

Meditation and Contemplative Groups In and Near Northwest Arkansas

2006

We present this directory to nurture
spiritual development and supportive community.

These listings are also available online at
<http://www.nwabuddhist.info>,
and will be periodically updated there.

To request free printed copies of this directory; to
add your group to our online site; to suggest revisions
and corrections for group listings; to inform us of unlisted
groups; or to share news of upcoming retreats, talks, and
gatherings, please feel free to contact Geoff Oelsner
at (479) 521-2395 or greenwaters@cox.net



May All Beings Be Happy

*“Re-examine all that you have been told,
At school at church or in any book,
Dismiss whatever insults your own soul,
And your very flesh shall be a great poem.”*

--Walt Whitman, Leaves of Grass

Meditation and Contemplative Groups in Northwest Arkansas

Arkansas Yoga Center (AYC)

Expert instruction in yoga, Nia aerobic movement classes, Tai Chi, and meditation. Located at 1949 N. Green Acres Rd. in Fayetteville.

For more information, contact Andrea Fournet at 479-521-9642 or go to www.aryoga.com

Buddhist Meditation and Spiritual Support Group

This group has met weekly since 1996. Facilitators at present (rotating) include Geoff Oelsner, Joshua Newman, and other group members. Meetings generally consist of two 20 minute Buddhist meditations with instruction for beginners, and open discussions designed to support participants' spiritual development. Meets 7 - 8:30 PM Thursdays upstairs at the Arkansas Yoga Center (see above for address), just east of the Woodland Junior High School parking lot. Free of charge and open to all.

For more information call Joshua Newman at 479-422-6526 or Geoff Oelsner at 479-521-2395 / greenwaters@cox.net

Please note: this group is taking its first recess in a decade during the months of July and August, and will resume its weekly meetings on Thursday, September 7, 2006 at AYC. New formats for the group are under discussion-- your input is welcome.

Center for Conscious and Creative Living

A new Fayetteville Science of Mind Center, established in Fayetteville under the direction of Rev. Denise Schubert. The Center is centered around prayer and meditation and offers a Wednesday evening meditation service at 7 PM, a monthly guided meditation the last Friday of every month at 8 PM, and a beautiful and peaceful meditation room which is available an hour before every Sunday and Wednesday service as well as during all Center activities. Located at 102 N. School Avenue, Fayetteville.

Contact Rev. Denise Schubert at 479-443-6568 or email revdenise@cclcenter.com. Web site: www.cclcenter.com

Circle of Light

A spiritual center in Eureka Springs, AR. It focuses on opening the hearts of humanity and bringing soulmates (also called "Twin Flames") together in God's Love. The Circle of Light's work is based on the Messages from God, brought through by Yael and Doug Powell in a daily mystical communion for

over 35 years (there are presently 87 notebooks of these Messages and many tapes). Five published books of compilations of these Messages both on soulmates and on Christ Consciousness are available through the www.circleoflight.net website or on amazon.com. There is an email sign up on the home page to receive bimonthly Messages from God and a newsletter.

Tuesday evenings each week Yael speaks a Meditation from God. People may attend in person, or one may choose attend by phone bridge. Simply dial 605-772-3300, then dial pin #679076 at 8 PM Central time any Tuesday to hear these meditations by phone.

Circle of Light maintains other websites, www.unitingtwinflames.com and www.netoflight.com. Circle of Light, 3969 Mundell Road, Eureka Springs, AR 72631. Contact: Shanna MacLean at 479-253-6832 or 866-629-9894 or connect@circleoflight.net

Fayetteville Soto Zen Center

Meets each Monday evening at 7 PM at United Campus Ministries at the corner of Maple and Storer. Enter the uphill side-door, turn left, and go to the top of the stairs. The practice of Zen involves focusing the mind on nothing while being totally aware during meditation (zazen). Participants sit zazen facing the wall for 30 minutes, do walking meditation for 10 minutes, and go back to sitting meditation for another 20 minutes. This is usually followed by a Dharma talk* and a brief discussion. Cushions are provided.

For more information, call group leader Jack McDowell at 479-789-2531. For a collection of Jack's Dharma talks go to zentalks.blogspot.com. Writing under his Zen name-- Kan-za — he hits the timeless bull's-eye every time.

