

Mindfulness Community of Milwaukee Newsletter – January thru March 2017

The Mindfulness Community of Milwaukee is a Buddhist sangha in the tradition of the Vietnamese monk Thich Nhat Hanh. We invite you to come and join others who share the value of mindfulness. We especially welcome those new to the practice of meditation.

The Mindfulness Community of Milwaukee is a spiritual community dedicated to the creation of a mindful culture fostering loving kindness, compassion, joy, and equanimity. We study and practice teachings from Buddhism and other traditions in order to nurture individuals, families, society, and a healthy planet.

The Mindfulness Community of Milwaukee is a free will offering group. All scheduled meditation and practice meetings are free. There are no dues or obligations and all are welcome. We are self sustaining and, if you are able, your generous donation would be appreciated.

We are located at 1922 E. Park Place., Milwaukee, WI 53211 (between Murray & Cramer)
414-962-8678 milwmindful@hotmail.com, www.milwaukee mindfulness.com/

Practice schedule. Activities at 1922 E. Park Place.

- * **Every Sunday:** 8 am - 9:30 am: sitting and walking meditation, readings and discussion.
10 am – 11 am: sitting and walking meditation.
11 am – 12 noon: readings and discussion.
- * 1st Sunday of the month: Potluck brunch at noon.
- * 3rd Sunday: 10:00 am: Chanting of the Heart Sutra.
- * 4th Sunday: Recitation of 5 Mindfulness Trainings.

- * **Sunday evenings,** 6:30 pm – 7:45 pm: “The Eleventh Step”. For people involved or interested in 12 step programs, this meeting incorporates Buddhist perspectives on recovery from addiction.

- * **Morning meditation,** 6:30 am – 7 am: meditation. M,T,W,F sitting meditation at the Center.

- * **Monday evenings,** 7pm-8:30pm: Alternating periods of sitting and walking meditation repeated for the hour and a half meditation. No readings or discussion.

- * **Wednesday evenings,** 7 pm– 7:45 pm: meditation; 7:45 pm – 8:30 pm readings and discussion.

- * **Thursday mornings,** 7:30 am – 9 am: Spirit-Mind-Body Study Group of Columbia/St. Mary’s Hospital. Half-hour of meditation, presentation by group members, and discussion. All are welcome.

- * **Thursday afternoon,** 12:15 pm – 1:15 pm: “Mindful Recovery”. For all people who want to live a life free from addictions.

- * **Friday morning,** 11:00 am – 12:30 pm: New day time sangha with meditation, readings and discussion.

- * **Every Saturday:** 10 am - 12 noon. Meet for shorter meditation (25 minutes), reading and discussion, and fellowship with tea. Great opportunity to meet new and old friends and build our community.

- * **Every Saturday:** Dharma Punx. A group based on the writings of Noah Levine. 8pm.

* **Every first and third Saturday of the Month:** Sutra study, one to 2:30 PM. Paul Brodwin and Jeremy Packer will lead discussions of various Buddhist sutras. The group will start with sutras from the book, "Awakening of the Heart", by Thich Nhat Hanh. The library will be procuring extra copies of this book.

* **Every 4th Saturday of the Month:** Meditation half day retreat, 1 pm-5 pm.

* **Woman's group. Fridays 630 to 8 PM.** Jeanne Lowry will lead this group, emphasizing women's teachers and women's practice

The Mindfulness Community at Other Locations

Monday evening. "The Dancing River Meditation group will be meeting on every other Monday evening at six at individual members homes. For information check the website or leave a voicemail and we will return."

Tuesday evening. Meditation, reading and discussion at Unity Unitarian Universalist Church. 506 North Washington Ave., Waukesha. 7 to 8:30 PM

Thursday evening (new location). Meditation, reading and disucssion at Tippecanoe Church. 125 W. Saveland Ave., Milwaukee. 7 to 8:30 PM.

Quarterly notes

Sunday morning readings for winter

January: Jim Barrett will be leading readings from the book "A Path With Heart" by Jack Kornfield.

February: Heart Month. Therefore we will be studying the "Heart Sutra" with commentaries by Thich Nhat Hanh.

March: Back to Basics. We will be studying meditation instruction by Thich Nhat Hanh, Pema Chodron, and Jon Kabat-Zinn as well as others.

Upcoming events and classes (for information or to register, call 414-962-8678

"Grace in Aging" First and Third Mondays, 1 to 2:30 PM.Carolynn Theodorah will lead a discussion of this book by Kathleen Singh. All are welcome.

"Awakening Joy" Study group: Dave Zeman will be leading a study group on the book "Awakening Joy" by James Baraz. The class will began on Tuesday January 10th and meet for 21 consecutive Tuesday's. The time will be 7:00 PM to 8:45 PM. Access to a copy of the book will be important as we will be doing advanced reading and homework. There is a suggested donation to the Center of \$100. If you would like to pay less or more that is fine. Please contact Dave at zemand@wi.rr.com to register or with any questions.

