

Newsletter

Manchester Buddhist Centre, January 2012



SANGHA NIGHTS LIVING WITH KINDNESS

led by RATNAGUNA

Mondays, 7.00 – 9.30pm

Donations for this class are welcomed
Suitable for anyone who has attended a
Buddhism level 2 course



Following on from the Life with Full Attention course, in this course we will be exploring metta – friendliness, goodwill, love, kindness. Based on the metta bhavana meditation, every week we'll try a different way of practising it, and we'll also concentrate on different stages of the practice: in the first week we'll focus on the first two stages – self and friend – in the second week the neutral person, in the third week the enemy, the fourth week 'equalising', and the fifth week the whole world. In the final class we will bring it all together. In exploring different ways of practising, and focusing on the different stages, I hope we'll all find new ways into this marvelous practice.

It won't all be meditation though. We'll also be trying to speak and act more kindly than usual during the course, which will allow us to take our metta out into the world more fully. We'll have things to practice every week, and we'll report back on how we've got on, and share our experiences.

I've just completed a similar course at the Buddhist Centre, for people who have previously attended a Breathworks Living Well with Pain and Illness course, and it was wonderful. The feedback from everyone who attended was great, and I've learned from that course, so this one should be even better.

The course will be followed by another six-week course, on the other three meditations that, with the metta bhavana, make up the Four Brahma Viharas: Compassion, Sympathetic Joy and Equanimity. So you might want to put that in your diary too.

Ratnaguna

LI LU — IN LOVE WITH BACH A fundraising event for the Centre

Friday 10th February, 7.00–9.30pm

£15//£10 Please book in advance

In last year's concert Li Lu played the first three Bach cello suites. She now plays the remaining three in another fundraiser for Manchester Buddhist Centre.

Suite No. 3 in C major, BWV 1009

Suite No. 4 in E flat major, BWV 1010

Suite No. 5 in C minor, BWV 1011

This is a concert not to be missed – last year's was a sell out, and Li Lu played to rave reviews from the audience! The evening also raised £1,000 for the Centre, so your money will help us to continue to teach Buddhism and meditation to hundreds of people throughout the year.

What Li Lu says

My hope is to run, dance and fly to the sound of my cello ...

What the reviewers say

The epitome of international cool, young and elegant, Li Lu plays with a passion that takes flight both sonically and visually

More about Li Lu

www.lilucello.com



NEW! 'TOOLS FOR LIVING YOUR LIFE' Introduction to Buddhism and Meditation

drop in session every Saturday 11-1pm, starting Saturday 7th January

Donations Welcome

Just turn up, no booking required

New for 2012, 'Tools for Living Your Life' takes place every Saturday and is for those who want to find out a bit more about Buddhism. The sessions will be friendly and informal, we will explore how we live our lives and find out if Buddhist teachings have something helpful to offer us. Topics and leaders will be different each week. These are drop in sessions and you can come to just one or several of them. Keep an eye on the website for more information.

This class is for those new to Buddhism. We look forward to seeing you there.

For more options for learning about Buddhism and meditation please see page 2 of this newsletter, visit the website or ask at reception.



New to the centre?

FROM THE EDITOR...

MEDITATION AND BUDDHISM courses and workshops for Winter & Spring Advance booking and payment required

FOR BEGINNERS

Introduction to Buddhism 6 week courses

Tue 10th Jan – 14th Feb, 7.00-9.30pm / Wednesday 11th Jan -15th Feb, 7.00-9.30pm

Tue 6th Mar – 10th Apr, 7.00-9.30pm

£70/£50/£35 (Waged/Low-waged/Concessions)

Learn about the Buddha's message, the tools to live by it, and the basics of meditation...

One Day Introduction to Buddhism courses

£45/£35/£20 (Waged/Low-waged/Concessions)

Sunday 19th Feb, 10.30-4.30pm / Sat 7th Apr, 10.30-4.30pm

Learn about the Buddha's message, the tools to live by it, and the basics of meditation...

Introduction to Meditation 6 week courses

Wed 11th Jan -15th Feb, 7.00-9.30pm / Wed 7th Mar – 11th Apr, 7.00-9.30pm

£70/£50/£35 (Waged/Low-waged/Concessions)

Learn meditation techniques to develop awareness and positivity.

One Day Introduction to Meditation Course

Sat 14th Jan, 10.30-4.30pm / Sat 10th Mar, 10.30-4.30pm

£45/£35/£20 (Waged/Low-waged/Concessions)

This friendly and informal day covers the essential aspects of Buddhist meditation. We will particularly focus on the mindfulness of breathing practice, for developing awareness.

