

Newsletter



Manchester
Buddhist Centre

December 2009

New Year at the Buddhist Centre!

Come and celebrate the New Year here at the Buddhist centre! Ah, to leave behind the business of the Christmas period, just to be with others in a quiet simple way! Come on this mini-retreat to recharge your batteries, spend some quality time with yourself and friends in the Sangha! The main thrust of this event, led by Suryaka and Arthavadin, will be to mark a key moment in the year with meditation, relaxation and simple ritual.

You can book for the whole event - **Thursday 31 Dec 6.00pm - Friday 01 Jan 4pm** - including veggie breakfast and simple light lunch or for Thursday night only. The cost is £40/£30/£20 (waged, low waged, benefits or full time student) for the whole event and £20/£15/£10 for Thursday night only

Please bring veggie food for the shared meal at 6pm on Thursday. Shrine room activity starts at 7pm through till midnight. Bring any of your favourite Buddha images or rupas to put on the shrine. This event is open to anyone who is familiar with the mindfulness of breathing and metta bhavana meditation practices.

Please book at reception, as we need to know numbers! If you intend to stay overnight at the centre, please bring a sleeping bag and check out public transport home on New Years day!

We need a person to organise breakfast and lunch in exchange for a free place! If you would like to volunteer please email:

suryaka@manchesterbuddhistcentre.org.uk

See you there, **Suryaka and Arthavadin**

Jyotivana shrine room appears!

After many months of fundraising, the ground has now been laid out for the new shrine room hut at Jyotivana women's community. So far we've raised £5K, thanks to very generous and sustained help from all our kind friends. Prices for garden hut kits fluctuate according to demand, so, though we still have to raise some more money, we've taken advantage of seasonally low prices to have the wood delivered now. Sona and Mokshapriya will assemble it this very month.

Women are invited to help us stain the hut with wood preservative on **Saturday 12th December, 10am - 3pm**. Please email or phone to let us know if you'd like to help - munisha@clear-vision.org or 0161 792 0966. We'll supply brushes, stain, good company and lunch; please bring work clothes. If you like, stay on for the film night fundraiser the same evening at 7pm. **Munisha**

Sangha Night Classes in 2010

In first few months of **2010** we are exploring the Sevenfold Puja. On **January 11th** Vadanya is coming from Sheffield to give a talk on the *Bodhicaryavatara* (Guide to the Bodhisattva Path), a text by the 8th Century Indian teacher Santideva, outlining in detail how a Bodhisattva (Awakening Being) should live. It's an important and influential text in the Mahayana tradition and our FWBO Puja is made up of verses taken from it. We're lucky to have Vadanya to talk to us, the *Bodhicaryavatara* is a love of his: he's been studying, writing about, giving talks and leading seminars on it for many years.

We'll then look at each of the seven stages of the puja, one stage each week, and also dedicate a week to the Heart Sutra, which we recite between the 6th and 7th stages. We have an exciting line-up of Order members coming to share their love and enthusiasm for the puja with us:

January:

- 18th - Maniraja on Worship
- 25th - Suryaka on Salutation

February:

- 1st - Mahasraddha on Going for Refuge
- 8th - Dayamala on Confession of Faults
- 22nd - Buddhashanti on Rejoicing in Merits

March:

- 1st Ratnaguna on Entreaty and Supplication
- 8th - Chandana on The Heart Sutra
- 15th - Taravandana on Transference of Merits and Self-surrender

Each week we'll perform the puja too and a special feature will be the inclusion of the complete section from the *Bodhicaryavatara* that corresponds to that week's talk. So, for instance, the Worship stage that we recite is taken from a much longer passage that begins like this:

1 That I may fully grasp that jewel, the Mind, I worship here the Tathagatas, and the flawless jewel, the true Dharma, and the sons of the Buddhas, who are oceans of virtue.

