

# Newsletter



Manchester  
Buddhist Centre

January 2010

## The MBC Has A New Chair!

The Dharma is described in the Tiratana Vandana as being of "the nature of a personal invitation"; we each have an individual responsibility to practise the Dharma: no one can do it for us although they can, of course, help us understand and follow our chosen path. To this end, FWBO Centres appoint people with particular, key responsibilities to help provide supportive conditions for individuals to practise the Dharma: these are the Mitra Convenors and the Chair.

The Manchester Buddhist Centre has been without a Chair for almost two years and in that time the Trustees have steered events. The MBC is a very large venture, touching many people in Greater Manchester through activities and businesses. Examples are carers' retreats, Bodywise, Breathworks, Clear Vision and Earth Café. As well as responding to the immediate Sangha, the MBC fields requests from groups and individuals in the community such as to provide representatives for Inter-Faith events, to lead one-off classes, funerals and so on.

The diverse activities happen not just at a local level but also within the context of the wider Movement. Someone needs an overview of matters, to provide leadership and ensure that the Dharma and ethical practice are at the heart of the Centre and its activities. This "someone" is primarily the Chair. And this "someone" will need a strong practice, a love of Sangharakshita, and the

experience and connections within the FWBO to help steer the MBC to the best of their ability.

I am delighted that the MBC now has that "someone". At a recent Trustee meeting, **Dayamala** was appointed as the Chair of the MBC. Dayamala introduces herself elsewhere in this Newsletter but I had two significant conversations with her, which left very strong impressions. I am struck by her integrity and a core of strength that will not compromise the ethical precepts and the Dharma; she has a deep love of the Order, the Movement and Sangharakshita and a keen intelligence that thinks very thoroughly and carefully about matters. She also brings experience from working at Taraloka Retreat Centre and at Bodywise in London, where she was also a Trustee of the London Buddhist Centre.

Primarily the MBC is a beacon for communicating the Dharma. Even the walls, restored by Sangha members from a derelict warehouse to the vibrant meeting place we see today, show what can happen when people come together for the common good. **Dayamala's** appointment is a significant and important event that will have far-reaching impact on the MBC. In order to celebrate this, there will be a special Sangha evening on **Thursday 21<sup>st</sup> January from 7:00 pm**. Please come to welcome her and to begin this new phase for the MBC.

**Mahasraddha and Kavyasiddhi**

## Dayamala Introduces Herself

Hello,  
I would like to introduce myself as the new Chair of the Manchester Buddhist Centre.

I was born and grew up in Ashton in the 1950s. My first job was at the Central Library in Manchester and later, after qualification, in libraries in southeast Manchester. I was involved in cafe co-operatives for a while and also trained as a yoga teacher.

I came across the FWBO in Manchester about twenty years ago when the Centre was still in Withington, via two yoga weekends and then a series of public talks at the Town Hall. Ethics had always been important to me, so with Buddhism's emphasis on the precepts, I felt as though I had come home.

In 1987, I took four months leave of absence from work and went to the Iyengar Yoga Institute in India for several weeks then travelled around. Having been involved with Buddhism for about a year, I decided to part from my companions to visit some Buddhist sites (when I first called myself a Buddhist!) and do a retreat – two consecutive 10-day silent retreats (non-FWBO). It was during the second of these that I committed myself to



the FWBO – the thought of leaving to concentrate on this other form of practice was too painful – I had learnt so much with the FWBO!

On my return I wanted to get more involved: live in a community, work with Buddhists etc. However at that time the MBC was quite small – the Regulars Class was about 14

**Continued inside**

## Centre Given Marque of Excellence!

Good news! The MBC has been awarded the North West Multi-Faith Tourism Association's Marque of Excellence for its outstanding welcome to visitors, tourists, and people new to the MBC. Our Centre was thoroughly assessed on various criteria, and it was seen to be an outstanding example of excellence - in fact the assessor said that she had 'never written a report with quite so many overall category ratings of Excellent'!

