

# Newsletter



October 2009

Manchester  
Buddhist Centre

## Men's Mitra Convenor

On **Thursday October 22nd** everyone is welcome for the handing-on of the men's mitra convenorship. In place of our usual study night we are having a special evening to thank and appreciate Mahasraddha for all he has done for the Sangha during his time as the men's mitra convenor and to welcome and mark Arthaketu's taking over the role. The evening is for the whole sangha to come together and celebrate this change.

Mahasraddha says

"I have been the mitra convenor for men in Manchester for five and a half years. I feel very fortunate indeed to have had the opportunity to carry out this role. The dharma and its communication through the FWBO/WBO are matters very dear to my heart and it has been a great privilege to be involved with men as they work to clarify the significance of the dharma in their own lives.



However, the time has come for me to step down, move on and for a fresh, capable mind to take the reigns. I signalled my intention to resign as mitra convenor to the local order and to the overall men's mitra convenor in

December 2008. There has been a thorough process of consultation with the local order to agree my successor and I am delighted to say that Arthaketu is that man.

The role of mitra convenor is a crucial one in the life of the Sangha of an FWBO Centre and I think it is important, therefore, that the handover of mitra convening to Arthaketu is marked significantly, and witnessed by as many as possible in the local Sangha. "

From 5.30 – 7pm we will have a traditional shared meal - so do come along with some vegetarian food to share.

Then from 7 – 9:30pm we will have a short meditation, rejoicing in merits, a short talk from both Arthaketu and Mahasraddha and a special puja in which the handover will be ritually marked. The evening should generate a very special and inspiring atmosphere of Sangha. Please do take the opportunity to come along, in particular to give your appreciation, support and encouragement to them both.



## Insight, where do we stand?

Over **Saturday 14th** and **Sunday 15th November, 8.30am to 3.30pm**, there is a study weekend for women led by Saddhanandi. It will cost £80/£60/£40 (Waged/Low-waged/Concessions) and although it is best to come for both days it is also possible to attend just one of them. The weekend will be appropriate for all women attending the Buddhist Centre for more than six months.

We can often feel trapped, limited, and hindered, in our experience of life. Yet when we look around us we rarely see any external signs of imprisonment because we are limited and hindered by our own minds – or more specifically by particular mental states that restrict our ability to be free. In Buddhism these mental states are identified as 'fetters' and we are told that as we grow and develop spiritually we can loosen and even break each fetter until we are living in a permanent state of freedom.

On Saturday, we will be exploring the first three fetters that are traditionally listed as: fixed self-view, doubt, dependence on rites and rituals. We'll also look at Sangharakshita's description of them as habit, vagueness, and superficiality.

Through study, discussion, and 'insight enquiry' sessions (communication in pairs)

we will explore the meaning of these fetters and look at how they manifest in our lives.

On Sunday, we'll look more closely at the level of 'individuality' that arises once these three fetters are broken. We will do this by exploring the qualities of a Stream-Entrant (one who has broken free from the first three fetters) and use Sangharakshita's description of the True Individual to explore this first level of freedom and spiritual momentum.

The aim of the weekend is to give each one of us a clearer sense of where we stand in relation to Stream-Entry and a stronger commitment to our own path of Individuality - a path that manifests in a freedom that is no longer bound by the fetters of habit, vagueness and superficiality.

Programme:

- 8.15 Doors open
- 8.30 meditation
- 9.20 breakfast (toast, fruit, yoghurt provided by the Centre)
- 10.00 discussion
- 11.30 break (bring your own snack!)
- 12.00 discussion
- 1.30 break (bring your own snack!)
- 2pm Discussion
- 3.30 Depart

## November Sangha Nights

**November 2<sup>nd</sup>**, the first Monday of the month is a full-moon day – in fact it's Sangha Day! As you've probably read elsewhere, the MBC is celebrating the festival on the preceding weekend, but we'll still perform a special full-moon puja on Monday evening.

In fact, that Monday will be the first of four Practice Evenings. In August I led two Practice Evenings on Sangha Nights, which were well attended and appreciated by those present. I was surprised at how many people came to them, which made me think that you might want to do more.

So, from the 2<sup>nd</sup> to the 23<sup>rd</sup> November all Sangha Night classes will be devoted to the practice of meditation and puja. I expect we'll follow a similar programme to the evenings we had in August – short mindfulness of breathing and metta bhavana, puja, and of course, tea break! I hope to see you there.

