

Newsletter



Manchester
Buddhist Centre

November 2009

BROUGHTON DIARY

There's change in the air. Vilasavajra is thinking about his future and can't commit to the Blue Cliff community. Sanghaketu reckons he's just had the hardest time in his



life since he was mad in the 70's (difficulties at work and splitting with his partner of ten years) and will be leaving Manchester on November 1st for a 'fresh start'. So what were Sona and Ratnaguna to do? Well as there is interest from women wanting to live in the fine house in Higher Broughton that has been home to the Blue Cliff Community it's not surprising that the house may convert (if that's the right word) to a women's community.

Did we bear in mind impermanence when the community was in its heyday? Sona and Ratnaguna can illuminate a breakfast with Dharma perspectives and radical departures. It's not just enjoyable it's stimulating and uplifting. Throw in touches of kindness and the odd 'what you should do - I hope you don't mind me saying' and you have a true spiritual crucible.

Sanghaketu reckons his time in the community has been life-saving as well as life-changing. Over the coming months a transformation will take place. Do you want to be part of it? Metta, **Sanghaketu**

Turning the Tables

Hardly a newsletter goes by without Sanghaketu submitting a well-thought out article, rejoicing in the merits of one of the Sangha. I thought it was about time the tables were turned:

I first got to know Sanghaketu last Spring when ex-Hayley (now Karunavajri) went away on her ordination retreat for three months and Sanghaketu came to work at Breathworks one day a week. And did he work! We were really under pressure but nothing fazed him. He worked his socks off and with such an unflinching attitude of willingness, I began to wonder if "Sanghaketu" meant "ever-ready".

Most importantly, around the same time my mum was hospitalised following a straight-forward day procedure that went wrong and eventually led to her death some ten weeks later. This was a really difficult time for me and throughout it all,

Sanghaketu was a really warm, supportive, steady, loving presence.

I want to rejoice in the way in which Sanghaketu does his utmost to maintain positive mental states even when he's obviously feeling up against it. Speaking of which, I really admire his openness and transparency. If you ask him how things are with him, he tells you but without doing (what I've heard Prabhavara call) a "spiritual striptease." You just get it – straight.

I know he's very highly thought of by people who attend the meditation drop-ins because I've heard him being praised on numerous occasions and I'd just like to add my voice to the chorus. And if you see him around the centre, don't forget to wish him a happy belated birthday, cos he was sixty on the 31st October! Happy Birthday Sanghaketu!

Diane

A day for all men mitras

Generosity, attachment, freedom -
Tales of open handedness

On **Sunday 22nd November** we will be coming together for a day of practice which I have entitled *generosity, attachment, freedom – tales of open handedness*. On this day we will be sharing with each other how we have been affected by the generosity of others. We will be meditating, involving some instruction around the *metta bhavana* practice.

There will also be some instruction from the Buddhist tradition as to where generosity fits into the path and how it can be an aid to Liberation. This will be brought out by an exercise that will give us some sense of attachment and some reflections on letting go, on letting be. A figure that embodies the qualities of generosity and abundance is Ratnasambhava so we will finish the day with a ritual to evoke this figure.

Before the day please think about an instance when you have been affected by the generosity of someone else. On the day please bring some vegetarian food to share for lunch and a yellow flower to offer during the ritual.

Recently I did an evening where I asked some questions of the men mitras and a notable part of the feedback I got was that we need to make the men 's mitra sangha stronger. We need people to commit to coming to things. So support your brothers in the dharma and let's make this an inspiring day.

Please book at MBC reception or online. The day is from **10am until 4pm** and **costs £25/£18/£15**. If you can't afford this please still come and give dana. Love **Arthaketu**

Open Day Report

The recent MBC Open Day on 3rd October was a great success. Around a hundred new people came to find out more about what we do here, and get a taste of Buddhism, Meditation and the other activities that take place at the Centre - Breathworks, Bodywise, Clear Vision and Earth Cafe.

