

DALLAS MEDITATION CENTER

SEPTEMBER 2018 – “EVERYDAY WISDOM” (PT. 2)

LOCATION: 810 W. Arapaho Rd, Suite 98, Richardson, Texas 75080

SUNDAYS 5:00-7:00 PM

Awakening Heart (*Community of Mindful Living*)
Interfaith Buddhist Spirituality (*Thich Nhat Hanh*)
Zen, Mindfulness, Holistic Meditation (*Brother ChiSing*)

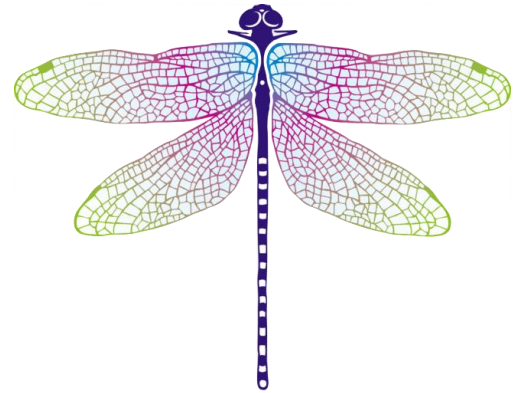
September 2: “Happy Continuation Day, Brother ChiSing”
Speaker: **Bobbie, Cornell and others**
Brother ChiSing’s birthday

September 9: “Uncertainty and Impermanence”
Speaker: **Lisa November**

September 16: “Inner Silence”
Speaker: **Andy McDonald**

September 23: “Still Water”
Speaker: **Rev. Veronica Valles**

September 30: “Subtle Gestures”
Speaker: **Bobbie Perkins**, True Transmission of Mindfulness
* Sangha YUM: community social gathering at a nearby restaurant follows



Mondays

Note: Zen-to-Go and Tai Chi will not meet on September 3

12:00p **ZEN-To-Go** (silent meditation)
6:00p TAI CHI – *Janna Whitton*
7:30p **MINDFUL Mondays** – *Cornell Kinderknecht*

Tuesdays

12:00p **ZEN-To-Go** (silent meditation)
7:00p **Wake Up Dallas YES** Meditation Community – *Young Adults (20’s & 30’s)*

Wednesdays

9:30a TAI CHI – *Janna Whitton*
10:45a QIGONG – *Janna Whitton*
12:00p **ZEN-To-Go** (silent meditation)
7:30p **INTERBEING Sangha** – *Bobbie Perkins*

Thursdays

12:00p **ZEN-To-Go** (silent meditation)

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop** Next scheduled: September 8, October 13

09/07/18 – 8:00-10:00pm – First Friday Meditate and Dance Party! – Jessica Hitch, DJ Streaming Synergy

*09/08/18 – 2:00-5:30pm – **Beginners Meditation Workshop** – **Bobbie Perkins**

*09/15/18 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – **Andy McDonald**

09/22/18 – 10:00am-12:00noon – Mindful Cleaning – **VOLUNTEERS NEEDED!** Help prepare the center for the festival

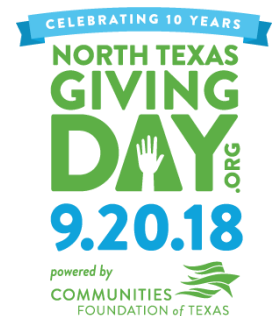
*09/29/18 – 12:00-5:00pm – **Dallas Meditation Center Fall Festival**

09/29/18 – 7:00-9:00pm – Dallas Meditation Center Drum Circle – Dorayne Breedlove

* = Register Online

Children’s Sangha Sundays 5:00–7:00 pm

A program for children ages 5 and up whose parents are attending the Sunday Awakening Heart gathering.



WWW.DALLASMEDITATIONCENTER.COM

NORTH TEXAS GIVING DAY

The world changes one person at a time ... your donation supports positive change for those attending the Dallas Meditation Center. When our hearts are full of peace and loving kindness, we positively impact our friends, families and those we touch in the community. The ripples of your gift then impact the entire North Texas area!

Make a difference **SEPTEMBER 20, 2018** by donating to the Dallas Meditation Center at **NorthTexasGivingDay.org** Any donation over \$25 is eligible for bonus funds. You can also schedule your gift starting September 10.

Those we serve report positive results:

"We sit together and meditate, practicing the art of being still, noticing our thoughts until we can just "let it go". No matter how the week, this day, this moment challenges us we can have a break. Quiet. Still. What a gift to ourselves and the rest of the world."

"The Dallas Meditation Center has totally changed my life. I truly love and appreciate this place. The people here are wonderful and the practices transformative. I highly recommend the center for anyone seeking inner peace or personal evolution." - M

"The Dallas Meditation Center has allowed me to find peace in myself, which in turn allows me to bring peace to others and the world in whole." - W



YOUR GIFT MATTERS!

Our impact is greater when we give together. Donate to Dallas Meditation Center on Sept. 20 from 6am-midnight at NorthTexasGivingDay.org

SAVE THE DATE
9.20.18
6AM-MIDNIGHT

IT'S NOT A PARTY WITHOUT YOU!
Let's show the world how North Texas gives back by making this the most impactful Giving Day ever.