Ratnaguna

## Manchester Literary Festival

When the Director of MLF saw our Shrine room she said "what a lovely place for the spiritual opening of Manchester Literary Festival". This will be on **Fri 16th October** when four gifted poets are coming to read some spiritually inspired poetry.

Grevel Lindop, who has published six collections of poems, and will be reading 'Travels with Salsa' and 'Touching the Earth' his poem-in-progress on the life of the Buddha.

Linda Chase, who has published two collections of poetry with Carcanet and is the director of Poets & Players, Didsbury.

Vishvantara, Julia Lewis, is a seasoned performer of her work and teaches meditation and Buddhism at the London Buddhist Centre.

Ananda, Stephen Parr, has published a number of collections including 'North of the Future' and is the founder and co-leader of Wolf at the Door writing courses.

There are drinks and delicious biccies at 5.30 – unfortunately, as the MLF can't pay our four poets, not even expenses, because we have no disabled entrance, this will cost £2.50 to raise some dana for our poets.

Otherwise this evening event is FREE. Do bring a friend. The readings will be from 6 to 7pm followed by a half-hour of questions and discussion.

Aryamati

### WRITING WORKSHOP

Ananda has kindly agreed to give a two-hour Writing Workshop on **Sat 17h October, 2 till 4pm**. He always brings many new ideas to inspire. Do tell all aspiring writers.

Please book now at reception for both events.

# Sangha Fest

Saturday October 31<sup>st</sup> to Sunday November 1<sup>st</sup>

Hopefully you have seen the posters around the centre and already read a little bit about the Sangha Fest we are planning for the end of the month.

Our merry band of contributors / organisers has been pulled together and enthused by Padmarshini and are really excited about the plans so far for our own festival: here is an update as to where we are and the many different ways everyone can be involved.

Firstly have you provided your photo yet? Part of the Sangha Fest is to have a visual record of everyone in our wonderful Sangha. Please can you give us a photo of yourself, one that you like, with your name written on the back. If it is not possible for you to bring one to the centre then email a digital photo to [andrew@manchesterbuddhistcentre.org.uk](mailto:andrew@manchesterbuddhistcentre.org.uk) \*

We will have the whole centre to ourselves, just Sangha members and their friends and family, and plan to have a wide variety of activities running at various times, starting at 11am on both Saturday and Sunday. There will be various kinds of dance and movement in Bodywise; a messy creative arts space for kids, and adult workshops in the Library and beyond; as well as different activities in the shrine rooms with meditation, visual slide shows on Buddhist sites around the world and much more. Plans are very fluid so that we can include ideas from all the Sangha and it would be really great to have other activities, so if you would like to offer something then please get in touch with [padmarshini@manchesterbuddhistcentre.org.uk](mailto:padmarshini@manchesterbuddhistcentre.org.uk)

To keep everyone well fed and watered throughout the day there will be 'Continuous Cakes' in the tea area! So a third way to participate would be to donate a yummy cake and bring that along to share with other

## Men's Dharma Study

For those in the Sangha who want to further Wisdom as a practice there is Dharma Study Night, also known as 'Thursday night study' or 'mitra study night' – and guess what, it's on a Thursday, and in the evening. It's a bit more challenging and systematic than Sangha Night and is a natural progression for anybody who wants to deepen their Buddhist practice with the FWBO and become a *mitra* (friend).

To come to Dharma Study Night (DSN) you will need to find and join a study group. DSN is organised into study groups for men and study groups for women. Each study group will have a study leader who is an order member.

It's worth noting here that DSN is not an academic course – it's about comparing the teaching of the Buddha and his followers with your own life-experiences, your understanding of the world, your opinions and assumptions and then reflecting upon the teaching. Sharing this activity with friends, challenging the teaching and challenging yourselves, can be inspirational, can expand your understanding and can change your values over time.

So, how to get started? Well, women should contact Padmarshini, the women's mitra

Sangha members, either before the event or during the weekend.

Towards the end of Saturday we plan to have a Sangha shared meal in the tea area for everyone to come together, swap stories about the Fest so far and to warm up for the next event. In the evening we will have a party in Earth - a sangha party / birthday party/ Cabaret Night, which will be a chance for our more musically and dramatically gifted members to showcase their ideas. We have stand-up comedy and both folk and classical music already on the programme, though we are still looking for further acts and opportunities for people to participate in the celebrations. And the Birthday? It's Sanghketu's 60th birthday that very day so we will also be celebrating that!

