

Edinburgh Theravada Buddhist Group

Mark Your Calendars

- 30 Sept** Practice Day
4 Oct Monastic Visit
14 Oct Annual picnic at Jody's cottage
28 Oct Kathina at Harnham
30 Nov Inter-sangha retreat
2 Dec at Samye Ling
6 Dec Monastic Visit
16 Dec Inter-sangha gathering at Salisbury Centre

The 3rd annual Wiston Lodge retreat will be held in late April or early May of 2008. Tentatively scheduled for 27-29 April, the dates are not yet finalized.



www.TheravadanBuddhists.org.uk

Practice Day

A Practice Day will be offered on **30 Sept** at the home of Anna Portaro, in the village of Crichton, near Pathhead.

The day will begin around 10 am and run until sometime in the evening. There will be walking and sitting meditation. Please bring a vegetarian dish to share.

There are some lovely outdoor walks in wooded areas, so hiking boots are well advised.

The day closes with tea and an opportunity to share your experiences of the day with others, and an evening puja.

For further information, please contact Anna on 01875 320 581.

Ajahn Candasiri — from Edinburgh to Amaravati

Over the last couple of years, our group has been most fortunate in frequently benefiting from the teachings and presence of Ajahn Candasiri, a senior nun in our tradition. She came to the Edinburgh area to care for her elderly parents. Sadly, her father passed away last month. The Ajahn's mother passed away a little over a year ago.

We find that now it is time for our friend and teacher, Ajahn Candasiri, to return to Amaravati after an extended time in Edinburgh. We have tremendous appreciation for her having been in Edinburgh over the last couple of years, and also sadness that time has now come to a close.

On 1 September, Anna Portaro offered at her home a dana for Ajahn Candasiri. We had a wonderful meal, followed by a discussion about her future plans. The day together ended with a beautiful walk in the woods around Crichton Castle.

The group expressed keen interest in inviting the Ajahn back up to Edinburgh to give talks or lead a retreat. The ideas were well received all around, along with a recognition that it will be well into 2008 before there would be an appropriate time. So we'll look at inviting her back in a few months' time.

We wish Ajahn Candasiri all the very best over the next weeks as she spends time at Chithurst and Amaravati. And we give our heartfelt thanks and deep appreciation for her many teachings as well as the myriad unique and wonderful opportunities that have arisen from her being just around the corner for so many months.

Thank you to Ajahn Candasiri, and to the monastic community whose kindness and flexibility made it possible for her to spend this time with her parents, and us, in Edinburgh.



*Avoid attachment to both
what is pleasant
and what is unpleasant.
Losing the pleasant causes grief.
Dwelling on the unpleasant
also causes grief.*

*Do not cling to the pleasant.
Let it pass,
So that the separation will not
diminish you.
Clinging to what is dear
brings sorrow.
Clinging to what is dear brings fear.*

*...to loosen these bonds
Is to be free from sorrow and fear.*

*The Dhammapada,
16 The Pleasant, 2-5
Translation by Ananda Maitreya*

Photo by Claralynn

www.TheravadanBuddhists.org.uk

Winter Gathering

Please join us for our annual winter gathering of Edinburgh's Buddhist community. The evening event will be held at the Salisbury Centre, from 6:15 until about 9 pm. Please bring a vegetarian meal to share.

Start: 6:15 for 6:30 pm
Salisbury Centre
By donation

For more information, please contact Pete Baynes, or visit www.MySangha.org.uk.

Dana Wish List

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

Tahini — milk — honey
Fruit

Stamps (2nd class; high-value stamps)
Firewood for wood-burning stoves

Updated 2 Sept 2007 from the Ratanagiri website's "Kitchen blog." Visit Ratanagiri.org.uk for the most current list, which is updated weekly.

2007 Visits from Harnham monastics

The following visits are scheduled for 2007. Please note that while we anticipate this schedule will be accurate, all things are impermanent, and changes can and do happen!

4 Oct Ajahn Munindo
6 Dec Ajahn Abinando

We hope to have the schedule for 2008 in the next newsletter.

Extract from an article about the Tudong in the Rondane National Park, Norway

July 2007

On the second to last evening of the Tudong we had an excellent opportunity to talk with the monks. The informal talking was wide quite wide ranging. Some of the topics discussed are noted here.

We started off by talking about whether to eat meat. Ajahn Kongrit pointed out that the Buddha did not say that we could not eat meat. He said that we should check if we detest it. If so don't eat it. We should check whether it has been killed for us individually, if so don't eat it. We should apply mindfulness to whether to our attitude towards not eating meat, are we feeling self-righteous about it? We should apply loving kindness in our decision about whether we eat meat.

Another subject concerned difficult issues coming up for us. It is suggested that we should acknowledge them. If it is possible to deal with them in meditation then do so. If we cannot deal with it now, just sit with it or put it away; leave it for later. But if it has to be dealt with now and we don't

have the capacity to deal with it, we should ask for help from a Sangha friend or from a monk.

Ajahn Kongrit talked about wisdom being as vast as water. Mindfulness is the pipe that it flows through. It is important to have a big enough pipe!

Ajahn Kongrit asked us to consider five guiding principles when we meditate. They can be counted off on the fingers of our hand.

•**Faith** or belief in ourselves and that the path we are following will lead to the destination we seek.

•**Effort** in following that path.

•**Mindfulness** or awareness which sits at the centre and is the way that we check that we are on the right path.

•**Concentration** on the meditation object.

•**Wisdom** that arises through this practice.

All of these areas of meditation work together to bring about balance. For example effort without wisdom may lead us to strongly follow the wrong path.

Ajahn told us not to try to change people, do not convert anyone. Follow the path and pass on the Dhamma when asked.

— Offered by Ray Harris



Meeting Information & Contacts

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.

About our meetings

7:30 pm, every Thursday evening

Chanting and meditation followed by discussion or a Dhamma talk

Christ Church Hall, Holy Corner, Bruntsfield Place in Edinburgh

No fees: by donation

Disabled access is available

Group contacts

General meeting info

Neil Howell 0131 226 5044

Jody Higgs 0131 332 7987

Newsletter

Claralynn Nunamaker

0776 747 4650

info@heartwoodmusic.co.uk

www.TheravadaBuddhists.org.uk