

APRIL 2021 | ISSUE 1

# THE MONTHLY BULLETIN

*Sangha*

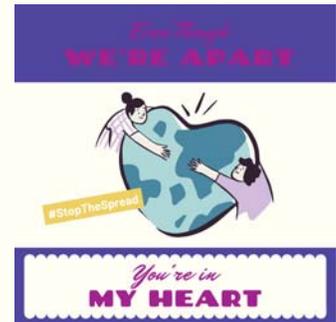
The Monthly Email Newsletter  
of the Dallas Meditation Center

## This Month's Featured Stories

Board of Directors President:  
Michael Ferraro

Mindful Mondays

## Community Update on COVID-19



Dallas Meditation Center is currently meeting online only, until our staff and facilitators have an opportunity to get vaccinated for Covid-19 and feel safe hosting in-person events again at the center. The re-opening committee is currently working out ways to resume in-person gatherings. We hope this will be soon.

*Awakening Heart*

COMMUNITY OF MINDFUL LIVING

*Sangha*

san·gha  
/'säNG(g)ə/

noun: sangha; plural noun: sanghas  
1. the Buddhist community of monks, nuns, novices, and laity.

Dallas  
Meditation  
Center



[www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com)

# Dallas Meditation Center Board of Directors President



## Michael Ferraro

I am a psychotherapist in private practice in Dallas, Texas, working with couples, adult individuals and families. I specialize in marriage and couples counseling, family counseling, substance abuse treatment, anxiety and depression treatment, grief and loss counseling, PTSD and trauma treatment, bipolar disorder treatment, career counseling and high functioning autism counseling.

I have worked in two psychiatric hospitals providing psychotherapy to inpatient individuals, including active duty military personnel.

I have been a Court Appointed Special Advocate (CASA) in Collin County, advocating for the best interests of children in the Texas foster care system.

I have lived in Dallas for over 30 years. I am in a long term, healthy marriage and I have three great children.

**My mantras change over time and currently it is a Zen saying, “Body and mind fall away.”**

I have been on the Dallas Meditation Center's board for five years. I also facilitate our live online [Zen To Go](#) program on Thursday of each week. I have occasionally facilitated our Sunday sangha gatherings and I have given several Dharma talks as well.

I started meditation to alleviate work stress and then discovered its many other benefits.

My most influential teacher has been our founder Brother ChiSing. He has always been an inspiration to me and is responsible for my commitment to and involvement with the Dallas Meditation Center.

My latest life lesson relates to the consequences of the pandemic. I have a deeper and richer understanding of emptiness and impermanence.

I am most grateful for the sangha members and volunteers who have stepped up during the pandemic to keep the DMC alive and well.

My recent book recommendations are:

- The Wisdom of Insecurity by Alan Watts
- The Quantum and the Lotus by Matthieu Ricard and Trinh Xuan Thuan

# FOCUS ON THE AWAKENING HEART COMMUNITY: MINDFUL MONDAYS

By Cornell Kinderknecht,

Mindful Mondays is one of the Awakening Heart gatherings at Dallas Meditation Center. It began in 2014 as an interim opportunity to practice mindfulness and meditation for those who were attending installments of multi-week Monday workshops being offered by Brother ChiSing. A typical workshop ran for 5-7 weeks and then there would be a month or more break before the next one. Having spent weeks learning and practicing together and forming new friendships, some workshop attendees asked if they could continue to meet during the breaks to continue a group meditation practice. I proposed that if we had at least six people who would commit to attending each week, I would help to organize and facilitate. Immediately, I got the response from more than six people and Mindful Mondays became a thing. What a beautiful and organic formation of Sangha -- a "community of friends in the practice" that Thich Nhat Hanh speaks about.

Mindful Mondays followed the path set in ChiSing's workshops of incorporating mindfulness and meditation into our everyday life situations. We adopted the byline "practical mindfulness for everyday living." Our focus would be on community sharing about the positive ways that mindfulness and meditation impact our relationships, work, and social interactions. We would use books and readings to help guide our practice and our gatherings would be shaped in the Plum Village tradition that is familiar within all of our Awakening Heart gatherings, welcoming people of any tradition and level of experience with meditation practice.