Now you have clearer idea about the weekend please put it in your diary and come along to make our very own Sangha Fest a great Manchester success. Let us know if you would like to offer to support, run a workshop, bake a cake, lay on an act for Cabaret Night or have any other ideas or ways you would like to contribute.

Nearer the time we will produce a schedule of events giving activities, times etc. We will put this on the website and also have it available on reception - so look out for that.

Finally would anyone like to help decorate the centre during the week leading up to the festival? It would be great to get a team of us to do it - if you want to join in then contact, email or talk to Padmarshini.

**Rachel Green**

\* so far we have 100 photos but we think there is still time to sneak yours in by email to Andrew in the first week of October **Ed**

convenor. If you are a man who is a mitra or looking to become a mitra then you should contact Arthaketu, he takes up the post of men's mitra convenor on October 22<sup>nd</sup>. There are potentially two study groups for men starting up soon. As the scope of full mitra study covers a four-year timetable you may appreciate that study leaders are a scarce resource - so this is a good opportunity.

For men who would like to try out this kind of study before committing themselves to a study group then Saccacitta runs a Drop-in Dharma study class on Thursdays. He is following the Foundation Course and you can check where he is up to each week at <http://manchestermित्रas.blogspot.com> where you can also download the study material.

**Nishpara**

[padmarshini@manchesterbuddhistcentre.org.uk](mailto:padmarshini@manchesterbuddhistcentre.org.uk)  
[saccacitta@gmail.com](mailto:saccacitta@gmail.com)  
[arthaketu@gmail.com](mailto:arthaketu@gmail.com)

### Next Newsletter:

The deadline for next month's newsletter is **20th October**. Please email items to:  
[mbcnewsletter@gmail.com](mailto:mbcnewsletter@gmail.com)

To get the newsletter by email contact:  
[info@manchesterbuddhistcentre.org.uk](mailto:info@manchesterbuddhistcentre.org.uk)

## All conditioned things are Impermanent

And that includes the Manchester Buddhist Centre team. We thought we would let you know the recent changes to the centre team, remind you of who does what and who to contact if you need anything regarding the centre.

*Bye Bye to...*

Vidyabhadri, who has left for pastures new. We thank her for all her hard work over the past few years, and wish her well in the future.

Ratnaguna, who has finished his fundraising work for the centre. Thanks to him for helping make a significant difference to the finances of the centre.

Arthaketu, who is phasing out his work in the centre team, to become the new Men's Mitra Convenor. Thanks to Arthaketu for his hard work with volunteers, publicity distribution and the carers' retreats, amongst other things. We wish him well in his new role.

*Hello to...*

Chandana, who has taken up the role of Newcomer's Manager. This builds on the work that Prabhasvara was doing. Chandana will support those people who come to the centre for introductory and going further courses, and who may want to take things further, but are not yet Mitra's. He is also part of the Teaching Kula - the group of people who meet to discuss and guide the courses and day/weekend events at the centre. He will also utilise his IT systems background to help the centre team to use IT more effectively.

Keith Green, who has taken up his post of Fundraising and Marketing Manager. This builds on the work Ratnaguna, Prabhasvara, Hilary and Nishpara have been doing on the Abundant Treasures appeal. His role is to consolidate and develop the current monthly standing order system, develop other fundraising strategies and take part in the wider FWBO fundraising meetings that are helping develop the resources and skills of fundraisers in the movement. Building on the work Vidyabhadri was doing, he will also co-ordinate publicity and marketing of the courses, groups and events at the MBC, developing strategies of how to do this most effectively.

Both Chandana and Keith are working full time. So - the centre team is now:

Andrew Gorecki (Administration)

Chandana (Newcomer Manager)

Kate Walsh (Reception and Room bookings Manager)

Keith Green (Fundraising and Marketing Manager, Publicity/Communications)

Ratnagita (Finance, contracts, team rota, management)

Sanghaketu (Bookshop Manager)

Suryaka (Facilities and Maintenance Manager, volunteers, management)\*

Vajramudita (Director of Operations -main manager of team)

\* Suryaka is on leave until mid-October, taking part in a Karuna fundraising appeal, raising money for social projects in India.