TAKING THINGS FURTHER

Going Further with Buddhism /Buddhism Level 2 six week courses

Tue 10th Jan-14th Feb, 7.00-9.30pm / Tue 6th Mar-10th Apr, 7.00-9.30pm

£70/£50/£35 (Waged/Low-waged/Concessions)

Learn more about the Buddha's teachings and Buddhist meditation. This is suitable for people who have attended a Buddhism level 1 course.

Buddhism Level Three Six week courses

Tue 10th Jan – 14th Feb, 7.00-9.30pm / Tue 6th Mar – 10th Apr, 7.00-9.30pm

£70/£50/£35 (Waged/Low-waged/Concessions)

This more advanced course, also known as Talking the Dharma, is suitable for people who have attended a Buddhism level 2 course or day event.

Follow-on Retreat Day

Sunday 26th February 10.30-4.30pm £40/£30/£20 (Waged/Low-waged/Concessions)

This day forms an optional further session to the six-week Introduction to meditation or Buddhism course which ended recently, or to previous six week courses. It is also open to people who have attended one-day introductory meditation or Buddhism courses covering both Mindfulness of Breathing and Metta Bhavana practices.



DROP-IN MEDITATION

Sessions running weekly

Tuesdays 5.45–6.45pm

Thursdays 1–2pm

No experience needed!

Donations welcome

A one hour class for anyone who wants to try meditation, or come to a led meditation session from time to time. No need to come every week. There will be a short led meditation, help with meditation posture and a led body awareness meditation.

Just turn up no booking required

PRICE INCREASE: *The Centre Trustees have agreed a small increase in charges for courses/events/retreats held at or run by the Centre from January 1st 2012. We have kept the low concessionary rate the same except for residential retreats. We have not made any increase for the 6 week course since 2009, and weekend events since 2010. We are very committed to maintaining the three levels of payments for all chargeable events which we hope enables people with varying financial positions to attend events at the centre. All your contributions at whatever level enable us to offer a full and rich programme of activities at the Centre, many of which we are able to offer on a dana basis (giving what you can). So remember that what you give is always then benefitting others! We hope you will enjoy and benefit from a very rich programme of activities in 2012.*

Happy New Year to my sangha friends and to everyone reading this newsletter. And an especially warm welcome to you if you are new to Buddhism and this is your first contact with our Buddhist Centre in the heart of the city.

In here you will find information about activities for beginners and those with some experience of Buddhism. If you call into the Centre you can find out more about Introductory Meditation and Buddhism classes, details of activities at Bodywise Natural Health Centre and leaflets for Breathworks and for the Triratna retreat centres across the country. And do browse our bookshop. We have two shrine rooms which are often open for you to visit. To visit, or use the rooms to meditate, please ask at reception.

Or, simply pop in, absorb the atmosphere, take some time out from the city and have a cup of tea. Tea and coffee are available on a donation basis in the tea area on the ground floor of the Centre or you can visit Earth Cafe in the basement and enjoy fresh brewed coffee, tea and smoothies with a great choice of cake or sample the delicious vegetarian food.

And finally, if you would like to talk to someone about Buddhism, do ask at reception or telephone to make an appointment.

Oh... and of course, visit our website where you can find out more about meditation and Buddhism

Sara Inkster, Editor

GOING DEEPER DROP-IN MEDITATION PRACTICE

Suitable for those who have learnt the metta bhavana and mindfulness of breathing meditations

led by Aryamati. Donations welcome
Tuesdays 2.30–4.00pm

After a busy morning come to the peaceful space of our Vajra Hall to deepen your meditation. We practice both mindfulness of breathing and metta bhavana and a little walking meditation. And take inspiration from Triratna writers.

We often meet beforehand, for a cuppa. You are welcome to join this friendly group as we Go Deeper. Aryamati

Tea Donations

We offer all drinks at the Centre on a dana (donation) basis. Can you help keep us stocked up with tea, herbal tea, coffee, sugar etc? Why not bring in something to contribute to the tea area next time you come into the Centre? Check in the cupboards in the kitchen area to see what's needed this month.

Sangha Walk:

Littleborough Circular

Sunday 8th January 10.35–2.35pm

Led by Paul Barnes

Join a group of friendly Buddhists on our monthly walk. This is an easy circular walk to start the new year. From Littleborough we head out through Ealees woods and up on to Whittaker Moor, before descending to Hollingworth Lake and back to Littleborough.

The walk has very little uphill, and should take approximately three hours.

Further information, please see the walking Group page on the MBC website or email info@sanghasocial.com

Film Night

Friday 20th January, 7.00–9.00pm

Led by: Aryamati

A film on Burma, shown in association with Amnesty International.

More details of this event will be posted on the website.

There will also be a film night on 17th February, see next month's newsletter for more information.

