needing a particular outcome. This is a way of living in our world with joy and engagement, neither checking out nor burning out.

During this weekend retreat, we will sit and walk together in silence, exploring a balanced energy,

caring observation of our body-mind. There will be guided meditations, question and answer periods with the teacher.

Lila Kate Wheeler will be in St. Louis June 23-25 for a Non Residential retreat. She teaches Buddhist meditation and is a fiction writer. She embodies the Buddha's teachings, kindness and wisdom to the best of her ability. For more information, please see page 9.

Retreat Basics: The Five Precepts

We ask everyone participating in our retreats to make a commitment to follow the Five Ethical Precepts, a foundation for our practice. The precepts create the community of harmony and safety necessary for our work of turning inward. The self-restraint we show by following the Precepts is essential to settle the mind. Through this we develop confidence in our worth and ability to do the practice. Following the Precepts bestows a sense of happiness with our own goodness.

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

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

THOUGHTS! Friend or Foe?

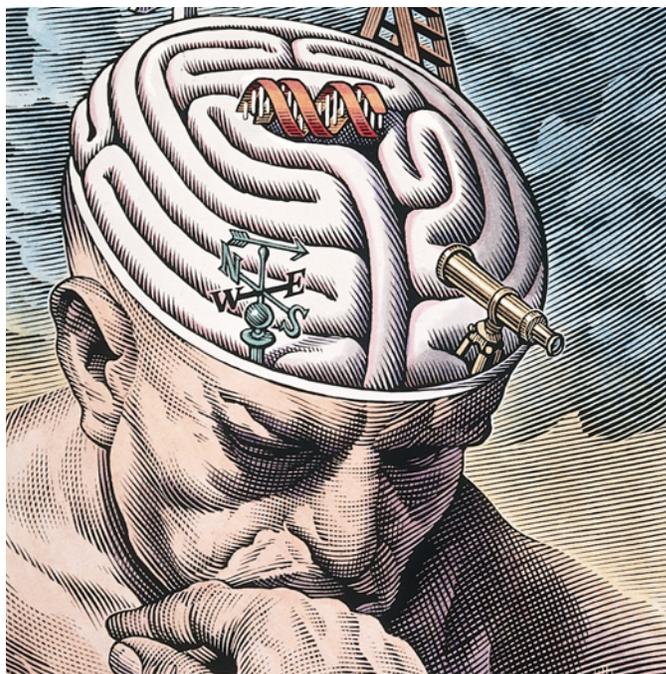
Continued from page 1

We've been taught to simply notice the thought without judgment and return attention to the breath (or your chosen object of awareness). We've been told that the wandering mind is not a problem and is to be expected. We are told we are not failing at meditation when thoughts hijack the attention. But when we come to the end of a meditation in which thoughts kept hooking the attention, do we say: "I didn't have a very good meditation." Do we see thoughts as the enemy of meditation and feel aversion towards them?

They are neither friend nor foe. They are simply one of 6 kinds of sense experiences we can have. Just as eyes see forms, ears hear sounds, noses smell odors, tongues taste flavors and bodies feel sensations, so minds think thoughts. Like any other sense experience thoughts can be known as they arise and pass away in the space of awareness. They may be pleasant or unpleasant or neither, but they are just mental objects to be observed without attachment.

Thoughts can actually become friends that teach us about characteristics of all phenomenon. When we can take that small mental step back and become the observer of the process of thought, we can see how ephemeral they are. They are usually gone by the time we are aware that they have arisen. They certainly cannot be relied upon to provide a stable happiness and we often experience them as very unsatisfactory. We can see for ourselves that thoughts pop into the mind without our permission. We are not in control of what arises spontaneously in the moment. They are impersonal mental events.

Suffering arises when we identify with thoughts and believe them to be who we are. The Buddha taught us a wise view of thoughts. He said that any thought or mental state that arises in the



mind whether "past, future, or present; internal or external; blatant or subtle; common or sublime; far or near: ... is to be seen as it actually is with right discernment as: 'This is not mine. This is not my self. This is not what I am.'"

