

THE MONTHLY BULLETIN

Sangha

The Monthly Email Newsletter
of the Dallas Meditation Center

This Month's Featured Stories

- A Message from Bobbie
- Meet our Office Manager:
Amy Kraus

With Buddha in The Pure Land – inspired by Thay's words "walk like a Buddha in paradise". No Death, No Fear – pg.108

Mindfully walking
with Buddha in The Pure Land.
Each step a blessing.

Mindfully breathing
with Buddha in The Pure Land.
Each breath life giving.

Mindfully eating
with Buddha in The Pure Land.
Each taste a delight.

Mindfully sitting
with Buddha in The Pure Land.
I know peace and joy.

Mindfully singing
with Buddha in The Pure Land.
Harmony abounds!

Mindfully playing
with Buddha in The Pure Land.
Happiness wells up.

Mindfully resting
with Buddha in The Pure Land.
Present here and now.

Mindfully present
with Buddha in The Pure Land.
Free from birth and death.

-Bobbie Perkins

HAIKU

hai·ku
/hī'kōo/
noun

1. a Japanese poem of seventeen syllables, in three lines of five, seven, and five, traditionally evoking images of the natural world.



A MESSAGE FROM BOBBIE

My dear friends,

I have decided that it's time for me to step down from the position of Executive Director of the Dallas Meditation Center. The Board of Directors will begin the search for a new director right away and plan for that person to begin in September 2021.

I intend to continue my involvement with Dallas Meditation Center, with the sanghas, and the community. I'm just relinquishing the responsibilities that come with the position of Executive Director.

Since my introduction to the Dallas Meditation Center in December 2010, I have been blessed by the beautiful spirit of the many people I have met. My practice has deepened and many dharma doors have opened for me. Thank you for supporting and encouraging me. I don't doubt that the next chapter will also open up new and interesting opportunities for growth.

Here is a brief description of the job. Please let us know if you are interested or have questions.

Bobbie Perkins



EXECUTIVE DIRECTOR

The Executive Director (ED) of the Dallas Meditation Center will collaborate with the Center staff and the Board of Directors to insure adherence to the Center's Mission, Vision and Values. The position is the public face of the Center in the community and is the primary representative of the Center. The ED is involved in every aspect of the Center's operations including programs, events and fundraising. The ED is the guiding spiritual force of the Center and leads the Center to carry on the traditions of Thich Nhat Hanh and our founder, Brother ChiSing. The ED keeps office hours when the Center is open and supervises all activities of the Center.

Summary of Executive Director Responsibilities

- Have a well-established personal mindfulness and meditation practice
- Support the Vision, Mission & Values of the Dallas Meditation Center
- Help guide fundraising and financial activities
- Lead the Sunday Awakening Heart Sangha
- Lead the InterBeing/Earth Holders Sangha
- Schedule, coordinate and (co)facilitate meditation events
- Provide support and counsel to Sangha facilitators and members when needed
- Perform community outreach
- Supervise all administrative functions of the Center
- Work closely with staff and Board of Directors
- Keep office hours when the Center is open

Dallas Meditation Center Staff Member



Amy Kraus

What do you do for the DMC?

I am the office manager. Being part of this non-profit family has been an amazing experience.

What is your teaching experience?

I started facilitating meditations at DMC in 2018.

We are teaching people how to see everyday challenges in a more calm and loving perspective. By doing this they are able to manage stress (anxiety and depression) heal/overcome pain, and desire to compassionately help others.

Who were your most influential Teachers?

Eckhart Tolle, Thich Nhat Hanh, Michael Singer, Tara Brach, and Dan Harris

Latest life lesson?

Life is perfectly imperfect as it is. This to will pass, so choose the lens you want to view the world in.

Recent book recommendations?

- *A New Earth: Awakening to Your Life's Purpose* by Eckhart Tolle
- *Meditation for Fidgety Skeptics: A 10% Happier How-to Book* by Dan Harris

Why did you start meditation?

I began meditating to gain more control over my anxiety

What is your mantra?



What are you most grateful for?

The moments I remember to be present.



CALENDAR

Upcoming Online Offerings at Dallas Meditation Center

[FIRST WEDNESDAYS 5 Mindfulness Trainings Recitation @ Interbeing Sangha](#)

Wednesday, May 5, 2021

7:00-8:30pm CDT

Email info@dallasmeditationcenter.com to receive the Zoom meeting information.



[The KMIR Experience](#)

Saturday, May 22, 2021

12pm - 1:30pm CT Seneca Wills. Contact Seneca at: thekmirexperience@gmail.com for further information

To register go to:

facebook.com/events/459758325231433

[First Friday Dance and Meditate Party EDM & World Music](#)

Friday, May 7, 2021 - 8:00-10:00pm CST

Join this gathering live ONLINE

on Twitch:

twitch.tv/djstreamingsynergy



[Yoga & Meditation Mini Retreat](#)

Saturday, May 15, 2021

2:00-4:00pm CDT

Register by April 16: DallasMeditationCenter.com



[Deep Relaxation and Touching the Earth Meditation](#)

May 29, 2021

2:00-4:00 pm CDT

Fee: \$25

DallasMeditationCenter.com



[Mindful Mondays: Everyday Mindfulness, Everyday Enlightenment](#)

MONDAY evening, 7:30-9:00pm CDT

Starting May 3, 2021, and throughout the summer, the MINDFUL MONDAYS practice group at Dallas Meditation Center will focus on the core Buddhist teachings, the Four Noble Truths and the Eightfold Path, and how we apply them to our everyday life. We will use the book PERFECTLY ORDINARY - Buddhist Teachings for Everyday Life by Alex Kakuyo as our guide. His writing is very modern and practical. Reminiscent of Brother ChiSing, Sensei Alex Kakuyo uses everyday life stories to illuminate the ancient teachings.

Fee: by donation (\$15 per session suggested). Donations accepted online or by phone (text MINDFUL to 44321)

We encourage you to get your copy of the book to follow along and refer back to. Perfectly Ordinary is available in paperback and e-reader formats

This group meets on Zoom. Email info@dallasmeditationcenter.com to receive the Zoom meeting information.



JOIN US WEEKLY

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

Email 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



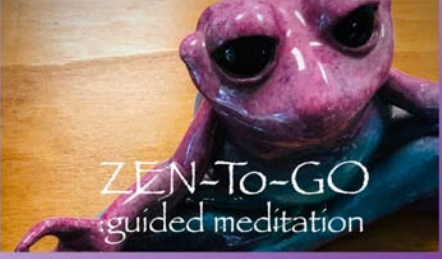
7:00-8:30pm
CDT

THURSDAYS



7:00-8:30pm CDT

MIDDAY



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

SUNDAYS

Awakening Heart

COMMUNITY OF MINDFUL LIVING

- May 2 - Kelly Moyle
- Musical Guest - Gary Floyd
- May 9 - Bobbie Perkins
- May 16 - Michael Ferraro
- May 23 - Myles Sandoval
- May 30 - Veronica Valles
- 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

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Class and event location:

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Suite 98

Richardson, TX 75080

Website: DallasMeditationCenter.com

Facebook: Facebook.com/DallasMeditationCenter

YouTube: YouTube.com/c/InterMindful

Instagram: Instagram.com/DallasMeditationCenter

Mailing list: 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

