



Mid-America Dharma News

Offering Insight Meditation to the Heartland

Winter/Spring Issue

www.midamericadharmadharma.org

November 2005

Meet the Board

We added two new members to the Mid America Dharma board this past year, John Yaffe and Maureen Hall. The newsletter seemed the perfect occasion to introduce them to you and reacquaint you with the rest of the members of the board.

Phil Jones has practiced meditation since 1987 and served on the board 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 Dharma service and teaching, and to his family. He is a guiding teacher for Show Me Dharma and currently serves as president of the Board of Directors of Mid America Dharma, the regional retreat organization. Phil completed Spirit Rock Meditation Center's first Community Dharma Leader Program. He has been teaching since 1996 and is currently being mentored by Matthew Flickstein.

Bridget Rolens began practicing Insight Meditation in 1996 and has served as a Board Member since 2000. She currently serves the Board as vice-president and newsletter editor. Bridget brings to her Buddhist practice 20 years of Christian contemplative practice as a member of a Catholic religious order. She is co-leader of the St. Louis Insight Meditation Group, teaching introductory classes and offering day-long retreats. She also teaches insight meditation and mindfulness-based stress reduction at the Center for Living at St. John's Hospital in Springfield, IL. Bridget is currently participating in the Community Dharma Leaders Program offered by Spirit Rock Meditation Center. Ginny Morgan mentors Bridget as she pursues her love of sharing the Dharma.

Tamara Dutton joined the board in 2001 and currently serves as Treasurer. Her graduate work was in counseling psychology, and she has been the manager of the bookstore at the University of Kansas School of Law for the past 27 years. Tamara helps facilitate the Free State Sangha in Lawrence, Kansas. She has been practicing Insight Meditation since 1998, and studies with Matthew Flickstein.

Bob Mikesic has been on the board since 1994 and currently serves as Secretary. Bob is also one of the facilitators of Free State Sangha in Lawrence, KS. He has been practicing meditation since 1987, and appreciates the many teachers who have led retreats for Mid America Dharma. Bob works as an advocate for people with disabilities in Lawrence, Kansas.

John Flaherty, a founding member of Mid America Dharma, has served on the board and practiced Insight Meditation since the early 1990's. He is the chair of the Scholarship committee. With a Master's degree in social work, John has worked in health care, mental health and addictions. He has taught introductory insight meditation classes and participated in a workshop for those who aspire to teach the Dharma offered by Matt Flickstein. He helps convene the weekly meeting of the Heart of America Sangha sitting group in Kansas City and hosts Mid America Dharma retreats in the area.

Marnie Hammer has been practicing meditation since 1992 and has served on the board since it started meeting in 1994 as a Steering Committee. Currently, she coordinates the organization's mailing list. Marnie is a co-leader of the Heart of America Sangha in Kansas City. Professionally, Marnie is a career public servant working at this time for the Water Services Department of the City of Kansas City.

Ginny Morgan has practiced meditation since 1977 and served on the board since 1995. She is a past President of the Board and a guiding teacher for Show Me Dharma Center. After working as a play therapist for acutely and chronically ill children for many years, she has shifted her focus to Dharma teaching, and to working exclusively for Dharma activities. She has studied with Ram Dass, Munindra-ji, Mat-

thew Flickstein, and teachers from Insight Meditation Society and Spirit Rock Meditation Center.

Jon Yaffe joined the board in 2005 and has practiced Insight Meditation since 2001. Jon has supported the mission of Mid America Dharma as registrar for several retreats, developing registration web sites to improve the registration experience for both registrants and registrars. He has been actively involved in the St. Louis Insight Meditation Group since 2001 providing orientation to newcomers and assisting with the set up/clean up for the weekly sitting group. He is a founding member of the Tuesday Night Sangha, a committed practice group in St. Louis. His professional background includes 10 years in social services and 25 years in the business world as a computer programmer and systems analyst. John aspires to teach the dharma and is exploring ways of developing the skills that will allow him to do this.

