

# DALLAS MEDITATION CENTER

**OCTOBER 2018 – HONORING OUR SPIRITUAL ANCESTORS**

*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*)



October 7: "Honoring Our Spiritual Ancestors - Zen Master Thich Nhat Hanh"  
**Speaker: Bobbie Perkins, True Transmission of Mindfulness**

October 14: "Honoring Our Spiritual Ancestors - Sathya Sai Baba"  
**Speaker: Niranjan Hanumanna**

October 21: "Honoring Our Spiritual Ancestors - Liberal Catholicism"  
**Speaker: Lawrence Saylor**

October 28: "Honoring Our Spiritual Ancestors - Paramhansa Yogananda"  
**Speaker: Maitri Smithhisler**  
Music: Robin Hackett

\* *Sangha YUM: community social gathering at a nearby restaurant follows*

### **Mondays**

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

### **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.



### **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: October 13, November 3*

10/05/18 – 8:00-10:00pm – First Friday Meditate and Dance Party! – Jessica Hitch, DJ Streaming Synergy

\*10/06/18 – 2:00-3:30pm – Dissolving Fear and Anxiety Workshop – Paula Joyce

\*10/13/18 – 2:00-5:30pm – **Beginners Meditation Workshop** – **Bobbie Perkins**

\*10/20/18 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – **Andy McDonald**

\*10/20/18 – 1:00-5:00pm – **LGBTQ Mindfulness Meditation Afternoon Retreat**

10/29/18 – 7:00-9:00pm – Dallas Meditation Center Drum Circle – Dorayne Breedlove

\* Register Online



**WWW.DALLASMEDITATIONCENTER.COM**

# OCTOBER 2018 HIGHLIGHTS AT DALLAS MEDITATION CENTER:

Friday, October 5, 2018

8:00-10:00 p.m.

## First Friday Meditate and Dance Party!

All ages are welcome to enjoy mindful dancing at this party series! Begin with a short sitting meditation and then move and groove to energetic world and electronic music mixed by a live DJ.

*Suggested donation: \$10-\$20 / person*



Saturday, October 20, 2018

1:00-5:00 p.m.

## LGBTQ Mindfulness Meditation Afternoon Retreat

Experience different styles of meditation, various mindfulness practices, music, deep relaxation, and calming peace. Make a deeper connection

with yourself and others.

*Donation: suggested \$35. Online registration requested.*

### PLANO TX

Tuesday, October 16, 2018

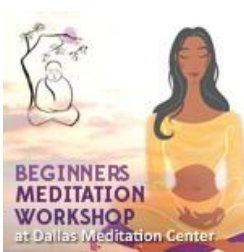
7:30-9:00 p.m.

## Learn the Native American Flute (4 weeks: Tuesdays, Oct. 16–Nov. 6)

Learn to play the Native American flute in this 4-session beginner's class. No previous musical experience necessary. Instructed by award-winning musician Cornell Kinderknecht.

**Advance registration is required.**

[www.cornellk.com](http://www.cornellk.com)



Saturday, October 13, 2018

2:00-5:30 p.m.

## Beginner's Meditation Workshop

A workshop open to all to experience the peace and joy of mindfulness and meditation. Great for those just starting meditation and those who've been meditating and want some guidance

Facilitated by **Bobbie Perkins**.

\$60 single / \$100 double. *Online registration required.*

Saturday, October 20, 2018

9:30 a.m.-12 noon

## Yoga & Meditation Mini-Retreat

Bring together the mindful movement and breath awareness of yoga with the heart-opening practice of meditation. Includes yoga postures, walking meditation, seated meditation, and reclining guided relaxation.

Facilitated by **Andy McDonald**.

Fee: \$40. *Online registration requested.*



Saturday, October 27, 2018

7:00-9:00 p.m.

## Dallas Meditation Center DRUM CIRCLE

Meets the LAST SATURDAY of each month. Bring your drums and percussion instruments. If you don't have any, don't worry, there's plenty to go around.

Facilitated by **Dorayne Breedlove**.

*Suggested love offering: \$10-\$20.*



## GIVING (DANA)

*"It takes time to practice generosity but being generous is the best use of our time."*

— Thich Nhat Hanh

Giving (dana) is an essential practice of interbeing. It is about openness and our capacity to embrace others with our compassion and love. When we see ourselves as others and others as ourselves, we recognize that by helping others secure their well-being and happiness, we are also securing our own well-being and happiness.

Dallas Meditation Center and its programs are supported almost entirely by the donations and efforts of the people who attend the classes and programs offered here. Donations are accepted at Dallas Meditation Center events or online at [www.DallasMeditationCenter.com](http://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.