Fire Om Earth Studio

This restful center for restoration and creativity is found at Flat Walk Ranch, on the outskirts of the picturesque Victorian Village of Eureka Springs. Owners Lorna and Craig Trigg Hirsch are artists who create hand-crafted folk, percussion and wind musical instruments. Lorna teaches Belly Dance, with an emphasis on women's Spirit Dance. Craig teaches Restorative T'ai Chi, focusing on breath and balance, and helps people with physical disabilities through movement and meditation practices. Workshops and retreats are offered in the Spring and Fall, in all aspects of creativity, and spiritual awakening.

To sign up for their newsletter, or to see their work and find out about upcoming workshops, go to www.fireomearth.com

Hindu Association of Northwest Arkansas

members meet every Saturday between 4 till 7 PM and Sunday morning 10 till 12 at the Association's prayer hall in Gentry to chant sacred Hindu slokas like

Lalitha Sahasranamam and Vishnu Sahasranamam. The members have a study group that meets the first Saturday of every month to read the holy Bhagavad Gita. The group follows Swami Chinmayanandji's explanatory commentary on the Gita. Teachers from the Chinmaya Mission in Dallas visit here periodically.

Please contact Mr. B.K. Vasan at vishvas@sbcglobal.net for more information.

Krishnamurti Study Group

Meets intermittently to read and discuss the writings and teachings of philosopher, teacher Jiddu Krishnamurti (1895-1986).

For information contact Andrew Sieff, andyrew@intergate.com, (479) 582-2393.

Note: Krishnamurti talks and dialogues are presented regularly on Fayetteville Community Access T.V. (C.A.T.), Channel 18. Times: Sunday 11 AM, Tuesday 8 PM, Thursday 9 PM. (Times may be subject to change. Contact C.A.T. at 479-444-3433 in case of discrepancies.)

Mindfulness Group

This group meets at Annee Littell's house in Fayetteville. People can contact her for current information on meeting days. The group meets twice a month in the evenings. Participants practice sitting and walking meditation and then have a short reading with time for people to respond or to share anything that they want to.

To learn more, call Annee Littell at 479-521-2164, alittell@fayar.net

The Morning Star Zen Center

Located in Fayetteville, near the University campus. The Center was founded in 1986 and is an affiliate of the Kwan Um School (www.kwanumzen.org) of Zen. It offers Zen practice twice weekly: morning practice on Sundays at 9 and evening practice on Wednesdays at 5:30. Both include chanting and sitting (and sometimes walking) meditation, followed by a Dharma talk or reading and an opportunity for questions or discussion. The Center also holds one-day or weekend retreats at least once a year. Beginners are welcome.

The Center can be reached at 479-521-6925 or at btaylor@uark.edu

The Northwest Arkansas Meditation Circle

An affiliate of Self-Realization Fellowship which was founded by Paramahansa Yogananda in 1920. Services include meditation, devotional chanting, a

healing prayer service, and a group reading of *The Second Coming of Christ*. In this well-received publication of 2005, Yogananda imparts the life-transforming realization that each of us can experience for ourselves the promised second coming-awakening of the Divine Consciousness latent within our souls. In his words, "...contact with this consciousness, experienced in the ever new joy of meditation, will be the real second coming of Christ — and it will take place right in the devotee's own consciousness." The group meets at 902 W. Maple in Fayetteville from 2:30 to 5 PM. each Sunday.

For more information, please e-mail nwar_meditation_circle@yahoo.com or hizikis@yahoo.com or call one of the following: 479-443-6482; 756-6152; 443-2508. A Newton County group meets twice monthly for meditation, chants, and readings. Please call 870-861-5521 for more information.

Ozark Research Institute (ORI)

Healing meditation meeting: a meditation group where, through loving intent, 'distant healing energy' is sent to those in need across the country. These meetings are open to anyone interested in the Power of the Focused Mind. Every Tuesday, 7:30-9 PM (one hour of this time is devoted to several guided meditations for individual and collective healing), ORI Headquarters, 221 S. Locust Avenue, Fayetteville.

Call ORI 479-582-9197 for current information on this and other groups, classes, and workshops.

Radha Soami Society

Welcomes all to attend discourses on its spiritual approach, which is of Eastern origin but distinct from Hinduism or Buddhism. Its Science of the Soul Study Group meets on the 2nd and 4th Sundays of each month, from 10-11 AM. Individuals who become seriously interested may request initiation into the Radha Soami Society, and upon initiation will receive meditation instruction.