Maureen Hall joined the board in 2005. She is the community Dharma Leader for the Inspiration Center Sangha, an insight meditation sitting group in Rolla, MO. She also coordinates retreats in the Rolla, MO area bringing insight meditation teachers to this rural Missouri area. A chiropractor and acupuncturist by profession, she brings her love of the dharma to body-mind medicine through her mindfulness based stress reduction classes.



Retreat Costs Are Rising

Over the years, Mid America Dharma has attempted to offer retreats in simple but comfortable settings at a relatively low cost to retreatants. A major component of our retreat cost is the per diem charge that retreat centers charge for room and board. Over the last couple of years, these charges have been increasing at all of the residential centers. However, we have been informed by our primary residential retreat site that their room and board charges will be

increasing significantly in the coming year. As a result you will begin to notice that the cost of our retreats will be increasing as the year progresses. We regret having to increase our fees, but, unfortunately, cannot avoid doing so. We hope that you will continue to find that our retreats are still a good value, especially when compared to the cost of traveling to the East or West coasts for a retreat.

Urgent Request to Our Subscribers!

Switch over to the online version of the Mid America Dharma Newsletter today and make it possible for us to devote our financial resources to retreats, not printing and postage.

How does it work? Each time we publish the newsletter you will receive an e-mail message with a link that will allow you to automatically download an Acrobat (PDF) file containing the newsletter. If your email program will not allow you to use the link, you can cut and paste the web site address into your internet browser to access the newsletter. Don't have a program to read a .pdf file? No problem. The email will include instructions for downloading a free version of Acrobat Reader, which will allow you to read the newsletter. You will also have the option of printing it out, if you prefer to read from a paper copy – so, it is the best of both worlds! AND you can feel good about helping Mid America Dharma save money.

How do you switch over? Take this notice to your computer (why not do it now?) and send an email to johnpflaherty@earthlink.net Include the following information:

- Full Name
- Address with Street, City, State and Zip (so we can find you on our current mailing list)
- Email address

In the Subject/Attention line make sure to include "MAD newsletter." The mailing list coordinator set the email filter on high after a bad experience with viruses, worms and Trojan horses. Your message may be filtered out if you do not include this in the subject/attention line.

Thanks for helping us manage our resources wisely in this time of rising retreat costs.

Insight Dialogue: A Residential Four Day Retreat

with Gregory Kramer

Insight Dialogue is a methodical practice that is based on Buddhist insight meditation and years of careful and respectful development. It is an interpersonal meditation practice that can bring clarity out of confusion and compassion out of self-centeredness. It is an especially profound practice for professionals who work in a healing capacity. In this four day retreat we will interweave silent practice, listening and speaking meditations, and loving-kindness and compassion practices. As we meditate with each other, we bring mindfulness and tranquility to our interpersonal contact. As we become still, insights into the patterns that bind us arise.

This retreat is co-sponsored by Show Me Dharma, the Missouri University Mindfulness Practice Center and Mid America Dharma.

When: June 1 - June 6, 2006

Where: Hughes Hall, Columbia College, Columbia, MO

Teacher: Gregory Kramer, PhD is a meditation teacher, author, and director of the Metta Foundation. He is a co-developer of Insight Dialogue and teaches the practice worldwide. His books include "Meditating Together, Speaking from Silence" and "Seeding the Heart: Practicing Lovingkindness with Children." He is a current faculty member of the Barre Center for Buddhist Studies and lives in Portland, Oregon.

For more information about the retreat, contact Lynn Rossy at RossyL@health.Missouri.edu.

For more information about Insight Dialogue and Gregory Kramer go to www.metta.org.

Mid America Dharma Winter Spring 2005-06 Retreat Schedule

Dec 30, '05 – Jan 02, 2006

**Residential retreat with Ginny Morgan
Conception, MO**

Send registration to Linda Pluschke, 2107 E. Nashville Church Rd., Ashland, MO 65010; phone: 573-657-9482; LPluschke@hotmail.com Registration begins October 30; deadline, Dec. 9; closes Dec. 16.