We do well to meet the thoughts that arise in awareness with interest rather than judgment, with equanimity rather than aversion. We can make peace with the mind whose job it is to think thoughts. We can learn when to turn attention away from thoughts and when to make them the object of our investigation of the dharma.

Bridget Rolens will be in Springfield, Illinois Sept. 8 - 10 for a Non-Residential retreat. She has a strong understanding of the connection between body, mind and spirit in promoting health and well-being. Her deep passion is to help people attain freedom from the forces that bind the mind and heart in suffering. For more information, please see page 9.

How Diversity Opened My Heart

By Spring Washam

We have entered into a very challenging period in our time. At the forefront is the issue of diversity and inclusivity. This is playing itself out on the world stage. Millions of people potentially being banned, mass deportations, hate crimes and new laws being drafted that are discriminatory in nature. In a way, nothing has changed, yet everything has changed.

Internally there is also a shift happening. We are being provided with an opportunity to investigate our own deeply held beliefs. Opening to diversity isn't just a noble idea; it's actually a genuine path that leads to both wisdom and deep compassion.

Dr. King once said, "Our goal is to create a beloved community and this will require a qualitative change in our souls as well as a quantitative change in our lives." He couldn't have been more right.

On an absolute level, who we are doesn't matter. However on the level of the heart, race, gender and sexual orientation matters because discrimination takes its toll. When I awoke to this deep pain in my heart early on in my spiritual path, the need to create something new, different and inclusive grew stronger everyday. Until recently, very few spiritually based organizations even considered words like inclusivity or multiculturalism in building their centers. No one ever talked about racism or inclusion. It has been a facet of the diamond left unpolished.

Creating an open, inclusive community has been a healing process for me and not always easy. What I've discovered is that diversity is radical because it accelerates our learning process. The journey is not about being comfortable, it's about seeing the truth in any moment.

In diverse communities, we grow more, because we have to consider the needs, opinions and feelings



"...There's something profound about widening your inner circle and your outer circle. The only way to do that is to truly engage with all beings everywhere. Every time I open the door, I grow."

of others. We all have internal hierarchies. Diversity challenges these set preferences and opinions. It becomes the mirror that exposes all of our biases. As spiritual practitioners, we WANT to see our delusions so we can overcome them. We want to become mindful. At the end of the day our practice is dedicated to transforming greed, hatred and delusion.

In order to do this we had to do things differently. I personally had to adjust and grow; I couldn't stay the same. I thought I was an open person, and then people came with chemical sensitivities asking, "What about us?" Then Spanish-speaking people came and asked, "What about us?" Teenagers came and I started to think, "I'm not sure we can fit everybody in." Then a group of transgendered men came and asked, "What about us, Spring? We need a place, too."

I started to feel the barriers to my love. Every new group needed us to change something so that they could have a home at our center, and I got to see my own clinging. All these diverse groups were coming

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Living in Mindfulness: A Householder's Retreat

By Robert Brumet

In the early periods of Buddhist history meditation practice was confined largely to monastics. Most lay persons in the surrounding farms and communities were preoccupied with making a subsistence living and were not able to spend much time in formal meditation. Traditionally, these folks are referred to as householders and their dharma practice consisted primarily of contributing food and other items to monks and nuns who depended upon them for their livelihood as monastics.

Today in the West most of us who attend Buddhist meditation retreats are laypersons rather than monastics; virtually all of us are “householders.” However, the main vehicle for conveying this practice in the West has continued to be through the retreat experience. The individual will typically leave his or her home, go to a retreat center, and do intensive practice morning, noon and night for anywhere from three days to three months.

