

MAY 2011: "Enlightenment Month"

Awakening Heart & DALLAS MEDITATION CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 4:00-4:45p Yoga - Susan * 5-7p AWAKENING HEART - 3 Refuges & 5 Precepts Ceremony - Brother ChiSing <i>*(7p Community Meeting)</i>	2 7:30-8:15a MORNING Silent Meditation 10:15-11:30a Yoga - Andy 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 7:00-9:00p ADVANCED Meditation Group - CS	3 7:30-8:15a MORNING Silent Meditation 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 6:00p Qigong - Michael 7:00-9:00p VIPASSANA Meditation Class - CS	4 7:30-8:15a MORNING Silent Meditation 10:15-11:30a Yoga - Andy 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 7:00p "The Work" - Alva 7p Women's Med. - Vnes	5 7:30-8:15a MORNING Silent Meditation 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 7:00p Yoga - Andy 7:00p Meditation Class (1) - Jon & Linda Caswell	6 7:00p Monthly DRUM Circle - Dorayne	7 * 9a-12:30p Monthly Half-Day MEDITATION Retreat - ChiSing 11:00a Qigong - Michael * 2:00-6:00p Monthly BEGINNERS Meditation Workshop - ChiSing 7:00 "TaKeTiNa" Rhythm Process - Michael Kenny
8 <i>(Mother's Day)</i> 10:30a CHRISTIAN Meditation - Br. Lawrence 11:00a Holy Eucharist <i>(Catholic Universalist)</i> 4:00-4:45p Yoga - Susan * 5-7p AWAKENING HEART - special guest Zen Teacher GAELYN GODWIN from Houston	9 7:30-8:15a MORNING Silent Meditation 10:15-11:30a Yoga - Andy 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 7:00-9:00p ADVANCED Meditation Group - CS	10 7:30-8:15a MORNING Silent Meditation 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 6:00p Qigong - Michael 7:00-9:00p Soto ZEN Meditation Class - CS	11 7:30-8:15a MORNING Silent Meditation 10:15-11:30a Yoga - Andy 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 7:00p "The Work" - Alva 7p Women Circle-Chris C.	12 7:30-8:15a MORNING Silent Meditation 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 7:00p Yoga - Andy 7:00p Meditation Class (2) - Jon & Linda Caswell	13 * (DMC "LayMonks" Weekend Retreat: May 13-16) *	14 <i>(Jodi Roberts)</i> * 9:00a-5:00p Quarterly DAY OF MINDFULNESS Retreat (AH) - ChiSing 11:00a Qigong - Michael
15 * 10:30a-12:30p Monthly DEEPER Meditation & 5 Precepts Recitation - CS 4:00-4:45p Yoga - Susan * 5-7p AWAKENING HEART - WESAK "Buddha's Birthday" Celebration - ChiSing	16 7:30-8:15a MORNING Silent Meditation 10:15-11:30a Yoga - Andy 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 7:00-9:00p ADVANCED Meditation Group - CS	17 7:30-8:15a MORNING Silent Meditation 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 6:00p Qigong - Michael 7:00-9:00p CHRISTIAN Meditation - Lawrence	18 7:30-8:15a MORNING Silent Meditation 10:15-11:30a Yoga - Andy 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 7:00p "The Work" - Alva 7p Women's Med. - Vnes	19 7:30-8:15a MORNING Silent Meditation 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 7:00p Yoga - Andy 7:00p Meditation Class (3) - Jon & Linda Caswell	20 <i>(Energy Medicine)</i>	21 <i>(Energy Medicine)</i> 11:00a Qigong - Michael 7:00p Kirtan CHANTING Music - Rudra Das
22 <i>(Energy Medicine)</i> 4:00-4:45p Yoga - Susan * 5-7p AWAKENING HEART - DMC One Year Anniversary Celebration - plus community skit ! <i>*(7p Vegetarian Potluck)</i>	23 7:30-8:15a MORNING Silent Meditation 10:15-11:30a Yoga - Andy 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 7:00-9:00p ADVANCED Meditation Group - CS	24 7:30-8:15a MORNING Silent Meditation 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 6:00p Qigong - Michael 7:00-9:00p AMITABHA Meditation Class - CS	25 7:30-8:15a MORNING Silent Meditation 10:15-11:30a Yoga - Andy 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 7:00p "The Work" - Alva 7p Women Circle-Chris C.	26 7:30-8:15a MORNING Silent Meditation 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 7:00p Yoga - Andy 7:00p Meditation Class (4) - Jon & Linda Caswell	27 7:30p CHANNELING Spiritual Wisdom - Bobbie Perkins	28 <i>(Brother ChiSing at Houston Zen Center)</i> 11:00a Qigong - Michael 11:00a-1:00p Monthly Intro YOGA Workshop - Andy McDonald 7:30p MUSIC Concert - Cornell Kinderknecht
29 <i>(Brother ChiSing away on retreat mid-June & July)</i> 4:00-4:45p Yoga - Susan * 5-7p AWAKENING HEART - guest speaker	30 <i>(Memorial Day)</i> 7:30-8:15a MORNING Silent Meditation 10:15-11:30a Yoga - Andy 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 7:00p ADVANCED Group	31 7:30-8:15a MORNING Silent Meditation 11:45a-12:30p NOON Silent Meditation 6:00-6:45p EVENING Silent Meditation 6:00p Qigong - Michael 7:00p Meditation Class		<i>DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm</i>	<i>Director: Brother ChiSing</i> <i>Assistant: Bobbie Perkins</i> <i>Webmaster: Cornell Kinderknecht</i>	<i>AH & DMC aspire to be:</i> INTERFAITH INCLUSIVE INTEGRAL INSPIRED

