

Board of Directors

YonSuk Chung
Head of the Eastern Diocese
143-42 Cherry Ave., Flushing, NY 11355

YieRi So
Administrative Assistant to the Head of the Diocese
143-42 Cherry Ave., Flushing, NY 11355

WonGong So
Head Kyomunim of the Temple
8021 Old NC 86, Chapel Hill, NC 27516

IlDug Kim
Associate Kyomunim of the Temple
8021 Old NC 86, Chapel Hill, NC 27516

Michael Macklin (WonHyong)
President (Interim)
617 Bayberry Dr. , Chapel Hill, NC 27517

Maura High (WonMyeong)
Secretary (Interim)
307 Blueridge Rd., Carrboro, NC 27510

Chon Shoaf
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10030 Hammock Bend, Chapel Hill, NC 27517



From the Dharma Practitioner

Maura High (WonMeyong)



For a little over three years, I have been attending the Won-Buddhism Meditation Temple, a few miles from my house. I go there in all weathers and seasons, for morning or evening meditation, for weekend services and retreats, and many of the special services, programs, and events held throughout the year,

And still, there are some things happening at the temple that I have not attended, some service or program that the kyomunims have thoughtfully offered to people in our community and that people have gratefully participated in. Throughout the year, Rev. Wongong and Rev. IlDug are there, smiling and full of grace, always anticipating and responsive to people's individual needs.

One doesn't need to attend all the events at the temple, of course, in order to have a rich and fulfilling spiritual life with our temple as a spiritual center. Many people live further away from the temple than I do, and have work and other commitments that limit their time. Our kyomunims encourage them to attend services regularly and to devise a plan for a consistent practice in which they can grow spiritually, with the end of realizing their inherent buddha nature and reaching out to other beings in need. In fact, without such a plan, one will never advance, no matter how many services and programs one attends.

I have, in the last three years, come to see how even small acts or thought processes are the workings of a profound truth. In each of our actions, we can choose to be kind and generous, careful and attentive, or their opposites. We can cultivate the empty mind all the time, not just in seated meditation. How fortunate we are to have this temple, and these kyomunims, to guide us on this path!