**Employer matching donations:** Does your employer have a matching donations program? Many area employers will match donations their employees make to nonprofit organizations. As an educational human resources organization, One Dharma Awakening Heart Dallas Meditation Center (EIN: 46-3512018) is eligible to benefit from such programs. Please check with your employer's

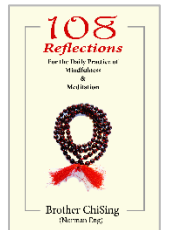
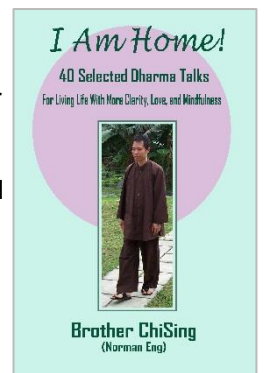
benefits or human resource department to inquire about matching donations. It's an easy way to **make your donation go twice as far!**

## I AM HOME! HAS ARRIVED

The book of Brother ChiSing's dharma talks is published. Just over two years in the making, started while ChiSing was still with us, and delivered in his uniquely human and lively energetic approach, the book challenges us to live fully present in every moment.

Get your copies of **I Am Home!** And **108 Reflections** at the Dallas Meditation Center, Amazon.com and many other online bookstores.

Congratulations to the team who produced I Am Home!. Thank you Valerie Grimes, Patty McNeill, Rich McNeill, Sakshi Agarwal, the beta readers and all who helped along the way.



Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080, 972-432-7871

Mailing address: Dallas Meditation Center, PO Box 832412, Richardson, TX 75083. Phone: 972.432.7871. Email: [info@DallasMeditationCenter.com](mailto:info@DallasMeditationCenter.com)

# WWW.DALLASMEDITATIONCENTER.COM

# DALLAS MEDITATION CENTER (One Dharma)

# October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>  12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna  7:30-9p Mindful Mondays Meditation - Cornell	<b>2</b>  12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>3</b> 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna  12-12:45p ZEN-to-Go  7:30-9p INTERBEING Sangha - Bobbie:5 Mindfulness Trainings	<b>4</b>  12-12:45p ZEN-to-Go  7-9p Unconditional Love Support Group - Gene Flake	<b>5</b>  8-10p First Friday Meditate and Dance Party! - Jessica	<b>6</b>
<b>7</b>  5-7p AWAKENING HEART Meditation service - Speaker: Bobbie Perkins  5-7p Childrens's Sangha 5 & up	<b>8</b> Columbus Day  12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna  7:30-9p Mindful Mondays Meditation - Cornell	<b>9</b>  12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>10</b> 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna  12-12:45p ZEN-to-Go  7:30-9p INTERBEING Sangha - Bobbie	<b>11</b>  12-12:45p ZEN-to-Go  7-9p Unconditional Love Support Group - Gene Flake	<b>12</b>	<b>13</b>  2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins
<b>14</b>  5-7p AWAKENING HEART Meditation service - Speaker: Niranjan Hanumanna  5-7p Childrens's Sangha 5 & up	<b>15</b>  12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna  7:30-9p Mindful Mondays Meditation - Cornell	<b>16</b> Boss's Day  12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>17</b> 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna  12-12:45p ZEN-to-Go  7:30-9p INTERBEING Sangha - Bobbie	<b>18</b>  12-12:45p ZEN-to-Go  7-9p Unconditional Love Support Group - Gene Flake	<b>19</b>	<b>20</b>  9:30a-12n Yoga/Meditation Retreat - Andy McDonald  1-5p LGBTQ Mindfulness Meditation Retreat
<b>21</b>  5-7p AWAKENING HEART Meditation service - Speaker: Lawrence Saylor  5-7p Childrens's Sangha 5 & up	<b>22</b>  12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna  7:30-9p Mindful Mondays Meditation - Cornell	<b>23</b>  12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>24</b> 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna  12-12:45p ZEN-to-Go  7:30-9p INTERBEING Sangha - Bobbie	<b>25</b>  12-12:45p ZEN-to-Go  7-9p Unconditional Love Support Group - Gene Flake	<b>26</b>	<b>27</b>  7-9p DRUM Circle - Dorayne
<b>28</b>  5-7p AWAKENING HEART Meditation service - Speaker: Maitri Smithhisler  5-7p Childrens's Sangha 5 & up 7:15p Sangha YUM Social gathering at a nearby restaurant	<b>29</b>  12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna  7:30-9p Mindful Mondays Meditation - Cornell	<b>30</b>  12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>31</b> Halloween 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna  12-12:45p ZEN-to-Go  7:30-9p INTERBEING Sangha - Bobbie	<b>DMC Office Hours:</b> <b>Mondays – Thursdays</b> 11:00 am - 4:00 pm  810 W. Arapaho Rd., Ste 98, Richardson, TX 75080. (972) 432-7871 <a href="http://DallasMeditationCenter.com">DallasMeditationCenter.com</a>		Directors: Bobbie Perkins Cornell Kinderknecht