For more information contact Patrick Holiman at 479-582-4629

The Religious Society of Friends (Quakers)

Meets at United Campus Ministries, 902 W. Maple, on the corner of Maple and Storer Streets in Fayetteville. The transformation of inner faith into outward action is the focus of this group. Although Quakers do not maintain a creed, their Testimonies of peace, simplicity, equality, community, and integrity are the collective outward expression of inner grace and divine leading.

During the "Meeting for Worship" Quakers gather in reverent silence for an hour, filled with the desire to draw nearer to God and one another. No one person is designated as minister; rather, all attending share equally in

ministering to one another. Those who feel led by the Spirit may speak out of the silence. Sunday morning worship is preceded by 15 minutes of singing beginning at 9 AM. An additional midweek meeting for worship takes place each Wednesday at 6 PM. In addition, Quakers meet regularly for other forms of worship, study, and business.

For more information contact David or Susan Schoen at 479-251-9255 or daveschoen@gmail.com

St. Paul's Episcopal Church

Offers an ongoing contemplative sitting group 8:30 AM and 4 PM, M-F, except on holidays, and other resources for Christian prayer and contemplation. Over the years, St. Paul's has broadened its activities to include community outreach to the homeless, a labyrinth ministry, an open dream group, yoga, weekly healing services, Thich Nhat Hanh and Thomas Merton study groups, an excellent lecture series and musical programs, an active youth ministry, periodic group retreats and spiritual pilgrimages, and a variety of Christian contemplative approaches, including Centering Prayer as developed by Father Thomas Keating.

Contact 442-7373 or www.stpaulsfay.org to reach the Church for information on specific activities, or to request a monthly bulletin (The Communicant) which gives a complete schedule of activities and events. To learn more about the labyrinth ministry, email Mary Miller, MLMiller@arkansasusa.com. Call Jean Kebis 479-521-2805 (home) or 479-750-4971 (work) for information on the Centering Prayer group.

The Soka Gakkai International-USA

An American Buddhist movement promoting world peace and individual happiness based on the philosophy and practice of Nicherin Buddhism. According to Nicherin Buddhism, the workings of the universe are an expression of a single principle, Nam-myoho-enge-kyo, the title and essence of the Lotus Sutra. Through the practice of chanting, faith and study, we tap into our Buddha Nature within and transform sufferings into happiness in our individual lives and in our communities. Meetings are held at various times and locations in the area, including a group that meets on the University of Arkansas campus.

For information call Kevin McDonald at 479-422-0146 or e-mail kevin-mcdonald@sbcglobal.net

The Sufi Center of the Ozarks

A local center of the Sufi Order International, a Sufi tradition brought to the West in the early twentieth century by Hazrat Inayat Khan. This great teacher conveyed a message of the unity of religious ideals and of love, harmony, and beauty for all humanity. The Sufi Order seeks to promote the awakening of humanity, our kinship with one another, and our union with the one Creator. The Sufi Center of the Ozarks aspires to achieve these same ideals. Hazrat Inayat Khan's son, Pir Vilayat Inayat Khan, and his grandson, Pir Zia Inayat Khan, have continued his teachings.

The retreat process is an important part of the Sufi path. Individual and group retreats are held frequently. The Sufi Center of the Ozarks meets each Thursday in Eureka Springs at 6 PM for a pot luck supper followed by devotions at 7 PM which include prayer, meditation, movement, and the singing of sacred phrases from many of the world's spiritual traditions.

For information and directions you may contact Espabad Babbs at 479-253-6664 or email Espabad@arkansas.net or call Neferti Babbs at 479-253-8303, email rebbabbs@arkansas.net

Supreme Master Ching Hai Meditation Association

"The Quan Yin method" of meditation focuses on the sound and the light stream of God. Those wishing to practice this method must receive initiation by the Supreme Master which requires one's willingness to follow 5 precepts, including vegetarianism. There is a partial form of initiation called "the convenient method" which does not require vegetarianism.

For more information one can go to www.godsdirectcontact.org

A Eureka Springs branch of this international association meets once weekly. The local contact person can be reached at 479-253-8287.

Tibetan Buddhist Practices

Basic meditation and Chenrizig practice (Chenrizig is the bodhisattva or total human embodiment of compassion) held from 11 AM- 12 PM on Sundays. All are welcome.