PRACTICE FOR REGULARS

Sangha Sunday

Meditating, Chanting Mantras
and Breakfasting

Sunday 29th January, 10.30–12.15pm

Led by Gill Aitken, Vanessa Cuthbert, Robin Ellis, Martha Evans, Adele Rattenbury

Please join us on the last Sunday of each month in 2012 at the Centre for meditation, chanting a mantra or two, followed by breakfast. The Centre doors will be open to let you in between 9.30 and 9.55 am. Simply bring yourselves, an open heart, and food to share for breakfast! Sangha Sunday is suitable for anyone who has attended a Buddhism introductory course. Please see the website for more information. This is a dana event.

Meditation Club

Saturday 21st January
from 10.00-1.00pm

and the 3rd Saturday each month

We will practice the Mindfulness of Breathing and Metta Bhavana together and also have an opportunity to contribute to the programme for Meditation Club gatherings for the rest of the year. Wishing you all an insightful positive New Year and much joy and progress in your practice.

With metta, *Taravandana, Dayanandi, Nishpara and Mahasraddha.*

SHRINE SALE!

Help us to raise funds to support the spread of the Dharma in Manchester.

Following on from our recent successful forays into fundraising for the MBC via the help of dedicated volunteers; we are planning to have a 'shrine sale' throughout the month of February. Please bring in donations of any items that you no longer want or need, that one might use for a shrine—here's a great opportunity to practice the Buddhist qualities of "stillness, simplicity and contentment" by reducing the number of 'things' you possess as well as "dana", (generosity) by giving to the Centre in order to help fund the spread of the Dharma.

Bring along rupas (Buddha/Bodhisattva statues); candle holders/sticks/candles; incense holders/incense; meditation cushions/mats/shawls; shrine cloths; ritual objects such as vajras, demon daggers bells, cymbals, offering bowls; beautiful photographs/pictures etc; or any other items you think would be appropriate for a sale such as this. Please mark donations for the attention of Dharmakasara and leave at reception or give to a member of the Centre team. If you have any questions please contact me on 0161 834 9232 x39 or via email: dharmakasara@manchesterbuddhistcentre.org.uk

Just to give you an idea of how successful charitable donations can be in raising funds for the centre, here are a few examples: our recent clothes sale raised approximately £409; the sale (in the centre and online) of second hand books brought in £412.58 in October and £431.44 in November. The most recent venture of beautiful and varied hand crafted gifts, donated by skilled Sangha members, and sold throughout December, has raised, thus far (to 19th December—the newsletter deadline) £705.50. This Kula Crafts stall was organised by Jo Massey, many thanks Jo for such a successful idea.

So, you can see that these ventures are a great way for you to help fund your Buddhist Centre.

Many thanks in advance of your continued support. *Dharmakasara*

Book Group

Debbie Sumner writes:

"I want to reveal one of the best kept secrets of the Buddhist Centre – our own book group!

We are looking for other bookworms who enjoy reading and discussing novels.

Join our friendly group on the 2nd Thursday of the month at 2pm in Earth Cafe.

New members really welcome. For more info contact Debbie: 07896 911213 or email debbie.sumner@virgin.net

Do you have a favourite dharma book?

Sion Wynne has suggested that sangha members (including Order members) might be asked to recommend a dharma book they have read this year which has inspired them or they have just enjoyed and these might be put in the Newsletter with a brief comment/review. Sounds like a good idea to me, so please do send in any contributions you may have. *Sara, Newsletter Editor.*

Karaniya Metta Sutta

*If you know your own good
and know where peace dwells
then this is the task:*

*Lead a simple and a frugal life
uncorrupted, capable and just;
be mild, speak soft, eradicate conceit,
keep appetites and senses calm.*

*Be discreet and unassuming;
do not seek rewards.
Do not have to be ashamed
in the presence of the wise.*

*May everything that lives be well!
Weak or strong, large or small, seen or
unseen, here or elsewhere,
present or to come, in heights or
depths,
may all be well.*

*Have that mind for all the world -
get rid of lies and pride -
a mother's mind for her baby,
her love, but now unbounded.*

*Secure this mind of love,
no enemies, no obstructions,
wherever or however you may be!*

*It is sublime, this,
it escapes birth and death,
losing lust and delusion,
and living in the truth!*



Full-Moon Puja Dedicated to Vajrasattva

Monday 9th January 5.45pm

*In the morning of time,
Sun, moon, stars,
Shining in the sky.
In the dawn of eternity,
Vajrasattva,
Radiance of pure space.*

*The great rivers and oceans
Reveal the truth of the Diamond Lord
Always there if our senses awaken.
He is silent
And he sings into us,
Eternally.
The Vajra,
Still centre,
Clear and transparent
Lightning flash of awakening.*

Vajrasattva, primordially pure protector of all beings. He is blindingly white, his mind totally focused on the contemplation of Reality, undistracted by chasing after mundane experience. Each moment, for him, is new and fresh, a new beginning.

