

Ecumenical Buddhist Society of Little Rock—Weekly Schedule of Events

www.ebslr.org

Sunday

- 9 - 9:30 a.m.** **Silent meditation**—in the silence, you can practice whatever meditation style you prefer. Contact Mick Wiggins at mick@mickwiggins.com
- 10 - 11:15 a.m.** **Vajrayana practice (Tibetan Nyingma lineage)**—singing, chanting, and tantric meditations. Detailed instructions and discussion class is offered on the second Sunday of every month. Contact Cheryl Woodard at Cheryl@publishingbiz.com, Karen Wisdom at 681-2895 or yeshewisdom@gmail.com, or Charlotte Besch at cabesch@midsouth.ualr.edu.
- 5:30 - 6:30 p.m.** **Mindfulness practice (Vietnamese Zen tradition)**—sitting, walking, chanting, and group discussions following the tradition of Thich Nhat Hanh. Contact Doug Barton at douglaskbarton@gmail.com (501-920-5348), Paul Carreras at pcarreras1@gmail.com (501-413-7808), or Marcia Zamora at marciazam@sbcglobal.net (501-944-8434).
- 7 - 8 p.m.** **Vipassana practice (Theravada tradition)**—sitting, walking, and group discussions. Contact Larry Dearmon at 663-7654, Mindy Simonson at mesimonson@gmail.com, or Doug Holmes at doug.holmes.42@gmail.com

Monday

- 7 - 7:30 a.m.** **Silent meditation**—in the silence, you can practice whatever meditation style you prefer. Contact Mick Wiggins at mick@mickwiggins.com
- 11:30 - noon** **Silent meditation**— contact Mick Wiggins at mick@mickwiggins.com.
- 6 - 6:30 p.m.** **Silent meditation**—sitting quietly with a group. Contact Philip Buck at 258-9075 or buck_pb0@yahoo.com

Tuesday

- 7 - 7:30 a.m.** **Silent meditation**—in the silence, you can practice whatever meditation style you prefer. Contact Mick Wiggins at mick@mickwiggins.com
- 11:30 - noon** **Silent meditation**— contact Mick Wiggins at mick@mickwiggins.com
- 6 - 7 p.m.** **Kwan Um Zen (Korean Zen tradition)**—prostrations, chanting, sitting, and short readings. Contact Lucy Sauer at 661-1669 or lucyhauer@gmail.com
- 6:30 - 7 p.m.** **Silent meditation**—sitting quietly with a group. Contact Lisa Kessler at alphy18@hotmail.com

Wednesday

- 7 - 7:30 a.m.** **Silent meditation**—in the silence, you can practice whatever meditation style you prefer. Contact Mick Wiggins at mick@mickwiggins.com
- 11:30 - noon** **Silent meditation**—contact Mick Wiggins at mick@mickwiggins.com
- 6 - 7 p.m.** **Vajrayana practice (Tibetan Nyingma practice)**—chanting, mantra recitation, and tantric meditation of the Dakini Heart Essence. Contact Ellis Widner at 590-8037 or ellis@jnanasukha.org. Practice done first three Wednesdays of the month. **Vajrayana practice (Tibetan Sakya practice)**—chanting, mantra recitation, and tantric meditation of deity practices of Chenrezig, Medicine Buddha, and others. Contact Charlotte Besch at cabesch@midsouth.ualr.edu. Practice done on last Wednesday of the month.
- 7 - 8 p.m.** **Community Meditation Workshop**—this open workshop helps people establish and develop their personal meditation practice teaching Shamatha or “Calm Abiding” meditation with short meditations and group discussions. Lead by EBS Meditation Instructors. Contact Mick Wiggins at mick@mickwiggins.com

Thursday

- 7 - 7:30 a.m.** **Silent meditation**—in the silence, you can practice whatever meditation style you prefer. Contact Mick Wiggins at mick@mickwiggins.com
- 11:30 - noon** **Silent meditation**—contact Doug Holmes at doug.holmes42@gmail.com
- 6 - 7:30 p.m.** **Soto Zen (Japanese Zen tradition)**—sitting, walking, chanting, and book discussion. Contact Summer Wind at 606-5847 or at sirensound1@gmail.com
- 7 - 8 p.m.** **Vajrasattva Practice (Tibetan Buddhist tradition)**—chanting, meditation, and group discussion. Contact Melissa Gill at meegill@gmail.com and Karen Wisdom at yeshewisdom@gmail.com

Friday

- 7 - 7:30 a.m.** **Silent meditation**—in the silence, you can practice whatever meditation style you prefer. Contact Mick Wiggins at mick@mickwiggins.com
- 11:30 - noon** **Silent meditation**—contact Doug Holmes at doug.holmes42@gmail.com
- 6 - 6:30 p.m.** **Silent meditation**—sitting quietly with a group. Contact Doug Holmes at doug.holmes.42@gmail.com

Saturday

- 9 - 9:30 a.m.** **Silent meditation**—in the silence, you can practice whatever meditation style you prefer. Contact Mick Wiggins at mick@mickwiggins.com
- 10:30 - noon** **Vajrayana practice (Tibetan Nyingma lineage)**— sitting, chanting, and listening and discussing dharma talks. Contact Melissa Gill at meegill@gmail.com

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- Every month:**
- 1) **Introduction to Buddhism class**—first Monday of the month at 7 p.m.
 - 2) **Open Board Meeting**—second Thursday of the month at 6 p.m.