

JULY 2011 - revised

Awakening Heart & DALLAS MEDITATION CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Director: Brother ChiSing</p> <p>Office Assistant: Bobbie Perkins</p> <p>Webmaster, etc.: Cornell Kinderknecht</p>	<p>AH & DMC aspire to be:</p> <p>INTERFAITH INCLUSIVE INTEGRAL INSPIRED</p>	<p>DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm</p>	<p>(Brother ChiSing will be away in California on a monastic retreat on July 17 - August 12)</p>	<p>* Register NOW for the Mississippi Retreat with THICH NHAT HANH on Sept. 28 - Oct. 2. We will be renting a charter bus to go. *</p>	<p>1</p> <p>7:00p First Fridays: DRUM CIRCLE - Dorayne</p>	<p>2</p> <p>* 9:00a-12:30p Monthly Members MEDITATION Retreat - ChiSing</p> <p>* 2:00-6:00p Monthly BEGINNERS Meditation Workshop - ChiSing</p>
<p>3</p> <p>* 5-7p AWAKENING HEART (this is our main meditation service) - Christine Clemmer</p>	<p>(Independence Day) 4</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p BODHISATTVA Sangha - Christine</p>	<p>5</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>6</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>2:00-3:15p YOGA - Andy*</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>7</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00-8:15p YOGA - Andy*</p>	<p>8</p> <p>[event space available]</p>	<p>9</p> <p>2:00-5:00p Restorative Yoga - Sue Chadwick</p>
<p>10</p> <p>10:30a Prayer / Eucharist</p> <p>4:00p Refuge & Precepts</p> <p>* 5-7p AWAKENING HEART (this is our main meditation service) - Brother ChiSing</p> <p><i>* (7p Planning Meeting)</i></p>	<p>11</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p BODHISATTVA Sangha - ChiSing</p>	<p>12</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>13</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>2:00-3:15p YOGA - Andy*</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>* 7p "Interfaith HEALING Service" - Br. Lawrence</p>	<p>14</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00-8:15p YOGA - Andy*</p>	<p>15</p> <p>7:00p Dreams Class - Andy McDonald</p>	<p>16</p> <p>10:00a-3:00p Beauty Day - Adayara Rivera</p> <p>2-4p Intro Meditation Class - Caswells</p> <p>7:00p Kirtan CHANTING Music - Rudra Das</p>
<p>17</p> <p>1:30-2:45p Yoga & Live Music - Lynn & Cornell</p> <p>* 5-7p AWAKENING HEART (this is our main meditation service) - Andy McDonald</p>	<p>18</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p BODHISATTVA Sangha - Christine</p>	<p>19</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>20</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>2:00-3:15p YOGA - Andy*</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7p "Living Namaste" for women starts today -Chris</p>	<p>21</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00-8:15p YOGA - Andy*</p>	<p>22</p> <p>7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>	<p>23</p> <p>10a-1p Chakra Workshop - Sue Chadwick</p> <p>2:00-4:00p Monthly Intro YOGA Workshop - Andy McDonald *</p> <p>7:30p "Impending Bloom" WORLD MUSIC Concert</p>
<p>24/31</p> <p>* 5-7p AWAKENING HEART (this is our main meditation service) - Andy McDonald</p> <p><i>* (7p Vegetarian Potluck)</i></p>	<p>25</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p BODHISATTVA Sangha - Christine</p>	<p>26</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>27</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>2:00-3:15p YOGA - Andy*</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7p "Living Namaste" (12- wk series) - Christine C.</p>	<p>28</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00-8:15p YOGA - Andy*</p>	<p>29</p> <p>6-9p "Evolutionary Partnership" for Men and Women (free intro)</p>	<p>30</p> <p>9a-6p "Evolutionary Partnership" Workshop for Women and Men - Jane & Dirk Velton</p> <p>7:45p (Sufi) Dances of Universal Peace - Nirtana</p>

AWAKENING HEART

July 2011



SUNDAYS (5:00-7:00 pm)

☺ **AWAKENING HEART (Community of Mindful Living)** – Facilitated by Brother ChiSing, Christine Clemmer and Andy McDonald, this Sangha is our largest main meditation gathering of the week (30-60 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 participate!*) ☺

July 3 – Christine Clemmer facilitating: “THE SECRET OF HOLISTIC INTEGRATION”

July 10 – * Brother ChiSing speaking: “THE SECRET OF MEDITATION” *

July 17 – Andy McDonald facilitating: “THE SECRET OF YOGA”

July 24 – Andy McDonald facilitating: “THE SECRET OF DREAMS”

July 31 – Andy McDonald facilitating: “THE SECRET OF CONSCIOUSNESS”

August 7 – Andy McDonald facilitating: “THE SECRET OF METAPHYSICAL MASTERY”

August 14 – * Brother ChiSing speaking: “THE SECRET OF ENLIGHTENMENT” *

** (Brother ChiSing will be away on a monastic retreat on July 17 - August 12) **

MONDAYS (7:00-9:00 pm)

BODHISATTVA Sangha (Zen & Vipassana Meditation) – Facilitated by Brother ChiSing & Christine Clemmer, this new Monday night meditation group is open to those who have at least some meditation experience. On 1st & 3rd Mondays, we will practice with a Zen silent meditation format (25 min. Sitting, 10 min. Walking, 25 min. Sitting). And on 2nd & 4th Mondays, we will practice with a Vipassana silent meditation format (20 min. Walking, 40 min. Sitting). If there is a 5th Monday, we may choose a Tibetan Buddhist or Pure Land (*Amitabha*) meditation format. After meditation, Brother ChiSing will share Dharma Teachings, followed by community discussion and heart-sharing. Come and receive more personalized support from Brother ChiSing and your fellow Bodhisattvas-in-training!

WEEKDAY SILENT MEDITATIONS – 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)

12:00 - 12:45 pm

NOON Silent Meditation – *note: new time change*

6:00 - 6:45 pm

EVENING Silent Meditation

SPECIAL EVENTS

- * **Monthly Members MEDITATION Retreat** (*Brother ChiSing*): Saturday, July 2, 9:00 am - 12:30 pm
- * **Monthly BEGINNERS Meditation Workshop** (*Brother ChiSing*): Saturday, July 2, 2:00 - 6:00 pm
- * **Monthly 3 REFUGES & 5 PRECEPTS Ceremony** (*Brother ChiSing*): Sunday, July 10, 4:00-4:30 pm
- * **New “Interfaith HEALING Service”** (*Brother Lawrence & Brother ChiSing*): Wednesday, July 13, 7:00-7:30 pm
- * **Monthly Intro YOGA Workshop** (*Andy McDonald*): Saturday, July 23, 2:00 - 4:00 pm

*** Please register NOW for the Mississippi Retreat with THICH NHAT HANH on Sept. 28 - Oct. 2.
We need at least 20 persons from Texas to travel with us in order to get a charter bus together. ***

www.DALLASMEDITATIONCENTER.com