If we too were able to accept who we are at present, to accept all that has happened and all that we have done, we would



become a 'vajra being'. This is not a passive acceptance, but an understanding that only by acknowledging this can we open ourselves up to transformation. The healing nectar of Vajrasattva rains down upon us.

There will be an opportunity to offer any regrets or unskillfulness to Vajrasattva via written confessions. The purity of Vajrasattva will help to cleanse and transform these so that we can move on, with renewed vigour, into the start of a new year.

All are welcome to attend.

Karunavajri

ORDER PRACTICE DAY

Sunday 29th January
10.30–4.30pm

A day of practice for local ordained members of the Triratna Buddhist Order
See website for details

HOW THE BUDDHA TAUGHT: Teacher Training Day Led by Sinhaketu

Sunday 12th February, 10.30–4.30pm

Cost: £20/£20/£10 (Waged/Low-waged/Concessions)

For Order members and GFR mitras who teach.

In this course Sinhaketu uncovers and explores with you the core principles and processes through which the Buddha taught, relevant to your needs for engagement, creativity, meaning and satisfaction as an inspirer of the Dharma.

(A GFR mitra is a mitra who has asked to be ordained into the Triratna Buddhist Order)

Booking required

A DAY FOR WOMEN MITRAS

Led by Dharmottara

Saturday 4th February, 10.00–4.00pm
£45/£35/£20 (Waged/Low-waged/Concessions)

We'll be looking at the Pali Canon and one or more Mahayana Sutras to show How the Buddha Taught – the means adopted by the Buddha for different hearers.

There will be reflection and possibly ritual as well as reading the texts.

More information will be available on the website.

Booking is required for this event.

AN EVENING FOR MEN MITRAS

Led by Ratnaguna

Tuesday 28th February, 7.00–9.30pm
Suggested donation: £11/£8/£5

This will be the first in a series of seminars that Ratnaguna will be running on the theme of How the Buddha Taught. He hopes that by exploring different suttas in which the Buddha met and taught appropriately to many different kinds of people, we'll not only get to know the Buddha better, but we'll also learn a lot about the art of skilful communication.

More information on the website. Booking is required for this event.

BUDDHAFIELD NORTH RETREATS FOR 2012

Buddhfield North offers a small programme of outdoor retreats; all activities are held outdoors or under canvas. They are for a weekend or longer; some are meditation retreats, some are for families and children, but all have the common thread of the outdoors, a return to nature, and the teachings of the Buddha.

Have a look around the website.

<http://www.buddhfieldnorth.org.uk/>

Next years retreats:

- Men's Weekend, Friday 18th – Sunday 20th May 2012.
- The Womens's Weekend is next, Friday 25th – Sunday 27th May 2012.
- And the Open Retreat is from Sunday 26th – Friday 31st August 2012.

SANGHA WORKS!

days when the sangha gets together and WORKS!

Sunday 22nd January 10.30am to 4.30pm

Come for all or part of the day

Peter writes: The idea behind the Sangha Works day's is that we get together once a month to do the basic but important jobs that keep the centre looking great. Recently we have painted and decorated several areas of the Centre. So if you would like to take part in some really rewarding work whilst meeting new and existing friends from the

Sangha please come to our next work days

Bring vegetarian lunch to share, cake provided!

If you can make it please let Steve, Sion or Peter know (emails below) so we can plan, although it's fine to drop in on the day as well!

Peter: peterjxsmith@gmail.com Sion: sion.wynne@lindermeyers.co.uk

Steve: rigaz56@ovi.com

thebuddhistcentre.com

newsimagesaudio

videoebooksarticles

blogsprojectsgroups

journalsocialnetworks

whowearewhatweteach

all of us triratna

BODY, SPEECH AND MIND

Sunday 8th January, 10.30–4.30pm
Cost: £45/£35/£20 (Waged/Low-waged/Concessions)
Led by Nishpara Booking required

A day of practice with body, voice and mind. We will practise with sitting, lying and walking meditation, chanting, stretching, songs and ritual.

Sometimes we think practice is just meditation – the mind – with some ethics and study thrown in. But we need to involve the whole of our being in practice, to be mindful of body, speech and mind. This day is suitable for anybody who would like to join in the Buddhist practices of meditation, chanting and ritual.

EVERYTHING IS SUBJECT TO CHANGE...

The Buddha said that everything is subject to change. This also applies to my life. I have been working in the Buddhist Centre for three years and my time has come to an end. As some of you might know, from February I will work for IBM as Technical Solutions Specialist. This is a very exciting time and I look forward to my new role. At the same time, with a heavy heart I have to say good bye to all my friends from Buddhist Centre.

I have especially enjoyed my time working as part of the Centre Team and would like to thank my friends for all the support, insights and help. You really helped me to grow as a person for the last three years.