An extract from their report says that -  
"Manchester Buddhist Centre is an outstanding example of a sacred site that not only offers the visitor a genuinely holistic experience that touches the mind, the body and the spirit in equal measure, but also offers a vision of work as a spiritual practice. All are welcomed to visit and to engage with the site at whatever level they wish. Everything about the site is a reflection of the ethos and philosophy of Buddhism. It is located in a Victorian warehouse, part of the city's industrial heritage, which has been sensitively renovated, honouring the history and character of the original building, and with regard to making it as environmentally sustainable as possible. It is known as an 'urban oasis' – part of its attraction is the sense of peace, calm and reflection that visitors feel when they visit the building. Visitors are welcome to sit in the reception area or tea area and relax from the stresses of the busy city outside its doors. The Buddhist Centre is very much a place of spiritual practice and there is a clear path of

**Continued inside**

## Visibility

If all goes well the MBC will be even more visible and easy to find. On **10th January** a new banner and signage should be in place. How important it is that people can find us easily? The old banners had to be removed quite some time ago for reasons of safety and then we had to delay replacing them because of financial restraints.

At last we're in a position to go ahead with new signage. Vidyabhadri, who used to work in the centre team, put a lot of work into this project as did Chris Myers, who gave his time and skills freely to help with the design work. So thanks to both of them.

You can check out our lovely new banner and a sign on the wall by the steps giving more information on what actually happens in the building. And Earth's new sign too! We hope you like it and if anyone asks how to find the centre then you can tell them to just look out for the banner on Turner Street!

**Suryaka**

## Our New Chair Introduces Herself... continued

people, and there were no women Order members. A few of us got together to talk about forming a community but our interests did not seem compatible.

So later that year, 1988, I took the opportunity to move to London to work temporarily in one of the team-based right livelihood businesses (TBRL) - Jambala gift shop, the precursor of the Windhorse chain of Evolution shops. I gave up my job of ten years to work their three-month Xmas period and stayed five years!

My time in London, although enjoyable at times, was quite difficult. I was very naïve and I didn't know I had expectations until they became failed expectations! Examples of this are: all order members should be like my hero, Suvajra, in Manchester! I should be able to live with anyone - I couldn't! It was a very steep learning curve and one I knew I had to climb!

My time at Taraloka proved the opposite! What a mature group of women they were! A conversation here could go a long way before reactivity began to creep in! I had a very long honeymoon period! I had responded, again, to a short-term request for help and, again, stayed much longer - this time five and a half years! I was involved in housekeeping for the retreat centre, lots of working projects, supporting and leading retreats. I was ordained in 1995, during my time at Taraloka. I later became responsible for the food and devising menus - saving us a lot of money and providing more nutritional and varied meals!

And then, fantastic conditions though they had been for me, it was time to move on. A period of wandering followed, then back to London to do a voice course and afterwards to be Practice Manager at Bodywise in London. After several years I wanted a break from TBRL and wanted to earn some more money, and retrained as a medical secretary. I loved my job at the Royal London Hospital working in the Paediatric Endocrinology department. I was a closet Buddhist there but my friendliness and willingness to do whatever work I was asked had a big effect on my colleagues and employers. So much so that when I decided to leave after only nine months to move back to Manchester, there were several offers of keeping my job open for me!

I moved back up to Manchester four years ago to look after my mum, and when she died in 2008, took the opportunity to work at the Centre on a three-month contract. I went on a three-month solitary retreat in New Zealand and, shortly afterwards, joined the retreat team for the three-month Ordination retreat at Akasavana in Spain. All three of these events were inspiring and satisfying and contributed to me thinking, on my return, about taking up the role of Chair at the Buddhist Centre. Three months of a lot of thinking and talking with people culminated in my appointment in November.

The MBC has been without a Chair for almost two years and I felt that I really wanted to respond to that. I also wanted to give something back to the place where I had started and which had been so important to me. I have lived in women's communities and worked in TBRL for over fifteen years and am really pleased to be once again working full time for the Movement. Although I am still living on my own in the flat next door to where Mum lived, I imagine that I will soon want to again live with friends - in the good life.

Walking down Market Street a couple of weeks ago, I was reminded of Bhante saying that almost every advertisement goes against Buddhism - in their encouragement to crave - and I had an overwhelming sense of wanting to be part of communicating the Dharma to the people of Manchester, from this Centre. I am passionate about ethics and team-based right livelihood so I daresay they will have their influence over time. I am also looking forward to taking a class and retreats in the coming months.

Some of you may have heard of the three "C"s of the early years - originally Centres, Communities and Co-operatives (TBRLs). In thinking about the role of Chair, I came up with a few of my own: clarity, communication, cohesion, common-purpose, collectivity, co-operation. We'll see where they take us!

I'll be writing regularly in the Newsletter so you'll get more of an idea of what I'm up to and what I'm thinking about over the coming months. In the meantime, I look forward to meeting some of you on my welcome night when I will be outlining my vision for the Centre over the coming months and years

With metta  
Dayamala

## Marque of Excellence .....

continued

development and commitment to Buddhist practice for those who wish to know more."

