

Mindfulness Community of Milwaukee Newsletter – October Through December 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@gmail.com, www.milwaukee mindfulness.com/

Exciting news: Mindfulness Community of Milwaukee returns to the south side

There is now a Southside Center, 3333 S. 27th St., Suite 500. It is at the south side of the Southgate Mall, and most easily accessed through Morgan Street on the south. Regular Thursday night Sangha, as well as other programs, are being scheduled there. Please see our practice schedule below, and especially note the new Happiness group on Tuesday nights.

Practice schedule.

Activities at 1922 E. Park Place. (unless otherwise noted)

* **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.

* 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.

* **Monday evenings,** The Dancing River Meditation group will be meeting on every other Monday evening at six at individual members home. For information, check the website or leave a voicemail and we will return your call.

* **Tuesday evenings,** Happiness group. Tuesdays at 7pm at the Southgate location, 3333 S 27th, suite 500. As usual we will meditate, take a break and then read from a variety of sources, but all readings will focus on Joy and Happiness with discussion to follow. Learn to incorporate the processes that foster Joy and Happiness in your life. For more information contact Jim at jbarrett10@wi.rr.com.

***Tuesday evenings**, Meditation, reading and discussion at Unity Unitarian Universalist church, 506 N. Washington Ave. Waukesha. 7 to 8:30 PM

* **Wednesday evenings**, 7 pm - 7:45 pm: meditation; 7:45 pm - 8:30 pm reading and discussion, presently reading "Cultivating Compassion" by Jeffrey Hopkins

* **Thursday mornings**, 7:30 am – 9 am: Spirit-Mind-Body Study Group. 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.

***Thursday night**: Sangha at the southside location, 3333 S. 27th st., suite 500. Meditation, reading and discussion. 7 to 8:30 pm

***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**, 1:30 PM to 3 PM. Jeremy Packer and Paul Brodwin will lead discussions from various sutras. Source book is "Awakening of the Heart" by Thich Nhat Hanh.

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

* **Every 2nd Saturday of the Month** 1:00 PM to 2:30 PM: "Dharma and Science" (*not meeting in October*).

***Fifth Saturday of the Month** Potluck lunch at 12:15 PM ; Next time is December 30th.

**"Meditation instruction Sunday, October 16, 1230 at the mindfulness Center.
Especially for beginners."**

Quarterly notes
Sunday readings for the Fall

October: Jeremy Packer will lead readings and discussion about the Sutra "The Better Way to Live Alone" with commentary by Thich Nhat Hanh

November: Jeanne Lowry will lead discussion from the book, "No Time Like the Present: Finding Freedom, Love, and Joy Right Where You Are" by Jack Kornfield

September: Paul Norton will be leading discussion from the book, "The My Heart" by Thich Nhat Hanh

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

“Grace in Aging: First and Third Mondays, 1:00 PM to 2:30 PM. Carolynn Theodorah will lead a discussion of this book by Kathleen Singh. All are welcome.

Metta Meditation, We will enjoy a book study/meditation group using Sharon Salzberg’s “Loving Kindness, the Revolutionary Art of Happiness” as our guide. The class will meet for twelve Tuesday’s beginning September 26th (tentative) from 7PM to 8:45 PM at our Park Place location. There will be in class meditation based on exercises from the book and participants will be encouraged to practice between classes. Purchasing the book for advanced reading is encouraged. A donation to the Center of \$120 is suggested. No one will be turned away. Dave Zeman will be your facilitator. You can contact me at zemand@wi.rr.com with questions or to register.

“Mindfulness in Everyday Life” returns: Paul Norton will be teaching this class and it will begin on Wednesdays (7 to 9 p.m.) and Saturdays (9:30 to 11:30 AM) at the Southside Center, 3333 S. 27th St., Suite 500. It will begin on the week of September 20 and 23rd. It will go for 11 weeks, with a break for Thanksgiving.

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.

Upcoming Film: The documentary, “13” will be shown October 21 at the Tippecanoe church, 125 W. Saveland Ave. This is a film about the 13th Amendment to the Constitution, the ending of slavery. This is being sponsored by the church and the Buddhist Peace Fellowship. Discussion to follow. 6:30 to 9:30 PM.

Retreat News

Retreat at the Christine Center, Willard Wisconsin, August 5-10, 2018 (Sunday night to Friday afternoon). This retreat will be on the theme of the four Brahmaviharas. Save the dates, more details to follow.

Dr. Ron Siegel will be doing a full day workshop at the medical College on July 21, 2018. This is cosponsored by the Mindfulness Community of Milwaukee.

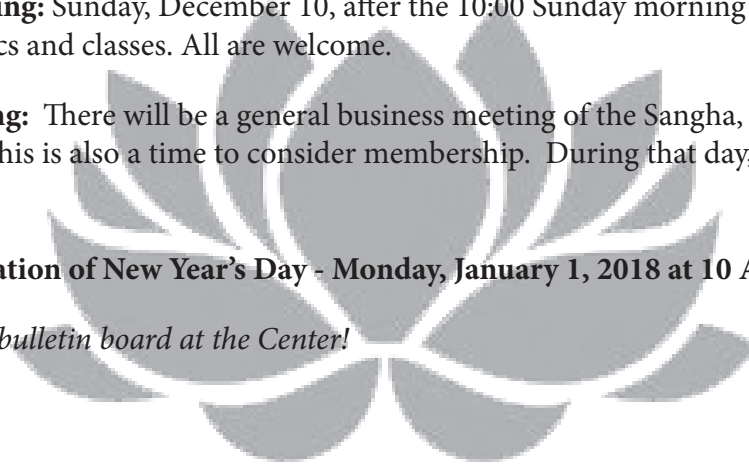
Engaged Buddhism meeting: Sunday, November 19, after the 10:00 Sunday morning sangha

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

Quarterly business meeting: There will be a general business meeting of the Sangha, on January 14th from 10 AM to 12 AM. As always this is also a time to consider membership. During that day, meditation will be from 9 AM to 10 AM

Citywide Buddhist celebration of New Year’s Day - Monday, January 1, 2018 at 10 AM. Site to be decided.

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



Our True Heritage

By Thich Nhat Hanh

**The cosmos is filled with precious gems.
I want to offer a handful of them to you this morning.**

**Each moment you are alive is a gem,
shining through and containing earth and sky,
water and clouds.**

**It needs you to breathe gently
for the miracles to be displayed.
Suddenly you hear the birds singing,
the pines chanting,
see the flowers blooming,
the blue sky,
the white clouds,
the smile and the marvelous look
of your beloved.**

**You, the richest person on Earth,
who have been going around begging for a living,
stop being the destitute child.
Come back and claim your heritage.
We should enjoy our happiness
and offer it to everyone.
Cherish this very moment.
Let go of the stream of distress
and embrace life fully in your arms.**