This is a wonderful way to deepen our practice. And yet, the true value of the dharma lies in our ability to practice it in our everyday life, at home and at work or school. If we limit our practice to a formal retreat or to a daily sitting meditation then the benefits of our practice may be limited. Every experience of our day is “grist for the mill.” Nothing is outside of our dharma practice.

I have heard many yogis (including myself) lament that during a retreat their practice was “as sharp as a razor,” but a short time after retreat it became “duller than a table knife.” We usually need support for integrating the dharma practice into our everyday life. The Living in Mindfulness Retreat is designed to help us keep our practice razor sharp throughout each moment of the day.

The Living in Mindfulness Retreat consists of relatively short segments of time spread over a period of one week. We will meet for about seven hours per day on Oct. 15, 21, 22 then for 2½ hours on the evenings of Oct. 16, 18 and 20. At each meeting we will focus on how one can engage the practice in his or her everyday life experience at home or at work. Participants will be given assignments in the form of specific practices or reflections to apply throughout each day. Each gathering will include a review of how one has (or has not) been able to maintain a daily practice in the time between formal sessions. In the past, this has proven to be a rich experience for all of those in attendance.

Robert Brumet leads the Unity Sangha in the Kansas City area and offers meditation retreats throughout North America. For more information, please see page 10.

How Diversity Opened My Heart

Continued from page 4

with different needs, and they wanted our center to be as accessible as possible. I would feel this resistance within myself. It was painful and challenging at times. Yet I slowly felt my heart expanding every time I said, “yes” we can include you too.

The heart of the dharma is about opening, accepting and including more and more parts of ourselves. Einstein said, “Our task must be to free ourselves

by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.” There’s something profound about widening your inner circle and your outer circle. The only way to do that is to truly engage with all beings everywhere. Every time I open the door, I grow.

Spring Washam is a core teacher at East Bay Meditation Center, Oakland, CA. For more information, please see page 10.

Mid America Dharma News | Spring 2017

Dana For Our Sangha

Mid America Dharma operates through the generosity of our volunteers and the financial gifts of our supporters, which help to cover our operating expenses, support our teachers and scholarship fund.

In the Pali language, generosity is called dana. Generosity is part of a 2500 year old tradition of supporting the Buddha's teachings, Dharma teachers, and sangha through gifts. The practice of dana is more than just providing financial support. It allows each of us to explore the experiences of giving and receiving. Mid America Dharma is very grateful for all the support we receive.

Yes, I want to support the work of Mid America Dharma!

- Donate **online** at www.midamericadharmadharma.org/index.php/donate/ using your credit or debit card
- Enclosed is my **check** for \$_____ made out to Mid America Dharma.

I would like to support the following: (Please indicate your choice(s)).

- MAD Operating Support
- MAD Scholarship Fund
- MAD Teachers



If you are donating by check, please fill out the form above and mail your gift to:

Mid America Dharma
c/o Amy Zoe Schonhoff
P.O. Box 8472
Kansas City, MO 64114

CH-CH-CH-Changes

By Marnie Hammer

Mid America Dharma, which has no “real” home, is moving. We have a new address for our newsletter and a separate one for mailing registration checks. For quite a few years, the address for everything was at Marnie Hammer and John Flaherty’s house. Since they will be leaving the Mid America Dharma board this year, we are transitioning their responsibilities to other board members. Please note the new addresses:

Mailing:

Mid America Dharma
c/o Joe McCormack
2756 County Road 338
New Bloomfield MO 65063

Registration Checks:

Mid America Dharma
c/o Phil Jones
200 E. Parkway Dr.
Columbia MO 65203

Diary Excerpts from a Newbie at Rebecca Bradshaw's Retreat

By Meredith Curtin

Before the Retreat (most of March):

The retreat with Rebecca Bradshaw is the end of this month. I won't be able to function with this brain fog of mine. I was just reading about an autoimmune Paleo diet that helped some others with brain fog really fast. I think I'll try it.