Many thanks also to the Sangha, especially those who I met whilst working on reception and who have been so kind and generous to me. Fortunately, I am going to be based in Manchester and many of you will see me regularly around the Buddhist Centre.

Best regards, *Andrew*



CONGRATULATIONS TO ANDREW

Andrew Gorecki has been part of the team for three years! He's been a real asset to the team as our Administrator...and has now been offered a job with IBM. We're all really pleased for Andrew, but sad to see him go!

Andrew, is known for being willing to help with whatever is needed, reliable, and very straightforward! He's great on techy stuff too and has overseen some big events here at the centre like the Manchester Buddhist Conference last year.

So we're looking for someone new to join the team after Andrew leaves at the beginning of February 2012, *Suryaka*

DO YOU WANT TO WORK IN THE CENTRE TEAM?

We're looking for someone with enthusiasm for the centre and a desire to work as part of a right livelihood team. We aspire to make our work here an expression of our Buddhist practise.. Part of your work will include reception duties so you definitely need both experience of practising Buddhism within the Triratna community and our activities here at the Manchester centre. We are also looking for:

- Excellent organisational /administrative skills
- Good IT support skills - these are desirable but not essential (including ability to network computers and computer security)
- Assistance with basic book keeping (training given)
- Excellent communication skills
- Ability to prioritise and adjust to changing needs
- Able to work flexible hours including evening and weekends

What we offer?

A caring, progressive and experienced team. A great opportunity to develop your Buddhist practice through work at the centre. Space to develop your role and take initiative

Hours: 28 hours per week

Pay: £6.70 per hour

Leave: 30 days plus bank holidays pro rata and Simply Health health care cover

For an initial informal chat please contact Suryaka@manchesterbuddhistcentre.org.uk 0161-8349232 ext 25

Written applications detailing why you would like to work in the Centre Team with a CV to be received by 16th January for the attention of Suryaka

FROM DISCORD TO HARMONY

singing workshop

Led by Carol Donaldson

Saturday 28th January, 1.00–4.30pm

Booking required

No experience necessary. Cost: £20

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, songs and chants from around the world

We will sing spiritual 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

Carol is a highly experienced group vocal teacher with a spiritual holistic approach to voice. She formerly ran Manchester Community Choir and now leads Open Voice singing group

Jewel Singers

Like listening with our sense of touch let's all shine with our voices. This is the message from the singing group, Jewel Singers, which we are trying to get going at the centre. We – Sharon Glasby, Judy Green and Nishpara – will be starting from January to hold regular sessions that we hope will fit most people's schedules.

Our aim is not only to enjoy singing together but to rehearse chants and pieces that will enhance our Buddhist festivals and other occasions. This is not for special singers but for everyone in the sangha. Singing, covering all sorts of voice work, is unique to humans and we can use it to express the great range of emotions that we all share, from the simple to the subtle.

Mon Jan 9 th	Thu Jan 19 th
Mon Jan 23 rd	Thu Feb 2 nd
Mon Feb 6 th	Thu Feb 16 th
Mon Feb 20 th	Thu Mar 1 st
Mon Mar 5 th	Thu Mar 15 th
Mon Mar 19 th	Thu Mar 29 th

Many people have expressed an interest so we hope these times will help people to join in. All sessions will run from 4:45pm to 6:45 and will precede either Sangha Night or Study Night. Look forward to meeting you there.

Nishpara

LAPTOP NEEDED

Has anyone got a spare laptop you'd like to donate to the Centre, in good working order? This will specifically help Arthaketu with his mens' mitra convening work. If you can help please contact Andrew at the Centre Team

andrew@manchesterbuddhistcentre.org.uk

Looking ahead...

Ring in the new at the Buddhist Centre - what's coming in 2012

As we leave behind a very busy and successful year, I'm glad to be able to tell you about plans for next year's calendar, which are already well-advanced. Some well-established features remain, like the six-week evening courses (three levels of Buddhism for newcomers, plus introductory meditation), day-long introductory course at weekends, Sangha Night on Mondays, practice afternoons on Tuesdays, 'drop-in' meditation taster classes, the meditation club and Sangha Works (maintaining our beautiful centre), to name a few.

There are also some brand-new ideas getting off the ground. The most noticeable of these will be a two-hour (11am to 1pm) regular Saturday taster class for complete newcomers to Buddhism, called *Tools for Living your Life*. This will be run by a number of Order members and will have an informal, discussion based flavour, along with a little meditation. This hasn't been done before (except over the recent Xmas holiday period), but it's hoped that it will pick up momentum as the year goes on. If you have family or friends who'd like to learn a little more about what Buddhists believe and practise, you could definitely point them in this direction!