We will join four other faith sites in Greater Manchester given the Marque of Excellence:- Manchester Cathedral; The Jewish Museum; Cross St. Unitarian Church, and the Parish Church of St. Peter, Bolton. Across the North West we join both the Liverpool's Metropolitan Cathedral and Anglican Cathedral and also The Manjushri Buddhist Temple, Conishead Priory, Ulverston in Cumbria. The award means that the MBC will receive a plaque saying 'Visitors Welcome' on the outside of the building - look out for it in the New Year - and we will be promoted as a 'must see' attraction by the tourist board. We are also planning a big presentation ceremony of the award in spring/ early summer - watch this space!

This award is much deserved and is a testament to the hard work done by staff, volunteers, trustees and teachers at the MBC. Thanks to everyone who makes the centre the jewel in the city that it is! Visit [www.multi-faith.org/marque/marque.htm](http://www.multi-faith.org/marque/marque.htm) to find out more about the North West Multi Faith Association, and the Marque of Excellence.

# Parinirvana Day

On **Mon 15<sup>th</sup> February** all are welcome to this Buddhist festival day, running from 2pm to 9:30pm. Parinirvana Day marks the passing away of the Buddha when, his mind ever joyful and perfectly controlled, he entered deep meditation and died, casting off his body, freeing himself from any source of suffering or limitation and entering the bliss of total liberation - the meaning of Parinirvana.

This is a day to bring to mind the Buddha's death and also the deaths of friends and family who have died in the past year. It will consist of talks, meditation and ritual to reflect on the theme of impermanence.

## Vacancy in the Men's Community

Are you ready to live in a Buddhist community? Such a life-style encourages regular practice and the ability to change and develop. Rob, Ben, Dominic and Steve are looking for someone to complete their men's community, based right here at the Manchester Buddhist centre!

The cost is £303 pcm, which includes water, gas, electricity and council tax. No deposit is required. You will have all the conveniences of living in the city centre coupled with a peaceful vegetarian home - an excellent place to develop a spiritual mind. RING BEN ON **07505110850**.

## MBC Community Clearout!

The wonderful community that's perched atop the Manchester Buddhist Centre is alerting all previous occupants to come and collect anything they have left behind, if they value it. The accumulation of stuff has reached a level that requires a complete clearout. If you need to retrieve anything then please contact Ben Zahl as soon as possible, either at the centre's address or on 07505110850.

## Creativity Group

The universe is reborn at every moment, and living in the *now* means participating in this moment-to-moment *re-creation*. Only in acts of creation are we truly alive. In this group we are exploring ways of manifesting our creativity - so far, meditation, music, art, singing, literature. We will meet **every Tuesday**, starting on **5<sup>th</sup> Jan, 12 to 1.00pm** in the Vajra Hall.

John Warner & Sharon Glasby

## New Fire Escape

Well not completely new but improved to meet health and safety regulations! You may well notice as you walk up the wooden stairs from the ground floor to the first floor some shiny new steps outside in the alley. This addition replaces the old and unsafe drop down ladder attached to the bottom of the external fire escape. This fire escape is essential for the men's community who live on the top floor of the Buddhist centre.

The fire escape will be fully renovated next Spring when further repairs will be made and it will be repainted and should last another 50 years, we hope. Do take a look at it from the back of the MBC building. It was built in about 1908, it's quite a structure! **Suryaka**

# Events for Men

## Padmaloka Mens Event

On **Friday 29th** till **Sunday 31st January** there is a mens event at Padmaloka entitled *'Entering the Tigers Cave of Friendship'* led by Pramudita and Jayaka. This event is an exploration of the transformative effect of friendship in the spiritual life by looking at the principles and practices of the Western Buddhist Order.

I will be going down to this and it would be great to go down with some of you guys from Manchester. On the last weekend I travelled down with Adam in his car. This is a great way to connect with a friend or make new friends. I am happy to organise lifts just let me know as far in advance as you can - at least two weeks before the event - you can email me on [arthaketu@gmail.com](mailto:arthaketu@gmail.com). You can book and pay for the event with Padmaloka either online via [www.padmaloka.org.uk](http://www.padmaloka.org.uk) or ring on 01508 538 112.