Days before Retreat (March 23):

I am so glad I have stuck with this diet. It has been weirdly easy so far. I'm still sleeping a lot, but the brain fog has lifted. I hope my energy level is high enough to get me through the weekend. At least this time I know that it is likely to be intense.

Friday night (March 24)

Blissful, calm, deep – this meditation I could stand for three more days. Let's see what happens tomorrow. I think the Grand Silence thing is going to be a struggle – oops, I mean challenge.

Saturday (March 25)

I adore Rebecca. She is very good at this. I am very sleepy this morning. Guilt/shame from missing my first morning sit – and missing my candle lighting duty, maybe? Or just getting up earlier than I am used to?

My brain fog is in full-on mode. I can't keep focus or even come back to my "anchor." I ended up obsessing over a word that Anushka (Fernandopulle) used that helped bring me out of a bad case of the sleepies at my first retreat last fall. She said that the Buddha suggested to apply 'blank' to one's practice. So I fought to remember. It didn't come and it didn't come. Until it finally did. Fire. Yes, ardency. Meditate with ardency. With attention. Full-throttle. With energy. Let all other things burn away and fall aside. Ardent meditation. Attend. Long for. Burn. Allow the fire to burn through my mind and transform the gunk – the stuff that weighs me down. It was the flame of the candle on the altar by Anushka that brought that understanding to me the first time.

And when the memory of the flame came to my mind today, I woke up (not the capital W, just a little w), and my body responded too. My body feeling tone changed so quickly. In one breath, I shifted from withdrawn and struggling to stay upright, mentally gray and heavy, into a vibrant, chest open, breath full, shoulders dropped, and all alive and bright. It wasn't a shrug or a deep breath. If anyone was watching the outside I doubt they would have noticed very much, but the internal experience was wild.

My breath grew more fully into my abdomen, my spine danced with that breath. My body energy made its way through my legs and calves and feet. My thoughts grew clear. There were a lot of disjointed conversations in my head: the Planner, the Escape Artist, the lurking Saboteur, the Uninhibited Talker. They all came to the party. Yes, it got crowded, but I sure wasn't asleep any more. Ardency, whether the word, or the memory, unleashed some unknown source of energy within. I wasn't smothered anymore. I was in the middle of the crowded dance floor of my head.

Meditate with ardency. With attention. Full-throttle. With energy. Let all other things burn away and fall aside. Ardent meditation. Attend.

Just being still in a quiet meditation room surrounded by 44 other humans, all of us breathing and listening and attending. It does sound surreal now that I describe it. What can happen when you just sit? I am beginning to think that I don't know at all.

Postscript: At home, the first full day after the retreat, I am hurrying to the bus. Get on it: but...it turns the wrong way (oops). Sigh. Get off and walk back. See my intended bus go by. Oddly, I did not think, "Stupid". I thought, "Ah, I see I have gone back to sleep". One small Metta step. Something has really changed – if only for this moment.

Mid America Dharma Retreats



Shaila Catherine & Philip Jones

May 15 - 21, 2017

Awakening with Insight

Leavenworth, KS - Residential

Fee range: Actual Cost: \$675 or \$525 double

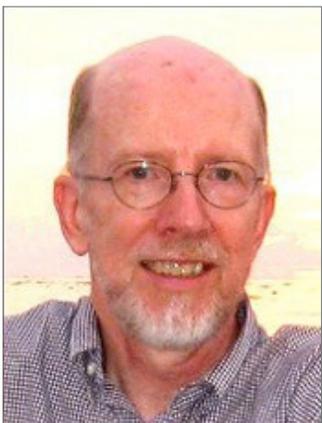
Minimum: \$600 Reduced: \$625

Supporter: \$700 Sponsor: \$725 Benefactor: \$1000

All fees for single rooms unless double is indicated.

