



News and Events

Volusia Buddhist Fellowship

Winter 2014

Volume 2, Issue 1

Special points of interest:

Loving Hearts, Peaceful Mind Meditation Retreat returns this March.

Volusia Buddhist Fellowship now on YouTube.

Meetings continue in DeLand, New Smyrna Beach and Palm Coast.

Dharma talks and services in Palatka, Mims, Orange City, Marion County & elsewhere.

In this issue:

Volusia Buddhist Fellowship Meetings **1**

Buddhism Basics Series **1**

Loving Heart, Peaceful Mind Meditation Retreat **2**

Outreach and Related Events **2**

Volusia Buddhist Fellowship Meetings & Events

DeLand Meetings

Meetings are at 7 p.m. every Wednesday and at 5 p.m. on the last Sunday of each month at the First Unitarian Universalist Church of West Volusia, 116 S. Clara Ave., DeLand.

The first Wednesday of each month includes a guided meditation geared toward the "basics," either mindfulness of breathing, cultivating loving-kindness or cultivating compassion.

Guided meditations on the third Wednesday of each month vary according to the topic of discussion. We have 20-30 minute silent meditations on the other Wednesdays.

Our monthly Sunday service is followed by a social hour at 6 p.m.

New Smyrna Beach Meetings

Our New Smyrna Beach Buddhist Fellowship meetings are at 6:30 p.m. on the second Sunday of each month. Meetings are at Chi Ling Pai Academy, 511 N. Orange Ave., New Smyrna Beach.

Palm Coast Meetings

Our monthly Palm Coast Meditation and

Dharma meetings are 6-7:30 p.m. at the Flagler County Library, 2500 Palm Coast Parkway, Palm Coast. Our 2014 meetings are on the second Thursday of the month: February 13; March 13; April 10; May 8; June 12; July 10; August 14; September 11; October 9; November 13; December 11.

Change Your Mind Day

Watch for date and location to be announced for the 10th Change Your Mind Day Central Florida. We hope to return to West Volusia for the 2015 date. Change Your Mind Day is an international event founded by Tricycle Foundation. Volusia Buddhist Fellowship organized the first Change Your Mind Day Central Florida in 2005. Since then, it has rotated between DeLand and other sites in our region.

Join Us on the Web!

Attend selected Volusia Buddhist Fellowship dharma talks and services online—subscribe to our YouTube channel. Search YouTube for Volusia Buddhist Fellowship or link from our volusiabuddhist.org.

Buddhism Basics Series

Beginning with our New Year's Day service, our Wednesday meetings include a 9-week series of "Buddhism Basics" dharma talks.

Beginning with the story of the Buddha's spiritual search and continuing

through the Four Noble Truths, The Noble Eightfold Path and the other key concepts, this series was conceived to help you put the teachings into practice—to help you transcend stress and live more peacefully.

These talks are also recorded and posted on YouTube so people who can't make all the meetings can still follow the entire series. Links to the videos are on our website under the Meditation, Talks and Other Media tab.

Volusia Buddhist Fellowship

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Loving Heart, Peaceful Mind Meditation Retreat

March 27-30. Sensei Morris will lead a four-day meditation retreat, *Loving Heart, Peaceful Mind*, at the Gainesville Retreat Center, 1551 SE 51st Street, Gainesville.

This program includes intensive instruction and practice using the Brahma-Viharas meditations for self-exploration and improved relationships. Along with traditional practices described in the *Visudhimagga*, participants will also learn how to apply Naikan and Rational Buddhism (RB).

Costs at the center for food and accommodations varies. A nominal materials fee covers the cost of the *Loving Heart, Peaceful Mind* workbook and an MP3 disk of guided meditations. Dharma instruction is by donation.

For details, visit volusiabuddhist.org or gainesvilleretreatcenter.com.

Outreach and Related Events

Unitarian Congregations

Once each month, Sensei Morris speaks at **All Souls Unitarian Universalist Congregation** in Palatka. These talks are usually on the second Sunday of the month and focus on applications of Buddhist teachings to day-to-day spirituality.

All Souls meets at 11:00 a.m., at 429 Kirby St. Upcoming talks: February 9, *Love*; March 9, *Teachings from Nature*; April 13, *TBA*.

Mosaic Unitarian Universalist, 1725 S. Volusia Ave., Orange City. mosaicuu.org. Services at 10:30a.m. February 16, *Engaged Buddhism*; March 16, *TBA*.

First Unitarian Universalist Church of West Volusia, 116 S. Clara Ave., DeLand.

www.orgsites.com/fl/uudeland. April 20, *TBA*, June 22 (Topic *TBA*), November 16, *TBA*.

Unitarian Universalist Fellowship of Marion County, 7280 SE 135 Street, Summerfield. uufmc.org. 10:30 a.m. March 30, *TBA*.

Other meetings are to be announced. For updates, check the Meetings and Events schedule at www.volusiabuddhist.org.

White Sands Buddhist Center

First Sunday services. On the first Sunday of each month, Sensei Morris gives a teaching and leads meditation from 9:00-10:00 a.m. during the regular weekly chanting and meditation service at WSBC.