

# DALLAS MEDITATION CENTER

## OCTOBER 2019: Mind Full or Mindful

*LOCATION: 810 W. Arapaho Rd, Suite 98, Richardson, Texas 75080*

### SUNDAYS 5:00-7:00 PM

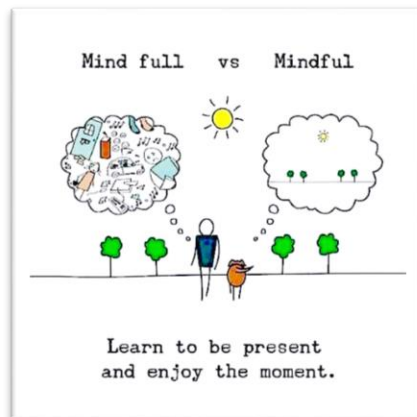
**Awakening Heart (Community of Mindful Living)**  
**Interfaith Buddhist Spirituality (Thich Nhat Hanh)**  
**Zen, Mindfulness, Holistic Meditation (Brother ChiSing)**

October 6: Recitation of the Five Mindfulness Trainings  
**Facilitators:** Awakening Heart members

October 13: "Mind Full or Mindful"  
**Speaker:** Bobbie Perkins

October 20: "Dharma and the Spirit of Creativity"  
**Speakers:** Steve Wilbury

October 27: "Experience Mindfulness: Part 2"  
**Speaker:** Dorayne Breedlove  
\* 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 (Oct. 2 - Five Mindfulness Trainings Recitation)

### Thursdays

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

### Saturday (once-a-month)

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

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

10/4/19 – 8:00-10:00pm – First Friday Fun Night: Meditate and Dance Party!

\*10/12/19 – 2:00-5:30pm – **Beginners Meditation Workshop** – Bobbie Perkins

\*10/19/19 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – Andy McDonald

10/19/19 – 7:00-8:30pm – Music Meditation and Healing Concert – Cornell Kinderknecht & Martin McCall

10/26/19 – 7:00-9:00pm – Dallas Meditation Center Drum Circle

10/27/19 – 2:00-3:30pm – Gong Journeys – Osten Aune

\* Register Online

Dallas Meditation Center  
*Experience the JOY of Mindful Living*

*Best Of Dallas*

Dallas Observer - September 2018



# WWW.DALLASMEDITATIONCENTER.COM

# UPCOMING EVENTS AT DALLAS MEDITATION CENTER:

Saturday, October 12, 2019

2:00-5:30 p.m.

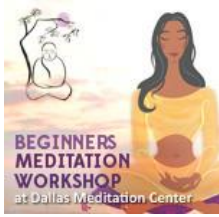
## Beginner's Meditation Workshop

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, October 19, 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, October 19, 2019

7:00-8:30 p.m.

## Music Meditation and Healing Concert with Cornell

### Kinderknecht & Martin McCall

Be energized and relaxed, immersing yourself and finding bliss in the soundscapes, rhythms and melodies. Cornell Kinderknecht, world flutes and Martin McCall, drums and percussion.

Admission: suggested \$15-\$25



## Experience the JOY of Mindful Living at our weekly AWAKENING HEART Community gatherings:

SUNDAYS, 5:00 – 7:00 PM

### AWAKENING HEART Sunday Meditation & More

Main meditation gathering of the week. Walking & sitting meditation, music, teaching and sharing.

MONDAYS thru THURSDAYS, 12:00– 12:45 PM

### “ZEN-TO-GO” Noon Meditation

Quick midday pick-me-up with walking & sitting meditation followed by discussion.

MONDAYS, 7:30 – 9:00 PM

### MINDFUL MONDAYS

Practical mindfulness for everyday living. Walking & sitting meditation, discussion and sharing.

TUESDAYS, 7:00 – 9:00 PM

### WAKE UP DALLAS Young Enlightened Souls

Young adults (20s & 30s). A place of refuge for young people. Walking & sitting meditation, music and sharing.

WEDNESDAYS, 7:30 – 9:00 PM

### INTERBEING SANGHA

Practice and study of the teachings of Zen Master Thich Nhat Hanh. Walking & sitting meditation, teaching, discussion.

Spirituality, meditation, and “The JOY of Mindful Living” are the basis of all our Awakening Heart gatherings, universally applicable and beneficial for people of all faiths. Mindfulness is not limited to one religion. It is an ecumenical spiritual practice and a non-sectarian way of life that can benefit anyone and everyone, whether Buddhist, Christian, Jewish, or those of other faiths as well as the non-religious. We are intentionally beginner-friendly, and we warmly welcome and affirm people of all ages, religions, genders, ethnicities, sexual orientations, abilities, classes and levels of meditation experience. Whoever you are, and wherever you are on life's journey, you are welcome here. “I have arrived, I AM HOME.”



## A CONVENIENT WAY TO SUPPORT YOUR CENTER

Text MINDFUL to 44321

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, taking you to the portal 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, Apple Pay, Google Pay and bank draft as the source of your donation.



## Text-to-Donate

Text: MINDFUL to 44321



## Thank you to the cleaning crew!

Thank you to the volunteers who took time on a weekend to tidy up our center to prepare for our Fall Festival in September. Special thanks to **Chase McDaniel of Homeland Power Washing** ([homelandpw@yahoo.com](mailto:homelandpw@yahoo.com) / 469.247.5950) for brightening up our sidewalks and exterior walls and windows.



One Dharma Awakening Heart Dallas Meditation Center is a 501(c)(3) nonprofit educational human services organization (EIN: 46-3512018), supported 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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[WWW.DALLASMEDITATIONCENTER.COM](http://WWW.DALLASMEDITATIONCENTER.COM)

# Dallas Meditation Center (One Dharma)

# October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b> 9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>3</b> 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group	<b>4</b> 8-10p First Friday Meditate and Dance Party! - Jessica	<b>5</b>
<b>6</b> 5-7p AWAKENING HEART Meditation service - Recitation of the Five Mindfulness Trainings	<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	<b>11</b> Thich Nhat Hanh's birthday	<b>12</b> 2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins
<b>13</b> 2-3:30p - Gong Journeys Osten 5-7p AWAKENING HEART Meditation service - Mind Full or Mindful - Bobbie Perkins	<b>14</b> Columbus Day 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> Boss's 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 - Bobbie	<b>17</b> 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group	<b>18</b>	<b>19</b> 9:30a-12n Yoga/Meditation Retreat - Andy McDonald 7:00-8:30p - Music Meditation & Healing Concert - Cornell & Martin
<b>20</b> 5-7p AWAKENING HEART Meditation service - Dharma and the Spirit of Creativity - Steve Wilbury	<b>21</b> 12-12:45p ZEN-to-Go 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> 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 - Experience Mindful Living, Pt. 2 - Dorayne Breedlove 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> 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha - Bobbie	<b>31</b> Halloween 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake	<b>DMC Office Hours: Mondays – Thursdays 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></b>	Directors: Bobbie Perkins Cornell Kinderknecht