Another new approach is that we're having a lot more retreats in 2012, in a variety of venues – the well-established ones at Castleton and Vajroloka (N Wales), plus two new ones in Derbyshire, with facilities that should prove a bit more generous than what long-standing retreat goers might be used to! There will be two retreats of at least a week (at Vajraloka in June and Castleton over Xmas), plus five weekend retreats – two of them aimed specifically at newcomers (May and September), one for women (with Vidyamala, in September) and the other two welcoming all sangha members, in April and November.

We already have the best part of a full year's worth of special weekend events. These will be roughly one per month, and therefore well-spaced (one criticism of the 2011 calendar was that there were sometimes too many events over a short period for some sangha members to get to, or afford). Here's a taste of some of these events over the next few months:

- **January** – *Body, Speech and Mind* with Nishpara (Sunday 8th);
From Discord to Harmony (singing workshop, Saturday 28th).
See the separate articles in this newsletter for details of these two events.
- **February** (Saturday 18th) – *Parinirvana Day festival*, featuring a return of that 'old favourite' Priyavadita!
- **March** – *What is Compassion* (Sunday 11th) – a study day for mitras with Nagapriya;
Body & Breath – Earth & Air (Saturday 24th) – bodywork and meditation with Dhammagita.
- **April** – *Rainy Season Retreat* (Saturday 14th to Sunday 22nd) – not a long-range weather prediction, but a nine-day intensive event, at the Centre, for Order members and mitras.
Sangha weekend at Castleton with Sona and Vidyamala (Friday 20th to Sunday 22nd);

Keep an eye on forthcoming editions of this newsletter, on our excellent web site, and on the new and lovely 'month at a glance' posters for more details of these and lots of other dates for your diary!

Chandana (Programme Manager)

2012 INTERNATIONAL RETREAT

Taraloka Retreat Centre, Shropshire from Friday 1st to Tuesday 5th June

We're really pleased with the way preparations for the third Triratna International Retreat at Taraloka are going, and online booking is now open.

As in previous years, the International Retreat is a collaboration between the European Chairs' Assembly, Buddhafield and the Taraloka team. The theme this time is Imagining the Buddha, with talks by Dhammadinna, Ratnaguna and Subhuti. There will also be study/discussion groups with each of them, as well as with Vishvapani, author of *Gautama Buddha: The Life and Teachings of the Awakened One*. Workshop leaders will include Akasati (art and ritual), Satyalila (writing) and Mahasukha (singing and chanting). Meditation teaching will be by Kamalashila, Vajradaka, Sona and Vidyamala. There will also be a new children's area, with improved facilities and activities for children and teenagers. Vajratara, Jnanadhara and Singhamati will co-ordinate activities for sangha members in their 20s and 30s.

The event runs from the evening of Friday 1st until just after lunch on Tuesday 5th June 2012. Accommodation will mostly be under canvas in fields adjacent to Taraloka, and there will be some dormitory accommodation available for those travelling from outside the UK, for the elderly, and for those who have physical difficulties. Please contact us before 1st May and we will do our best to meet your needs. This is the big Triratna sangha gathering of 2012. Places are limited to 500 and booking is possible up until Friday 25th May. Make sure you're there! With thanks and best wishes, *Jnanarakshita*

For more information visit the retreat website <http://www.triratnainternationalretreat.org/>

Advance Notice of a 'Rainy Season' ten day retreat

at Manchester Buddhist Centre
for Mitras & Order Members

April 14th – 21st

In the Buddha's time there was a tradition to stop wandering during the monsoon rains and the whole Sangha collected together for weeks of shared spiritual practice and communal life. This was a time when the Buddha taught and many of his most inspiring discourses came from these periods.

From this the inspiration has come to have a type of Urban Retreat at the Centre for the most experienced and committed Sangha members; the Mitras and Order Members, a time to take stock and go inwards, recharge the batteries of our spiritual inspiration, without the need to teach or look outside ourselves. We'll create a spacious environment at the Centre by reducing the programme for that time to events solely for Mitras & Order Members. We've not yet planned what will happen but it's safe to say that there will be a series of talks, study groups, workshops, pujas, periods of led and unled meditation and discussion – some of which will be just for Order members, or just for mitras, most of it being for everyone together. We're hoping that by coming together in this way, through shared practice, we'll gain a much stronger and felt sense of the Sangha in Manchester!

Of course it rains all the time in Manchester – but April can be very wet! The team for the retreat will consist of, amongst others, Ratnaguna, Vidyamala and myself, Dayanandi. So look out for more information on this event (which might change its name!) as the year goes by and KEEP YOUR DIARIES FREE! We understand that many people will need to continue working so most events will occur during late afternoon/evenings, early morning and at the weekends.

