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| **OCT NEWSLETTER** |

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|  **This Tuesday (Election Night) the Dharma talk will cover  Fear and Anxiety around the Election and in general****Please join us Via Zoom.** **TUESDAYS at 6:30 PM Central Time****Dharma Talks and Meditation via ZOOM**[https://us04web.zoom.us/j/78575258609?pwd=V2lxeWgyTVhCQ3lwNWNza1hrcEtEUT09](https://shoutout.wix.com/so/2cNKt2-Cg/c?w=YSml_kVOSQpedzUDLXrZRtyy705gIiGK4vvn5DJY7sA.eyJ1IjoiaHR0cHM6Ly91czA0d2ViLnpvb20udXMvai83ODU3NTI1ODYwOT9wd2Q9VjJseGVXZ3lUVmhDUTNsd05XTnphMWhyY0V0RVVUMDkiLCJyIjoiZjUzMDZiZmEtNmY1Mi00ZjA3LTM3MTAtMjc3OThlODIxYTdlIiwibSI6Im1haWwiLCJjIjoiZmU3ZGMzNDctYzBkNy00MTBmLWE0YWQtOTA4ZmFmOGNhNWI4In0)Meeting ID: 785 7525 8609Password: 8FoldPath  **Thursday nights at 6:30 PM central time**EightFold Path Series - 2 talks remainingURL: [https://us04web.zoom.us/j/72202248588?pwd=ZzRYQ1BPRTBib2RqZkozNTlxSmNnUT09](https://shoutout.wix.com/so/2cNKt2-Cg/c?w=En8ZH62-Vb29kWzNSLnq7hplBx2WsIMyoR8qykkUg8w.eyJ1IjoiaHR0cHM6Ly91czA0d2ViLnpvb20udXMvai83MjIwMjI0ODU4OD9wd2Q9aHR0cHM6Ly91czA0d2ViLnpvb20udXMvai83MjIwMjI0ODU4OD9wd2Q9WnpSWVExQlBSVEJpYjJScVprb3pOVGx4U21OblVUMDkiLCJyIjoiZjUzMDZiZmEtNmY1Mi00ZjA3LTM3MTAtMjc3OThlODIxYTdlIiwibSI6Im1haWwiLCJjIjoiZmU3ZGMzNDctYzBkNy00MTBmLWE0YWQtOTA4ZmFmOGNhNWI4In0)Meeting ID: 722 0224 8588Password: 8FoldPath    |

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| **Story and Reflection** **Story: Tending the Sick***Adapted from the Theravada Vinaya, translated by F.L. Woodward (edited - condensed)* A certain monk was suffering from dysentery and lay where he had fallen in his own excrements. As the Buddha was walking about, he came to the lodging of that monk. When he saw that monk lying where he had fallen in his own excrements, he went over to him and said, “Brother, what ails you?”“I have dysentery.”“But is there anyone taking care of you, brother?”“No.”“Why is it that the monks do not take care of you?”“I am useless to the monks, therefore the monks do not care for me.”Then the Buddha said to the venerable Ananda, “Go, Ananda, and fetch water. We will wash brother.”When Ananda had fetched water, the Buddha poured it out, and they washed the brother all over. Then the Buddha taking him by the head and the venerable Ananda taking him by the feet, together they laid him on a bed.Then the Buddha gathered the order of monks together, and questioned them, saying, “Monks, is there in such a lodging a brother who is sick? Brethren, is there anyone taking care of him?” “No.”“Why not? Why do the monks not take care of him?”“That brother is useless to the order of monks. That is why the monks do not take care of him.”“Monks, you have no mother and no father to take care of you. If you will not take care of each other, who else will do so? Monks, those who would attend to me, let them attend to the sick.” **Reflection of the story: Tending the Sick***By Kristie Grasis*Wholesome intentions are a fantastic thing. However, without wise action to see the intention through, the objective can become meaningless. It is one thing not to wish someone harm or to wish them well. It is another to put those wishes into action.While reading the story "Tending the Sick," it was easy to relate to the Buddha's compassion. Our Buddha-nature and Buddha heart might immediately sympathize with the sick monk, and in our minds, we want to help him as well. In theory, most of us want to help the injured and tend to the sick, but somehow, that aim does not always translate into action. How often have we intended to help someone, conjuring up in our minds-eye the soup we will make, the ride we will offer, all the ways we can be of service, but often the intention fades away as we get caught up with our personal life.That realization can help us to understand the order of the monks' position. They said, "that brother is useless to the order of monks." Perhaps they were busy learning and training and meditating. They had a clear plan of what they needed to do, and in the busyness of achieving their goals, they had no time to tend to someone. The monks' did not wish the man ill. They did not cast him out or fear him for his sickness. They found him useless to their objectives, so they ignored him.How often have we done that? In the busyness of getting to our destination, how many homeless have we passed by? When a good friend is sick, and bored and lonely, we consider that we need to reach out, but often it is "I will do it right after I….". What would it look like to put people before our task list?This line of thinking might bring us to the question, "did the sick monk ask for help?" When a friend directly asks for something, how hard is it to say "no"? It seems easier to walk by someone in need if they are silent. Does our Buddha nature tend to be more responsive if spoken to directly? Did the sick monk request the other monks' help, or did he feel he was unworthy of assistance or was he perhaps too proud to ask? Our culture tells us that asking for help is weak or that if someone cares for you, they should offer. The truth is we do not mind-read. Open and honest communication, as well as active listening, would go a long way toward understanding what is helpful.When considering the story, we can take away a few things. If ever in need, ask for what will be helpful. The Buddha said, "These two people are hard to find in the world. Which two? The one who is first to do a kindness, and the one who is grateful and thankful for a kindness done." (AN 2.118) To be grateful, we must allow others to do a kindness for us. Sometimes asking for help is the perfect invitation.It might be wise to evaluate how we clutter our lives with tasks, saying, "I wish I could do more." The hard truth is that we should take time to do for others because we are all connected, and those bonds of humanity are what truly matter. Perhaps that was the message the Buddha was imparting when he said, "Monks, you have no mother and no father to take care of you. If you will not take care of each other, who else will do so?"We must take our intentions, our good wishes, and our compassion and turn them into action. That action may be an offering to a person in need, but it can also be asking for help and allowing others to benefit from our thankfulness for a kindness done.   |

