

DALLAS MEDITATION CENTER

MARCH 2019 – CREATIVITY

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*)

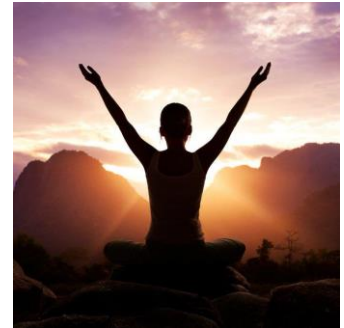
March 3: "Art of the Mandala"
Speakers: Bobbie Perkins, Julie Ryan

March 10: "Art of the Written Word"
Speakers: Bobbie Perkins, Awakening Heart

March 17: "Creating from the Unknown"
Speaker: Neal Abramson

March 24: ***** SPECIAL GUEST SPEAKER *****
Konjin Gaelyn Godwin, Roshi (Abbot, Houston Zen Center)

March 31: "Creative Expression"
Speakers: Cornell Kinderknecht, Bobbie Perkins, Nate Corley
* *Sangha YUM: community social gathering at a nearby restaurant follows*



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 (March 6 - Five Mindfulness Trainings Recitation)*

Thursdays

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

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop** (March 9, April 13, May 11)

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

3/01/19 – 8:00-10:00pm – First Friday Meditate and Dance Party! – Jessica Hitch, DJ Streaming Synergy

*3/02/19 – 2:00-3:30pm – Ahm-Om Awakening – Dr. Paula Joyce

*3/09/19 – 2:00-5:30pm – **Beginners Meditation Workshop** – **Bobbie Perkins**

*3/16/19 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – **Andy McDonald**

3/17/19 – 2:00-3:30pm – Gong Journeys – Osten Aune

3/30/19 – 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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MARCH 2019 HIGHLIGHTS AT DALLAS MEDITATION CENTER:

Friday, March 1, 2019

8:00-10:00 p.m.

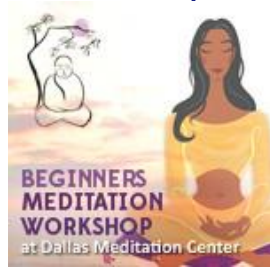
**First Friday Fun Night
Meditate & Dance Party**



Saturday, March 09, 2019

2:00-5:30 p.m.

**Beginner's Meditation
Workshop**



Saturday, March 16, 2019

9:30 a.m.-12 noon

**Yoga & Meditation
Mini-Retreat**



Saturday, March 31, 2019

7:00-9:00 p.m.

**Dallas Meditation Center
DRUM CIRCLE**



A special gathering...

Sunday, March 24, 2019 – 5:00-7:00pm

Awakening Heart (Community of Mindful Living)

**Guest Speaker: Konjin Gaelyn Godwin, Roshi
Abbot and Guiding Teacher, Houston Zen Center**

Join us at our weekly Sunday gathering with guest speaker, Setsuan Konjin Gaelyn Godwin. In addition to serving as abbot of the Houston Zen Center, she serves as Director of the International Division of Soto Zen, North America. A Dharma successor in the lineage of Suzuki Roshi, Gaelyn began her training at San Francisco Zen Center and was ordained a Zen Priest in 1991. She became Tenshin Roshi's Dharma successor in 2003 in the U.S., and was acknowledged in 2005 at the head Soto Zen temple in Japan, qualifying to receive the title of Kaikyoshi.



Gaelyn values interfaith communication as well as intra-Buddhist communication to further understanding of the various Buddhist schools. She hopes to see the teachings of Buddhism flourish and show their Western colors and Western styles for the benefit of everyone. Gaelyn has two stepdaughters and four grandchildren.

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



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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)

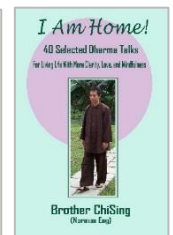
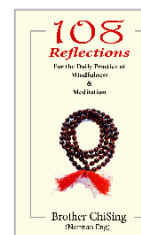
Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080, 972-432-7871

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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)

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8-10p First Friday Meditate and Dance Party! - Jessica	2
3 5-7p AWAKENING HEART Meditation service - Art of the Mandala - Bobbie Perkins, Julie Ryan 5-7p Childrens's Sangha 5 & up	4 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	5 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	6 Ash Wednesday 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	7 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake	8	9 2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins
10 Daylight Saving (begin) 5-7p AWAKENING HEART Meditation service - Art of the Written Word - Awakening Heart 5-7p Childrens's Sangha 5 & up	11 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	12 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	13 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	14 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake	15	16 9:30a-12n Yoga/Meditation Retreat - Andy McDonald
17 St. Patrick's Day 2-3:30p - Gong Journeys Osten 5-7p AWAKENING HEART Meditation service - Creating from the Unknown - Neal Abramson 5-7p Childrens's Sangha 5 & up	18 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	19 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	20 Vernal equinox 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	21 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake	22	23 10a-1p Facilitator training
24 5-7p AWAKENING HEART SPECIAL GUEST SPEAKER - Konjin Gaelyn Godwin, Roshi - Houston Zen Center 5-7p Childrens's Sangha 5 & up	25 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	26 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	27 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	28 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake	29	30 7-9p Drum Circle
31 5-7p AWAKENING HEART Meditation service - Creative Expression - Cornell, Bobbie, Nate 5-7p Childrens's Sangha 5 & up 7:15p Sangha YUM Social gathering at a nearby restaurant					DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm 810 W. Arapaho Rd., Ste 98, Richardson, TX 75080. (972) 432-7871 DallasMeditationCenter.com	Directors: Bobbie Perkins Cornell Kinderknecht