

Mid America Dharma News

Spring Issue

Mid America Dharma Group

March, 1996

Policy Change on Retreat Fees Adopted

The Steering Committee has adopted a new fee payment policy for MADG retreats. We have reviewed the payment policies of several meditation groups who regularly conduct retreats and almost all of them require full prepayment rather than deposit/on site payment as we currently do.

A prepayment policy will assure that the group does not pay for unused rooms or meals at the retreat facility and will greatly expedite the check in process on the first night of the retreat. This policy will also allow for better assessment of potential scholarship funds for a given retreat.

This policy should not adversely impact anyone's ability to attend a retreat if funds are not readily available to them by the deadline date as we do offer a deferred payment program to anyone who has submitted the required deposit for a residential retreat. Your understanding and cooperation in the implementation of this new procedure is greatly appreciated.

Kalyana-Mitta (Noble Friend) Discussion Group Added

Kalyana-Mitta is a forum for experienced students to share their practice and experience the support of other dedicated Sangha members using a Dharma book as the discussion theme. The original Kansas City group was a great success and the *Heart of America Sangha* has decided to continue the program on a year round basis.

The *Show Me Dharma Sangha* in Columbia will soon begin their first Kalyana-Mitta Study Group. They will utilize Pema Chodron's *START WHERE YOU ARE - A Guide to Compassionate Living*. Contact Ginny Morgan in Columbia at (573) 875-8473 for additional information..

The *Heart of America Sangha* is completing its second four month Kalyana-Mitta Session which was based on Goldstein and Kornfield's *SEEKING THE HEART OF WISDOM - The Path of Insight Meditation*. The next Kalyana-Mitta session will run from May through August and will utilize Charlotte Joko Beck's *EVERY-DAY ZEN - Love & Work* as the study text. Contact Greg Zuendel in Kansas City at (816) 471-8052 to enroll or for information on forming your own Kalyana-Mitta Group.

Next Residential Retreat

The next Mid America Dharma Group retreat is scheduled to begin on Thursday evening, May 23rd and close on Monday May 27th (Memorial Day) after lunch at Conception Abbey. Our teacher will be Marcia Rose who is joining us for her first MADG Retreat. Marcia has studied with Joseph Goldstein and others and was a residential teacher at Insight Meditation Center in Barre, Massachusetts for several years where she continues to teach regularly. Marcia was recommended to us by both Gil Fronsdal and Mary Orr and we are very excited to have her conduct a retreat for us. A brochure for this retreat is enclosed with this mailing.

Mary Orr to Visit Sanghas in April

As part of her visit to conduct our next non-residential retreat in April, Mary Orr has graciously agreed to fly to Kansas City several days before the beginning of the retreat to spend an evening with the Columbia and Kansas City Sanghas. On Wednesday, April 24th she will visit the Columbia Sanghas which will be sponsored by Show Me Dharma at 7:30 PM. On Thursday April 25th, Mary will visit with the Johnson County, Prairie Village, and Heart of America Sanghas in a meeting at Unity on the Plaza at 7:30 PM.

1996 Retreat Schedule

The following retreats have been scheduled for 1996. These dates are *tentative*. Retreat brochures will contain firm dates and notice of residential retreats will generally be mailed out around 10 weeks prior to the retreat date. This listing may assist in planning your schedule in 1996.

Mary Orr * (KC/MO) - April 26, 27 & 28.

Marcia Rose (Conception Abbey, MO) - May 23, 24, 25, 26, & 27 (Memorial Day).

Joseph Goldstein & other teachers (Conception Abbey, MO - wait list only - all slots filled) - July 12, 13, 14, 15, 16, 17, 18, 19, 20, & 21.

Wes Nisker * (Columbia, MO) - September 27, 28, & 29.

Mary Orr (Conception Abbey, MO) - Nov. 8, 9, 10, 11, 12, 13, 14, 15, 16 & 17

(*Non-Residential)

Eugene Cash Conducts His First MADG Retreat

On short notice, Eugene Cash filled in for a very ill Gil Fronsodal at our February retreat and it was a marvelous experience for everyone. This was the first solo retreat Eugene ever conducted (with 57 people no less!). Our thanks to Eugene for a wonderful retreat. We look forward to having him conduct more retreats for MADG in the coming years.