Registration closes May 1, 2017

Shaila Catherine is the founder of Bodhi Courses, an on-line Dhamma classroom (bodhicourses.org), and Insight Meditation South Bay, a Buddhist meditation center in Silicon Valley in California (imsb.org). Shaila has been practicing meditation since 1980, with more than eight years of accumulated silent retreat experience. She has taught since 1996 in the USA and internationally. Shaila has dedicated several years to studying with masters in India, Nepal and Thailand, completed a one-year intensive meditation retreat with the focus on concentration and jhana, and authored *Focused and Fearless: a Meditator's Guide to States of Deep Joy, Calm, and Clarity* (Wisdom Publications, 2008). She has extensive experience with the practice of metta, including seven months in retreats exploring metta as the meditation subject. Since 2006 Shaila has been practicing under the direction of Venerable Pa-Auk Sayadaw. She authored *Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana* to help make this traditional approach to samadhi and vipassana accessible to Western practitioners.



Philip Jones has practiced meditation since 1987 and has been teaching Insight Meditation since 1996. He has studied with teachers from Spirit Rock and the Insight Meditation Society and graduated from the first Community Dharma Leader training program in 2000. He also studied for a number of years with Matthew Flickstein and more recently has been practicing with Shaila Catherine. He has served on the board of directors of Mid America Dharma, the regional retreat organization, since the mid-1990s. Many of his talks and writings can be found at silentmindopenheart.org.

LISTEN to Shaila's retreat recordings at <http://dharmaseed.org/teacher/163/> and Philip's retreat recordings at www.midamericadharm.org/audio.html.

Mid America Dharma Retreats



Lila Kate Wheeler | June 23 - 25, 2017

Connecting with Inner Peace in An Agitated World

St. Louis, MO - Three-Day Non-Residential Retreat

Fee range: Full Weekend Actual Cost: \$60. / Full Weekend Supporter Cost: \$90

Friday Night Only Cost: \$5

Saturday and Sunday Only Cost: \$55

Registration opens April 23, 2017; closes June 13, 2017

Lila Kate Wheeler wanted to be a saint when she grew up. Nowadays she's aiming for a more open heart and a moment-to-moment encounter with reality. As 'Kate' she's a fiction writer, essayist, and travel journalist with books and prizes to her credit. As 'Lila' she teaches and practices in the Vipassana and Tibetan Nyingma Buddhist lineages. She is married to a poet/professor/anthropologist, lives in the Boston area, hopes to contribute to the welfare of all beings.

LISTEN to Lila's retreat recordings at <http://dharmaseed.org/teacher/109/>.



Bridget Rolens | Sept. 8-10, 2017

Thoughts! Friend or Foe?

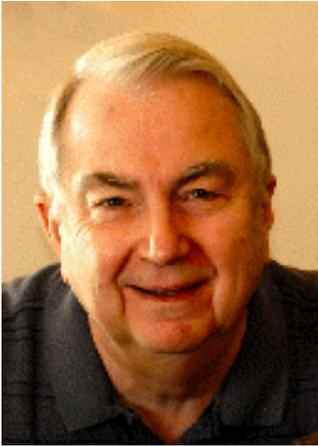
Springfield, IL - Three-Day Non-Residential Retreat

Fee range: Full Weekend Option Only: Actual Cost: \$60, Supporter: \$90

Registration opens July 8, 2017; closes: September 1, 2017

Bridget Rolens teaches mindfulness meditation as a spiritual practice and as a tool for stress reduction. She leads a weekly Insight Meditation group in Springfield IL. She teaches classes and workshops, leads retreats and provides individual mentoring and coaching. Bridget has trained in mindfulness-based stress reduction (MBSR) and teaches MBSR in Missouri and Illinois. Thirty years of experience in traditional healthcare and a variety of spiritual practices rooted in the Christian, Buddhist and Twelve-Step Recovery traditions, have given Bridget a strong understanding of the connection between body, mind and spirit in promoting health and well-being. Her deep passion is to help people attain freedom from the forces that bind the mind and heart in suffering.

