

Mindfulness Community of Milwaukee Newsletter – January Through March 2018

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.

It is now possible to give one-time or ongoing monthly donations through our website. Check www.milwaukee mindfulness.com

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

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 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,** 7pm - 8:30pm: 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 830 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 March 31st.

***Meditation Instruction**: Sunday, January 21, 12:30 at the mindfulness Center. Especially for beginners.

***Engaged Buddhism Meeting**: Sunday, February 19, after the 10:00 Sunday morning Sangha.

***Practice Committee Meeting**: Sunday, March 12, after the 10:00 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 April 8 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

Our dear friend, Sylvie Horvath, returns to once again teach yoga at the mindfulness Center on Park Place. She will have two sessions weekly. On Wednesdays, Amrit Yoga, from 5 PM to 6:30 PM. The price for this is \$15 per week or \$96 for a series of eight classes. On Thursday, from 5 PM to 6:15 PM will be Full-Wave Breathing Class. This is a \$20 drop in. There are discounts for sangha members. For those wishing to contact Sylvie or for more information check her website at jewelofindiyoga.com.

Quarterly notes

Sunday readings for the Winter

January: Jeremy Packer will leading. The readings will be from “The Other Shore” by Thich Nhat Hanh

February: Kathy Collisson will be leading with readings from “Living Buddha, Living Christ” by Thich Nhat Hanh Hanh

March: Paul Norton will be leading the readings from, “Buddha’s Nature” by Wes Nisker

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 Thedorah will lead a discussion of this book by Kathleen Singh. All are welcome.

“Teachings on Love” Meditation. We will enjoy a book study/meditation group using Thich Nhat Hanh’s “Teachings on Love” book. We will learn meditations for Love, Compassion, Joy and Equanimity from the Vietnamese Zen Master. The class will meet for 6 consecutive Tuesday’s beginning January 9th from 7PM to 8:45 PM at our Park Place location. There will be in class meditation and participants will be encouraged to practice between classes. Purchasing the book for advanced reading is encouraged. A donation to the Center of \$50 is suggested. No one will be turned away. Dave Zeman will be your facilitator. You can contact Dave 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 Tuesdays and Thursdays, for 11 consecutive weeks, starting February 20/22. It will be held at the Eastside Mindfulness Center, 1922 East Park Pl. and will be held between the hours of 630 to 8:30 PM.

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. You may also Pay online.

Upcoming Film: The movie “Fruitvale Station” will be presented at Tippecanoe church, 121 W. Saveland Ave., 3:30 PM, Saturday, February 17. This is part of an ongoing series relating to racial dialogue.

Retreat News

Join us for a Day of Mindfulness on Saturday, February 17, 2018 at the Southgate Center, 3333 S 27th Street, Milwaukee. The theme for our day will be “Joy In Your Practice” and will feature a Dharma talk by Paul Norton. The cost will be \$30 and a vegetarian lunch will be served. Registration information may be found on fliers at our centers, on the web site, or speak to anyone from Still Water Sangha.

The Lakeside Buddha Sangha will be sponsoring a retreat at LaSalle Manor in Plano Illinois titled “Nourishing the Earth, Nourishing Others, Nourishing Ourselves” led by Jack and Laurie Lawlor, Friday, May 4 to Sunday, May 6. There are retreat forms at the center or visit www.lakesidebuddha.org.

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. Note: there will be an organizational meeting related to the retreat on January 28 after 10 AM Sangha. Registration for Sangha members and previous retreatants will be open February 15.

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

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

From the Dhammapada
Chapter 1, The Twin Versus
(From a translation by Dr. Friedrich Max Müller)

1. All that we are is the result of what we have thought: it is founded on our thoughts, is made up of our thoughts. If a man speaks or acts with an evil thought, pain follows him, as the wheel follows the foot of the ox that draws the carriage.
2. All that we are is the result of what we have thought: it is founded on our thoughts, is made up of our thoughts. If a man speaks or acts with pure thought, happiness follows him, like a shadow that never leaves him.
3. “He abused me, he beat me, he defeated me, he robbed me,” in those who harbor such thoughts hatred will never cease.
4. He abused me, he beat me, he defeated me, he robbed me,” and those who do not harbor such thoughts hatred will cease.
5. For hatred does not cease by hatred at any time: hatred and ceases by love, this is an old rule.
6. The world does not know that we must all come to an end here; but those who know it, their quarrels cease at once.
7. He who lives looking for pleasures only, he senses uncontrolled, immoderate in his food, idle, and weak, Mara (the tempter) will certainly overthrow him, as the wind throws down a weak tree.
8. He lives without looking for pleasures, his sense is well-controlled, moderate in his food, faithful and strong, him Mara will certainly not overthrow, any more than the wind throws down a rocky mountain.