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| **A Word from our****Sangha Director....** Our center is open to individuals who wish to have a quiet place to meditate. Please contact Kristie to unlock the door.  With Metta, Lanee HughesSangha Director [sanghadirector@msinsightmeditation.org](https://shoutout.wix.com/so/2cNKt2-Cg/c?w=bmdEw0X-aLMX_oCqQLhms1Tr1ni4foOGeHWEbi5Vgwc.eyJ1IjoibWFpbHRvOnNhbmdoYWRpcmVjdG9yQG1zaW5zaWdodG1lZGl0YXRpb24ub3JnIiwiciI6IjQwZDM0ZDIxLTFjNzgtNGIzYS1hYTNlLTVhNGRlMzQyOWM2NyIsIm0iOiJtYWlsIiwiYyI6ImZlN2RjMzQ3LWMwZDctNDEwZi1hNGFkLTkwOGZhZjhjYTViOCJ9)--Lanee HughesSangha Relations Director   |

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| With Gratitude..... I'd like to thank Julie for offering to forgive our rent for the next two months. Thank you to Angela, who has offered to help get our videos up on Zoom. Thank you to Dee, who has offered to come and clean up from the storm. Thank you to Kim and Alice, who have set up reoccurring donations on Paypal. And a warm bow of gratitude to everyone else who has donated their time and financial support to help keep our Sangha running. |

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| **ReOpening amidst COVID19 Update**Although we have been cleared by our governor to reopen our center, out of an abundance of caution, the board has decided to remain closed until the state of Mississippi has seen a decline in average weekly positive cases/deaths for at least two weeks. Unfortunately, we are not there yet. There has been some talk of hosting outside Dharma talks now that the weather has gotten cooler. We'll keep you posted. MIM is offering multiple ways to stay connected to the Dharma and the Sangha. Our Facebook page has been churning out daily contemplations. Dharma talks and guided meditations can be found on Our Youtube channel. We are now offering Dharma talks through Zoom. I am always available through email (or a phone call if needed). I encourage you to lean into your practice. Be safe, stay well, and I hope to "see" you on Tuesday evenings (via Zoom).With much Metta,Kristie  |

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| [**13367 Chris Dr, Gulfport, MS 39503, USA**](https://shoutout.wix.com/so/2cNKt2-Cg/c?w=rkayiRQxLkRO5C6srrj79BZjXAvtdlSW9y0DYn_nlmY.eyJ1IjoiaHR0cHM6Ly9tYXBzLmdvb2dsZS5jb20vP3E9MTMzNjcrQ2hyaXMrRHIlMkMrR3VsZnBvcnQlMkMrTVMrMzk1MDMlMkMrVVNBIiwiciI6IjdkMDJkODE4LWY5ZjgtNDdhZi0wMGJlLTBkZTBmZGYwMzUwMiIsIm0iOiJtYWlsIiwiYyI6ImZlN2RjMzQ3LWMwZDctNDEwZi1hNGFkLTkwOGZhZjhjYTViOCJ9) |

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| [**Mississippi Insight Meditation**](https://shoutout.wix.com/so/2cNKt2-Cg/c?w=adDOjZj1IDJjzQfMvjPP3EzJuoD-cPuuNGXOGb8odA4.eyJ1IjoiaHR0cDovL3d3dy5tc2luc2lnaHRtZWRpdGF0aW9uLm9yZyIsInIiOiI3ZDAyZDgxOC1mOWY4LTQ3YWYtMDBiZS0wZGUwZmRmMDM1MDIiLCJtIjoibWFpbCIsImMiOiJmZTdkYzM0Ny1jMGQ3LTQxMGYtYTRhZC05MDhmYWY4Y2E1YjgifQ) |

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