Mid America Dharma Retreats



Robert Brumet

Oct. 15, 16, 18, 20, 21, 22, 2017

Living in Mindfulness: A Householder's Retreat

*Unity Village, MO, Householder retreat, Non-Residential
Fee: Full Weekend Option Only: Actual Cost: \$60, Supporter: \$90
Registration opens Aug. 15, 2017; closes Oct, 8, 2017*

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

LISTEN to Robert's retreat recordings at www.midamericadharmadharma.org/audio.html.



Spring Washam | Nov. 10-12, 2017

*St. Louis, MO, Non-residential
Fee: Full Weekend Actual Cost: \$60, Full Weekend Supporter Cost: \$90
Friday Night Only Cost: \$5
Saturday and Sunday Only Cost: \$55
Registration Registration opens Sept. 10, 2017; closes Nov. 3, 2017*

Spring Washam is a founding member and core teacher at the East Bay Meditation Center in Oakland, CA. She is the founder of Lotus Vine Journeys, an organization that blends indigenous healing practices with Buddhist wisdom. She is a healer, facilitator, spiritual activist and writer. Her upcoming book, *A Fierce Heart Finding Strength, Wisdom, and Courage in Any Moment* will be released in Oct. She has practiced and studied in both the Theravada and Tibetan schools of Buddhism. She is on the teacher's council at Spirit Rock Meditation Center. Spring is a pioneer in bringing mindfulness based healing practices into diverse communities and is committed to enriching the lives of disenfranchised people everywhere.

TO LEARN MORE about Spring visit her website at www.springwasham.com.

Retreat Registration

Insight Meditation offers an easily accessible way to free the mind from the distortions of self-centeredness, negativity and confusion. Through concentrated awareness, we see that our experience is a constantly changing process, in which all aspects of life are accepted with increasing balance and equanimity. This insight leads to the possibility of living each moment fully, with compassion and genuine freedom. Insight Meditation requires no belief commitments and is compatible with religious affiliations. Unless specified, no previous meditation experience is required.

Retreat Format: Periods of sitting meditation and/or Dharma teachings alternate with walking meditation. Retreats are held in silence, with talking only during specified teaching periods. Beginners should be present from the start of the retreat to receive initial instructions.

Please bring a meditation cushion or bench and a soft floor pad for meditation. Standard chairs are available and may also be used. Wear comfortable, loose fitting clothes. Please do not wear or bring strongly scented lotions, perfumes or incense.

Residential retreats begin with check-in at 4 PM on the first day and run through lunch on the last day. Participants are guided through group or private interviews and daily general lectures. Meals are simple. A tea table is provided.

Registration: Information about retreat site, starting times, etc., is available online or will be sent after you register.

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

Sliding Scale: Costs for each retreat are listed as a range. Any amount paid above the actual cost will be regarded as a tax-deductible contribution used to support retreat expenses and scholarships.

Residential: a minimum deposit of \$75 must accompany registration; full payment is due before the start of the retreat. Non-residential retreats: please pay the full fee when you register.

Registration Opening Dates and Deadlines: are listed on the specific retreat pages. Registrations are not accepted prior to the beginning date for each retreat. If the registration fee for a residential retreat is not received by the deadline, there is a \$25 late fee.

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

Scholarships: We do not want inability to pay to prevent you from attending. We offer a reduced rate on residential retreats. If further financial support is needed to attend residential and non-residential retreats, we offer scholarships. Learn more about these options when you register online or the registrar can send you written materials. Applications must be received by the registrar no later than three weeks prior to the retreat.

Teacher Support: Our retreats are led by teachers who freely give the teachings without payment. All retreat fees go for retreat expenses, such as facility rental and meals. It is central to this tradition that students support teachers through their dana (donations). There is no expected amount, but please give to the extent you are able. Dana is completely voluntary.