Yours in the Sangha *Dayanandi*

FULL MOON PUJAS 2012

Monday 9th January *Vajrasattva*
Tuesday 7th February *White Tara*
Thursday 8th March *Akshobhya*
Friday 6th April *Vajrapani*
Monday 4th June *Vajrayogini*
Thursday 2nd August *Ratnasambhava*
Friday 31st August *Avalokitesvara* (so-called Blue Moon)
Sunday 30th September *Amitabha*
Monday 29th October *Amoghasiddhi*
Friday 28th December *Vairocana*

There will be no full-moon pujas in May, July or November due to celebrations of Buddha, Dharma and Sangha Days.

The above list is subject to change and more pujas (not on full-moons) may be announced shortly. *Karunavajri*

PUT A SPRING IN YOUR STEP! with BODYWORK and TREATMENTS at BODYWISE NATURAL HEALTH CENTRE

Acupuncture - Alexander Technique - Ayurveda - Career Coaching - Chi Kung -
Counselling - Focusing - Homeopathy - Mum and Baby Yoga - Reflexology - Restorative Yoga
- Shiatsu - Yoga - Yoga for Pregnancy - Yoga for Chronic Fatigue

Breathing into a new year stretch, relax and loosen up your body and mind with a yoga or chi kung class. Drop-in classes and courses begin again the week of 9th January so book your course NOW!

Phone Bodywise to find out if your course still has places on it.

For drop in classes, simply turn up.

All equipment is provided in the yoga studio in Bodywise on the 2nd floor of the Buddhist Centre.

Yoga workshop with Christine – Open and Release - Saturday 28 January 10am – 1pm

A gentle practice to nourish and renew. Cost: £27 / £22 conc. Phone us to book a place or book online.

“Christine Howitt has a rare quality of quiet yet powerful presence. She is particularly perceptive in seeing a Yoga student’s key alignment issues and being able to skilfully facilitate new possibilities for ease of movement. Her teaching is grounded and supported by the clear refinement of her own Yoga practice.” Donna Farhi, author of *Yoga Mind, Body and Spirit*

Birth Rehearsal Workshop with Maryline - Saturday 11 February 10.30am - 12 noon

Yoga postures and breathing are put in the context of birthing to show dads and birth partners how to give useful support during labour. £30 per couple (includes refreshments and snack). In these classes with Maryline, yoga postures and breathing are put in the context of birthing to show Dads and birth partners how to give useful support during labour. To book or for more information, contact Maryline on 0784 302 3515.

Shiatsu Practitioner Training with Phil Neal – also for other Bodywork Practitioners

January – Foundations of Shiatsu (continued) – Saturday 7th and Sunday 8th 9.30am-5pm, Sunday 10am-5.30pm £130

February – Foundations of Shiatsu (continued) – Saturday 4th and Sunday 5th 9.30am-5pm, Sunday 10am-5.30pm £130

For more information, bookings and enquiries, please contact Philip Cheshire-Neal (Principal of Shiatsu College Manchester) on philsmiles@hotmail.com or 07767 666 467.

Winter Break at Bodywise

Bodywise reception re-opens Monday 2nd January for you to book your treatments, courses and make enquiries. We wish all of you a wonderful start to your new year!



Shuddhabha moves to the land of mountains

Shuddhabha is one of the founder team members of Bodywise and has been at the helm with others ever since it opened in 1996, maintaining and developing it into an outstanding Natural Health Centre, a place with quality practitioners and a warm friendly atmosphere. In her own Shiatsu practise, she has treated many clients, often critically ill or in times of crisis needing support and often even delivering babies, showing great care and kindness towards them. She will be very much missed but from all of us, we wish you really well and a very happy life in your new home and Shiatsu practise in America.

For more information about yoga courses and drop-in classes as well as treatments offered at Bodywise and weekend events, please visit our website

www.bodywisenaturalhealth.co.uk or please ring 0161 833 2528.

MINDFULNESS MANCHESTER

Living Well With Pain And Illness

Starts Sunday 29th January 2012 at the
Manchester Buddhist Centre,
16-20 Turner Street, M4 1DZ

Five classes on Sunday afternoons
(1.30 – 4.00) every two weeks:
29th January, 12th & 26th February,
11th & 25th March

Mindfulness for Stress

Starts Sunday 15th January 2012 at Cross
Street Chapel, Cross Street,
Manchester M2 1NL.

Four classes, every two weeks
15th & 29th January 12th & 26th
February

The first three classes: 1.30–5.30pm and
the final class is an all-day session: 10.30–
5.30pm

For further details please visit our
website or phone or email
info@mindfulnessmanchester.com
or telephone: 07896 999280
(10.00–5.00pm weekdays please)

www.mindfulnessmanchester.com

VISUAL IMPAIRMENT UNIT CAMPAIGN UPDATE

Many thanks for the concern, sympathy, encouragement and metta shown to me by sangha friends since the V.I.P. Campaign at City Library began. I feel very supported in what appeared at first to be a hopeless situation. At last we are in genuine consultation with the Head of Manchester Library Services about the future of our unit. We have been reassured that ‘our’ remaining special librarian will be in post for the immediate future. Some (though minimal) training is being given to three others. New magnification software has also been ordered. We have conceded that hours will have to be cut, on condition that the remaining level of service is of high quality.

