

Mid America Dharma News

Summer Issue

Mid America Dharma Group

August, 1995

Upcoming Retreats

Wes Nisker will be here October 6, 7, and 8th for a non-residential retreat and workshop entitled "Awakening in America - A Workshop in Buddhist Insight Meditation". Wes or "Scoop" is the editor of the *Inquiring Mind* and a long time meditator and teacher. Friday night will be an open talk so invite your family and friends who want to know more about meditation. The Saturday hours will be from 9 AM to 6 PM and from 9 AM to around 3 PM or so on Sunday. A vegetarian meal will be served each day and is included in the retreat cost. (See the enclosed retreat brochure for additional information.) The last non-residential retreat had a waiting list so please sign up as soon as you can.

Mary Orr will return on Friday November 3rd for a 9 Day Residential Retreat at Conception Abbey. For those unable to attend the entire retreat, there will be a weekend option to attend the first weekend (only) from Friday November 3rd through lunch on Monday November 6th. (Due to our contractual obligations with the Abbey, this is the only options we can offer other than the full retreat.) The retreat will continue through November 12th at noon. We had a waiting list for Mary's last appearance in Kansas City so please sign up early as our final room count is due at the Abbey on October 3rd.



Monks Visit Kansas City

In late June the Heart of America Sangha with Mid America Dharma Group cooperated with the local Thai and Laotian community in sponsoring a one day retreat conducted by several monks from the Buddhadharma Meditation Center in Chicago. Some of the monks were domiciled in Chicago while others were visiting from Thailand and England.

The morning session was an open discussion in English with the monks, while another group met and discussed meditation in Thai and Laotian. The Thai and Lao cooks created a wonderful luncheon for everyone. In the afternoon there was meditation and yoga led by the English speaking monks. There were over 100 participants at the event --- it was a great success!

Non Residential Retreat

Format Proves Popular

The July Non-Residential Retreat led by Mary Orr was extremely well attended, with 50 retreatants for the weekend and 60 people attending the Friday Night talk. We plan holding more retreats with the non-residential format during 1996 in addition to the upcoming Wes Nisker Retreat in October. This format is an excellent opportunity to practice with an experienced teacher for those who can't attend residential retreats due to other commitments. It is also a way for beginners to become comfortable with the retreat format and hopefully increase interest among a wider audience for our formal residential retreats.

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.

Gil Fronsdal	Feb. 15, 16, 17, 18, & 19 (President's Day).
Mary Orr *	April 26, 27 & 28.
Marcia Rose	May 23, 24, 25, 26, & 27 (Memorial Day).
Joseph Goldstein & other teachers	July 12, 13, 14, 15, 16, 17, 18, 19, 20, & 21.
Mary Orr	Nov. 8, 9, 10, 11, 12, 13, 14, 15, 16, & 17

(*Non-Residential - other non-residential retreats will be scheduled at a later date.)

Local Sitting Groups

Please join a sitting group to help support your practice. If there isn't a group convenient to you, it is easy to get one started. Mid America Dharma Group works with three sitting groups in the Kansas City area as well as groups in Topeka and Lawrence, Kansas; Springfield, Carthage and Columbia, Missouri and Des Moines, Iowa. For assistance in starting a sitting group in your area contact John Van Keppel at (913) 685-3430.

Is This Your Last Newsletter?

For many of you this may be your last newsletter. If the code in the lower, left corner ends in "93", this is your last newsletter. Please send us a donation (\$15 covers two years cost of mailing out our newsletters and retreat brochures) or you may also send a post card requesting to remain on the list to John Van Keppel, 13741 Pembroke Circle, Leawood, Kansas 66224. We will gladly continue sending you our newsletter, but we need to hear from you. If you have attended a retreat or will sign up for one of the two remaining scheduled retreats in 1995 you will automatically remain on the distribution list. Our mailing list has grown to over 900 names so it is essential that we make every effort to control our mailing costs.

**Mid America Dharma Group
c/o John Van Keppel
13741 Pembroke Circle
Leawood, Kansas 66224**

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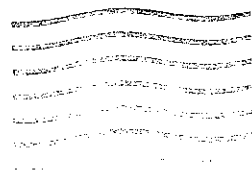
Munindra-ji to Visit this Fall

Munindra is an 80 year old meditation master who has taught Joseph Goldstein among many others. He plans on traveling to visit some of his former students, one of whom is Gregg Galbraith of Carthage, Missouri. Gregg is hoping to find a place for Munindra-ji to stay for several weeks, perhaps as long as three months this Fall and Winter. He would then be available to do private tutoring in meditation. If you have a place for this esteemed teacher and his attendant, or any ideas of places, please call Gregg Galbraith at (417) 358-5176.

The Future of M.A.D.G.

We are moving rapidly to incorporating as a not-for-profit corporation. The tax-exempt status will assist us in reducing some taxes, allow supporters to make deductible charitable contributions and allow MADG to purchase insurance (which many retreat sites are requiring now).

As we have grown in the number of meditators who support MADG, it has been suggested that we find a teacher who could stay in the area for several weeks or months at a time. The teacher would spend time with the sitting groups, offering small group teachings, offer classes to the general public and conducting retreats. If you have any suggestions, please let us know.



Do You Know Someone Who Can Help?

We need a volunteer CPA, bookkeeper or someone familiar with setting up a small business's books. We will need to comply with governmental regulations and submit yearly financial statements as a result of our incorporation. Our accounting needs are not complicated but we want to start off right. If you have this skill, or know of someone who can help us, please call Marnie Hammer (816) 523-5061 or Greg Zuendel (816) 471-8052.

Loving Presence Workshop

"Healing as Spiritual Practice". This Hakomi Workshop will be offered at Spirit Lodge on October 7th & 8th. Contact Nancy Moon at 294-2992.