

DALLAS MEDITATION CENTER

SEPTEMBER 2019: 14 Mindfulness Trainings

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)

September 1: "Honoring Brother ChiSing, Our Founder"
Speakers: Bobbie Perkins, Cornell Kinderknecht

September 8: "Openness, Non-Attachment to Views, Freedom of Thought"
Speaker: Jennifer Landon

September 15: "Taking Care of Suffering, Compassionate Healthy Living, Taking Care of Anger"
Speaker: Lisa November

September 22: "Dwelling Happily in the Present Moment, True Community and Communication, Truthful and Loving Speech, Protecting and Nourishing the Sangha"
Speaker: Bobbie Perkins

September 29: "Right Livelihood, Reverence for Life, Generosity, True Love"
Speakers: Cornell Kinderknecht, Bobbie Perkins

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



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 (Sept. 4 - Five Mindfulness Trainings Recitation)

Thursdays

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

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop** (Sept. 7, Oct. 12, Nov. 9, Dec. 14)

Thursdays – 7:00-9:00pm – Unconditional Love Support Group
9/6/19 – 8:00-10:00pm – First Friday Fun Night: Meditate and Dance Party!
*9/7/19 – 2:00-5:30pm – **Beginners Meditation Workshop** – Bobbie Perkins
9/15/19 – 2:00-3:30pm – Gong Journeys – Osten Aune
9/19/19 – **ALL DAY – NORTH TEXAS GIVING DAY**
*9/21/19 – 9:30am-12:00noon – Yoga & Meditation Mini Retreat – Andy McDonald
9/28/19 – 1:45-9:00pm – Dallas Meditation Center **FALL FESTIVAL & Drum Circle**



* Register Online

WWW.DALLASMEDITATIONCENTER.COM

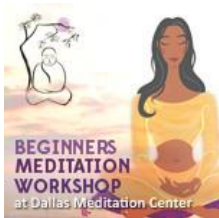
UPCOMING EVENTS AT DALLAS MEDITATION CENTER:

Saturday, September 7, 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*



Saturday, September 21, 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, September 28, 2019

2:00-5:30 p.m.

Dallas Meditation Center Annual FALL FESTIVAL Experience JOY

Showcasing ALL the different services, classes, and activities the center offers in 20 min experiences. ALL ARE WELCOME. FREE Admission. There will be free finger foods and beverages. The day ends with our monthly drum circle.



NEW CONVENIENT WAY TO SUPPORT YOUR CENTER



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Now, you can easily make your donation with your smartphone. Simply **text** the word **MINDFUL** to the phone number **44321**. You'll get a reply with a link to complete your donation. Tap the link, select or specify your donation amount, pick a payment option and it's done.

You can use this feature **from anywhere at any time**. It's easy to create an **automatic monthly donation** using this interface. In addition to the one-tap payment options on your phone, you can also use credit/debit cards, PayPal, ApplePay and bank draft as the source of your donation.

Automatic monthly donations are a convenience to you and a benefit for your center. With your automatic donation, you know that your support for the center continues even if you might not be there each week, or if you forget to bring along or send in your monthly pledge. For the center, the automatic donations provide a dependable figure that can be used for budgeting. It also helps to assure the center can make it through those weeks when we have Texas storms or ice that may prevent people from coming to the center but the bills continue to come in.

Would you consider making an automatic monthly donation of \$108 or more? It's easy to set up your automatic donation. Choose any one of these three ways to set it up:

- Go to the center's donation page online at www.DallasMeditationCenter/donate and click "Monthly Donation"
- Use your smartphone and text MINDFUL to 44321 and click the option to make your donation monthly
- Use your bank's "Bill Pay" service and send your donation to Dallas Meditation Center just like any of your other payments that you set up with your bank.

One Dharma Dallas Meditation Center Awakening Heart is a 501(c)(3) nonprofit educational human services organization. (EIN: 46-3512018), supported almost entirely by donations and open to all.

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

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Email: info@DallasMeditationCenter.com

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Dallas Meditation Center (One Dharma)

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5-7p AWAKENING HEART Meditation service - Celebrating Brother ChiSing	2 Labor Day Brother ChiSing's Birthday 12-12:45p ZEN-to-Go 7:30-9p Mindful Mondays Meditation - Cornell	3 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	4 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	5 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group	6 8-10p First Friday Meditate and Dance Party! - Jessica	7 2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins
8 5-7p AWAKENING HEART Meditation service	9 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	10 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	11 Patriot Day 9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha	12 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group	13	14
15 2-3:30p - Gong Journeys Osten 5-7p AWAKENING HEART Meditation service	16 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	17 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	18 9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha	19 NORTH TEXAS GIVING DAY 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group	20	21 9:30a-12n Yoga/Meditation Retreat - Andy McDonald
22 5-7p AWAKENING HEART Meditation service	23 Autumnal equinox 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	24 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	25 9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha	26 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group	27	28 Dallas Meditation Center FALL FESTIVAL 1:45-9:00pm  7-9p DRUM Circle
29 5-7p AWAKENING HEART Meditation service 7:15p Sangha YUM Social gathering at a nearby restaurant	30 Rosh Hashanah 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell			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	