AWAKENING HEART

“Enlightenment Month”

* May 2011 *

SUNDAYS (5:00-7:00 pm)

AWAKENING HEART (Community of Mindful Living) – Facilitated by Brother ChiSing & members, this Sangha is our largest main meditation gathering of the week (50 persons) with music, walking and sitting meditation, Dharma teachings, and community sharing (open to all levels of meditation experience, both beginners and advanced). Childcare is provided every Sunday (so parents, you have no excuse not to meditate!)©

May 1 – Interfaith BUDDHIST DEDICATION Ceremony (3 Refuges & 5 Precepts)

May 8 – Zen Teacher GAELYN GODWIN from Houston Zen Center

May 15 – WESAK “Buddha’s Birthday” Celebration

May 22 – DMC’s “One Year Anniversary” Celebration (plus potluck dinner)

MONDAYS (7:00-9:00 pm)

ADVANCED Meditation Group (“Bodhisattvas-in-Training”) – Facilitated by Brother ChiSing, this new Monday night meditation group is open to those who have at least attended the “Beginners Meditation Workshop” and who have also regularly attended the Sunday meditation or weekday meditations for at least a couple of months. To attend, you must be able to meditate in complete silence and deep stillness for at least 20-40 minutes (on the chair or on the floor). Also, you must have begun reading the book “Happiness” by Thich Nhat Hanh, and you must intend to start reading “Old Path, White Clouds” soon after joining this group. The Dharma teachings after the meditations will be deep, profound and transformative.

TUESDAYS (7:00-9:00 pm)

INTRODUCTORY Meditation Classes – Facilitated by Brother ChiSing and others, every Tuesday night will be dedicated to a class on a different meditation modality, such as Vipassana, Soto Zen, Amitabha, and Christian Meditation (Centering Prayer). These classes are open to all, both beginners and advanced. If you like, come every week and experience something new and different. Deepen your Dharma through diversity!

WEEKDAY SILENT MEDITATIONS – Morning, Noon & Evening (Mondays, Tuesdays, Wednesdays, Thursdays)

Facilitated by Brother ChiSing & members

(10 minutes of Silent Walking Meditation + 25 minutes of Silent Sitting Meditation + 5 minutes of Reflections)

7:30-8:15 am MORNING Silent Meditation

11:45 am - 12:30 pm NOON Silent Meditation

6:00-6:45 pm EVENING Silent Meditation

WEEKEND WORKSHOPS & RETREATS

- * **Monthly Half-Day MEDITATION Retreat** *(facilitated by Brother ChiSing):* Saturday, May 7, 9:00 am - 12:30 pm
- * **Monthly BEGINNERS Meditation Workshop** *(facilitated by Brother ChiSing):* Saturday, May 7, 2:00 - 6:00 pm
- * **1st Semi-Annual DMC “LayMonks” WEEKEND Retreat** *(facilitated by Brother ChiSing):* May 13 - 16
- * **Quarterly A.H. DAY OF MINDFULNESS Retreat** *(facilitated by Brother ChiSing):* Saturday, May 14, 9 am - 5 pm
- * **Monthly DEEPER Meditation & 5 PRECEPTS Recitation:** Sunday, May 15, 10:30 am - 12:30 pm
- * **Monthly Intro YOGA Workshop** *(facilitated by Andy McDonald):* Saturday, May 28, 11:00 am - 1:00 pm