2 As many blossoms and fruits and medicinal herbs as there are, as many jewels as there are in the world, and clear refreshing waters;

3 Along with jewel-formed mountains and other places delightful in solitude, the forest groves, creepers brilliant with beautiful flowers their ornaments, and trees, boughs bowed low under the weight of full fruit;

4 And, from the worlds of gods and celestials, scent and incense, magical trees that fulfill every wish and trees laden with gems, lakes adorned with lotuses, where the calls of wild geese steal the heart beyond bounds;

5 Plants which grow wild and those which are sown, and whatever else might adorn the honourable, and all those things unowned within the boundaries and breadth of space;

6 See, in my mind I take hold of all these, and present them to the Bulls among the Sages, and their sons. With great compassion, tender toward me, may those most worthy of gifts accept these from me.

(Translation: Kate Crosby and Andrew Skilton. Windhorse Publications. P.14.)

I hope that the talks and reciting additional verses from the text will give us greater insight into and appreciation of the Puja.

Other Events on Sangha Night

As well as the puja series there are three other Sangha Night events in the New Year. The first, on the **4th January**, is an evening on **Dedication and Resolve**. For the first class of the year we'll reflect on our Dharma practice, dedicate ourselves to practice for the coming year and resolve to make certain changes over the year - either life-style changes to help us improve our practice or personal changes that we'd like to make.

The second, we'll celebrate **Parinirvana Day** on the **15th February** - more in the next newsletter. Thirdly on the **22nd March** Munisha will visit us to talk about the work of **Clear Vision**, the Buddhist Education charity. **Ratnaguna**

For all Women in the Sangha

It's time for the next film night at Jyotivana! It's going to be on **Saturday 12th December at 7pm**. And we've found yet another great film - "Blessings: The Tsoknyi Nuns of Tibet":

"Narrated by Richard Gere, the film explores the unique world of nuns who study under Rinpoche's guidance.....Through unforgettable images and words, the film documents their encounter with the western women who come to help but who leave immeasurably enriched by the power, compassion and unfailing good humour of the nuns."

We really hope you'll be able to join us. Remember you will need to book as places are limited, and it has been full in the past. Call the community on 0161 792 0966, email Phyl on phyllis.blakey@googlemail.com or sign the list on the Buddhist centre notice board. As usual, we'll be offering a meal - and the suggested donation is £10. We look forward to seeing you here! **Fiona**

Call to Writers and Readers

Would you like to join a monthly writers and readers group at the MBC? We could choose a book together, to read for the following meeting's discussion. Those who write can then choose some themes from the book to write about, for sharing at the following meeting. If enough people are interested, discussing six books in a year, we can set up a group. I suggest 5.15 to 6.45pm one weekday. We could book the meeting room or go to Earth Cafe. Please leave a message for me at reception or email to olgakenyon@googlemail.com. Our October Poetry Reading evening generated great interest. **Aryamati**

Sangha Fest Reviewed

I really enjoyed the recent Sangha Fest weekend, and felt it was a huge success. It was the brainchild of Padmadarshini, and we had a brief chat about it a few days before the event itself. She told me how she had no idea whether it would be successful and that she felt it was a big experiment. She had no idea whether 2 or 200 people would take part. It was a real unknown. She also said that she had enjoyed working with the dynamic group of volunteers who had worked alongside her in organising it. She was pleased that though the initial idea had been hers, the shape, colour and texture of it was very much the Sangha's. Before the weekend started properly, Glen created a gorgeous photo installation around the downstairs gold pillars of the many different and beautiful faces that are part of the Sangha.

For me, Sangha Fest showed what a diverse, vibrant and talented Sangha we are. I enjoyed the fact that one minute I was participating in group games in Issy's *fun laughter workshop*, the next, deliberately doing nothing for 10 minutes whilst contemplating how to reflect on the Dharma with Ratnaguna. What I noticed about both is that they were playful but in very different ways.

