

# DALLAS MEDITATION CENTER

## NOVEMBER 2018 – GRATITUDE

**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)**



November 4: "Why Be Grateful?"

**Speaker:** Thich Minh Thien (Thay Z)

November 11: "From Impermanence to Freedom"

**Speaker:** Jian Li

November 18: "Accepting What Is"

**Speaker:** Bobbie Perkins, True Transmission of Mindfulness

November 25: "What is Your Gratitude Ratio?"

**Speaker:** Lisa November

**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*

### 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 (there will be no class Nov. 21)*

10:45a QIGONG – *Janna Whitton (there will be no class Nov. 21)*

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

7:30p **INTERBEING Sangha** – *Bobbie Perkins*

### Thursdays

12:00p **ZEN-To-Go** (silent meditation) *(there will be no gathering on Nov. 22)*

### Saturday (once-a-month)

\* 2:00p **Monthly BEGINNERS MEDITATION Workshop** *Next scheduled: November 3, December 8*

11/02/18 – 8:00-10:00pm – First Friday Meditate and Dance Party! – Jessica Hitch, DJ Streaming Synergy

\*11/03/18 – 2:00-5:30pm – **Beginners Meditation Workshop** – **Bobbie Perkins**

\*11/10/18 – 2:00-3:30pm – Self-Defense / Self-Awareness Seminar - Malcom Austin

\*11/17/18 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – **Andy McDonald**

\*11/17/18 – 2:00-3:30pm – Past Life Regression Workshop – Paula Joyce

11/23/18 – 7:30-9:00pm – *The Best Day* Music Concert – Robin Hackett & Cornell Kinderknecht

11/24/18 – 7:00-9:00pm – Dallas Meditation Center Drum Circle – Dorayne Breedlove

11/25/18 – 2:00-3:30pm – Gong Journeys Meditation - Osten Anue

\* 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.



**SAVE THE DATE!**

**ANNUAL  
ALL SANGHAS MEETING  
and Dance Night**

Friday December 7, 2018  
6:00-10:00pm



[WWW.DALLASMEDITATIONCENTER.COM](http://WWW.DALLASMEDITATIONCENTER.COM)

# NOVEMBER 2018 HIGHLIGHTS AT DALLAS MEDITATION CENTER:

Friday, November 2, 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, November 10, 2018  
2:00-3:30 p.m.

## Self-Defense / Self-Awareness Seminar

Much needed knowledge and training to keep up with today's changing world. Instructed by Malcolm Austin. Open to age 10 and up.

*Fee: \$90/person, \$160/couple*



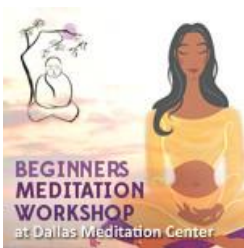
Friday, November 23, 2018

7:30-9:30 p.m.

## The Best Day Concert with Robin and Cornell

Join Robin Hackett and Cornell Kinderknecht for an evening of inspirational vocal and instrumental music.

*Admission: \$15/person*



Saturday, November 3, 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, November 24, 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.*



Saturday, November 17, 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.*

Sunday, November 25, 2018  
2:00-3:30 p.m.

## Gong Journeys Meditation with Ostin Aune

Gong Journeys is a form of sound therapy that encourages meditation, self-healing, deep rest, relaxation, prayer and spirituality; a rejuvenation of the body, mind, and spirit.

*Donation: suggested \$20.*



**Shopping online for the holidays?** Use **AmazonSmile** when you shop at Amazon and Amazon will make a donation to Dallas Meditation Center! Just start at [smile.amazon.com](http://smile.amazon.com), select *One Dharma Awakening Heart Dallas Meditation Center* as your charity. Then do your Amazon shopping at [smile.amazon.com](http://smile.amazon.com) as you normally would.



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

— Thich Nhat Hanh

#GivingTuesday is a global day of giving that harnesses the collective power of individuals, communities and organizations to encourage philanthropy and to celebrate generosity worldwide. Following Thanksgiving and the widely recognized shopping events Black Friday and Cyber Monday, this year's #GivingTuesday will take place on November 27<sup>th</sup> and will kick off the giving season by inspiring people to collaborate and give back.

Those who are interested in joining Dallas Meditation Center's #GivingTuesday initiative can visit [www.mightycause.com/organization/Dallas-Meditation-Center](http://www.mightycause.com/organization/Dallas-Meditation-Center).

For more details about the #GivingTuesday movement, visit the #GivingTuesday website ([www.givingtuesday.org](http://www.givingtuesday.org))

## Acorns Fall Like Rain

01/16/98

Acorns fall like rain.  
Tapping, bouncing, tumbling  
Such exuberance.

Acorns fall like rain.  
Tap dancing on the roof,  
Crunching under foot.

Acorns fall like rain.  
Eager to leave the tree  
Uncertain future.

Acorns fall like rain.  
Inexorably drawn  
To answer the call.

**-Bobbie Perkins**

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# WWW.DALLASMEDITATIONCENTER.COM

# DALLAS MEDITATION CENTER (One Dharma)

# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><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></p>	<p>Directors:                      Bobbie Perkins                      Cornell Kinderknecht</p>			<p><b>1</b></p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p><b>2</b></p> <p>8-10p First Friday Meditate and Dance Party! - Jessica</p>	<p><b>3</b></p> <p>2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins</p>
<p><b>4</b> Daylight Saving (end)</p> <p>5-7p AWAKENING HEART Meditation service - Why Be Grateful? Thay Z</p> <p>5-7p Childrens's Sangha 5 &amp; up</p>	<p><b>5</b></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><b>6</b></p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's &amp; 30's) Meditation</p>	<p><b>7</b></p> <p>9:30-10:30a 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><b>8</b></p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p><b>9</b></p>	<p><b>10</b></p> <p>2-4p Self-defense / Self-awareness seminar - Malcolm Austin</p>
<p><b>11</b> Veterans Day</p> <p>5-7p AWAKENING HEART Meditation service - From Impemance to Freedom - Jian Li</p> <p>5-7p Childrens's Sangha 5 &amp; up</p>	<p><b>12</b></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><b>13</b></p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's &amp; 30's) Meditation</p>	<p><b>14</b></p> <p>9:30-10:30a 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><b>15</b></p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p><b>16</b></p>	<p><b>17</b></p> <p>9:30a-12n Yoga/Meditation Retreat - Andy McDonald</p>
<p><b>18</b></p> <p>5-7p AWAKENING HEART Meditation service - Accepting What Is Bobbie Perkins</p> <p>5-7p Childrens's Sangha 5 &amp; up</p>	<p><b>19</b></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><b>20</b></p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's &amp; 30's) Meditation</p>	<p><b>21</b></p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha - Bobbie</p>	<p><b>22</b> Thanksgiving</p>	<p><b>23</b></p> <p>7:30-9p Music Concert - Robin Hackett and Cornell Kinderknecht</p>	<p><b>24</b></p> <p>7-9p DRUM Circle - Dorayne</p>
<p><b>25</b></p> <p>2-3:30p - Gong Journeys Osten</p> <p>5-7p AWAKENING HEART Meditation service - What is Your Gratitude Ratio? Lisa November</p> <p>5-7p Childrens's Sangha 5 &amp; up</p> <p>7:15p Sangha YUM Social gathering at a nearby restaurant</p>	<p><b>26</b></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><b>27</b> #GivingTuesday</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's &amp; 30's) Meditation</p>	<p><b>28</b></p> <p>9:30-10:30a 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><b>29</b></p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p><b>30</b></p>	