

Edinburgh Theravada Buddhist Group

Mark Your Calendars!

June 25 Practice Day

July 6 Thursday evening
visit by Harnham monastic

July 14-16 Summer
retreat at Jody's Cottage

August 12-20 Summer
retreat at Harnham

Sept. 7 Thursday evening
visit by Harnham monastic

Dec. 3 Inter-sangha
celebration, Salisbury Centre



Please visit our new website!

www.TheravadanBuddhists.org.uk

Practice Day

A Practice Day will be offered on **June 25** at the home of Ursula at 3 Howden Hall Court near Morton Hall Crematorium in Edinburgh. The practice day will be from 10 am until about 5:30. There will be walking and sitting meditation, as well as a midday meal, so please bring a vegetarian dish to share. The day closes with tea and an opportunity to share your experiences of the day with others. Contact Ursula on 0131 258 1295 for more information.

Sangha without Boundaries

The April all-Edinburgh Buddhist retreat was quite a catalyst for activity. The first newsletter of the "Sangha without boundaries" is out and includes information on several joint activities, including an engaged Buddhism group, an NVC practice group, and upcoming inter-sangha events. For more information, please visit www.MySangha.org.uk.

July 14-16 Retreat

A self-led retreat for the Edinburgh Theravadan Buddhists will be held in mid-July at Jody's cottage near Glen Lyon.

Dates & times: From Friday, July 14 (late afternoon/evening) through Sunday midday, July 16.

Logistics: Camping is available, as well as limited accommodation in the cottage. Please bring food to share.

For more information, contact Ursula on 0131 258 1295. Please call at your earliest convenience if you plan to attend. It is very



helpful in making arrangements to know ahead of time how many people will be there.

About the Tradition

The Edinburgh Theravadan Buddhist Group follows the forest sangha tradition as practiced by the venerable Ajahn Chah. This tradition originates in Thailand. In the UK, the main monastery, Amaravati, is located in Hemel Hempstead near

London. Monks from the Ratanagiri branch monastery, located in Harnham, visit the Edinburgh group.

For more information on the tradition, teachings, retreats, and materials available, please visit

www.ratanagiri.org.uk or
www.amaravati.org



36 streams are rushing towards you! Desire and pleasure and lust...Play in your imagination with them, and they will sweep you away. Powerful streams! They are everywhere.

— The Dhammapadam, Desire, 24

Dana Wish List

Monastics rely on *dana*, the generosity of the laymembers of the sangha, to meet their everyday needs. To donate items listed here, please contact Harnham.

FOOD ITEMS

Vegetables — Eggs — Tofu
Yeast (for hand & machine)
Cheese — Vinegar for cooking

NON-FOOD ITEMS

Stamps (any value) - 9V batteries
Work gloves — shaving foam
Man-size tissues

Thank you! We now have enough of: Toothbrushes, salt, oils, instant coffee, pasta, rice, margarine, cakes, chocolate
Updated June 4, 2006 from the Ratanagiri website's "Dana list."

www.TheravadanBuddhists.org.uk

A Dhamma Miscellany

REFLECTIONS

ON A DHAMMA TALK

given by Ajahn Abinando, March 2006

*Two months of silence...
meditation.*

*Concentrated wisdom extracted
from the press.*

*Sifting, exploring, discovering
seeds of experience.*

*Peace appears as jumbled
thoughts settle*

*Forming a boundary of con-
sciousness.*

*This tranquil scene, offering relief
and refuge.*

*Calm and peaceful, a place to
gather strength.*

A strategy of recovery.

*Deeper into the core, below that
serene surface.*

A point of focus and happiness.

*Easing the challenges of this
world.*

*Why move away from here?
Such bliss!*

But...

*It is possible to seek clarity!
In this state...of holiness.*

At the root...the root cause.

*Facing the truth, considering al-
ternatives.*

Being brave

*Shaking hands with the tormen-
tor*

*Seeing life clearly
without seeking punishment*

Being compassionate.

Understanding our core

Knowing that all life changes.

Taking refuge when it is needed

*Seeking clarity from a settled
foundation*

Not judging

—Ray Harris, March 2006

Ajahn Candasiri to spend Vassa in Edinburgh

We are quite fortunate that for the period of the Vassa rains retreat, Ajahn Candasiri, a senior monastic from Amaravati, will be in the neighborhood. From July through October, she will be in residence in Edinburgh.

The main reason for her stay here is to care for her elderly parents. The details remain to be worked out, and first and foremost her aim is to support her parents. Nonetheless, it looks likely that there will be opportunities not only to provide support for her stay, but also to benefit from teachings and informal gatherings with her.

We may be able to organize, for example, a day of study on the Dhammapada. It may also be possible to arrange informal afternoon tea and open discussion, perhaps before our regular Thursday evening group.

On the practical day-to-day level, opportunities exist to help with obtaining provisions. This might take the form of a weekly dana offering (one suggestions has been each Saturday), or simply helping with runs to the market.

On occasion, anagarikas and other monastics from Amaravati may visit to provide support to Ajahn Candasiri. At such times additional support from our lay community would be most welcome.

We have with Ajahn Candasiri's close proximity for several months a truly wonderful opportunity. We can benefit greatly not only by practicing generosity in providing support for her, but also by teaching from and informal meetings with the Ajahn.

If you would like to lend a hand in organising a study day, or are able to help with other activities, please contact Claralynn at info@heartwoodmusic.com or 01506 843 907.



Meeting Information & Contacts

Meetings are held every Thursday evening at 7:30 pm, Christchurch Hall, Holy Corner, Bruntsfield Place.

We aim to encourage deeper investigation of the practice of meditation

within an atmosphere of group support. We actively support and are supported by the monastic community at Harnham Buddhist Monastery (Ratanagiri), Newcastle.

www.TheravadanBuddhists.org.uk

Contacts

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Newsletter

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Scheduled visits from Harnham Monastery monastics

July 6 November 2

Sept. 7 December 7