I thought it was a real strength of the day that we all seemed to be having a good time, enjoying each other's skills, talents and company and, through 'playing' together, the joys of friendship and Sangha strengthened. I also liked the fact that the weekend was grounded in Balajit's lead through over the two days of some of the meditations we practise within the Sangha – that there was the opportunity for people to 'touch base' with themselves throughout the event. And also that the Sangha celebrations finished with what sounded like a fantastic and vibrant Puja led by Ratnaguna, as part of Monday's Sangha Night. Below are some other accounts of the weekend and experiences of play, practice, and friendship.

Keith

What a great day Saturday the 31st of October was. I signed in at the MBC at 10.30 am and then out at 10.30 pm and I couldn't have had a better 12 hours! The feeling of Sangha was palpable and the number and variety of events were commendable. As I was one of the team I joined the morning dedication ceremony led by Vajramudita in her usual positive and encouraging mode and then alternated chatting in the tea area with the slide shows and then the evening party; a lovely and friendly way to finish a perfect day.

Chris E

The Magic and the Mystery

I don't know about you, but throughout the years I have been practising, ritual-and-devotion has never been one of my strengths. However, the Sangha Day puja reminded me why I keep coming back to devotional practice and why it is now an essential part of my life. This full moon evening saw brothers and sisters within the Sangha coming together to celebrate the ideal and the reality of spiritual community. We entered the Lotus Hall to see a

Introducing Chandana

One of the Buddhist Centre's Full Time Staff

Many of you who read this might have known me for quite a long time, but wonder just what I'm up to these days. On the other hand, dear reader, you might not yet have met me at all – if so, I'm looking forward to meeting you, for reasons that will soon be explained!

My name's Chandana, which translates into English as 'Sandalwood'. As you probably know, members of the Western Buddhist Order are given names, when they enter the Order, which try to reflect their character or potential. So, if you're wondering why anybody should be called 'Sandalwood', a clue lies in the way that a fine incense subtly but surely pervades the atmosphere where it's burnt. In the same way, my name implies that I'm able to bring a gently pervasive, hopefully positive influence to people around me. I hope that makes things a bit clearer!

So, how am I currently trying to bring about this positive influence? Well, I'm very happy to say that, since August, I've been working for the Buddhist Centre, after many years of varied employment in both management and consultancy roles. My new title is officially 'Newcomer Manager', which probably also deserves a little explanation. Put simply, if you're relatively new to the Centre, then I'm your man! Most people first encounter the



Centre through introductory classes, in either Buddhism or meditation. Apart from being a regular meditation teacher, I'm also responsible for setting up and overseeing the whole range of six-week courses and their equivalent day events. Many people

choose to progress to 'Going Further' courses, and some decide to go further still, feeling that they now see themselves as part of the Sangha (i.e. the community of practising Buddhists). Again, my job is to make sure that these people are given all the help they need to deepen their involvement, whether by finding out more about the Buddha's teachings and the rituals that we Buddhists observe (through 'Sangha Night' on Mondays), joining a small discussion group (Tuesdays) or volunteering their time and skills to help the smooth running of the Centre.

If you think that you feature in the paragraph above, but we haven't yet met, let's put that straight! Give me a call (extension 38), send me an email (chandana@manchesterbuddhistcentre.org.uk), or just say hello if I'm working on reception. I'll do my best to extend my gently pervasive influence to you! **Chandana**

stunningly beautiful Amitabha Buddha holding the Lotus flower, surrounded by offerings of flowers placed before him over the Sangha Fest weekend. The shrine was festooned in the red silk of the Sangha jewel. We were led by Ratnaguna whose inspiration was vividly clear to all present that evening. "Tonight we will perform a 'special' puja!" he said, and, so we did. In the midst of recitation and mantra we witnessed many mitras reaffirming their commitment to their faith and our community, and men and women acknowledging our interconnectedness symbolically by the holding together of twine of deepest red. Later more flowers and candles were offered. The shrine was radiant with light. The men and women before it also seemed radiant in a way that I cannot begin to describe. Sangharakshita's teachings remind us that most positive emotion is social. These emotions arise in our interactions with other people. They are cultivated more easily within spiritual community. How right our teacher is.

