

# DALLAS MEDITATION CENTER

**NOVEMBER 2017 – “LIVING IN GRATITUDE”**

*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)**

- Nov 5: “The Power of Gratitude”  
**Speaker:** Bobbie Perkins
- Nov 12: “Gratitude for the Practice”  
**Speaker:** Venerable ManKuang
- Nov 19: “Gratitude for Noble Truths”  
**Speaker:** Julie Ryan  
\* Sangha community potluck follows

- Nov 26: “Gratitude for Mother Earth”  
**Speaker:** Amy Martin  
\* Sangha YUM: community social gathering at a nearby restaurant follows



## **Mondays**

- 12:00p **ZEN-To-Go** (silent meditation)  
6:00p TAI CHI – Janna Whitton (Note: will not meet on November 13)  
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**

- 9:15a TAI CHI – Janna Whitton  
10:45a QIGONG – Janna Whitton  
12:00p **ZEN-To-Go** (silent meditation)  
4:30p Kid's Yoga ages 7-12 – Karina Marino (RSVP to Karina @ 3LittleYogis.com)  
5:30p Kid's Yoga ages 3-6 – Karina Marino (RSVP to Karina @ 3LittleYogis.com)  
7:30p **INTERBEING Sangha** – Bobbie Perkins (Five Mindfulness Trainings on First Wed. – Nov. 1)

## **Thursdays**

- 12:00p **ZEN-To-Go** (silent meditation) Note: will not meet on Thanksgiving day

## **Saturday (once-a-month)**

- \* 2:00p **Monthly BEGINNERS MEDITATION Workshop** Next scheduled: November 11, December 9

\*11/11/17 – 2:00-5:30pm – **Beginners Meditation Workshop** – Bobbie Perkins

11/11/17 – 7:00pm – Music Meditation & Healing Concert at Ananda Dallas – Cornell Kinderknecht & Martin McCall

\*11/18/17 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – Andy McDonald

11/25/17 – 7:00pm – Dallas Meditation Center Drum Circle – Dorayne Breedlove

\* = Register Online

**WWW.DALLASMEDITATIONCENTER.COM**

## PRACTICING THE FIRST NOBLE TRUTH

~ Julie Ryan

The Four Noble Truths are the Buddha's first teaching, as we've heard. Maybe we take them for granted, "Oh, that's basic." On October 1, Awakening Heart sangha looked deeper at the Four Noble Truths and the First, courtesy of a little book by a big teacher\* that turned up in Dallas Meditation Center's book stash. We remembered, or discovered...



The Four Noble Truths are not dogma or a creed of belief, religious forms familiar to Westerners. They are original awarenesses that came to Siddhartha Gautama, the prince-turned-penniless-seeker, after years of unceasing quest. And meant to be practiced and tested, for direct experience that transforms our lives. But how do you practice the Four Noble Truths?

Surprising and simply-told experience came from teacher Ajahn Sumedho,\*\* a beloved Thai-trained teacher and abbot of a practice center in England. Here are some highlights. More is to come.

**WHAT IS THE FIRST NOBLE TRUTH?** "There is suffering." It's part of human experience that we all

share, from loss, separation, illness and death to dissatisfaction and minor irritation.

**DOES THAT MEAN LIFE IS ALL SUFFERING?** No, said Sumedho. "The First Noble Truth is not a dim metaphysical statement that everything is suffering... It's a Noble Truth to reflect on, not an Absolute."

**The FIRST NOBLE TRUTH HAS THREE PARTS:** "There is suffering." "It should be understood." "It is understood." These "three turnings of the Dharma wheel" bring understanding of our suffering, one step closer to happiness.

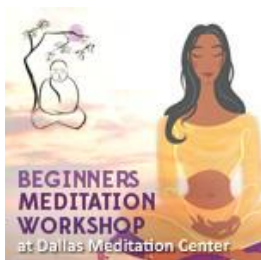
**IT'S NOT ALL ABOUT ME.** "There is suffering" is a skillful phrasing, versus "I am suffering." Meditating this way, we gain separation from the unpleasant experience we're having: "Oh, there is anxiety. Hmm... let me look at that." Not "I am suffering, oh poor me, why do I have to suffer so much? Not fair!" etc.

The point, Sumedho said, is to admit that there IS this feeling and to reflect honestly on it—while letting go of the stories our minds invent and all the underlying assumptions. Some light and air comes in!

Remember, once we recognize our suffering, we're on our way to lose it!

\* *The Four Noble Truths*, published by Sukhi Hotu Sdn Bhd, Penang, Malaysia. [www.sukhihotu.com](http://www.sukhihotu.com)

\*\* Listen to Ajahn Sumedho's talks on YouTube



**Saturday, Nov. 11, 2017  
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. This workshop is great for those just starting meditation,

those who've been meditating and want some guidance, and those who just want a refresher. Facilitated by **Bobbie Perkins**.