## Events for Men Mitras

On **Wednesday 13th January** there will be an evening for men mitras, from 7 to 9.30pm. The programme is as follows:

- 7 - 8pm - a double meditation sit
- 8 - 8:20pm - tea break.
- 8:20pm - study of *Atishas Advice*.

I will send you a copy of the text in an email. Please arrive promptly so that we can start at 7pm - maybe think of getting in the shrine room for 6.50pm. If you miss the start of the meditation come in quietly or wait for the first sit to finish at 7.30pm. What I would like is that you have read the text already maybe a couple of times. That you have thought about it, getting a sense of what you agree with, what inspires you, what you don't understand. If you want to make some notes but come with questions. I look forward to practising with you all.

On **Sunday 7th February** there will be a day for men mitras, 10.30am to 4.30pm. The theme will tie in with the Parinirvana Day festival and will revolve around impermanence. On the day I would like you to bring 3 photos of yourself: one very young, one in the middle of your life and one recent one. Please book for this event at reception. More details to follow.

## A day for men who have asked for ordination

On **Sunday 17th January** there will be a day, 10.30am to 4.30pm, for men who have asked for ordination. We will carry on the theme of our last day and stick to a similar programme. This will include chanting the *Tiratnavandana*, meditation, study and puja. The text we will study is from Subhuti's *Sangharakshita - A New Voice in the Buddhist Tradition*, the chapter on Going for Refuge.

Personally I found the last day very inspiring and I would like to thank Mahasradha, Richard, Chris and Gary for helping me to clarify my own understanding. One of the things that I took from the day was that going for refuge to the Buddha, Dharma and Sangha means commitment to these ideals on a transcendental level but also commitment in the details of life. For example, every time there is a choice to eat meat or not and I choose not to eat meat there is a re-commitment to the ideal of non-

harm. Every time there is hurt and the opportunity to blame someone else, there is a re-commitment to harmonious speech when talking about it.

We will be looking at questions relating to this chapter which I will email to you all. Like the day for mitras it would be good if you have prepared before the day. I will leave you with a quote from the chapter that I find particularly inspiring:

'The Buddha, Dharma, and Sangha, being transcendental ideals beyond all vicissitudes and yet attainable by each and every individual, are genuine sources of security. They bring us security not by hiding us from reality but by helping us to face up to it fully'

**Arthaketu**

## Protecting the Dharma

Sangharakshita once said that the spiritual life was the most difficult thing one can do with one's life. Over my years of practice I have come to appreciate the truth of this observation. The spiritual life can be seen in terms of the aspirant working to develop ever more positive, ethical states of mind on the basis of persistent and consistent practice and a growing wisdom. Inevitably difficulties will be encountered and our response to them will determine the outcome of our spiritual lives.

No matter how sincere the desire to practice the dharma, our resistance can overwhelm us when it comes to effective practice in our daily lives. Negative emotions are more powerful in us than positive emotions; habits are strong and deeply rooted, as are cherished views, all of which can easily smother our efforts to practice - at least temporarily. We need to protect the purity of the dharma as doctrine and as a living practice in our everyday lives. These sentiments form the basis of an event to be held at the MBC in May entitled *Protecting the dharma*.

The event will be held over two consecutive Sundays, May 9<sup>th</sup> and 16<sup>th</sup> from 10:00 to 16:30. Each day will explore how we can protect the dharma and its practice in our *everyday minds* by highlighting the common threats that undermine our intentions to practice. Participants will leave the days with a greater clarity on dharma practice in general and, more specifically, *effective* dharma practice in their everyday lives.

On Day 1 there will be a talk by Mahasradha on the theme of *Protecting the dharma* followed by guided meditations exploring the theme in *practice*. There will also be an opportunity for participants to explore specific themes of their own practice in discussion groups. A practice diary will be distributed on the day that will help participants focus on specific aspects of their practice through the week, and to monitor progress. The day will conclude with a puja dedicated to Vajrasattva, the bodhisattva associated with purification of the mind, and who we will call upon to protect us in our efforts to practice the dharma in the coming week.

On Day 2 participants will review how their practice has gone through the previous week by reviewing entries in their practice diary.

There will also be talk from Mahasradha on how our views influence attitudes to practice, and the importance of developing the altruistic dimension within our dharma practice. There will be a session on the next steps to take, which will provide guidance on how to maintain practice after the event.

The event has been developed and will be co-led by Mahasradha and Sharon Glasby. It is a dana event, allowing participants to take responsibility for expressing generosity. Sangharakshita said of this event: "In these days of individualism and materialism the Dharma really is in need of protection and your event is therefore to be welcomed. The event certainly has my blessing". The event is suitable for people who have completed at least a Buddhism 1 course, as well as the experienced mitra and order member. Please book at reception. Places will be limited, so book early. See you there!