When ChiSing's set of workshops concluded in 2015, Mindful Mondays continued as a weekly Awakening Heart practice group. Here we are, nearly six years later, continuing to meet every week, whether in-person, or online during the pandemic.

Mindful Mondays typically has 6 to 15 participants on any given week, representing a wide range of age groups from 20 and up and consisting of people who are single or couples that practice together. There is a core of around 8 people who join almost every week, some of whom have been attending since its original inception. Facilitation is shared among multiple participants.

Mindful Mondays, practical mindfulness for everyday living, meets each Monday at 7:30pm. Meetings are currently conducted online through Zoom (possibly give Zoom link)

*"Mindful living protects us and helps us go in the direction of peace. With the support of a community of friends in the practice, peace has a chance. If you have a supportive sangha, it's easy to nourish your bodhicitta, the seeds of enlightenment."*

–Thich Nhat Hanh, *Cultivating the Mind of Love*, 2008



# CALENDAR

Upcoming Online Offerings at Dallas Meditation Center

## First Friday Dance and Meditate Party EDM & World Music

Friday, April 2, 2021 - 8:00-10:00pm CST

Join this gathering live ONLINE on Twitch:

[twitch.tv/djstreamingsynergy](https://www.twitch.tv/djstreamingsynergy)



## Safe Conversations Workshop with Michael Ferraro

Saturday, April 10, 2021

9:00am to 1:00pm CDT

Zoom Call

Cost: \$99 per couple and \$50 per individual.

To register go to:

[DallasMeditationCenter.com/conversation](https://DallasMeditationCenter.com/conversation)



## Yoga & Meditation Mini Retreat

Saturday, April 17, 2021

2:00-4:00pm CDT

ONLINE through Zoom

Register by April 16:

[DallasMeditationCenter.com](https://DallasMeditationCenter.com)



# JOIN US WEEKLY

All of Dallas Meditation Center's Weekly Meditation classes are donation-based.

Email [info@dallasmeditationcenter.com](mailto:info@dallasmeditationcenter.com) to receive the Zoom meeting information

## MONDAYS



5:30-6:30pm  
CDT



7:30-9pm  
CDT

## TUESDAYS



7:00-8:30pm CDT

## WEDNESDAYS



Tai Chi - 9:15am  
Qigong- 10:30am  
CDT



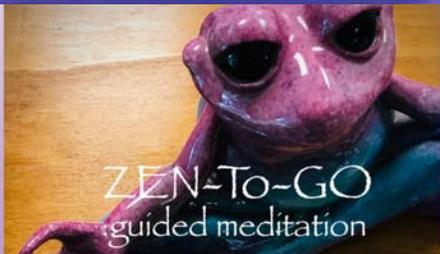
7:00-8:30pm  
CDT

## THURSDAYS



7:00-8:30pm CDT

## MIDDAY



ZEN-TO-GO  
guided meditation

M, Tu & Thu on Facebook Live  
12:00-12:30pm CDT

## SUNDAYS

*Awakening Heart*

COMMUNITY OF MINDFUL LIVING

- April 4 - Anne Lebednik
- April 11 - Jessica Hitch
- April 18 - Lee Ann Bryce
- April 25 - Sharad Saxena

5:00-7:00pm CDT



- We welcome people with all levels of experience to practice with us.
- We affirm people of all ages, genders, ethnicities, sexual orientations and abilities.
- We are a refuge for all people regardless of their traditions or beliefs.

See our [Vision / Mission / Values](#)

[DallasMeditationCenter.com](http://DallasMeditationCenter.com)

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**Facebook:** [Facebook.com/DallasMeditationCenter](https://Facebook.com/DallasMeditationCenter)

**YouTube:** [YouTube.com/c/InterMindful](https://YouTube.com/c/InterMindful)

**Instagram:** [Instagram.com/DallasMeditationCenter](https://Instagram.com/DallasMeditationCenter)

**Mailing list:** [DallasMeditationCenter.com/contact/dmcelist.htm](http://DallasMeditationCenter.com/contact/dmcelist.htm)

The Dallas Meditation Center is lovingly supported by generous donations from the in-person and online community. Dallas Meditation Center needs your generosity more than ever. Please consider a gift to support our offerings, our staff, our teachers, and sangha. Visit our website: [DallasMeditationCenter.com/give](http://DallasMeditationCenter.com/give)