Ginny Morgan lives in Columbia, Missouri. She is past president and a current member of Mid America Dharma, the emerging retreat and dharma center for the Midwest. After working as a play therapist for chronically and acutely ill children for many years, she has shifted her focus to dharma teaching, and to working almost exclusively for dharma activities. She has studied with Ram Dass and teachers from Insight Meditation Society and Spirit Rock. She is currently being mentored by Matthew Flickstein.



Feb. 24 – 26, 2006

**Non-residential retreat with Rodney Smith
Kansas City, MO**

Send registration to Joyce Wyler, 1550 S. Cedar St. #214, Ottawa, KS 66067, Phone: 785-242-2795. Registration begins December 24; deadline, Feb. 17.

Rodney Smith spent eight years in Buddhist monastic settings, both at the Insight Meditation Society (IMS) in Massachusetts and several years as a Buddhist monk in Asia. He disrobed as a monk in 1983 and, after returning to the West, started working in hospice care and teaching vipassana meditation throughout the U.S. Currently Rodney is a full time dharma teacher conducting meditation classes and retreats. In addition, he offers spiritual consultations. He serves as a Senior Teacher for IMS and is the founding and guiding teacher for Seattle Insight Meditation. He is author of the book, Lessons from the Dying.



April 21 – 23, 2006

**Non-residential retreat with Gina Sharpe
Columbia, MO**

Send registration to: Joe McCormack, 2756 County Road 338, New Bloomfield, MO 65063, 573-491-3431, metta41856@earthlink.net. Registration begins Feb. 21; deadline, April 14.

Gina Sharpe discovered the dharma over 30 years ago and has studied and practiced with teachers in the Zen, Tibetan, and Theravada traditions. She trained at the Mindfulness-Based Stress Reduction Clinic founded by Jon Kabat-Zinn and is a graduate of the first Spirit Rock Community Dharma Leaders Program. Gina is a cofounder of New York Insight Meditation Center. She has taught meditation since 1994 and has recently been teaching People of Color retreats with teachers from IMS.

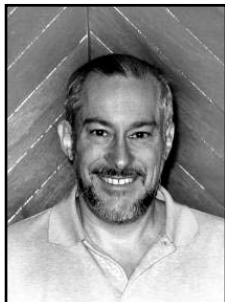


April 28 – May 7, 2006

**Residential retreat with Shinzen Young
Conception, MO**

Send registration to Arlene Winholtz, 2631 S. Lowe Rd., Blue Springs, MO 64015, 816-229-5957, arlenewinholtz@yahoo.com. Registration begins Feb.. 28; deadline, April 7; closes April 14.

Shinzen has been conducting meditation retreats throughout North America for over 20 years. His goal is to make meditative practice a viable path for Westerners, not just an exotic import from the East. In the early '70s he was ordained as a Buddhist monk at Mount Koya. After several years of training in Asian monasteries, he became interested in the scientific study of meditative states and worked at the Princeton Biofeedback Institute. He taught Asian philosophy at Chapman College and frequently serves as a translator for Joshu Sasaki Roshi at Mound Baldy Zen Center.



Sangha News

If you wish to include your group in the next edition of Mid America Dharma News, contact Bridget Rolens, bridgetr@brick.net, 314-773-0866. The next edition will be published in May. Deadline for submission is March 15.

Ann Arbor, MI

Deep Spring Center
734-477-5848
info@deepspring.org
www.deepspring.org

Deep Spring Center, 3003 Washtenaw Ave., Ste. 2, Ann Arbor, offers a variety of 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.