**Mahasradha**

## Shakyajata in India

*Order members Shakyajata and Priyadaka are currently in India teaching to support the TBMSG's Dhamma and Social Training Programme at Nagaloka, central India. In eight years some four hundred young men and women from all over India have graduated and many returned home to begin Dhamma groups where they live. Shakyajata and Priyadaka have been visiting graduates in their hometowns and villages. Shakyajata writes:*

"Where to begin? We have been travelling for nearly five weeks and are showing symptoms of overload so are spending a few days here in Kerala, meditating and chilling out - we have just spent a day at the beach!

Before this we were in Hyderabad, having survived a trying train journey from Bhubaneswar in Orissa. We visited a famous site, Nagarjunakonda. Up to the 5th century CE, this remote, peaceful valley of the ancient river Krishna, was a huge Buddhist settlement with monasteries, stupas and viharas. In the 1950s it was decided to build a huge dam and the whole valley was to be flooded. However a remarkable Indian archaeologist completed an excavation of the whole area in just six years. This is now a vast lake but with an island where all the artefacts are displayed in a museum, among beautiful gardens and a setting like a Japanese ink-painting.

The heroine of the current stage of our journey is Jnanajyoti, who is connecting and reconnecting with women in the Sangha here. I do hope the TBMSG and FWBO as a whole will continue to support them in future. Also great thanks to Padmavir who is organising good things for us and lots of other visitors at the same time! It's great to witness a revival of the Buddhist traditions in Hyderabad, in a new form to transform the lives of people here.

On Monday morning we go back to Nagpur, where we shall be based for the rest of our time here. If you would like to support the project too, you could give something via:

[www.justgiving.com/youngindianfutures](http://www.justgiving.com/youngindianfutures)

love, **Shakyajata** and **Priyadaka**

[ A fuller account of Shakyajata's post is at :  
[www.manchesterbuddhistcentre.org.uk/news/shakyajata-in-india.html](http://www.manchesterbuddhistcentre.org.uk/news/shakyajata-in-india.html) ]

# Bodywise

## Beginners Yoga in January with Christine

I have just returned from teaching a week's Yoga and Meditation Retreat up in Scotland with my friend and fellow Yogi Padmadarsini. The week was a great success and we all felt restored and energised by the end of the week. Several people have booked for next year's retreat already.

The beginners' yoga courses I teach at Bodywise begin again on **Tuesday 5th of January, 4.30pm-5.45pm and 6pm-7.30pm**. These courses will be eight weeks long and are a great opportunity to learn a comprehensive and thorough grounding in the basics of Yoga. On these courses, we will be covering some of the fundamental standing postures, which build strength and stamina in the body. I will also be introducing the Sun Salute Sequence which opens the whole body and stimulates the cardiovascular system.

You will learn how to move with the support of the breath and gradually we will refine alignment within the postures. As understanding deepens, more complex skills can be learned. The courses are structured so that information is built up in layers. There is a lot of repetition, so that the basic moves start to feel familiar and essential skills are integrated.

You will be learning a sequence of movements that build flexibility and strength and all this will be built up gradually over the 8 weeks. These courses are also a

lot of fun and I feel confident you will come away from the 8 weeks really feeling you have a good grasp of what this practice is about. Come and give it a try!

If you have already attended beginners' classes at Bodywise and have had a break, you are always welcome to return. I hope you stayed well over our winter break, keep up your practice and see you in January.

**Christine Howitt**

## Paying your yoga course deposit by card

Great news! You can now pay your deposits for yoga courses and pay for yoga workshops by debit or credit card. Just ring Bodywise on 0161 833 2528 and we'll book you in! Paying by card incurs a £1 surcharge to cover the cost of the transaction but we feel it's a small price to pay for the convenience of being able to book direct. Please continue to pay the balance by cash or cheque on the first session of the course.

## Yoga workshop with Christine

Christine will be leading a Saturday morning workshop on **16 January, 10am-1pm** for people with at least three months yoga experience. It's entitled "A practice to calm and support the nervous system – a gentle practice with a restorative element." Don't forget, you can now pay for this event by card by phoning Bodywise at 0161 833 2528.

