

DALLAS MEDITATION CENTER

MAY 2019 – THRIVE WHERE YOU ARE

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*)

May 5: "Be Beautiful, Be Yourself"
Speaker: Rev. Veronica Valles

May 12: **Mother's Day and Wesak**
"Mother Earth is a Bodhisattva"
Speaker: Lisa November

May 19: "A Thriving Community"
Speaker: Michael Ferraro

May 26: **Dallas Meditation Center 9th Anniversary**
"How to Thrive Where You Are"
Speaker: Bobbie Perkins
*Vegetarian Potluck Following



Mondays

12:00p **ZEN-To-Go**
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

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 (May 1 - Five Mindfulness Trainings Recitation)*

Thursdays

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

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop** (*May 4, June 8*)

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

5/03/19 – 8:00-10:00pm – First Friday Meditate and Dance Party! – Jessica Hitch, DJ Streaming Synergy

***5/04/19 – 2:00-5:30pm – Beginners Meditation Workshop – Bobbie Perkins**

5/04/19 – 2:00-3:30pm – Mastering Your Thoughts: Transforming Negative Thoughts into Positive Ones – Dr. Paula Joyce

5/10/19 – 7:00-9:00pm – Sacred Circle Dances – Dorayne Breedlove

***5/18/19 – 9:30am-12:00noon – Yoga & Meditation Mini Retreat – Andy McDonald**

5/25/19 – 7:00-9:00pm – Dallas Meditation Center Drum Circle

Dallas Meditation Center
Experience the JOY of Mindful Living

Best Of Dallas

Dallas Observer - September 2018

* Register Online

WWW.DALLASMEDITATIONCENTER.COM

MAY 2019 HIGHLIGHTS AT DALLAS MEDITATION CENTER:

Friday, May 3, 2019

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, May 18, 2019

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*



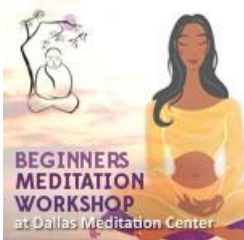
Saturday, May 25, 2019

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.

Suggested love offering: \$10-\$20.



Saturday, May 4, 2019

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.*



Friday, May 10, 2019

7:00-9:00pm

Sacred Circle Dances

A joyful, playful, and often times deep way to connect to Spirit through singing

simple songs and dancing to simple steps in a circle. No previous experience necessary. As always, live music will accompany us. Facilitated by Dorayne Breedlove. Fee: \$20 per person.

Save the Date – Sat. September 14, 2019

8:00a.m.-4:00 p.m.

Compassion Conference 2019

Early Bird Registration now through June 14.

<https://compassionconference2019.simpletix.com>



The Dallas Meditation Center is 9 years old this month.

Our founder, Brother ChiSing, established the meditation center in May of 2010. In addition to establishing a centralized home to our meditation sanghas that had been meeting at various places around the Metroplex since 2006, it also provided a space to hold other offerings like yoga, Tai chi, qigong, music concerts, workshops and retreats. Our center has remained in operation continually since its opening, even through the loss of Brother ChiSing, and a relocation to a temporary space after the rezoning and demolition of our original location. We've been at our current home at 810 W. Arapaho in Richardson for two years already! **We have arrived, we are home!** Congratulations to us! What a beautiful, strong community we have.



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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WWW.DALLASMEDITATIONCENTER.COM

Dallas Meditation Center (One Dharma)

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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</p>	<p>Directors: Bobbie Perkins Cornell Kinderknecht</p>		<p>1 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</p>	<p>2 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake</p>	<p>3 8-10p First Friday Meditate and Dance Party! - Jessica</p>	<p>4 2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins</p>
<p>5 Cinco de Mayo 5-7p AWAKENING HEART Meditation service - Be Beautiful, Be Yourself - Rev. Veronica Valles 5-7p Childrens's Sangha 5 & up</p>	<p>6 Ramadan begins 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>7 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>8 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</p>	<p>9 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake</p>	<p>10 7-9p Sacred Circle Dances - Dorayne Breedlove</p>	<p>11 9:30a-12n Yoga/Meditation Retreat - Andy McDonald</p>
<p>12 Mother's Day 5-7p AWAKENING HEART Meditation service - Mother Earth is a Bodhisattva - Lisa November 5-7p Childrens's Sangha 5 & up</p>	<p>13 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>14 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>15 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</p>	<p>16 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake</p>	<p>17 7-9p Drum Circle</p>	<p>18 9:30a-12n Yoga/Meditation Retreat - Andy McDonald</p>
<p>19 5-7p AWAKENING HEART Meditation service - A Thriving Community - Michael Ferraro 5-7p Childrens's Sangha 5 & up</p>	<p>20 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>21 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>22 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</p>	<p>23 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake</p>	<p>24 7-9p Drum Circle</p>	<p>25 7-9p Drum Circle</p>
<p>26 5-7p AWAKENING HEART Meditation service - DALLAS MEDITATION CENTER 9th ANNIVERSARY How to Thrive Where You Are - Bobbie Perkins 5-7p Childrens's Sangha 5 & up 7:00 Community Vegetarian Potluck Dinner</p>	<p>27 Memorial Day 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>28 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>29 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</p>	<p>30 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake</p>	<p>31 7-9p Drum Circle</p>	