Gary

A Farewell

I didn't decide to live in Manchester. What I had decided was to leave Windhorse, the Cambridge-based Buddhist business where I'd worked for eighteen years. I'd heard there was to be a temporary Windhorse shop near Manchester and I knew I could find somewhere to stay at my girlfriend's place. So Manchester it was.

You can take the boy out of Windhorse but more difficult was taking the Windhorse ways out of this boy. I'd been schooled in the 'going beyond yourself' method. So I worked hard and didn't overly concern myself with how I was doing through my exertions. Actually I became worn out.

After the shop I embarked on a new venture - a return to Earth Cafe, I had worked there for some months back in 2001. I knew it would be physically demanding, especially for a guy in his mid/late 50's, but believed in Right Livelihood businesses and anyway needed a job. Though I enjoyed serving the public I struggled with fatigue and, unhappily, wasn't part of the core team determining direction. Eventually utter exhaustion, physical then mental, combined with my authority difficulties and somehow left me in Piccadilly Gardens one night in a dark state wondering should I live rough, go to friends in Bristol or return to the flat. In the end I had the support of my doctor to get three months space for recovery and also went for counselling.

I was incredibly fortunate during this time to have such a loving and supportive partner. I slept a great deal and the resting started to heal my weary being, I'd felt wasted in a quite deep way. My girlfriend's love and the support of my good friend, Clive Pyott, combined with rest and counselling gradually began to restore me.

I then made the painful decision to move out and live in the Blue Cliff community with Sonja, Ratnaguna and Mokshapriya. I loved my girlfriend dearly but there was no denying I thrived better in a men's community situation.

Gradually a new life was emerging. I did a little care work for Clive, began to work a day per week for Breathworks and was fortunate to work for Vidyamala. Though still hampered by fatigue I enjoyed the varied work. Clive is a friend of many years standing who has played a big part in my life. Vidyamala is an inspiration and a kindly person to work for. At Breathworks I had simple work to do directed by Diane. 'When I'm busy you're busy' was her impish motto as we worked as friends.

For many years I had wanted to work at a Buddhist Centre and one July day the call came from Ratnagita in the MBC office. I now had my dream - a few days per week working on

Continued next page...

A Farewell ...Continued

Reception and in the Bookshop. Initially, enthusiasm and the warm appreciation I had for the people in the team carried me along. Then my old demons caused me problems and increasingly I found myself frustrated at the way the team operated. I'd been used to a greater degree of autonomy. An insightful friend said he thought the Centre job wasn't right for me. Although I initially laughed at the idea of moving on from such good conditions, a seed had been sown and eventually I realised I had to leave the job.

Just days later a bombshell, my girlfriend was ending our relationship after a trial break. I now experienced shock and loss - Reality was here. I'd not realised how attached I was to my her or how much I really loved her. In the midst of my grieving the question occurred 'What am I doing in Manchester if my job and my partner have gone?' My community was good but that was always temporary, just for a few years, and as much as I enjoyed my day a week at Breathworks it wasn't my life's work.

What I really want to do, I've realised, is to be true to the inspiration I felt during my ordination retreat back in 1990 - to be taking the Dharma out to people. I'm involved in developing an FWBO group in Leicester and that is where my focus will be. I've realised I wouldn't survive happily if I lived there without friends so I'm opting to live in Nottingham, where there is a Centre and people I know already, and it is just half an hour away on the train.

So that's it. I'm moving to Nottingham where my new community, above the Centre there, is making me very welcome. I like to think I'm not running away from my recent difficulties and that if the Leicester Group was in Manchester, so to speak, I'd stay. I'm happy and believe I'm doing the right thing.