STEPS TO GIVE:

- Go to NorthTexasGivingDay.org
- Search for [Dallas Meditation Center](#)
- Donate on 9.20.18 or schedule your gift starting 9.10.18
- Tell your friends why you give with the hashtag [#NTXGivingDay](#)



Dallas Meditation Center's
FREE FALL FESTIVAL
experience the JOY of mindful living

- **Sept. 29.18**
- **12P - 9P**
- Join us for a day of various activities like guided meditation, Tai Chi Qigong, and live music. Free food will be served in the afternoon.
- Find us on Facebook or visit dallasmeditationcenter.com for more info.

Dallas Meditation Center FALL FESTIVAL September 29, 2018 – 12 noon - 9 pm

Dallas Meditation Center will be hosting our Free Fall Festival showcasing all the different services, classes, and activities the center offers. Finger foods and beverages. The event finishes with our monthly Drum Circle.

ALL ARE WELCOME. Admission is free. Stay for the whole day or come and go to any of the activities.

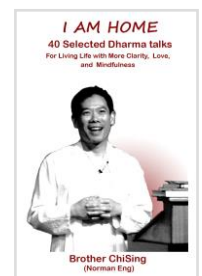
Fall Festival Schedule:

- 12 noon – Opening Welcome
- 1:00 - 1:30 Yoga for families and kids with Karina Marino
- 1:30 - 2:00 Yoga for adults with Andy McDonald
- 2:30 - 3:00 Tai Chi and Qigong with Janna Whitton
- 3:00 - 3:30 Music meditation with Cornell Kinderknecht and Martin McCall
- 3:30 - 4:00 Spiritual Readings from 108 Reflections (book by our founder, Brother ChiSing) with Cheryl Muck
- 4:00 - 5:15 Guided meditation, music and sharing
- 5:15 - 6:00 Reception with finger snacks and beverages
- 6:00 - 6:45 Community Update Service
- 7:00 - 9:00 Monthly drum circle with Dorayne Breedlove

I AM HOME 40 Selected Dharma Talks For Living Life with More Clarity, Love and Mindfulness

Brother ChiSing's second book will be published in September.

Get your copy at the Fall Festival!



Dallas Meditation Center is supported by the donations and efforts of the people who attend the classes and programs offered here. Donations accepted at Dallas Meditation Center's events or online at www.DallasMeditationCenter.com One Dharma Dallas Meditation Center Awakening Heart is a 501(c)(3) nonprofit educational human services organization. Your gifts are eligible as charitable tax deductions.

Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080, 972-432-7871
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DALLAS MEDITATION CENTER (One Dharma)

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm 810 W. Arapaho Rd., Ste 98, Richardson, TX 75080. (972) 432-7871 DallasMeditationCenter.com</p>	<p>Directors: Bobbie Perkins Cornell Kinderknecht</p>					1
<p>2 Brother ChiSing's Birthday</p> <p>5-7p AWAKENING HEART Meditation service - Happy Continuation Day in memory of Brother ChiSing</p> <p>5-7p Childrens's Sangha 5 & up</p>	<p>3 Labor Day</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>4</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>5</p> <p>9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha - Bobbie:5 Mindfulness Trainings</p>	<p>6</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p>7</p> <p>8-10p First Friday Meditate and Dance Party! - Jessica</p>	<p>8</p> <p>2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins</p>
<p>9</p> <p>5-7p AWAKENING HEART Meditation service - Uncertainty and Impermanence Lisa November</p> <p>5-7p Childrens's Sangha 5 & up</p>	<p>10 Rosh Hashanah</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna</p> <p>7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>11 Patriot Day</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>12</p> <p>9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha - Bobbie</p>	<p>13</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p>14</p>	<p>15</p> <p>9:30a-12n Yoga/Meditation Retreat - Andy McDonald</p>
<p>16</p> <p>5-7p AWAKENING HEART Meditation service - Inner Silence Andy McDonald</p> <p>5-7p Childrens's Sangha 5 & up</p>	<p>17</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna</p> <p>7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>18</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>19</p> <p>9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha - Bobbie</p>	<p>20 North TX Giving Day</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p>21</p>	<p>22</p> <p>10a-12n Mindful Cleaning</p> <p>2-4p Self-defense / Self-awareness seminar - Malcolm Austin</p>
<p>23 Autumnal equinox</p> <p>5-7p AWAKENING HEART Meditation service - Still Water Rev. Veronica Valles</p> <p>5-7p Childrens's Sangha 5 & up</p>	<p>24</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna</p> <p>7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>25</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>26</p> <p>9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha - Bobbie</p>	<p>27</p> <p>12-12:45p ZEN-to-Go</p>	<p>28</p>	<p>29</p> <p>Dallas Meditation Center FALL FESTIVAL 12noon-9pm</p> <p>7-9p DRUM Circle - Dorayne</p>
<p>30</p> <p>5-7p AWAKENING HEART Meditation service - Subtle Gestures Bobbie Perkins</p> <p>5-7p Childrens's Sangha 5 & up</p> <p>7:15p Sangha YUM Social gathering at a nearby restaurant</p>					<p>DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm 810 W. Arapaho Rd., Ste 98, Richardson, TX 75080. (972) 432-7871 DallasMeditationCenter.com</p>	<p>Directors: Bobbie Perkins Cornell Kinderknecht</p>