**MBC team**

## Join Us - Working at the Centre

We are currently looking for volunteers to help us run our beautiful centre.

Firstly, in November we are going to start opening our doors from 10am Monday to Friday, instead of from 12noon. We therefore need people who can commit to volunteering on a regular basis on reception between 10am -12noon. You will be joining a committed team of volunteers who regularly do reception duty - a group of people who bring friendliness, reliability, and a desire to help the people who come through our doors. They play an incredibly important role in our centre - often being the first point of contact for people coming to the Centre. The role includes tasks such as - answering the phone, taking bookings for courses and events, and selling items in the shop. Full training will be given. If you are interested in helping out, or want more information, please contact Ratnagita on 0161 834 9232 or at jackyhighton@googlemail.com

Secondly, Vajramudita, the manager of the Centre Team is looking for a volunteer Personal Assistant. She says -

"Fancy working in a friendly team and deepening your practice? I'm looking for a volunteer personal assistant to work closely with me to help with my work at the Centre. The work would be done best over two half-days each week (or one whole day each week) as a regular commitment for at least six months.

I'm responsible for leading/managing the Centre team, managing operational aspects of the Centre and managing the Centre budget. I'd love to work with someone who's interested in work as a spiritual practice and who would benefit from the opportunity of working within the Centre team. The types of work you would carry out would be: setting up meetings, taking and typing up notes from team meetings, helping to manage correspondence, helping to gather and collate report information and General PA admin.

You would need to be IT-literate, able to use Microsoft Word and have the ability to create /learn how to create spreadsheets. You would need good administrative, organisation and communication skills. In return, I can offer a positive, friendly and challenging place to work - and references to support future work applications. Of course these benefits are small in comparison to the merit you will gain in supporting the Centre to spread the Dharma! If you are interested please contact Ratnagita as above.

### EXILE by Aryamati

Last month he fell from grace  
refugee in a dingy room  
'Lucky to escape those revolutionaries!'  
one dollar left, his stomach churns  
more hungry for talk than food.  
Dreams of engineering feats  
flown - together with the flow of  
speech,  
mispronounced phrases replace  
mouthfuls of doves...

(based on true story of Iranian student forced to flee)

## Buddhism with Pride

The MBC's two events for this year's Lesbian, Gay, Bisexual and Transgender (LGBT) Pride festival were a great success.

The first took place in a car park in the Village during Pride weekend itself. Thanks to Clive we had a small shrine, and the organisers provided a small gazebo, 20 chairs and a sound system - good thing as otherwise you couldn't have heard a thing over the buzz of conversation and music from surrounding stalls and activities! In the first hour 20 people (naturally including several children in rainbow wigs) joined us for a workshop on the Five Precepts and body scan meditation, led by Munisha. They were replaced by another ten more people in the second meditation slot. And then there were all the other people who hovered some way off, wondering what was going on, our team providing explanations and leaflets. The Pride organisers were very pleased with the event and received extremely positive feedback about us afterwards.

The second event took place a week later at the MBC: tea and sandwiches, a tour of the Centre including its LGB history and some meditation. It attracted just seven people but was generally reckoned a very heartwarming evening; something to build on. I reflected that it probably turned out just right that the organisers billed us as a chill-out zone; we avoided being seen as "religious" and therefore suspect.

## An Evening for Women Mitras

On **Tuesday, October 20th**, there will be another evening for women mitras and dharmacharinis when we will explore, discuss and question the recent letter from Sangharakshita, entitled "What is the Western Buddhist Order?"

The letter arose from a question and answer session Sangharakshita had with the public preceptors earlier this year. It contains his vision of the Order and things that he wants the Order to carefully reflect on. You can go to [www.sangharakshita.org/news.html](http://www.sangharakshita.org/news.html) to download the letter. It promises to be an, interesting and lively discussion.

There will be a shared meal from 5:30pm. For those who want join us for this, please bring some vegetarian food to share. The discussion will begin at 7pm in the Lotus Hall.