Retreat opportunities include:

Self-Retreat — February 3-17, 2006 (one-week options: Feb. 3-10 or Feb. 10-17) at Colombiere in Clarkston, MI

For Beginners, Newer Meditators or First-Time Retreatants — March 17-19, 2006 in Ann Arbor, MI

No-Frills (No teacher) Retreat — April 21-23, 2006 at Howell Nature Center in Howell, MI.

Summer Retreat — June 16-23, 2006 at Colombiere in Clarkston, MI

For a complete schedule see our website.

Arbor Insight

Sandra Berman 734-769-9948
www.arborinsight.org

Arbor Insight sitting group meets bi-monthly on Sunday evenings. They also offer beginning meditation classes and non-residential retreats. For complete schedule see our website.

Beaumont, TX

Insight Meditation Community in Beaumont

Nancy Thompson
njuniper@sbcglobal.net

The Beaumont Sangha (all of Beaumont) is currently physically dispersed due to the effects of hurricane Rita. Beaumont remains without power and expects to remain so for some time. Many homes damaged. Call or send email for update on the Sangha's status.

Carbondale, IL

The Shawnee Dharma Group

Yolan Presley
yo@shawnee-dharma.org
www.shawnee-dharma.org

The Shawnee Dharma Group, The Interfaith Center, 913 S. Illinois Ave., Carbondale, provides a southern Illinois sangha for persons following any meditative path but especially Buddhism in any of its forms.

We welcome anyone interested in practicing meditation and hearing the Dharma. We are informal, egalitarian, democratic, peer-led and diverse in terms of Buddhist traditions, backgrounds and practices. Regularly scheduled activities include a weekly sitting group, Tuesday's at 7:00 pm. Book studies/Classes are held periodically. For more information visit the website or contact Yolan.

Chicago, IL Metro Area

Insight Chicago

Nancy Randleman 773-697-6871, ext. 2
nrandleman@hotmail.com

Erick Howenstine and Nancy Randleman host regular sittings at their east Rogers Park home, near the Morse stop on the CTA red line on Mondays from 7:30 pm until 9:30 pm.

North Side Sangha — Evanston, IL

Ralph Marol 847-675-0282
rmaroll@comcast.net
www.northsidesangha.org

North Side Sangha holds weekly Sunday sittings and instruction. To learn more about what meditation has to offer and the group visit its web site or contact Ralph.

Prairie Sangha Network

www.prairiesangha.org

Information on sitting groups, retreats, classes and other events can be found at www.prairiesangha.org. In Illinois: Insight Chicago 773-697-6871, ext. 2, nrandleman@hotmail.com; Matteson Plank Trail Sangha, bfeldt@workplaceproductions.com; in Urbana, Prairie Sangha for Mindfulness Meditation, tom@prairiesangha.org; in Indiana: Lafayette Sangha, rodneymall@juno.com.

Cincinnati, OH

Tri-State Dharma

Joan Staubach 513-793-0652
www.TriStateDharma.org

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 teacher to lead retreats of varying lengths. See website for more information.

Columbia, MO

Show Me Dharma

Ginny Morgan 573-817-9942
gmorgan@coin.org
www.dharma.missouri.org

Show Me Dharma, 717 Hilltop Dr., Columbia, continues to offer a wide range of Dharma activities for our community. These include two sitting groups each week, a monthly half-day retreat, two committed practice classes each week, a family practice group, book/discussion group, a sutta study group, and various social activities. For more information about our activities and schedule, please see our web site.



Columbus, OH

Mindfulness Meditation of Columbus

Jim Dunn 614-291-7630
mmocohio@earthlink.net

Mindfulness Meditation of Columbus meets weekly. Contact Jim for more information.

Des Moines, IA

The Des Moines Meditation Group Charlie Day 515-255-8398
charlesday1@mchsi.com

The Des Moines Meditation Group meets Tuesdays, 7:30 pm (note change in time) at Friends Meeting House, 4211 Grand Avenue. Other activities include non-residential retreats throughout the year. Contact Charlie for more information.