One of our members has been put on a consultative committee looking at design, space etc within the new Central Library/Town Hall complex with a view to the provision of a new though much reduced unit. This we see as a minor victory and feel that the new year begins with some hope.

Thank you all again *Shirley Percy*

The deadline for articles for the next newsletter is Monday 23rd January.

Please email to mbcnewsletter@gmail.com You can also leave items at reception marked for the attention of Sara Inkster.

Dates, prices and event details in this newsletter are correct as at 1st January 2012 but may be subject to change.

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 Triratana Buddhist Community/Triratna Buddhist Order.

Newsletters, including previous issues, are available online at www.manchesterbuddhistcentre.org.uk

Sign up on the site to get news emails too.

Events at the Centre

For details of drop-in sessions (Tuesdays, Thursdays and Saturdays) see page 1 and 2

Dates, prices and details in this newsletter are correct as at 1st January but may be subject to change.

JANUARY		
Sunday 1st	11.00–1.00pm	Tools for Living Your Life,
Sunday 1st		Centre closed except for special events
Monday 2nd		Centre Closed all day. No Sangha night tonight
Tuesday 3rd		Centre opens and returns to normal opening hours
Sunday 8th	10.30–4.30pm	Body Speech and Mind... see website for details
Sunday 8th	10.35–2.35pm	Sangha Walk, Littleborough Circular
Monday 9th	5.45–6.45pm	Full Moon Puja to Vajrasatva
Monday 9th	7.00–9.30pm	Sangha Night: Living with Kindness new series starts
Tuesday 10th	7.00–9.30pm	Introduction to Buddhism: six week course starts
Tuesday 10th	7.00–9.30pm	Going further with Buddhism: six week course starts
Tuesday 10th	7.00–9.30pm	Buddhism Level 3: six week course starts
Wednesday 11th	7.00–9.30pm	Introduction to Buddhism: six week course starts
Wednesday 11th	7.00–9.30pm	Introduction to meditation — six week course starts
Saturday 14th	10.30–4.30pm	Introduction to meditation: One day course
Monday 16th	7.00–9.30pm	Sangha Night: Living with Kindness
Friday 20th	7.00–9.30pm	Film Night - in association with Amnesty International
Saturday 21st	10.00–1.00pm	Meditation club, shared practice
Sunday 22nd	10.30–4.30pm	Sangha works, volunteer to help keep the centre beautiful
Monday 23rd	7.00–9.30pm	Sangha Night: Living with Kindness
Saturday 28th	1.00–5.00pm	From discord to harmony: Singing workshop
Sunday 29th	10.30–12.15pm	Sangha Sunday, together in spiritual practice
Sunday 29th	10.30–4.30pm	Order Practice Day
Monday 30th	7.00–9.30pm	Sangha Night: Living with Kindness
FEBRUARY		
Saturday 4th	10.00–4.00pm	A day for Women mitras
Monday 6th	7.00–9.30pm	Sangha Night: Living with Kindness
Tuesday 7th	5.45–6.45pm	Full Moon Puja to White Tara
Friday 10th	7.00–9.30pm	Li Lu In Love with Bach - fundraiser
Saturday 11th	10.00–1.00pm	Meditation club, shared practice
Sunday 12th	10.30–4.30pm	How the Buddha taught - Teacher Training Day
Monday 13th	7.00–9.30pm	Sangha Night: Living with Kindness
Friday 17th	7.00–9.30pm	Film Night - details to be announced
Saturday 18th	10.00–9.30pm	Festival: Parinirvana Day
Sunday 19th	10.30–4.30pm	Introduction to Buddhism, One day course
Monday 20th	7.00–9.30pm	Sangha Night, Brahma Viharas, new series
Sunday 26th	10.30–12.15pm	Sangha Sunday, together in spiritual practice
Sunday 26th	10.30–4.30pm	Follow On Retreat Day - consolidate your practice
Monday 27th	7.00–9.30pm	Sangha Night, Brahma Viharas
Tuesday 28th	7.00–9.30pm	Poetry Fundraising evening
Tuesday 28th	7.00–9.30pm	Evening for Men Mitras

Manchester Buddhist Centre, 16–20 Turner Street, Northern Quarter, Manchester, M4 1DZ
 t: 0161 834 9232 e: info@manchesterbuddhistcentre.org.uk

Manchester Buddhist Centre is a registered charity (charity reg. no. 514937)

Tiratna Buddhist Community: <http://thebuddhistcentre.com/> Facebook:> thebuddhistcentre.com

manchesterbuddhistcentre.org.uk