



Dinh Quang Temple is grateful to be the most recent addition to the DTO family.

In 2010, the Vietnamese Buddhist community in Springfield, Missouri, worked together to invite a monastic to found a temple here. We had the wonderful fortune to welcome Thay Thich Thong Chanh to our city. Under his leadership, our temple was built in 2012 and our community has been growing ever since. The temple gates are inscribed with the words, “Mindfulness is a source of happiness.” The grounds are maintained with this spirit, hoping to make a space where people can feel well-supported to practice the cultivation of virtue, generosity, wisdom, and love.

In 2017, Thay Chanh approached a few of us with the idea of creating an ecumenical English-speaking service at the temple. Generous friends at Dong Hung Temple helped us develop a service book, and we were able to begin a weekly chanting and meditation service in September of that year. We’ve slowly added a monthly Day of Mindfulness, Dharma classes, holiday celebrations, and community programs. Additionally, our group is largely made up of participants from marginalized communities, and socially engaged Buddhist principles and practices have been important to us.

Our group began with a core of people who had been studying and practicing with the Buddha’s teachings for many years, but we knew that this would not be the case for most people investigating Buddhism in our area. So it was important for us to both provide opportunities for people to deepen their understanding and practice of the Dharma, as well as develop leadership. We began seriously discussing the possibility of becoming a DTO sangha in March 2019. With the help of other DTO sanghas, we began our class last September, and Thay Chanh and I were able to attend the December retreat in Virginia. It was wonderful to put faces to all our email exchanges, and we are looking forward to getting to know each other even better in the months ahead!

Like all of you, we are now adapting to the COVID-19 pandemic. We have moved our services and Dharma classes online, with some ongoing challenges to work out. But, even though we cannot practice at the temple, it has become more meaningful than ever that Avalokitesvara, the Bodhisattva of Compassion, is prominently featured there, including a 17 foot tall statue in the courtyard. She is pouring out the dew of compassion, a blessing of peace and life on all beings, as well as a symbol of purification and healing. And in our evening service, we evoke the Bodhisattva with the words: “We aspire to learn your way of listening in order to help relieve the suffering in the world. You know how to listen in order to understand.” So we are dedicating our Dharma practice as an act of compassion and generosity to ourselves, and to the world. We gratefully join all of you in cultivating a practice that can lead us to the end of suffering.

With a deep bow,
David Ketchum

The
Dharma
Teacher
Order
Welcomes

A new
Sangha



From
Missouri



Photos from Dinh Quang Temple



Chant from Plum Village

Namo Avalokiteshvara Plum Villlage Dreamforce 2016

https://www.youtube.com/watch?v=ojb2L9Kbyk4&list=RDojb2L9Kbyk4&start_radio=1

This page is
dedicated to
the
practice of
Compassion.



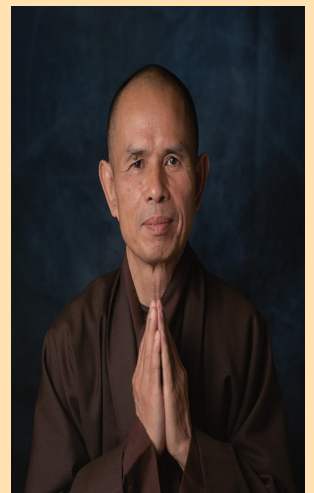
Listen to Thich Nhat Hanh's Teaching...

Many of Thich Nhat Hanh's Teachings can be found on YouTube.

*This one is his Dharma Talk on
The Practice of Compassion.*

Right click on following link, click on "open hyperlink" from drop-down menu if prompted.

[The Practice of Compassion | Dharma Talk by Thich Nhat Hanh, 2013.11.03](#)



Mentors' Meeting via Zoom Thanks to Sister Pháp Lan

Dear Mentors,

It was wonderful to see so many of you today. I have included a candid screen shot, and a link to the portion of the meeting that I recorded.

<https://onedrive.live.com/?authkey=%21Ald2nc7yUUnfOJ4&cid=AD0F5B11340B4243&id=AD0F5B11340B4243%21114623&parId=AD0F5B11340B4243%21130&o=OneUp>
Cathy Hill's Zoom Meeting 415172894

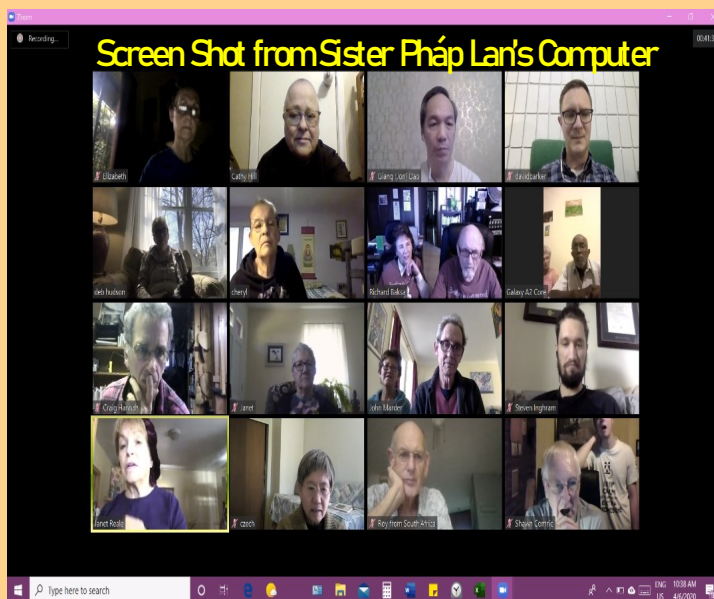
Since my computer ran out of juice in the middle of the meditation (live and learn), the discussion that followed was not recorded, but here is the gist of it.