294.3443 - The Book Project

Interested in books and tapes on Insight Meditation? Thanks to a great deal of hard work by Sue Wilson, you now have access to these Dharma items through your local Kansas City area library! You can access information in the Johnson County (KS) library computer database by entering Dewey Decimal number 294.3443 or just "Insight Meditation". Many KC metro libraries will pull from these entries, and you may be able to get them through inter-library loan. Sue is working toward getting a similar listing in the Kansas City, Missouri library computer.

The current selection is limited and is the result of donations for book purchases made by the Johnson County Sangha. Everyone is encouraged to donate their old Dharma tapes and books to the collection. Cash donations for new purchases are also needed. Contact Sue Wilson at the Oak Park Library (913) 752-8700 or John van Kepple (913) 685-3430 for more information. This is an important resource and the Kansas City area may have the only library system in the country with this unique classification set up.

Organizational History Needed

John van Kepple is gathering information on the early days of MADG at Bo Sheaffer's house in Topeka (or even earlier). Contact John at (913) 685-3430 with your recollections.

Mid America Dharma Group
P.O. Box 414411
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Address Correction Requested

Retreat Manager Training Program to Begin

Mid America Dharma desperately needs volunteers to become Retreat Managers and Registrars! We currently try to offer residential retreats four times a year and at least two non-residential retreats as well. We are working on our 1997 (and 1998!) schedules - **the only way we can continue to offer as many retreats as we have in the past will be with some additional outside help or we may be forced to cut back the schedule in 1997 and 1998.**

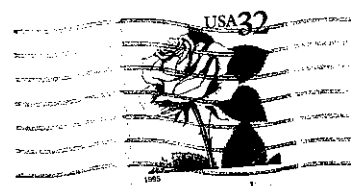
Formal training will be offered this Spring (probably April or May). After training, if you are a Retreat Manager you will have an experienced mentor to work as either your assistant retreat manager or whom you will assist at your first retreat. If you are registrar, you will also have a mentor assigned to work with you the first time you have this assignment. We are currently looking for a volunteer to assist Bob Mikesic as Retreat Manager for the Marcia Rose Retreat and also need a Manager and Registrar for the Mary Orr retreat and a Manager for the Wes Nisker.

Contact Mary Lou Hathaway at (816) 941-7232 for more information. Mary Lou will also be recruiting candidates in the next few weeks.

Sitting Group Updates

The *Lawrence Meditation Group* has expanded its meeting schedule. They now meet on the KU campus on Mondays at 6:00 PM in Daisy Hall - Burge Union and Thursdays at 6:00 PM in Alcove D - Kansas Union. Contact Ravi Hirekatur (913) 832-8789.

George Drasin has a sitting group which meets on Sundays at 7:00 PM at 7301 Mission, Prairie Village (KC metro), Ks. For more information on the *Prairie Village Sitting Group*, contact George at (913) 333-0851 for more information.



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Tentative Retreat Schedule

August 1996 to August 1997

ALL DATES ARE SUBJECT TO CHANGE

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| September 27,28 & 29, 1996 | Wes Nisker | Columbia, Missouri <i>Non Residential</i> |
| November 8,9,10,11,12, 13,14,15,16 & 17, 1996 | Mary Orr | Conception Abbey, Missouri <i>Residential</i> 10 day and beginning weekend options |
| March 9,10,11,12, 13,14 & 15, 1997 | Mary Orr | Kansas City Area <i>Householders Retreat</i> Limited to sitters who have attended at least one residential retreat. This is a <i>non-residential</i> format with the theme of practice in daily life. The group will meet each evening for one to two hours to discuss practice in daily life. There will be a longer sitting on the first day and an all day sitting/walking at the close. Limited to 40 participants. |
| April 3, 4, 5 & 6, 1997 | Gil Fronsdal & additional teacher T.B.D. | Conception Abbey, Missouri <i>Residential</i> |
| May 22, 23, 24, 25 & 26, 1997 | Eugene Cash & additional teacher T.B.D. | Conception Abbey, Missouri <i>Residential</i> |
| July 18, 19, 20, 21 & 22, 1997 | Shinzen Young | Conception Abbey, Missouri <i>Residential</i> |
| Dates T.B.D., 1997 | Mary Orr | Des Moines, Iowa <i>Non-Residential</i> |

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Visit our Website for the most current retreat information:

<http://www.geocities.com/Athens/3712>



Insight Meditation for the Heart of America . . . since 1983