**Padmadarshini**

## For all Women in the Sangha

It's that time of year again! Time to relax in the warmth and comfort of the women's community. Once again, we are offering film nights as the nights draw in... The first one of the new season is on **Sunday October 18th at 6.30pm**. We are going to be showing "Amongst White Clouds." We haven't seen it yet - but it has a great write-up:

"*American director Edward A. Burger takes us on his unforgettable journey into the hidden lives of China's forgotten Zen*

*Buddhist hermit tradition. These wise masters live in isolated valleys in the peaks and valleys of China's Zhongnan mountains. One of only a few foreigners to have lived and studied with these hidden sages, Burger reveals to us their tradition, their wisdom, and the hardship and joy of their everyday lives."*

You will need to book as places are limited - call the community on 0161 792 0966 or email [phyllis.blakey@googlemail.com](mailto: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. Our address is : 4 Healey Close, Salford. M7 3PQ. We look forward to seeing you here!

## Into Wholeness

### Reflections on Dhammagita's body-mind exploration weekend

Its Sunday evening (September 20th) and I feel a very different person to who I was on Friday night. Dhammagita said it is not unusual to feel tired after the kind of body work we had been doing, as tension we are not aware of carrying drops away. Certainly, its a long time since I've felt this relaxed, but the tiredness has taken me by surprise as this weekend has not felt like hard work at all, just a lot of fun.

During the weekend we explored our elemental energies: earth, water, fire and air. Dhammagita did give some interesting teachings but the main focus was experiential. As well as meditation and breathing exercises there was stretching, Shiatsu visualisations, drawing, singing, music and (my favourite) dancing. Fantastic! I can't wait for Dhammagita to come back to MBC.

**Kirstine**

## Events for Men in October

The first, an exploration and discussion of Sangharakshita's letter *What is the Western Buddhist Order?*, is open to all men - friends, mitras, men who have asked for ordination and order members - and is on **Monday 5th October, 7 - 9:30 pm**, and led by Sona. This is a dana event - please give a donation.

The second event is a study day led by Padmavajra, a senior member of the WBO, a Public Preceptor and a knowledgeable, passionate, energetic and inspired communicator of the Dharma. The topic is *Sangharakshita's Great Stages on the Spiritual Path* and is open to men who have, at minimum, completed a Buddhism level 2 course. The day is **Saturday 24th October from 10am until 5pm** and will cost £40/ £30/ £20 (Waged/Low-waged/Concessions). Please bring some vegetarian lunch to share. Places are limited.

## Padmavajra Event:

On **Sunday 25th October** from **10am until 5pm** Padmavajra, will lead a study day for both men and women. The subject is *The Sangha Practices of the Bodhisattvas*. The Bodhisattva works for the Enlightenment of all beings and expresses his insight and wisdom by creating a spiritual community. Cost as for the men's day above. Please bring some vegetarian lunch to share.

# Bodywise

We're really looking forward to Open Day on **Saturday 3<sup>rd</sup> October**; there's loads going on up here on the second floor: Yoga sessions and an Alexander Technique workshop in the Yoga studio; tasters in Reflexology and Counselling as well as an Hakomi Therapy workshop entitled "Being Together in Mindfulness" and Career Coaching in a group. Please do come and take part.

On **Saturday 10 October**, Shuddhabha is leading a Shiatsu CPD day (Theme: "Introduction to Pregnancy") for Shiatsu practitioners. You may be aware that Shuddhabha also supervises students from the Shiatsu College Manchester and Bodywise hosts clinics where you have the opportunity of an hour's Shiatsu for just £10. Contact us for dates and to book.

Christine is running a yoga workshop entitled "A practice to support the transition into Autumn" on **Saturday 17 October, 10am-1pm**. This workshop is suitable for those with at least three months yoga experience.

On **Saturday 24 October, 10am-4pm** Jutika is putting on a one day massage course and having attended two of these workshops in recent times, I'd really recommend you give it a go. Not only do you learn basic massage techniques to try out on grateful family and friends but the day itself is a real pleasure as you give and receive massage all day long! Sheer indulgence – and lots of fun too.

## Breathworks News

This autumn Breathworks launches a weekly class offering guidance and practice in Mindful Movement. Sessions will be open to anyone who has done a Breathworks course or anyone interested in learning some very gentle movements to develop strength and flexibility but with the main emphasis on mindfulness. The movements are based on Yoga and Pilates but led in a way suitable for anyone, regardless of physical abilities and including those with low mobility, pain or stress. They were originally designed by Padmarashini in consultation with Vidyamala. However, this class will be led by Tanja Stephanovic who has been leading

Mindful Movement in Germany for several years. She is visiting us for eight weeks and we wanted to take advantage of her expertise while she is here!

