

Cultivating Compassion

A Family Retreat at MABA

Saturday, August 14, 2010

8:30 am to 4:30 pm

11:45 am – Vegetarian Lunch included

Mid-America Buddhist Association Monastery

Highway 94 & Schindler Road, Augusta, MO



Individuals, Couples, Families, Children, Teens, and Adults of All Ages are Welcome

On August 14, 2010 MABA will be having a special one-day family retreat. There will be special activities, loving kindness, and mindfulness meditation teachings for children, teens, and adults of all ages. You are welcome to come as an individual or with family members. Children's groups will be divided into those ages 5-10 and ages 11-17. There will also be activities and teaching on Loving Kindness for the entire family.

The day will begin with an orientation about Compassion and a Mindfulness Nature Walk together with our loved ones. Children's morning activities will include short mindfulness practice, mala bead bracelet making, story time, and jade plant sprouting. Morning teen activities will include practicing mindfulness, learning Buddhist stories about Compassion, and applying these stories to creative projects. Morning activities for adults will include mindfulness meditation and a more in-depth study of the Karuna (Compassion) practice.

Following the vegetarian lunch, the afternoon activities will begin with families cooperating in planting our own jade plants from leaves. We will also incorporate Mindfulness and Compassion with the three age groups to include a presentation of their projects. The afternoon will conclude with a Dedication of Merit. This promises to be a very special day. Come and join us!

All MABA events are free and open to the public.

www.maba-usa.org for directions and information

Donations are accepted.

For this event pre-registration is required

Register early, as space is limited.

Contact donthushu@yahoo.com