For more information, contact Pam Dramis at 479-409-3349

Wattle Hollow Retreat Center

Joy Fox's center offers monthly "Dharma Days," 9 AM to 4 PM, with guided instruction in Vipassana (Insight meditation from Theravada Buddhism) meditation techniques of walking and sitting, metta (lovingkindness practices), "sweeping" the body with detailed awareness, and a group discussion of consciousness in daily life. Longer meditation retreats with other teachers are

occasionally available, and private silent retreats with guidance can also be arranged for individuals. Yoga, dance, and cob-building are also on the eclectic menu at Wattle. Cobspaces (sculptured adobe housing) are also available for groups. Near Devil's Den State Park, and south of West Fork on Highway 170, it is a half-hour drive from Fayetteville.

Joy asks, "Are you ready to slow down and look at the wings of a dragonfly as it lights down next to you on the dock, to nod to the fat Chinese carp gliding past in the pond...to hear owls and coyote singing along with the frogs in the evening...to stroll along the Peace Path through the woodlands and stop to meditate on a 6' tile mandala or climb down to the creek on a rock stairway?"

Check wattlehollow.com for more information. Contact Joy at 479-521-7148 or joyfoxwath@aol.com

The Unitarian Universalist Buddhist Fellowship

Meditation and discussion every Tuesday evening at 7 PM at the Unitarian Universalist Fellowship of Fayetteville, located at 901 West Cleveland Street in Fayetteville. These sessions are open to any and all who feel an affinity with both Unitarian Universalism and Buddhism. Sessions are led by volunteers from the group. The meditation is silent and unguided, allowing participants the freedom to practice whatever methods they're most comfortable with. A 10 to 15 minute check-in is followed by 20 minutes of meditation. The last 30 minutes consist of a group discussion of a topic or reading selected by the meeting leader.

For more information, call the Unitarian Universalist Fellowship at 479-521-8422 or visit buddhist.fayettevilleunitarian.org. This group is convened by James Ownbey who has studied in retreat under the highly respected American Tibetan Buddhist Dzogchen teacher Lama Surya Das. James also maintains an excellent website at www.nwabuddhist.info which includes the resources listed in this directory, and others.

Unity of Fayetteville

Ben Worth, J.D., founder of the American Buddhist Center in Kansas City, MO, facilitates a monthly Saturday Vipassana Insight Meditation. These retreat days are often held on the third Saturday of the month from 9 AM till 4 PM. People are asked to bring a pot luck lunch which will be shared in silence. As with all of Ben's teachings there is no fee, but donations are accepted. Call Unity for details and directions at 442-0680, or check www.unityfay.org.

Unity members and friends also offer Morning Mindful Meditation. 8 -10 AM Wednesdays. 332 N. Fletcher Avenue, Fayetteville. This includes 30 minutes of meditation, a dharma video, sharing of insights and finally another 30 minutes of meditation. All welcome; no fee. Call Kate at 479-443-0961.

Meditation/Contemplative Groups Near Northwest Arkansas

Benedictine Spirituality and Conference Center

at St. Scholastica Monastery in Fort Smith (1205 S. Albert Pike) has long presented an annual schedule of retreats and programs on various spiritual topics and has provided space for private and directed retreats for individuals.

For more information, check the website at www.scholasticafortsmith.org, call 479-783-1135, or e-mail retreats@scholasticafortsmith.org or.

Ecumenical Buddhist Society (EBS)

EBS offers the most complete selection of different Buddhist practices available in our region. Wonderful Buddhist teachers come to Little Rock to share the Dharma at EBS throughout the year, some of whom also come up to the Fayetteville-Eureka Springs areas to give talks and lead retreats. The EBS website at www.ebslr.org is an eye-opener. You will find talks, workshops, and regular meditation practice schedules of groups of Buddhist students in the Tibetan Nyingma and Sakya lineages; in the Zen Kwan Um, Mindfulness (Thich Nhat Hanh), and Rinzai lineages; in the Vipassana (Theravada) tradition, as well as three silent sitting groups with no lineage affiliation and a Buddhist/Christian contemplative group. EBS presents children's programs, too. And, you can subscribe to the EBS online newsletter, The Ecumenical Buddhist.

For more information or to see a practice group schedule, go to www.ebslr.org or call 501-376-7056. Located at 1015 W. Second Street in Little Rock.

EBS members also coordinate a prison ministry, under a non-profit organization called "Compassion Works for All," which has its own website at www.dharmafriendsprisonoutreachproject.com

Mid America Dharma

A regional organization that offers vipassana (or Insight Meditation) retreats. It offers an extensive website of vipassana groups in the Heartland, including groups in Missouri, Kansas, Oklahoma, Arkansas, and Louisiana-- the most comprehensive single collection of listings for Buddhist practice groups of this type which we have found to date.

