

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Director:</i> <b>Brother ChiSing</b></p> <p><i>Office Assistant:</i> <b>Bobbie Perkins</b></p> <p><i>Ministry Assistant:</i> <b>Clayton Gibson</b></p> <p><i>Webmaster, etc.:</i> <b>Cornell Kinderknecht</b></p>	<p>AH &amp; DMC aspire to be:</p> <p><b>INTERFAITH INCLUSIVE INTEGRAL INSPIRED</b></p>	<p><i>DMC Office Hours:</i> <b>Mondays - Thursdays 11:00 am - 4:00 pm</b></p>	<p>1 11:45a-12:30p NOON Silent Meditation</p> <p>2:00-3:15 YOGA - Andy *</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>2 11:45a-12:30p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p YOGA - Andy</p>	<p>3 7:00p First Fridays: DRUM CIRCLE - Dorayne</p>	<p>4 7:00p TaKeTina - Michael</p>
5	6	7	8	9	10	11
<p>* 5-7p AWAKENING HEART (this is our main meditation service) - Brother ChiSing</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p BODHISATTVA Sangha - ChiSing</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>2:00-3:15 YOGA - Andy *</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7p Women Circle - Chris</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p YOGA - Andy</p>	<p>(the 11th step meditation has been rescheduled to August - date TBA)</p>	<p>* 9:00a-12:30p Monthly Members MEDITATION Retreat - ChiSing</p> <p>* 2:00-6:00p Monthly BEGINNERS Meditation Workshop - ChiSing</p>
12	13	14	15	16	17	18
<p>10:30a Prayer / Eucharist 1:30p Yoga &amp; Live Music</p> <p>4:00p Refuge &amp; Precepts</p> <p>* 5-7p AWAKENING HEART (this is our main meditation service) - Brother ChiSing * (7p Planning Meeting)</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p BODHISATTVA Sangha - Christine</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>2:00-3:15 YOGA - Andy *</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7p Women Circle - Chris</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p YOGA - Andy</p>	<p>7:30p CHANNELING Spiritual Wisdom - Bobbie Perkins</p>	<p>10:00a-2:00p "Writing Through Grief" Workshop - Linda Jones</p> <p>7:00p Kirtan CHANTING Music - Rudra Das</p>
(Father's Day) 19	20	(Summer Solstice) 21	22	23	24	25
<p>* 5-7p AWAKENING HEART (this is our main meditation service) - Rev. Lee Wolak</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p BODHISATTVA Sangha - Christine</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>2:00-3:15 YOGA - Andy *</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7p Women Circle - Chris</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p YOGA - Andy</p>	<p>7:00p Native American FLUTE CIRCLE - Cornell Kinderknecht</p>	<p>1:00-3:00p Monthly Intro YOGA Workshop - Andy McDonald</p> <p>7:45p (Sufi) Dances of Universal Peace - Nirtana</p>
26	27	28	29	30		
<p>* 5-7p AWAKENING HEART (this is our main meditation service) - ChiSing (or Andy)</p> <p>* (7p Vegetarian Potluck)</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p BODHISATTVA Sangha - CS (or Chris)</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>2:00-3:15 YOGA - Andy *</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>11:45a-12:30p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p YOGA - Andy</p>	<p>(Brother ChiSing will be away on retreats for his Summer Sabbatical during most of July)</p>	<p>* Register NOW for the Mississippi Retreat with THICH NHAT HANH on Sept. 28 - Oct. 1. We will be renting a charter bus to go. *</p>

# AWAKENING HEART

June 2011 - revised



## SUNDAYS (5:00-7:00 pm)

☺ **AWAKENING HEART (Community of Mindful Living)** – Facilitated by Brother ChiSing, Christine Clemmer and Andy McDonald, this Sangha is our largest main meditation gathering of the week (30-60 persons) with music, walking and sitting meditation, Dharma teachings, and community sharing (open to all levels of meditation experience, both beginners and advanced). Childcare is provided every Sunday (so parents, you have no excuse not to participate!) ☺

June 12 – Brother ChiSing speaking: “THE SECRET OF ABUNDANCE – Clarity, Commitment, Community”

June 19 – Rev. Lee Wolak from AGAPE CSL speaking: “THE SECRET OF MANIFESTATION”

June 26 – Brother ChiSing (or Andy McDonald) speaking: “THE SECRET OF ZEN (or YOGA)”

July 3 – Christine Clemmer facilitating: “THE SECRET OF HOLISTIC INTEGRATION”

*\* (Brother ChiSing will be away on monastic retreats during all of July) \**

## MONDAYS (7:00-9:00 pm)

**BODHISATTVA Sangha (Zen & Vipassana Meditation)** – Facilitated by Brother ChiSing & Christine Clemmer, this new Monday night meditation group is open to those who have at least some meditation experience. On 1<sup>st</sup> & 3<sup>rd</sup> Mondays, we will practice with a Zen silent meditation format (25 min. Sitting, 10 min. Walking, 25 min. Sitting). And on 2<sup>nd</sup> & 4<sup>th</sup> Mondays, we will practice with a Vipassana silent meditation format (20 min. Walking, 40 min. Sitting). If there is a 5<sup>th</sup> Monday, we may choose a Tibetan Buddhist or Pure Land (*Amitabha*) meditation format. After meditation, Brother ChiSing will share Dharma Teachings, followed by community discussion and heart-sharing. Come and receive more personalized support from Brother ChiSing and your fellow Bodhisattvas-in-training!

## WEEKDAY SILENT MEDITATIONS – Noon & Evening (Mondays, Tuesdays, Wednesdays, Thursdays)

Facilitated by Brother ChiSing & members

(10 minutes of Silent Walking Meditation + 25 minutes of Silent Sitting Meditation + 5 minutes of Reflections)

11:45 am - 12:30 pm    NOON Silent Meditation  
6:00 - 6:45 pm        EVENING Silent Meditation

## WEEKEND WORKSHOPS & RETREATS

- \* **Monthly Members MEDITATION Retreat** (Brother ChiSing): Saturday, June 11, 9:00 am - 12:30 pm
- \* **Monthly BEGINNERS Meditation Workshop** (Brother ChiSing): Saturday, June 11, 2:00 - 6:00 pm
- \* **Monthly 3 REFUGES & 5 PRECEPTS Ceremony** (Brother ChiSing): Sunday, June 12, 4:00-4:30 pm
- \* **Monthly Intro YOGA Workshop** (Andy McDonald): Saturday, June 25, 1:00 - 3:00 pm

[WWW.DALLASMEDITATIONCENTER.COM](http://WWW.DALLASMEDITATIONCENTER.COM)