

# DALLAS MEDITATION CENTER

## JANUARY 2019 – COMPASSION

**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)**

January 6: "Living with Compassion"  
**Speaker: Thich Minh Thien (Thay Z)**

January 13: "Continuing the Path: Open Eyes with Self-Compassion"  
**Speaker: Julie Ryan**

January 20: "Avalokiteshvara, the Bodhisattva of Great Compassion"  
**Speaker: Terry Cortes-Vega**

January 27: "Compassionate Communities"  
**Speaker: Dr. Charles Barker**

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



### Mondays

12:00p **ZEN-To-Go** (will not meet on Dec. 31)  
6:00p TAI CHI – Janna Whitton  
7:30p **MINDFUL Mondays** – Cornell Kinderknecht

### Tuesdays

12:00p **ZEN-To-Go** (silent meditation) (will not meet on Jan. 1)  
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 (Jan. 2 - Five Mindfulness Trainings Recitation)

### Thursdays

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

### Saturday (once-a-month)

\* 2:00p **Monthly BEGINNERS MEDITATION Workshop** (Jan. 12, Feb. 9, March 9 and April 13)

1/04/19 – 8:00-10:00pm – First Friday Meditate and Dance Party! – Jessica Hitch, DJ Streaming Synergy

\*1/12/19 – 2:00-5:30pm – **Beginners Meditation Workshop** – Bobbie Perkins

1/12/19 – 7:30-9:00pm – Music Concert – Julie Bonk, Cornell Kinderknecht, Dirje Childs

\*1/19/19 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – Andy McDonald

\*1/19/19 – 1:30pm-5:30pm – **Mindfulness Meditation Afternoon Retreat** –

Facilitated by Bobbie Perkins, Rich McNeill, Cornell Kinderknecht and others.

1/26/19 – 7:00-9:00pm – Dallas Meditation Center Drum Circle

2/10/19 – **Save The Date** – Lunar New Year Celebration

\* 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.



Dallas Meditation Center  
Experience the JOY of Mindful Living  
Best Of Dallas  
Dallas Observer - September 2018



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

# JANUARY 2019 HIGHLIGHTS AT DALLAS MEDITATION CENTER:

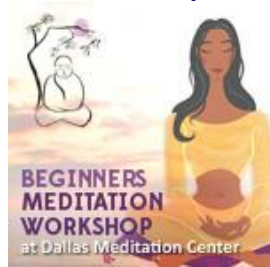
Friday, Jan. 4, 2019  
8:00-10:00 p.m.

**First Friday Fun Night  
Meditate & Dance Party**



Saturday, Jan. 12, 2019  
2:00-5:30 p.m.

**Beginner's Meditation  
Workshop**



Saturday, Jan. 19, 2019  
9:30 a.m.-12 noon

**Yoga & Meditation  
Mini-Retreat**



Saturday, Jan. 26, 2019  
7:00-9:00 p.m.

**Dallas Meditation Center  
DRUM CIRCLE**



**SAVE THE DATE** Sunday, Feb. 10, 2019 4:30-8:00 p.m. Meditation, music & chanting, inspiring messages.  
**Lunar New Year Celebration** Guest musicians: Bhakti House Band

Saturday, January 12, 2019  
7:30-9:00 p.m.

**Evening Music Concert**



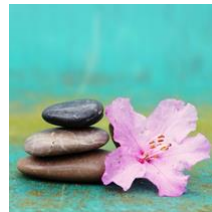
An evening of musical fun and joy with renowned blues and

**jazz pianist, Julie Bonk** and award-winning **world flutes musician, Cornell Kinderknecht**, joined by **improvisational cellist, Dirje Childs**. The musical camaraderie will make you smile, laugh and celebrate.

Admission: \$20-\$30 /person

Saturday, January 19, 2019  
1:30-5:30 p.m.