I take away with me a most precious thing, a heart restored and opened. I can't thank my friends in Manchester enough for their kindness and support. I have deep love and gratitude towards my ex-girlfriend for all the love and care she showed me and especially how she gave me a home and tender support as I worked through the exhaustion and depression. I wish her well and hope she prospers. With mindfulness strive on.... eh? **Sanghaketu**

Afternoon Meditation

Every Tuesday the MBC offers you the peace of a shrine room to share a deepening of our practice - as follows:

2.30pm Mindfulness of breathing including idea's of Reginald Ray.

3.10pm Walking meditation – a helpful way of taking mindfulness into the streets, every day.

3.20pm - 4pm Metta Bhavana or Loving Kindness - a way of changing ourselves and our attitudes to others and the world.

This group, initiated by Buddharakshita, continues with some dedicated meditators. It is open to newcomers, who have already learnt the mindfulness of breathing and metta bhavana practices, or anyone who wants more guidance or who wants to spend an afternoon feeling calmer and more positive. No need to enrol. No formal charge but please consider making a donation - suggested rates £7 (waged), £5 (low waged), £3(concessions). Just come any Tuesday at 2.30pm or 3.20pm. **Aryamati**

Meditation Practice Days

Nishpara plans to run two meditation days, either side of the Christmas and New Year holidays, to boost your mindfulness and maybe help with the winter blues. The dates are **Sunday 20th December** and **Sunday 3rd January**, each day **10am - 4:30pm**.

The pattern of practice will consist of short sits (20 - 30 mins) alternated with walking meditation and seems effective at building up mindfulness over the day. Suitable for anyone who knows the mindfulness of breathing or metta bhavana practice. If you are fairly new to meditation, come for the morning start and leave when you like. Each day is a Dana (donation) event – suggested amount £20 waged/ £15 low-waged or give what you can - but please book at reception and bring vegetarian food to share for lunch.

From Discord to Harmony

A Singing Workshop

Learn how to free the natural voice bursting to get out of you! We all have a voice but may feel too shy to use it. In this workshop we will learn to sing in harmony, creating beautiful sounds in songs and chants from around the world. We will sing songs from Africa, Eastern Europe, New Zealand, meditative Taize chants from France and more. The vocal harmonies and peaceful intent we create will resonate in our heart, mind, body and spirit. The workshop is suitable for anyone – no experience necessary – you just need to let go and enjoy yourself.

The workshop will be led by Carol Donaldson, who is a highly experienced group vocal teacher with a spiritual holistic approach to voice, will lead the workshop. She formerly ran Manchester Community Choir and now leads *Open Voice* singing groups. This will be on **Saturday 23rd January** from **1.00 to 5.00pm** and will cost £20/15/10 (Waged/Low-waged/Concessions). Please book at reception.

Day for men who have asked for Ordination

On **Sunday 13th December**, from **10am to 4pm**, Arthaketu and Mahasraddha will lead a day for men who have asked for Ordination. We will be looking at Subhuti's book *Sangharakshita A new voice in the Buddhist tradition*. Specifically we will study the section on Going for Refuge.

So why look at this, surely we know what going for refuge is by now? Well this is what we will find out. Do we really now what effective going for refuge is? And do we know how to keep our going for refuge effective? Do we also know how to make our effective going for refuge real?

Come and find out, come and hang out with each other and with myself and Mahasraddha. Please book at reception - cost £25/£18/£15

Inhabiting Our Bodies

This is a meditation day on **Saturday 9th January**, from **10.30am to 4.30pm** led by: Padmarashini and is suitable for anyone who has learnt the mindfulness of breathing and the metta bhavana meditations.

It is an opportunity to open to the New Year by opening to our bodies. We will explore how awareness of our bodies is the starting point for all approaches to Buddhist meditation. The day will include mindful movement, breath enquiries, resting deeply, and meditation practice.