Evansville, IN

The Mindful Heart Buddha Sangha and the Sanmon Sangha at Branchville Correctional Facility

812-434-6643
www.mindfulsangha.com

The Mindful Heart Buddha Sangha has moved to 20 Walnut Street, Suite 120, Evansville, Indiana, 47708, a new space with a large meditation room, small kitchen, office and bathroom on the first floor of a commercial office/apartment building providing greater accessibility. The Sanmon Sangha at 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. See above for website and contact information for both Sanghas.

Grand Forks, MN

Lotus Meditation Center

Lora Sloan 701-787-8839
lorasloan@gra.midco.net

Lotus Meditation Center meets at 2908 University Avenue, Grand Forks, ND on Monday Evenings 7:00 pm - 8:15 pm. The meeting includes sitting meditation and book study or discussion. The Center offers beginner classes twice yearly and occasional retreats. For more information contact Lora.

Houston, TX

Insight Meditation Community Houston and Citta 101

Lisa Hoover 979-798-4448 dharma@delrio-design.com.
Greg Van Meter 713-823-5610 gregvanm@aol.com.
www.citta101.org

The group, led by Community Dharma Leader Mary Rees, hosts two weekly sittings: Mondays at 7:00 pm and Wednesdays at 11:00 am. A non-residential Retreat with Mary Rees will be offered January 13-15, 2006. For more information visit the group's website or contact Lisa or Greg.

Jackson, MS

The Conscious Living Project

Luke Lundemo 601-981-6925
luke@computercoop.com

The Conscious Living Project continues to have a Wednesday night Buddhist Study Group at 7:00 pm at the Jackson Zen Dojo and a one hour sit on Sundays at 10:00 am at Computer Co-op, 2807 Old Canton Road, Jackson. For information and directions contact Luke.

Jefferson City, MO

Jefferson City Meditation Group

Joe McCormack 573-491-3431 (Home)
573-864-5617 (Cell)
metta41856@yahoo.com

Jefferson City Meditation Group meets at 203 East Dunklin, Jefferson City, Thursdays, 7:00 pm – 9:00 pm, for insight and metta meditation, dharma talk, and discussion

For more information please contact Joe by phone or email.

Kansas City Metro Area

Heart of America Sangha

John/Marnie 816-523-5061

Heart of America Sangha continues meet Thursdays, 7:30 pm, at Unity on the Plaza to explore how to deepen insight practice in daily life. We are searching for quiet, accessible space in midtown KC. For more information call John or Marnie.

Kansas City Bhavana Group

Mike McFarland 816-914-9732
karma_704@yahoo.com

Kansas City Bhavana Group meets on Sunday evenings at Pilgrim Chapel, 3801 Gillham Rd. (mid-town area), at 6:30 pm, for Metta practice, about 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." For more information contact Mike.

The Unity Village/Lee's Summit Sangha

Robert Brumet 816-941-4603
brumetrj@unityworldhq.org

The Unity Village/Lee's Summit Sangha meets Mondays, 7:00 pm at Unity Village Administration Building Room #229. Our format consists of a 40-minute sit followed by 45 minutes of sharing/discussion. We conduct a three-day, nonresidential retreat twice a year (Apr. & Oct). For more contact Robert Brumet.

The Sunday Shawnee Sangha Group

Jane Vogel 913-248-4412

The Sunday Shawnee Sangha Group meets Sunday's, 5:00 pm to 6:00 pm, at 302 Lucille Lane, Shawnee, KS. For more information contact Jane.

Kirkville, MO

Kirkville Dharma

Marc Rice 660-216-5303

Kirkville Dharma meets for sitting and Dharma talks on Sunday nights at 8:00 pm at the home of Mark Rice, 501 South Halliburton, Kirkville, MO 63501. For more information contact Mark.