The site can be found at <http://www.geocities.com/~madg/>
Its coordinator can be contacted at Mid America Dharma, 455 E. 80th Terrace, Kansas City, MO 64131, 573-874-0881. Email: phil@midamericadharm.org

The Mindfulness Center for Healthy Living

in Little Rock offers courses, programs, and retreats for learning mindfulness meditation and fostering mindful living. Based on the work of Jon Kabat-Zinn at U of Mass, the Mindfulness-Based Stress Reduction Program provides the foundation for the Center. Participants learn new ways to reduce the stress of everyday life and improve coping skills using simple exercises in meditation, relaxation, and yoga.

For more information about upcoming retreats and programs (including some from time to time in NW Arkansas), contact Sandy Pope at 501-821-3463 or mindfulnesscenter@yahoo.com

Osage Monastery

just west of Tulsa in Sand Springs, Oklahoma, is a Roman Catholic retreat center founded by Benedictine nuns in 1980. Participants experience contemplative prayer in a monastic ashram life-style. The average length of retreat is six to eight days, but more extended stays are possible. Sources of inspiration include: "Christian Zen, Ruben Habito, Father Bede Griffiths [the late Christian-Hindu mystic], the desert fathers and mothers, Meister Eckhart, Centering Prayer, vipassana, Jesus Prayer, Philokalia, intermonastic dialogue."

Sister Benita Luetkemeyer, O.S.B., is the present Prioress. Sr. M. Pascaline Coff, O.S.B., Foundress.

For more information, call 918-245-2734 or email osagemonastery@juno.com or see www.ForestofPeace.org; www.benedictinesisters.org; or www.laycontemplative.org/thesites/osage.htm

Rime Buddhist Center and Monastery

in Kansas City, Missouri, under the able direction of Lama Chuck Stanford, is a huge resource in this part of the country, with many lively ongoing classes (including ones on meditation and on providing meditation instruction); short retreats with world-renowned Tibetan Buddhist lamas; and annual pilgrimages to India. Lama Chuck also is involved in an active prison outreach ministry. The Tibetan word "rime" (pronounced "ree-may") means "unbiased," and connotes nonsectarian values. The Rime movement began in 19th century Tibet and inaugurated greater communication and cooperation between the different Buddhist lineages there-- so Rime groups tend to be eclectic and ecumenical. His Holiness the Dalai Lama is a strong supporter of Rime.

For more information, call 816-471-7073 or visit www.rimecenter.org

St. John's Center for Spiritual Formation

5840 S. Memorial Drive, Suite 305, Tulsa, OK 74145, is an interfaith meditation center offering six-week classes in mindfulness meditation; ongoing meditation classes three times per week; daily meditation sittings seven days a week; individual spiritual direction and meditation therapy by appointment; guest speakers; retreats; special events. Executive Director: Sr. Ellen Finlay.

Contact Person: Cynthia Burgess Phone & Fax: 918-663-4747 Email: sjcenter@intcon.net Website: www.sjcenter.com

Show Me Dharma

"The Insight Meditation Community of Mid-Missouri," is a wonderful on-line resource that lists 3 Insight Meditation groups in Columbia, MO, and one in Jefferson City (not Rev. Dhammaruchi's Vipassana group listed below). Upcoming retreats and other news, dharma essays, and meditation instructions for beginners are also posted on this fine site.

Coordinator, Ginny Morgan. Email: virginia028@centurytel.net, or Phone: 573-817-9942. Visit <http://dharma.missouri.org/meditate.html>

Vipassana Buddhist Church / Center for Buddhist Development

203 East Dunklin Street, Jefferson City, Missouri 65101, is a non-sectarian Buddhist group, but it relies on the Theravadin Pali texts. Sunday Services: 9 - 10 AM with discussion from 10 - 11:30 AM; Tuesday Meditation: 7 - 8 PM; Wednesday Meditation: 7 - 9 PM; Thursday Meditation: 7 - 9 PM

Contact: Rev. H. B. Dhammaruchi, Phone: (573) 635-9544 Email: go2buddha@aol.com. Website: www.vipassanabuddhistchurch.org

Vipassana Sitting Group

in Tulsa, meets Tuesdays, 5:30- 6:30 PM weekly at Nancy Smith's house.

For more information contact Nancy at 918-749-8265, or Susan Singh at 918-749-7004

*"... no knowledge, no law,
can replace the light of love."*

--Olivier Follmi, Homage to the Himalayas (2004)