There were also a couple of new things that we tried out - a session on Buddhism for younger people, and a children's art session. The atmosphere on the day was fantastic - really positive and friendly - and the feedback from people was good. We had a great team of volunteers helping out.

Thanks to all who offered their help on the day. It was lovely to start the day off with a quick meeting between the MBC staff, organising the day, and the volunteer team. We talked about the importance of spreading the dharma, how the open day was a great opportunity to do this, and we performed the Dedication Ceremony to celebrate the day. Sadhu!

Wolf at the Door

Saturday 21st and Sunday
22nd November, 10am – 5pm

Wolf at the Door Workshops are for anyone who would like to explore their creativity and open to themselves with authenticity and playfulness through the written word. This is a workshop for anyone, no experience necessary.

Stephen Parr (Ananda) has been writing fiction and poetry for twenty years, and has written ten collections of poetry, a number of short stories and a novel. His poetry has appeared in many publications, including the Times Literary Supplement, Foolscape, the Poetry Business, and Bloodaxe's major anthology, The Long Pale Corridor. His first full length poetry collection, North of the Future, was published in 1999.

David Keefe (Manjusvara), originally a composer, now edits Weatherlight Press, publishing contemporary American poetry in Britain, in particular the work of Robert Bly and William Stafford. His essays and poetry have appeared in Stand, Sphinx, The Harvard Review, Connecticut Poetry Review, and The Prose Poem: An International Journal. He wrote the popular book, *Writing Your Way*.

Cost: £80/£60/£40 (Waged/ Low-waged/ Concessions)

Mindful Movement

A reminder that Breathworks has launched a weekly class of *Mindful Movement*, open to anyone who has been on a Breathworks course or anyone else interested in doing it. The movements are based on Yoga and Pilates and are a gentle way of developing strength and flexibility while being mindful. The MM emphasis is on the process of moving, rather than how far you can stretch or move. It is breath based and movement develops from the natural movements of each breath. It is meditative and calming and very enjoyable!

These Breathworks' designed classes are suitable for all, regardless of physical ability, including those with low mobility, pain or stress. Tanja Stephanovic, who leads *Mindful Movement* in Germany and is on an eight-week visit to Manchester, will lead them on a drop-in basis. Classes are on Wednesdays from **11am -12 noon** in the Bodywise studio and run throughout **November to 2nd December**. Each session will include a short body scan as well as a period of gentle movement. Cost £5/ £4 concessions.

Superhero in Earth

Around the middle of October, I booked for one of the Manchester Literature Festival Events entitled the "Superheroes of Slam Final" at the Green Room. I'd never been to a poetry slam but it sounded like fun and I managed to convince two friends and even

their mum to accompany me.

Guess who was one of the contestants? Our very own Dominic Berry from Earth Cafe, who bills as the "Vegan Poet". Although the overall standard was very high, I think it's quite telling that I can recall Dominic's poems far more readily than most of the other competitors. I think that it's partly to do with his inimicable delivery and the energy he exudes on stage. His poems included a vivid recollection of his first attempt at solo bike riding, a love poem and "Pulse" extolling the delights of Veganism. (Have I made up that word?) There was even some audience participation!

And guess what? He won! He was clearly delighted and walked – or rather bounced – off stage with a large silver trophy and £250. Well deserved! Call in Earth Cafe and find out where he's appearing next. He's worth watching. Congratulations Dominic. **Diane**

Bodywise

The weekend of the **7th and 8th of November** sees Relax Kids back at Bodywise. Then on **Saturday 14th and Sunday 15th** Manjudeva and Jutika lead their last Focusing event of this current series. Next year, they'll be putting on some Introductory Focusing weekends. Contact Bodywise and we'll give you more information or check out the next Bodywise programme which will be available from the end of November.