Mid America Dharma

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Mid America Dharma Upcoming Retreats

- May 15-21, 2017..... Residential retreat, **Shaila Catherine and Philip Jones**, Leavenworth, KS
- June 23-25, 2017Non-residential retreat, **Lila Kate Wheeler**, St. Louis, MO
- Sept. 8-10, 2017Non-residential retreat, **Bridget Rolens**, Springfield, IL
- Oct. 15, 16, 18, 20, 21, 22, 2017..... Householder retreat Non-residential, **Robert Brumet**, Unity Village, MO
- Nov. 10-12, 2017.....Non-residential retreat, **Spring Washam**, St. Louis, MO

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

WWW.MIDAMERICADHARMA.ORG

Mid America Dharma Retreat Registration form

RETREAT SELECTION:

Shaila Catherine & Philip Jones

May 15-21, 2017

Residential. Leavenworth, KS

Registration is open

Registration Closes: May 1

Actual Cost: \$675 or \$525 double

Minimum: \$600

Reduced: \$625

Supporter: \$700

Sponsor: \$725

Benefactor: \$1000

Fee Amount: _____

Lila Kate Wheeler

June 23-25, 2017

St. Louis, MO

Registration Opens: April 23, 2017

Registration Closes: June 13, 2017

Fee Range:

Full Weekend Actual Cost: \$60.

Full Weekend Supporter Cost: \$90

Friday Night Only Cost: \$5

Saturday and Sunday Only Cost: \$55

Fee Amount: _____

Bridget Rolens

September 8-10, 2017

Non Residential, Springfield, IL

Registration Opens: July 8, 2017

Registration Closes: September 1, 2017

Fee Range: Full Weekend Option Only:

Actual Cost: \$60, Supporter: \$90

Fee Amount: _____

Robert Brumet

October 15, 16, 18, 20, 21, 22, 2017

Householder Retreat

Multi Day Non Residential

Unity Village, MO

Registration Opens: Aug. 15, 2017

Registration Closes: Oct, 8, 2017

Fee Range: Full Weekend Option Only:

Actual Cost: \$60, Supporter: \$90

Fee Amount: _____

Spring Washam

November 10-12, 2017

Non Residential, St. Louis, MO

Registration Opens: Sept. 10, 2017

Registration Closes: Nov. 3, 2017

Fee Range:

Full Weekend Actual Cost: \$60

Full Weekend Supporter Cost: \$90

Friday Night Only Cost: \$5

Fee Amount: _____

- If registering for multiple retreats, please indicate the payment currently being made for each retreat as well as the total per retreat that you will pay.
- A \$75 deposit is required for all residential retreats. Please register as early as you can as this greatly helps our planning.

 To register online, visit [www. midamericadharma.org/retreats](http://www.midamericadharma.org/retreats)

To register by mail for any of the retreats, send this form with check payable to:
Mid America Dharma, c/o Phil Jones, 200 E. Parkway Dr., Columbia, MO 65203.

Name: _____

Address: _____

City: _____ State _____ Zip _____

Home Phone: _____ E-Mail Address _____

Required of ALL Retreatants:

Please check the box below to indicate you agree to honor The Five Precepts during your retreat. The Five Precepts assure every one has a safe & wholesome retreat experience.

Yes, I have read the Retreat Basics on page 2 and agree to honor The Five Precepts during retreat.

For Residential Retreats only:

1. Gender: M F Other
2. Will you arrive after 7 PM on the first day? Y N
3. Is this your first Insight Meditation retreat? Y N
4. Do you snore? Y N
5. Retreat Experience (please circle): 0, 1-4, 5-10, 11+
6. Emergency Contact: Name _____ Relationship _____ Phone _____

If you have special needs, please contact the registrar at registrar@midamericadharma.org or call 573-673-6713.

ONLINE REGISTRATION AVAILABLE AT WWW.MIDAMERICADHARMA.ORG/RETREATS