**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.

**All meditation groups encouraged to attend.**

Suggested donation: \$40 /person

**Online registration requested**

Sunday, January 20, 2019  
2:00-3:30 p.m.

**Gong Journeys Meditation  
with Osten Aune**



A form of sound therapy that encourages meditation, self-healing, relaxation, prayer and spirituality; a rejuvenation of the body, mind, and spirit. We

begin with gentle movements to calm the mind and body. Then become immersed in the soothing sounds of the gongs.

Admission: by donation



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

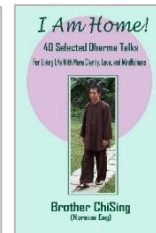
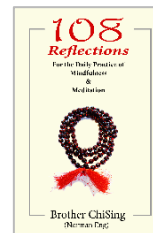
Giving (dana) is an essential practice of interbeing. It is about openness and our capacity to embrace others with our compassion and love. When we see ourselves as others and others as ourselves, we recognize that by helping others secure their well-being and happiness, we are also securing our own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

Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080, 972-432-7871  
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Email: [info@DallasMeditationCenter.com](mailto:info@DallasMeditationCenter.com)

## DO YOU HAVE BROTHER CHISING'S BOOKS?

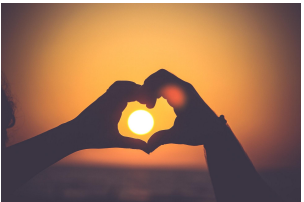
Get your copies of **108 Reflections** and **I Am Home!** at Dallas Meditation Center, Amazon.com and many other online bookstores. **They make great gifts!**



**WWW.DALLASMEDITATIONCENTER.COM**

# Dallas Meditation Center (One Dharma)

# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 New Year's Day</b>  7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>2</b>  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	<b>3</b>  12-12:45p ZEN-to-Go	<b>4</b>  8-10p First Friday Meditate and Dance Party! - Jessica	<b>5</b>
<b>6</b>  5-7p AWAKENING HEART Meditation service - Living with Compassion - Thay Z 5-7p Childrens's Sangha 5 & up	<b>7</b>  12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	<b>8</b>  12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>9</b>  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	<b>10</b>  12-12:45p ZEN-to-Go  7-9p Unconditional Love Support Group - Gene Flake	<b>11</b>	<b>12</b>  2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins  7:30-9p Music Concert - Julie Bonk, Cornell Kinderknecht, Dirje Childs
<b>13</b>  5-7p AWAKENING HEART Meditation service - Open Eyes with Self-Compassion - Julie Bonk 5-7p Childrens's Sangha 5 & up	<b>14</b>  12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	<b>15</b>  12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>16</b>  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	<b>17</b>  12-12:45p ZEN-to-Go  7-9p Unconditional Love Support Group - Gene Flake	<b>18</b>	<b>19</b>  9:30a-12n Yoga/Meditation Retreat - Andy McDonald  1:30-5:30p MINDFULNESS MEDITATION RETREAT
<b>20</b>  2-3:30p - Gong Journeys Osten 5-7p AWAKENING HEART Meditation service - Avalokiteshvara, Bodhisattva of Great Compassion - Terry Cortes-Vega 5-7p Childrens's Sangha 5 & up	<b>21 ML King Day</b>  12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	<b>22</b>  12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>23</b>  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	<b>24</b>  12-12:45p ZEN-to-Go  7-9p Unconditional Love Support Group - Gene Flake	<b>25</b>	<b>26</b>  7-9p Drum Circle
<b>27</b>  5-7p AWAKENING HEART Meditation service - Compassionate Communities - Dr. Charles Barker 5-7p Childrens's Sangha 5 & up 7:15p Sangha YUM Social gathering at a nearby restaurant	<b>28</b>  12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	<b>29</b>  12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>30</b>  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	<b>31</b>  12-12:45p ZEN-to-Go  7-9p Unconditional Love Support Group - Gene Flake	<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