Please bring vegetarian lunch to share. The cost for the day is £40/30/20 (Waged/Low-waged/Concessions)

A Day for women who have asked for Ordination

On **Sunday 13th December** from **10:30am to 4:30pm** there will be a day for women who have asked to join the Western Buddhist Order It will be led by Dayanandi and Padmarashini and the programme is:-

10.00 arrive

10.30 introduction & meditation

11.45 talk by Dayanandi - 'my experience of being at the 3 month ordination retreat at Akasavana this year - exploring the themes of simplicity, beauty, going forth, confession, and commitment'

12.45 lunch

1.45 Dayanandi & others will introduce some themes about GFR groups: What are we trying to do? How to create one? How to deepen our practice within them? How to clarify their purpose & direction, and how to see them as ways of creating sangha. There will be a short Q&A/ discussion in whole group

2.45 tea and then break into small groups including personal GFR reviews

4.00 conclusion

4.30 depart

Cost £25/£18/£12 (Waged/ Low-waged/ Concessions)

Introducing Meditation Day

This day is suitable for beginners, no experience necessary, and will now be on **Sunday 24th January**, from **10:30am** until **4:30pm**. It will cover the essential aspects of Buddhist meditation through the *metta bhavana*, aka *loving-kindness meditation*, on a friendly and informal day. Wear comfortable clothes and you may need some socks to keep your feet warm as we take our shoes off to meditate.

The cost of the course is £35/£30/£20 (Waged/Low-waged/Concessions). This does not include lunch so please bring some vegetarian food to share. Note that this day event has changed from 31st Jan – we are very sorry for any inconvenience this may cause.

Bodywise

"Resting Deeply" - two yoga workshops with Padmadarshini, open to all levels of experience, including complete beginners. **Saturday December 12th and Saturday December 19th 10am-1pm.** Cost £25 / £20 concs. Please phone us on 0161 833 2528 to book in advance.

Padmadarshini writes: *"These 'Resting Deeply' workshops have become part of our yearly yoga calendar here at Bodywise. At this time of year, Nature calls us to rest, to be quiet, to turn inwards and conserve our energies - to be like seeds resting in the ground - dormant yet full of possibility to be awoken in the Spring. Yet we find ourselves so busy - extra busy with the business of Christmas. So these workshops are an offering to our need to withdraw and to rest within ourselves. To counterbalance our busyness, we will follow a sequence of restorative / yin postures in these workshops which will support all our bodies' systems, calm the nervous system, support free natural breathing and cultivate a deeper sense of ease and well being."*

Just a reminder to pick up your new Bodywise programme for Spring/Summer 2010 from the reception areas in either Bodywise or the ground floor of the Buddhist Centre.

Speaking of 2010, December's a good time to be thinking of new year's resolutions. One of my resolutions for 2009 was to look after my body and a very enjoyable way in which I did this was to have some treatments at the

student shiatsu clinics. This coming year, my intention is to restart yoga and as classes begin in January, I've no excuse.

Shop News

We have some lovely 2010 diaries and calendars in the shop, two of them are particularly popular:

Dharma Days is a desk diary full of exquisite images, poems, zen stories and excerpts from the Buddha's teachings, plus space to record your dharma practice as well as more mundane matters.

The Women of Tibet wall calendar is also very inspiring, celebrating Tibetan women's strength and wisdom as keepers of their traditional culture.

New this year are Yoga Diaries, available in the new yoga section, along with mats, blocks and other equipment, including hand made lavender eye bags. The audio visual shelf is pretty much full at the moment too, with a range of DVDs and led meditation CDs, including a newly recorded body scan from Breathworks.

As always, we also have a constantly changing stock of incense, statues, singing bowls, jewellery, thangkas and, of course, books, including a children's section. All sales from the shop go towards supporting the centre and its work. Opening hours The centre and its shop is open from **10am to 7pm** in the week, **10am to 5pm** on Saturdays and is closed on Sundays. We're open through to midday on 24th December,

then closed until 4th January at 10 am. If you're planning a visit, please note that Earth Cafe has slightly different hours and closes on Mondays.