Lawrence, KS

The Free State Sangha

Tamara Dutton 785-842-6666
tlea@ku.edu

The Free State Sangha meets Wednesdays, 7:30 pm (door opens at 7:15), at the Oread Friends Meeting House, 1146 Oregon, for metta practice, insight meditation and discussion. Activities include occasional pot luck and movie gatherings, day-long and weekend retreats. For more information contact Tamara.



Little Rock, AR

**Ecumenical Buddhist Society
Vipassana Practice Group**
Phebe Duff 501-975-4060
phebed@comcast.net
www.ebslr.org

The Ecumenical Buddhist Society just moved to a new location at 1015 Second St., Little Rock, AR 72201. The group meets every Sunday at 7:00 pm for a thirty minute silent sitting followed by a book discussion. They will host a non-residential retreat with Matt Flickstein - January 27-29, 2006. For more information visit the website or contact Phebe Duff.

Memphis, TN

Dharma Memphis
www.dharmamemphis.com/index2.htm

Dharma Memphis is 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. For information on groups, events and resources see <http://www.dharmamemphis.com/index2.htm>

Michigan City, MI

Peacemakers Sangha
Michael Zieve 219-362-1462
mlzieve@yahoo.com

Peacemakers Sangha meets Tuesdays at 7:15 pm at Dancing Feet Yoga Studio in the Old School Community Center of Long Beach in Michigan City and 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. For more information contact Michael.

Minneapolis, MN

Twin Cities Vipassana Cooperative
www.tcvcoop.info
tcvcoop@hotmail.com

Twin Cities Vipassana Cooperative is a community of people interested in developing and deepening their meditation practice. We provide opportunities to hear and practice the teachings of vipassana (insight) and metta (loving-kindness) meditation, primarily in the Theravada Buddhist tradition.

Upcoming retreats held at the Christine Center in Willard, Wisconsin:
Jan 27-29 or Jan 27-Feb 4 with Santikaro; contact David Skarjune, 612-724-9357 or santi@wordimage.com.
June 9-11 or 9-18 with Steve Armstrong & Kamala Masters; contact Gail Iverson, 612-721-8626 or giverson@ziegenbein.com.

See the website for more information about sitting groups and other activities

Rivers' Way Meditation Center
Merra Young 612-235-5133
rivwaymed@aol.com

Rivers' Way Meditation Center, 3357 36th Ave. South, Minneapolis, offers mindfulness/vipassana meditation and loving-kindness practices 'for the awakening of the heart.' A biweekly Meditation Practice support group meets 1st & 3rd Mondays, 7:15 - 9:00 pm (must call and register to join - space limited). Monthly Dharma Talks drawing from Mindfulness/Vipassana and other Buddhist/wisdom traditions with guest teachers are presented on 2nd Fridays 6:30 - 8:30 pm and include meditation and social time — no registration required. Periodic retreats are offered fall/winter; check for dates. For more information see the website or contact Merra.

Common Ground Meditation Center
Mark Nunberg 612-722-8260
info@commongroundmeditation.org www.commongroundmeditation.org

Common Ground Meditation Center, 3400 East 26th Street, Minneapolis, 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. For more information see the website or contact Mark by email.

Oklahoma City, OK

The Open Circle
Arpita Brown 405-478-8407
Kay Williams 405-201-5877

The Open Circle meets at Windsong Dojo in Oklahoma City on Tuesdays at 7:15 pm. All but one session per month meetings consist of sitting meditation, mindful movement or walking and sharing. The other meeting in the month is devoted to the study of Buddhism. For further information call Arpita or Kay.

Omaha, NE

Omaha Insight Meditation Group
Patti Benker 402-496-3249
benker@tconl.com

Omaha Insight Meditation Group currently has two sitting groups meeting in the Omaha area. Both groups are very informal and welcoming and are open to anyone with a personal sitting practice. One group meets around 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 12 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. For more information contact Patti.

Quincy, IL

Great River Sangha
Patrick Hotle 573-288-6394
photle@culver.edu

Great River Sangha is an eclectic group that benefits from a range of experience offered by our members. Beginners are welcome. Activities include: a weekly meeting, 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. For more information contact Patrick.