## Giving birth with initiative

On **Saturday 30 January**, Lucy and Kamalagita will be leading a day workshop for mothers to be and those who want to do it differently next time around. You'll explore:

- expectations of labour — what you'd like and how to get the support to achieve it
- bodywork to help you stay relaxed before and during labour
- training your mind to cope with labour pain and meditation techniques that can help you stay focused and present
- the qualities you'd like to be present during your labour and how to bring them about.

Whether you want a home or hospital birth and whether you're a first-timer or on a subsequent pregnancy, this course has something for you. The day runs from 10am-4pm and the cost is £60 or £45 concessionary. Booking essential. Led by Lucy Ascham - an Alexander Technique teacher who is pregnant for the first time (Lucy has a diploma in childbirth taught by Ilana Machover) AND Kamalagita Hughes - a meditation teacher, who gave birth to her son Leo last May.

## Looking forward to Focusing

And finally, just a reminder about the Introduction to Focusing weekend with Manjudeva and Jutika on **Saturday 13<sup>th</sup> and Sunday 14<sup>th</sup> February**. More next time.

## Next Newsletter:

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

**mbcnewsletter@gmail.com**

To receive the newsletter by email contact:

**info@manchesterbuddhistcentre.org.uk**

Month	Day	Date	Event
January	Fri-Sun	01-03	Centre Closed
	Sun	03	Meditation Practice Day 10am - 4:30pm
	Mon	04	Sangha Night: An evening on <i>Dedication and Resolve</i> 7 - 9:30pm
	Tue	05	Creativity Group start-up meeting 12 - 1pm
	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
	Wed	13	A Evening for Men Mitras led by Arthaketu 7 - 9:30pm
	Sat	16	Bodywise: Yoga workshop with Christine 10am - 1pm
	Sun	17	Day for Men who have asked for ordination led by Arthaketu 10:30am - 4:30pm
	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
	Thu	21	WE WELCOME DAYAMALA AS NEW CHAIR OF THE MCB 7 - 9:30pm
	Sat	23	Singing Workshop: From Discord to Harmony led by Carol Donaldson 1 - 5pm
	Sun	24	Introducing Meditation Day, in the Lotus Hall 10:30am - 4:30pm } Tell your friends
	Sun	24	Day Event Introducing Buddhism & Meditation 10:30am - 4:30pm }
	Mon	25	Sangha Night: The Sevenfold Puja - Suryaka on Salutation 7 - 9:30pm
	Fri-Sun	29-31	Men's Event at Padmaloka
	Sat	30	Bodywise: Giving Birth with Initiative led by Lucy & Kamalagita - 10am-4pm
	February	Mon	01
Sat		06	Bodywise: Yoga Workshop - Core Strength & Cohesion led by Padmadarshini 10am - 1pm
Sun		07	Day for Men Mitras led by Arthaketu 10:30am - 4:30pm
Mon		08	Sangha Night: Sevenfold Puja - Dayamala on Confession of Faults 7 - 9:30pm
Fri-Sun		12-14	Weekend for Women who have asked for ordination led by Vajradarshini in Derbyshire - more next time
Sat-Sun		13-14	Focusing with Manjudeva & Jutika 10am - 5pm both days
Mon		15	Parinirvana Day 7 - 9:30pm
Mon		22	Sangha Night: Sevenfold Puja - Buddhashanti on Rejoicing in Merits 7 - 9:30pm
Sat		27	Bodywise: Yoga workshop - Creating Stability led by Christine 10am - 1pm
Sun		28	One Day Course - Going Further with Buddhism 10:30am - 4:30pm
Sun		28	One Day Course - Going Deeper in Meditation 10:30am - 4:30pm

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](http://www.manchesterbuddhistcentre.org.uk)  
[www.earthcafe.co.uk](http://www.earthcafe.co.uk)  
[www.bodywisenaturalhealth.co.uk](http://www.bodywisenaturalhealth.co.uk)  
[www.breathworks-mindfulness.org.uk](http://www.breathworks-mindfulness.org.uk)  
[www.clear-vision.org](http://www.clear-vision.org)  
[www.manchestermitras.blogspot.com](http://www.manchestermitras.blogspot.com)  
[www.sanghasocial.com](http://www.sanghasocial.com) for monthly walks

## Friends of the Western Buddhist Order Links:

[www.goingonretreat.com](http://www.goingonretreat.com)  
[www.fwbo.org](http://www.fwbo.org)  
[www.fwbo-news.org](http://www.fwbo-news.org)  
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[www.people.fwbo.org](http://www.people.fwbo.org)