"Mindfulness in Everyday Life" returns: Paul Norton will be teaching this class that will begin Thursday, January 26 the classes are two hours long, from 630 to 8:30 PM. The classes are two hours long, from 630 to 8:30 PM. These classes will go for eleven weeks total.

The cost of the class is \$225 for participant (\$375 for couples) or \$30 for any individual week. Check out the flyer on our website. To register, send us a note by mail to the mindfulness center, or leave an email at milwmindful@gmail.com.

Retreat News

Save the date: Retreat at the Christine Ctr., Willard, WI, August 6 to 11, 2017 (Sunday evening to Friday afternoon): It's early, but we like to make everyone aware of this wonderful opportunity. The senior teachers at the Mindfulness Community of Milwaukee will be leading a retreat in the tradition of Thich Nhat Hanh. The site will be the Christine Center, a wonderful rustic retreat in north-central Wisconsin. The cost will vary from \$260-\$420 depending on your accommodations, meals included. We will post more information on the website as the time gets closer for this event.

Day of Mindfulness in Evanston, Illinois. Jack and Laurie Lawlor will lead a Day of Mindfulness at the Evanston Ecology Center, 2024 McCormick Blvd., on Sunday, January 29, 2017 from 9 am to 4:30 pm. The theme is "Refuge and Transformation: Practicing Meditation-Based Mindfulness Spirituality". \$45, include lunch. Contact Lakeside Buddha Sangha at 847-475-0080 or Email: lisejacobsen@comcast.net. There are fliers in the center.

Sangha Meetings

Engaged Buddhism meeting: Sunday, February 19th, after the 10:00 Sunday morning sangha

Practice Committee meeting: Sunday, March 12th, after the 10:00 Sunday morning sangha. Share your ideas about upcoming topics and classes. All are welcome.

Finance Committee meeting: Sunday, March 19th, after the 10:00 Sunday morning sangha. All are welcome.

Quarterly business meeting: There will be a general business meeting of the Sangha, on January 22nd from 10 to noon. As always this is also a time to consider membership. During that day, meditation will be from 9 to 10 AM, and there will be a potluck lunch directly after the meeting.

For other events: Check the bulletin board at the Center!

How to use our library with mindfulness...

Our library is a wonderful thing, full of treasured knowledge! It is also a sign of our generosity and trust in everyone who comes to our center to practice and to learn. Practicing generosity and kindness is what we and we do it without dogma or rules, only with a few customs. When it comes to borrowing books, we only ask you to mindfully follow a few steps, which are very simple and which require about as much time as three mindful breaths.

Breathing in, I take the card out of the pocket in the front of the book. Breathing out, I legibly write today's date.

Breathing in, I calmly and legibly write my name.

Breathing out, I calmly and legibly write my e-mail address.

Breathing in, I find the initial letter of the author's name in the index card box.

Breathing out, I file the card in the appropriate space.

Upon leaving the center, I remind myself to be mindful of others who might want to borrow this item, too and I vow not to grasp on to it for more than a month. When returning the borrowed item, I mindfully reverse the process. Books from the box labeled donations may not be taken until they have been logged and checked in by the librarian. If anyone has taken items from this box, I ask that you kindly return them.

Cornelia Beilke

The Kalamas's Dilemma

One time Buddha was walking on a tour with a large group of monks, when he came to a town of the Kalamas called Kesaputa.

The Kalamas thought: "It is very good indeed to see Awakened Ones such as these." And so they went up to where the Buddha was. Having seated themselves to one side the Kalamas said this to the Buddha:

"There are, sir, many different teachers that come here. They illustrate and illuminate their own doctrines, but the doctrines of others they put down, revile, disparage, and cripple. For us, sir, uncertainty arises, and doubts arise concerning them. Who indeed of these venerable teachers speaks truly, who speaks falsely?"

"It is indeed fitting, Kalamas, to be uncertain, it is fitting to have doubt. For in situations of uncertainty, doubts surely arise. *You* should decide, Kalamas, not by what you have heard, not by following convention, not by assuming it is so, not by relying on the text, not because of reasoning, not because of logic, not by thinking about explanations, not by acquiescing to the views that you prefer, not because it appears likely, and certainly not out of respect for a teacher.

"When you would know, Kalamas, for *yourselves* that "these things are unhealthy, these things when entered upon and undertaken, incline toward harm and suffering," then, Kalamas you should reject them.

"But when you would know, Kalamas, for *yourselves* that "these things are healthy, these things, when entered upon and undertaken, incline toward welfare and happiness," then, Kalamas having come to them, you should stay with them.

"That person, Kalamas, who is a follower of the Noble Path is thus free of wanting, free of harming, and without confusion. Clearly conscious and mindful, he or she abides with a mind dedicated to loving kindness, compassion, good will, and equanimity that is abundant, expansive, immeasurable, kindly, and free of harming.

"And so, Kalamas, the follower of the Noble Path whose mind is thus kindly and free of harming; their mind is not defiled, but is purified"

Adapted from the "Anguttara Nikaya", translated by Andrew Olendzki