

DALLAS MEDITATION CENTER

FEBRUARY 2019 – WISDOM

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*)

February 3: "Wisdom: Compassion's Companion"
Speaker: Bobbie Perkins

February 10: LUNAR NEW YEAR "Celebration of Gratitude"
Facilitators: Bobbie Perkins, Cornell Kinderknecht, Rev. Veronica Valles
Music: Bhakti House Band
CELEBRATION STARTS at 4:30 pm!
Community Vegetarian Potluck follows at 7:00

February 17: "Wisdom: Cultivating Inner Wisdom"
Speaker: Awakening Heart

February 24: "Wisdom: Wise Use of Abundance and Prosperity"
Speaker: Rev. Karen Weldes Fry
* *Sangha YUM: community social gathering at a nearby restaurant follows*



**Lunar New Year
CELEBRATION**
FEBRUARY 10, 2019
4:30-7:00 PM @ Dallas Meditation Center

SEASONS for PEACE
and NONVIOLENCE



SPAN the next decade

Mondays

12:00p **ZEN-To-Go**
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 (Feb. 6 - Five Mindfulness Trainings Recitation)

Thursdays

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

Saturday (once-a-month)

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

Thursdays – 7:00-9:00pm – Unconditional Love Support Group – Gene Flake

2/01/19 – 8:00-10:00pm – First Friday Meditate and Dance Party! – Jessica Hitch, DJ Streaming Synergy

*2/09/19 – 2:00-5:30pm – **Beginners Meditation Workshop** – Bobbie Perkins

2/10/19 – 4:30-7:00pm – Lunar New Year Celebration

*2/16/19 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – Andy McDonald

*2/16/19 – 2:00-3:30pm – Ahm-Om Awakening – Dr. Paula Joyce

2/23/19 – 7:00-9:00pm – Dallas Meditation Center Drum Circle

* 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



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JANUARY 2019 HIGHLIGHTS AT DALLAS MEDITATION CENTER:

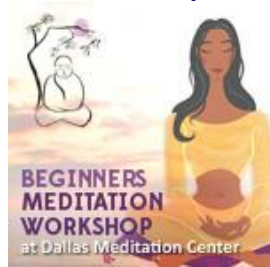
Friday, Feb. 1, 2019
8:00-10:00 p.m.

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



Saturday, Feb. 09, 2019
2:00-5:30 p.m.

**Beginner's Meditation
Workshop**



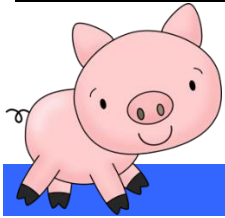
Saturday, Feb. 16, 2019
9:30 a.m.-12 noon

**Yoga & Meditation
Mini-Retreat**



Saturday, Feb. 23, 2019
7:00-9:00 p.m.

**Dallas Meditation Center
DRUM CIRCLE**



LUNAR NEW YEAR

"Celebration of Gratitude"

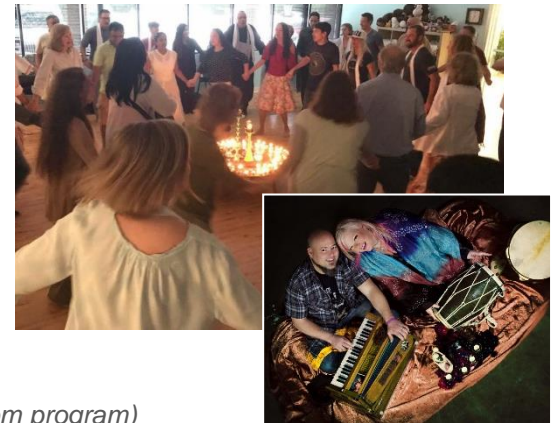
Sunday, February 10, 2019 – 4:30 PM

Meditation, music & chanting, dance, inspiring teachings.
All Are Welcome! Bring friends and family.
Bring a vegetarian dish to share for the potluck.

- 4:30 Doors open, Kirtan chanting with **Bhakti House Band**
- 5:00 **MUSIC, MEDITATION, DANCE, CELEBRATION & MORE CHANTING**
- 7:00 Vegetarian Potluck Dinner

Music with **Bhakti House Band**
Facilitated by **Bobbie Perkins, Cornell Kinderknecht, Veronica Valles** and others

\$20 - \$40+ donation requested. (Children's Sangha available during the 5-7pm program)



Use **AmazonSmile** when you shop at Amazon and Amazon will make a donation to Dallas Meditation Center! Just start at smile.amazon.com, select *One Dharma Awakening Heart Dallas Meditation Center* as your charity. Then do your Amazon shopping at 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

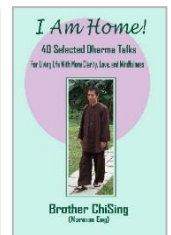
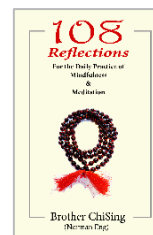
Giving (dana) is an essential practice of interbeing. It is about openness and our capacity to embrace others with our compassion and love. When we see ourselves as others and others as ourselves, we recognize that by helping others secure their well-being and happiness, we are also securing our own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

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!**



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Dallas Meditation Center (One Dharma)

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					8-10p First Friday Meditate and Dance Party! - Jessica	
3	4	5 Chinese New Year	6	7	8	9
5-7p AWAKENING HEART Meditation service - Wisdom: Compassion's Companion - Bobbie Perkins	12-12:45p ZEN-to-Go	12-12:45p ZEN-to-Go	9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go	12-12:45p ZEN-to-Go		2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins
5-7p Childrens's Sangha 5 & up	6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	7-9p Wake up Dallas YES (20's & 30's) Meditation	7:30-9p INTERBEING Sangha - Bobbie	7-9p Unconditional Love Support Group - Gene Flake		
10	11	12	13	14 Valentines Day	15	16
4:30-7p AWAKENING HEART LUNAR NEW YEAR Celebration - Meditation & More. Music with Bhakti House Band. Community vegetarian potluck follows.	12-12:45p ZEN-to-Go	12-12:45p ZEN-to-Go	9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go	12-12:45p ZEN-to-Go		9:30a-12n Yoga/Meditation Retreat - Andy McDonald
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17	18 President's Day	19	20	21	22	23
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24	25	26	27	28	DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm	Directors: Bobbie Perkins Cornell Kinderknecht
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