Rockford, IL

SatSang Sangha
Wendy Larson Bennett; 815-961-0164

SatSang Sangha meets 7:30 am each Saturday in the 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. For more information contact Wendy.

Rolla, MO

Inspiration Center Sangha
Maureen Hall 573-364-0517
mhall@inspirationcenter.net

Inspiration Center Sangha meets Saturday's, 10:00 — 11:30 am at 13345 Christopher Dr. Other activities include 2 full-day retreats and 1 weekend residential retreat each year. For more information contact Maureen.

Saint Louis, MO Metro Area

St. Louis Insight Meditation Group

Bridget Rolens 314-773-0866
bridgetr@brick.net
www.insightstlouis.org

St. Louis Insight Meditation Group meets on Sundays, 7:00 - 8:30 pm, at the Big Bend Yoga Center, 88 N. Gore, Webster Groves. The group is open to meditators at all levels from beginners to more experienced yogi's. Leadership is rotated between 4 leaders, each with a unique style of sharing the dharma. Meetings usually include a 40 minute sitting meditation, a dharma talk and discussion. One Sunday a month is devoted to mindfulness of body through the movement of yoga. Other activities include a book/study group; Introduction to Insight Meditation Classes; and half day, day-long and 2 day non-residential retreats; weekend residential retreats. Those new to insight meditation may arrange for a brief orientation to the practice by contacting Bridget Rolens. For more information visit the website or contact Bridget.

Meditation Sundays

314-725-9650
info@connectstlouis.com

Meditation Sundays meets Sundays, 11:00 am – 12 Noon, at the Yoga Source, 1500 S. Big Bend. 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. For more information send email to the address above.

San Antonio, TX

San Antonio Insight Meditation Sangha

Randy Gribbin 830-964-3684
rgribbin@hotmail.com
Jon Allan 210-695-5604
jallan@icarus.sfbr.org

San Antonio Insight Meditation Sangha meets at First Unitarian Universalist Church 7150 W. I-10, San Antonio, 7:30 pm - 9:00 pm Mondays (6:50 pm New Student orientation) in the Jefferson Building. For more information contact Randy or Jon.

Springfield, MO

Bow Group

Dipa 417-864-4559
sisterdipa@yahoo.com
www.geocities.com/sisterdipa

Bow Group (Insight Meditation) meets on Saturdays from 9:45 am - 11:15 am at the Body of Work Studio, 205 W. Walnut, Springfield. We sit for thirty minutes, walk for fifteen, and conclude with a Dharma talk and discussion. Ginny Morgan is currently guiding the group in a book study using *The Wings of Awakening* by Thanissaro Bhikhu. For more information visit the website or contact Dipa.

Stillwater OK

Buddhist Association of OSU

Barbara Carlozzi 405 744-9457
carlozz@okstate.edu

Buddhist Association of OSU offers two sitting groups, Wednesdays, 7:00 am and Tuesdays, 7:00 pm (location changes each semester so contact Barbara, below, for current location). The group also has special events, but no regular schedule for them. For more information contact Barbara.

Tablequah, OK

Tahlequah Sangha

Thea Nietfeld 918-456-7900

Our sangha meets weekly at the UU Congregation of Tahlequah, 104 N. College, Wednesday's, 12:15 pm – 12:45 pm. We read something 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. For more information contact Thea.

Three Oaks, MI

Belle Via Sangha

Mike Zieve 219-362-1462
mlzieve@yahoo.com

Belle Via Sangha meets on 2nd and 4th Thursdays, 7:30 pm, at Belle Via Market on Elm St. We practice Vipassana meditation, listen to Dharma tapes, and engage in discussion. Beginners welcome. For more information contact Mike.

Winona, WI

Winona Meditation Group

Lynne 507-457-0347

Winona Meditation Group meets on Sunday at 8:30 – 9:30 am for silent meditation. For more information contact Lynne.