Old Mobiles Needed Please

Do you have an unwanted phone lying around? We get £3 for every mobile phone we send off for recycling but we have to send them in batches of fifty. We need another dozen or so to make up the next consignment. Can you help us out?

Just hand your old mobile in to reception, without the sim card or charger please, and we'll do the rest. These little bits of fund raising really do help. For more ideas see the giving page on our web-site www.manchesterbuddhistcentre.org.uk/general-info/giving

Next Newsletter:

The deadline for next month's newsletter is **20th December**. Please email any items that you want included to:

mbcnewsletter@gmail.com

As a guideline, items less than 100 words are relatively easy to slot in. For larger articles it's worth noting that 600 words take up about half a newsletter page at the usual font size of 8.5pt. If you need any advice please email me at the gmail address above. **Ed**

To receive the newsletter by email contact: **info@manchesterbuddhistcentre.org.uk**

December	Wed	02	Full Moon Puja to Padmasambhava	5:45 - 6:45pm
	Mon	07	Sangha Night: Introduction to Ritual and Devotion	
	Sat	12	Bodywise: Yoga - <i>Resting Deeply</i> led by Padmadarshini	10am - 1pm
	Sat	12	Jyotivana: Women's Wood Stain Preservation event - see article	10am - 3pm
	Sat	12	Introduction to Buddhism & Meditation Day Event	10:30am - 4:30pm
	Sun	12	Jyotivana: Women's Film Night - see article	7pm
	Sun	13	Day for Men Who Have Asked for Ordination	10am - 4pm
	Sun	13	Day for Women Who Have Asked for Ordination	10:30am - 4:30pm
	Mon	14	Sangha Night: tba	
	Sat	19	Bodywise: Yoga - <i>Resting Deeply</i> led by Padmadarshini	10am - 1pm
	Sun	20	Meditation Practice Day led by Nishpara	10am - 4:30pm
	Mon	21	Sangha Night: tba	
	Fri-Thu	25-31	Centre Closed	
	Thu-Fri	31-01	New Year at the MBC - see article	6pm - 4pm
January	Fri-Sun	01-03	Centre Closed	
	Sun	03	Meditation Practice Day led by Nishpara	10am - 4:30pm
	Mon	04	Sangha Night: An evening on <i>Dedication</i> and <i>Resolve</i>	7 - 9:30pm
	Sat	09	Meditation Day - Inhabiting Our Bodies led by Padmadarshini	10:30am - 4:30pm
	Mon	11	Sangha Night: A talk on <i>The Bodhicaryavatara</i> by Vadanya	7 - 9:30pm
	Sat	16	Bodywise: Yoga workshop with Christine	10am - 1pm
	Mon	18	Sangha Night: The Sevenfold Puja - Maniraja on Worship	7 - 9:30pm
	Tue	19	Buddhism & Meditation - Introductory and Buddhism 2 six week courses start	7 - 9:30pm
	Wed	20	Introductory and Going Deeper six week meditation courses start	7 - 9:30pm
	Sat	23	Singing Workshop: From Discord to Harmony led by Carol Donaldson	1 - 5pm
	Sun	24	Introducing Meditation Day - tell your friends	10:30am - 4:30pm
	Mon	25	Sangha Night: The Sevenfold Puja - Suryaka on Salutation	7 - 9:30pm
	Sat	30	Bodywise: Giving Birth with Initiative led by Lucy & Kamalagita	10am-4pm

Please note the views and opinions expressed in the Newsletter are those of the individual contributors and are not necessarily those held by the trustees of Manchester Buddhist Centre or by the FWBO/WBO in general.

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MBC Links:

www.manchesterbuddhistcentre.org.uk
www.earthcafe.co.uk
www.bodywisenaturalhealth.co.uk
www.breathworks-mindfulness.org.uk
www.clear-vision.org
www.manchestermitras.blogspot.com
www.sanghasocial.com for monthly walks

Friends of the Western Buddhist Order Links:

www.goingonretreat.com
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