Christine is leading a yoga workshop entitled

"A practice to restore vitality and calm the nervous system" on **Saturday 21st November, 10am-1pm**. The cost is £25 or £20 concessionary and it's suitable for those with at least three months yoga experience.

On **Saturday 28th November**, Lucy will lead an Alexander Technique workshop from **10am-4pm** (cost £46/£36 concs). It's entitled "Recover your natural poise, flow and ease in everyday movements." Having recently experienced a one-to-one session with Lucy to help me work on my graceless slouch over the computer keyboard (and ensuing neck and shoulder pain), I would unreservedly recommend her approach. No doubt you'll notice my improved posture as I glide elegantly around the Bodywise reception area.

New Opening Hours

We are pleased to announce that from **MONDAY 2nd NOVEMBER**, Manchester Buddhist Centre will be open to the public from **10am - 7pm Monday - Friday**. This means that the Centre will now be open earlier in the day. You can now buy your incense, browse through the books, have a cup of tea in the tea area, and be greeted by our happy, smiling team of receptionists in the morning and not just in the afternoon!

Next Newsletter:

The deadline for next month's newsletter is **20th November**. Please email items to: mbcnewsletter@gmail.com

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

November	Sun	01	Sangha Fest Day 2
	Mon	02	NEW WEEKDAY OPENING HOURSE 10am - 7pm
	Mon	02	Sangha Night: Meditation and special Full Moon Puja for Sangha Day 7 - 9:30pm
	Weds	04-25	Breathworks: Mindful Movement Drop-in class in Bodywise studio 11am - 12pm
	Sat-Sun	07-08	Bodywise: Relax Kids 9am - 5pm both days
	Mon	09	Sangha Night: Practice Evening with meditation and puja led by Ratnaguna 7 - 9:30pm
	Sat-Sun	14-15	Women's Weekend Study: Insight - where do we stand? Led by Saddhanandi 8:30am - 3:30pm
	Sat-Sun	14-15	Bodywise: Focusing with Manjudeva and Jutika 10am - 5pm both days
	Sun	15	Breathworks: Living Well with Stress day retreat at the MBC 10am - 4pm
	Mon	16	Sangha Night: Practice Evening with meditation and puja led by Ratnaguna 7 - 9:30pm
	Sat	21	Order Members Mula Yoga Day - Kalyana Mitra or Guru Yoga led by Dayanandi 10am - 4:30pm
	Sat	21	Bodywise: Yoga - Restore vitality and calm the nervous system with Christine 10am - 1pm
	Sat-Sun	21-22	Wolf at the Door - Writing Weekend Workshop with Ananda and Manjusvara 10am - 5pm
	Nov	22	A Day for Men Mitras - <i>generosity, attachment, freedom</i> led by Arthaketu 10am - 4pm
	Mon	23	Bodywise: Student Shiatsu Clinic 10am and 11am
	Mon	23	Sangha Night: Practice Evening with meditation and puja led by Ratnaguna 7 - 9:30pm
	Sat	28	Bodywise: Yoga - Alexander Technique with Lucy 10am - 4pm
	Mon	30	Sangha Night: tba
December	Wed	02	Full Moon Puja to Padmasambhava 5:45 - 6:45pm
	Mon	07	Sangha Night: tba
	Sat	12	Bodywise: Yoga - <i>Resting Deeply</i> led by Padmadarshini 10am - 1pm
	Sat	12	Introduction to Buddhism & Meditation Day Event 10:30am - 4:30pm
	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

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.

Manchester Buddhist Centre
16-20 Turner Street
Northern Quarter
Manchester
M4 1DZ

tel: 0161 834 9232 fax: 0870134 7356
email: info@manchesterbuddhistcentre.org.uk

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
www.fwbo.org
www.fwbo-news.org
www.fwbo-buddhist-articles.org
www.freebuddhistaudio.com
www.videosangha.net
www.flickr.com/photos/fwbo/sets
www.Sangharakshita.org
www.people.fwbo.org