For a more complete listing of regularly schedule groups sittings, classes, retreats and other news about the sangha's please see our on-line newsletter by going to <http://www.midamericadharm.org/news/winter05.pdf>



Information on Mid America Dharma Retreats

INSIGHT MEDITATION offers an easily accessible way of freeing the mind from the distortions of self-centeredness, negativity and confusion. Through concentrated awareness, we can 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 by the retreat description, no previous meditation experience is required.

RETREAT FORMAT: Periods of sitting meditation will be alternated with walking meditation. Retreats will be held in silence with talking only during teaching periods. Beginners must 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 will provide basic instruction in vipassana (insight) meditation. They are open to both beginning and experienced practitioners. Non-residential retreats are an opportunity for beginners to experience more intensive practice. Due to the length and size of the retreats, there will not be scheduled individual interviews. Residential Retreats begin with check-in at 4 pm on the first day and run through lunch on the last day. Participants will be guided through group or private interviews and daily general lectures. Meals are plain vegetarian. A complimentary tea table will be available.

REGISTRATION: Information about retreat site, starting times and other details will be sent after you register.

RETREAT REGISTRARS: See information on page 6.

Non-Residential Retreats: Please note that full payment is due at time of registration .

Residential Retreats: A minimum deposit of \$70 must accompany your registration. Full payment is due before the start of the retreat.

Registration Begins: Registrations will not be accepted prior to the beginning date for each specific retreat.

Registration Deadline: Registration deadlines are posted for each retreat on the previous page. Any registrations postmarked or received after the deadlines will be subject to a \$25 late charge

Retreat Costs: See registration information below.

Refunds: No deposits will be refunded after the deadline.

Scholarships: Inability to pay should not prevent you from attending, as there are scholarship funds set aside for this purpose. Deferred payment plans are 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): These retreats are led by teachers who freely give the teachings without any payment. All retreat fees go for retreat expenses. It is central to this tradition that the students support the teacher with a donation. There is no expected amount, but you are encouraged to give to the extent you are able. Dana is totally voluntary.

REGISTRATION FORM

To register please send a check payable to Mid America Dharma with this form to the specific Registrar for the retreat you plan to attend (see p. 3) If you are registering for more than one retreat, please photocopy this form and send with payment to the listed registrar for each retreat. A \$70 deposit is required for all residential retreats. Late registration creates problems for us, please register early.

_____ 12/30/05–01/02/06
Residential with Ginny Morgan, Conception, MO
Cost \$205 (after 12/09/05 - \$230)

_____ 02/24/06–02/26/06
Non-residential with Rodney Smith, Kansas City, MO
Cost \$50

_____ 04/21/06–04/23/06
Non-residential with Gina Sharpe, Columbia, MO
Cost \$50

_____ 04/28/06–05/07/06
Residential with Shinzen Young, Conception, MO
Cost \$540 (after 4/7/06, \$565)

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Home Phone: _____
E-Mail Address: _____

For Residential Retreatants only:

Gender: F M
Will you arrive after 8 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.

2006 Retreat Schedule

Dec.. 30, '05-Jan. 2, 2006.....Residential with Ginny Morgan, Conception, MO
Feb.. 24-26, 2006Non-residential with Rodney Smith, Kansas City
April 21-23, 2006Non-residential with Gina Sharpe, Columbia, MO
April 28-May 7, 2006Residential with Shinzen Young, Conception, MO
June 22-26, 2006Residential with Matt Flickstein, Conception, MO
Aug.. 11-13, 2006.....Residential with Phil Jones, Conception, MO
Nov. 10-12, 2006Non-Residential with Sharda Rogel, St. Louis, MO
Dec.. 29, '06- Jan. 1, 2007.....Residential with Ginny Morgan, Conception, MO

Please visit our website <http://www.midamericadharm.org> for the latest information on retreats.

address service requested

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

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