Mindful Movement emphasises the process of moving rather than how far you can stretch or move. It is breath based, taking the natural movements of each breath into bigger physical movements. It is meditative, calming and very enjoyable! We hope many will take advantage of this opportunity. Sessions will run on a drop-in basis on **Wednesdays from 11-12** in the Bodywise studio, from **14th October till 2nd December**. Each session will include a short body scan.

Our next Living Well with Stress course runs from **Monday 19th October** for eight weeks, 7:00 - 9:30pm, and will be led by our very experienced trainer Vishvapani.

This month we are running our first Living Well with Pain and Illness course specifically for sufferers of chronic fatigue syndrome or ME. This will be held at the Breightmet Health Centre in Bolton, under the auspices of the Manchester CFS/ME network.

### October

Sat	03	MBC and Bodywise OPEN DAY Various free taster activities	9am - 5pm
Sun	04	Full Moon Puja to Shakyamuni - just turn up	5:45 - 6:45pm
Mon	05	Sangha Night; Day to Day Mindfulness - Spiritual Teachings led by Ratnaguna	7 - 9:30pm
Mon	05	A Men's Evening: Discussion on the 'What is the Western Buddhist Order' letter led by Sona	7:00 - 9:30pm
Fri-Sat	09-11	Sangha Weekend Retreat led by Vidyamala and Sona at Castleshaw, Saddleworth	
Sat	10	Bodywise: Shiatsu CPD day with Shuddhabha	10am - 4pm
Mon	12	Sangha Night; Day to Day Mindfulness - The Environment led by Ratnaguna	7 - 9:30pm
Wed	14	Breathworks: Mindful Movement Drop-in sessions start in Bodywise studio for 8 weeks	11am - 12pm
Fri	16	Manchester Literature Festival: Buddhist Poets at the MBC	6 - 8pm
Sat	17	Bodywise: Yoga - Transition into Autumn with Christine	10am - 1pm
Sat	17	Order Members Mula Yoga Day - Vajrasattva Practice led by Dayanandi	10am - 5pm
Sat	17	Afternoon Creative Writing Workshop led by <i>Wolf at the Door</i>	2 - 4pm
Sun	18	Women's Film Night at 4 Healey Close	6:30 - 9:30pm
Mon	19	Bodywise: Student Shiatsu Clinic -	10am and 11am
Mon	19	Breathworks: Living Well with Stress course starts at MBC	7 - 9:30pm
Mon	19	Sangha Night; Day to Day Mindfulness - Other People led by Ratnaguna	7 - 9:30pm
Tue	20	Evening for Women Mitras on 'What is the Western Buddhist Order' with Padmarashini	7:00 - 9:30pm
Wed	21	Evening for Men Mitras	7 - 9:30pm
Thu	22	Men's Mitra Convenor Handover - celebrating Mahasradhha and Arthaketu	5:30 meal / 7 - 9:30pm
Sat	24	Bodywise: One Day Massage Course with Jutika	10am - 4pm
Sat	24	Study Day for Men: Great Stages of the Spiritual Path led by Padmavajra	10am - 5am
Sat	24	Buddhism and Meditation Day - Taking It Further	10:30am - 4:30pm
Sun	25	Study Day for All: The Sangha Practice of Bodhisattvas led by Padmavajra	10am - 5pm
Sun	25	Introducing Buddhism and Meditation Day	10:30am - 4:30pm
Tue	27	Buddhism & Meditation I, II and III - Six-week courses start	7 - 9:30pm
Wed	28	Introductory Meditation and Going Deeper - Six-week courses start	7 - 9:30pm
Sat-Sun	31-01	SANGHA FEST with the MBC Sangha	noon - 10pm

### November

Mon	02	Sangha Night: Meditation and special Full Moon Puja for Sangha Day	7 - 9:30pm
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
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
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

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](mailto:info@manchesterbuddhistcentre.org.uk)

#### 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)  
[www.fwbo-buddhist-articles.org](http://www.fwbo-buddhist-articles.org)  
[www.freebuddhistaudio.com](http://www.freebuddhistaudio.com)  
[www.videosangha.net](http://www.videosangha.net)  
[www.flickr.com/photos/fwbo/sets](http://www.flickr.com/photos/fwbo/sets)  
[www.Sangharakshita.org](http://www.Sangharakshita.org)  
[www.people.fwbo.org](http://www.people.fwbo.org)