60 single / \$100 double. *Online registration required.*



**Saturday, Nov. 18, 2017  
9:30 a.m.-12 noon  
Yoga & Meditation  
Mini-Retreat**

A retreat that brings together the mindful movement and breath awareness of yoga with the heart-opening, centering practice of

meditation. This retreat will include yoga postures, walking meditation, seated meditation, and reclining guided relaxation. *Bring yoga mat if you have one.*

Facilitated by **Andy McDonald**.

Fee: \$40 (*online registration requested*)

## DANA FOR YOUR COMMUNITY

Dallas Meditation Center is supported almost entirely by the donations and efforts of the people who attend the classes and programs offered here. Our weekly meditation and mindfulness gatherings are by donation and no one is turned away due to inability to pay. The way this model can work in a modern financial economy is if everyone participates to their ability. The suggested donation for most of the weekly gatherings is \$10-\$25 per person. Are you able to donate at least that amount so that the programs can remain available to those who cannot?

The current operating expenses of Dallas Meditation Center run about \$6500-\$7000 per month. Your participation and tax-deductible donations are crucial to the continuation of the programs offered to the North Texas community. Would you consider becoming one of our monthly sustaining donors with a recurring gift of \$108 or more each month? Information on how to set up a monthly gift of any amount is on our website at [www.DallasMeditationCenter.com/donate](http://www.DallasMeditationCenter.com/donate) One Dharma Dallas Meditation Center Awakening Heart is a 501(c)(3) nonprofit educational human services organization.

Most of our gatherings are held at Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080.

Mailing address: Dallas Meditation Center, PO Box 832412, Richardson, TX 75083. Phone: 972.432.7871. Email: [info@DallasMeditationCenter.com](mailto:info@DallasMeditationCenter.com)

# WWW.AWAKENINGHEART.ORG

# DALLAS MEDITATION CENTER (One Dharma)

## November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Dallas Meditation Center Office Hours:</b> <b>Mondays – Thursdays</b> 11:00 am - 4:00 pm 10 W. Arapaho Rd., Ste 98, Richardson, TX 75080. <a href="http://DallasMeditationCenter.com">DallasMeditationCenter.com</a>			Directors: Bobbie Perkins Cornell Kinderknecht (972) 432-7871	<b>1</b> 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 4:30-5:15p Kids Yoga age 7-12 RSVP 5:30-6p Kids Yoga age 3-6 RSVP 7:30-9p INTERBEING Sangha - Bobbie:5 Mindfulness Trainings	<b>2</b> 12-12:45p ZEN-to-Go	<b>3</b>	<b>4 Full Moon</b>
<b>5</b> Daylight Saving  5-7p AWAKENING HEART Meditation service - "The Power of Gratitude" Bobbie Perkins	<b>6</b> 12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	<b>7</b> 12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>8 Veterans Day  Full Moon</b> 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 4:30-5:15p Kids Yoga age 7-12 RSVP 5:30-6p Kids Yoga age 3-6 RSVP 7:30-9p INTERBEING Sangha - Bobbie	<b>9</b> 12-12:45p ZEN-to-Go	<b>10</b>	<b>11 Veterans Day</b>  2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins  7-8:30p Music Meditation & Concert at Ananda Dallas - Cornell & Martin	
<b>12</b> 12-12:30p Chanting at Sathya Sai Center  5-7p AWAKENING HEART Meditation service - "Gratitude for the Practice" Venerable ManKuang	<b>13</b> 12-12:45p ZEN-to-Go  7:30-9p Mindful Mondays Meditation - Cornell	<b>14</b> 12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>15</b> 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 4:30-5:15p Kids Yoga age 7-12 RSVP 5:30-6p Kids Yoga age 3-6 RSVP 7:30-9p INTERBEING Sangha - Bobbie	<b>16</b> 12-12:45p ZEN-to-Go	<b>17</b>	<b>18</b>  9:30a-12n Yoga/Meditation Retreat - Andy McDonald	
<b>19 New Moon</b>  5-7p AWAKENING HEART Meditation service - "Gratitude for Noble Truths" Julie Ryan Sangha Community Potluck	<b>20</b> 12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	<b>21</b> 12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>22</b> 12-12:45p ZEN-to-Go 4:30-5:15p Kids Yoga age 7-12 RSVP 5:30-6p Kids Yoga age 3-6 RSVP	<b>23 Thanksgiving</b>	<b>24</b>	<b>25</b>  7-9p DRUM Circle - Dorayne	
<b>26</b>  5-7p AWAKENING HEART Meditation service - "Gratitude for Mother Earth" Amy Martin 7:15p Sangha YUM Social gathering at a nearby restaurant	<b>27</b> 12-12:45p ZEN-to-Go  6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	<b>28</b> 12-12:45p ZEN-to-Go  7-9p Wake up Dallas YES (20's & 30's) Meditation	<b>29</b> 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 4:30-5:15p Kids Yoga age 7-12 RSVP 5:30-6p Kids Yoga age 3-6 RSVP 7:30-9p INTERBEING Sangha - Bobbie	<b>30</b> 12-12:45p ZEN-to-Go	