1. We will have monthly meetings, and will alternate between 10:00 am and 2:00 pm meetings, to try to accommodate mentors in different time zones all over the world.
2. The meetings will be scheduled to last for 1 hour 15 minutes. We can adjust this, as needed.
3. The first few minutes will be informal, and will allow people to join the meeting and work out tech issues.
4. Then we will have a brief check-in: What's your name? Where are you? How long have you been a mentor?
5. This will be followed by a discussion. Questions, comments, ideas, on any topic pertinent to our students, the Course, our practice, challenges, etc.
6. We will chant the Om Mani Padme Hum together, with microphones on, followed by sitting meditation. The meditation will be for approximately 30 min., but if that is too long for you, feel free to bow out early.
7. Some people were having trouble with bandwidth. Some suggestions were to dial in with audio only; try turning the video off. Feel free to bow in and out at any time during the meeting if you are unable to joins us for the entire time, for whatever reason.

Our next gathering will be on May 4 at 2:00 pm CDT. I will send out an invitation in a couple of weeks. None this is set in stone. We are flexible! Thank you so much for all that you do for our incarcerated brothers and sisters. I look forward to seeing you next month! With metta, Phap Lan



*May all beings be well.
May all beings be happy.
Peace, peace, peace.*



of

Notes from Maeve Eng-Wong on her Meditation Group

I find myself steeped in practice, mandated to be in my home with my family, doing psychotherapy through the computer and working in the hospital, very aware of the impact the virus is having on my working relationships and on all of my relationships. I, like everybody else in some way, have been forced out of my comfort zone, asked to engage with technology, to manage my resistance to change and most of all to be attentive to myself without the daily habits that have offered me distraction and escape for most of my life.

Strangely, within this pervasive upheaval and uncertainty, I find myself feeling profoundly grateful for the pause, this excuse to drop out of the busyness of my life and to drop into another experience. In the process of finding solitude in the physical separation from others and from entrenched habits, my heart bursts with gratitude. Gratitude for being reminded of what truly matters. This pause is asking me to be present to my grief about the state of this country and the world; to the ways in which we have not been caring for one another and to how quickly suffering arises in all of us as a result. I also feel gratitude for the ways in which we have been caring for one another. The space I have been given calls my attention more deeply to the endless internal chatter and intense feeling states arising, the ways in which delusions want to numb and distract me, and, most profoundly, it highlights my discomfort with not knowing. It is teaching me that I have to be willing to practice being completely present as it all unfolds.

While adjusting to sheltering in place, I have found that maintaining the routine of my daily meditations most comforting and nourishing. Sitting is my heart connection to Buddhism. It is a way of life for me. And this practice, for which I am eternally grateful, is only enhanced when I am offered the opportunity to sit with other humans. As I find myself in the house for more hours than ever before, deciding what needs to be attended to and what I no longer want to be attentive to, I find myself particularly grateful for my Friday night meditation group, a group that has been meeting for the last ten years. Some of the faces have changed, but the group continues. Since we are no longer able to meet in person, we have made what feels like a seamless transition to zoom.

I have always referred to this weekly ritual as my eclectic meditation group. We talk about politics, religion, relationships and we share personal stories, with few boundaries. And yes, we do talk about the Dharma when the opportunity arises and it feels right, but mostly we just share the dharma of life. There is no agenda or requirements, we simply bring ourselves and no matter what topics are discussed, somewhere within our hour or hour and a half together from 7:30 to around 9:00 pm, we always meditate together. We do Metta meditations, guided meditations, Samatha meditations, Vipassana meditations, mindfulness-based meditations and silent meditations. Sometimes we discuss articles or books, but mostly we offer each other compassionate companionship along the path. Some identify as Buddhist and some do not. We give to each other the gift of being ourselves together and somehow that simple, yet profound gift is the deepest teaching.

We now sit with the crisis and uncertainty the virus has highlighted and we will sit when the focus changes and morphs into something different. We offer merit to those who are suffering and that is enough in that moment; we are enough in that moment, and that fills me with spirit. The spirit that sparks continued practice.

Food for Thought from Fernando Camacho

KEEP
CALM
AND
READ
ON

Pema Chodron has a wonderful way to uncover our way of thinking and teach us how to deal with those tendencies. Many of these teachings are not easy to follow or achieve and require much dedication, concentration and wisdom. Here is an article to open up your mind, to open up your horizons and learn to dwell in the Middle way.

<https://www.lionsroar.com/six-kinds-of-loneliness/>

