

# DALLAS MEDITATION CENTER

## DECEMBER 2018 – MINDFUL GARDENING

**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)**



December 2: "The Lay of the Land"  
**Speaker:** Bobbie Perkins

December 9: "Preparing the Soil"  
**Speaker:** Bobbie Perkins, True Transmission of Mindfulness

December 16: "What to do with the Weeds"  
**Speaker:** Julie Ryan

December 23: "Nurturing Sprouts"  
**Speaker:** Albert Buitron

December 30: "Tending the Garden"  
**Facilitators:** Bobbie Perkins and Cornell Kinderknecht

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

### **Mondays** (there will be no gatherings on Dec. 24 or 31)

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** (there will be no gatherings on Dec. 25)

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 (will not meet on Dec. 26)  
10:45a QIGONG – Janna Whitton (will not meet on Dec. 26)  
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: December 8, January 12

12/07/18 – 6:00-10:00pm – **ANNUAL ALL SANGHAS MEETING & Dance Night - All invited!**

12/07/18 – 8:00-10:00pm – First Friday Meditate and Dance Party! – Jessica Hitch, DJ Streaming Synergy

\*12/08/18 – 2:00-5:30pm – **Beginners Meditation Workshop – Bobbie Perkins**

12/13/18 – 7:00-9:00pm – *Chant* – Gary Lynn Floyd featuring Cornell Kinderknecht

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

12/29/18 – 7:00-9:00pm – Dallas Meditation Center Drum Circle

\* Register Online

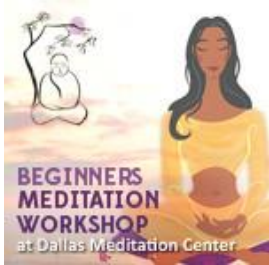
**ANNUAL  
ALL SANGHAS MEETING  
and Dance Night**

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

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

# DECEMBER 2018 HIGHLIGHTS AT DALLAS MEDITATION CENTER:

Saturday, Dec. 8, 2018  
2:00-5:30 p.m.  
**Beginner's Meditation Workshop**



Saturday, Dec. 15, 2018  
9:30 a.m.-12 noon  
**Yoga & Meditation Mini-Retreat**



Saturday, Dec. 29, 2018  
7:00-9:00 p.m.  
**Dallas Meditation Center DRUM CIRCLE**



Thursdays in December  
7:00-9:00 p.m.  
**Unconditional Love Support Group**



Friday, December 7, 2018 6:00-10:00 p.m.  
**ALL SANGHAS MEETING and Dance Night**

An end-of-the year meeting to learn about what's been going on at Dallas Meditation Center and to talk about the direction for next year and beyond. All attendees of the Awakening Heart gatherings (Sunday Awakening Heart, Mindful Mondays, Wake Up YES, Interbeing Sangha, Zen-to-Go) and all other gatherings and events at Dallas Meditation Center welcome! Meet the board of directors and each other.

**We'll conclude with the monthly First Friday Fun Night: Meditate & Dance Party with DJ Streaming Synergy.**  
6-8pm Meeting • 8-10pm Dance Party!



Thursday, Dec. 13, 2018  
7:00-9:00 p.m.

**CHANT with Gary Lynn Floyd feat. Cornell Kinderknecht**

Cultures throughout time have honored sound as something deep which can lead us into with Divine Mind. Join us in a spiritual practice of chanting, connecting, and harmonizing with all that is.

*Suggested donation: \$20*

Saturday, December 29, 2018  
2:00-4:00 p.m.

**Deep Relaxation and Touching the Earth**

A beautiful and gentle practice to come to peace in the present moment, releasing worry, anger and habits that do not serve us. This meditative practice will leave you refreshed and open to compassion.

Facilitated by Bobbie Perkins and Cornell Kinderknecht.  
*Suggested donation: \$25*



**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.



## GIVING (DANA)

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

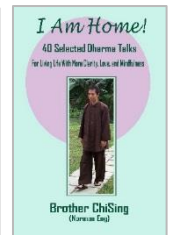
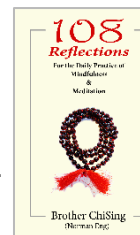
— Thich Nhat Hanh

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. (EIN: 46-3512018)

## Do You HAVE BROTHER CHISING'S BOOKS?

Get your copies of **108 Reflections** and **I Am Home!** at Dallas Meditation Center, Amazon.com and many other online bookstores. They make **Great Holiday Gifts!**



Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080, 972-432-7871  
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[WWW.DALLASMEDITATIONCENTER.COM](http://WWW.DALLASMEDITATIONCENTER.COM)

# DALLAS MEDITATION CENTER (One Dharma)

# December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>DMC Office Hours:</b> <b>Mondays – Thursdays</b> 11:00 am - 4:00 pm	Directors: Bobbie Perkins Cornell Kinderknecht	10 W. Arapaho Rd., Ste 98, Richardson, TX 75080. (972) 432-7871  <b>DallasMeditationCenter.com</b>				<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
5-7p AWAKENING HEART Meditation service - The Lay of the Land Bobbie Perkins  5-7p Childrens's Sangha 5 & up	12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna  7:30-9p Mindful Mondays Meditation - Cornell	12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna  12-12:45p ZEN-to-Go  7:30-9p INTERBEING Sangha - Bobbie:5 Mindfulness Trainings	12-12:45p ZEN-to-Go  7-9p Unconditional Love Support Group - Gene Flake	6-10p One Dharma Annual Meeting and Party  8-10p First Friday Meditate and Dance Party! - Jessica	2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
5-7p AWAKENING HEART Meditation service - Preparing the Soil Bobbie Perkins  5-7p Childrens's Sangha 5 & up	12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna  7:30-9p Mindful Mondays Meditation - Cornell	12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna  12-12:45p ZEN-to-Go  7:30-9p INTERBEING Sangha - Bobbie	12-12:45p ZEN-to-Go  7-9p - CHANT Gary Floyd  7-9p Unconditional Love Support Group - Gene Flake		9:30a-12n Yoga/Meditation Retreat - Andy McDonald
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> December Solstice	<b>22</b>
5-7p AWAKENING HEART Meditation service - What to do with the Weeds Julie Ryan  5-7p Childrens's Sangha 5 & up	12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna  7:30-9p Mindful Mondays Meditation - Cornell	12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna  12-12:45p ZEN-to-Go  7:30-9p INTERBEING Sangha - Bobbie	12-12:45p ZEN-to-Go  7-9p Unconditional Love Support Group - Gene Flake		
<b>23</b>	<b>24</b> Christmas Eve	<b>25</b> Christmas Day	<b>26</b> Kwanzaa Begins	<b>27</b>	<b>28</b>	<b>29</b>
5-7p AWAKENING HEART Meditation service - Nurturing Sprouts Albert Buitron  5-7p Childrens's Sangha 5 & up			12-12:45p ZEN-to-Go  7:30-9p INTERBEING Sangha - Bobbie	12-12:45p ZEN-to-Go  7-9p Unconditional Love Support Group - Gene Flake		2-4p Deep Relaxation & Touching the Earth - Bobbie & Cornell  7-9p DRUM Circle
<b>30</b>	<b>31</b> New Year's Eve					
5-7p AWAKENING HEART Meditation service - Tending the Garden Bobbie & Cornell  5-7p Childrens's Sangha 5 & up 7:15p Sangha YUM Social gathering at a nearby restaurant						