

Edinburgh Theravada Buddhist Group

Mark Your Calendars

- 9 Jul** Monk's Visit
9-15 Aug Men's retreat
(Ajahn Jayanto)
3 Sept Monk's Visit
19-20 Sept Edinburgh retreat
(Ajahn Abhinando)
11 Oct Kathina at Harnham
18-24 Oct Mixed retreat (Ajahn Viamlo)
5 Nov Monk's Visit
13-15 Nov Mixed retreat (Ajahn Abhinando)
3 Dec Monk's Visit



www.TheravadanBuddhists.org.uk

Edinburgh Retreat!

Ajahn Abhinando has agreed in principle to lead a retreat in the large studio space at Peter & Melanie's home.

The retreat is scheduled for the 19-20 September. A theme may be selected — please visit the website for details.

As usual, there will be a morning start (10 am), and please bring vegetarian food to share. Cost will be by donation, to cover the cost of the monk's transport.

Many thanks to Peter and Melanie for organizing and hosting this retreat. For more information, contact them at:

0131 664 0756
24 Southhouse Ave.EH17 8ED
angelink@blueyonder.co.uk

Kusala House

Kusala House is the lay retreat facility associated with Ratanagiri.

Before year end, there will be a number of retreats and Sutta study days at Kusala house. Current offerings include:

- 9-15 Aug. Men's retreat, led by Ajahn Jayanto;
- 13 Sept. Sutta study day.
- 18-20 Sept. Mixed retreat with Ajahn Punnyo;
- 18-24 Sept. Mixed retreat, led by Ajahn Vimalo;
- 8 Nov. Sutta study day.
- 13-15 Nov. Mixed retreat, led by Ajahn Abhinando.

For booking, contact Kath Ann Jones at kusalaretreats08@gmail.com or phone 0120 728 3361

Practice afternoons are held the first Sunday of each month, 2-5 pm. This is followed by meditation instruction for beginners, again the first Sunday of each month (up at the main monastery) at 5:30 pm.

A further two Sutta study days will be offered by Professor Peter Harvey. These will be held in Kusala House on September 13th and November 8th. As before, the day will begin at 9.30 and finish at 4.00. Once again there will be a shared vegetarian lunch.

www.kusalahouse.org



Photo by
Marina Nunamaker

"All states of being are determined by mind.

It is mind that leads the way.

As surely as our shadow never leaves us,

so well-being will follow when we speak or act
with a pure state of mind."

— Dhammapada verse 2

This text is the basis for Ajahn Munindo's Moon Day Reflection for the next full moon. The reflection is printed on the overleaf. To receive these reflections via email for each full moon day, write to dhammasakaccha@googlemail.com.

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Time for Silence & Reflection

Part of the Festival of Spirituality and Peace is the hour-long meditation is held at St John's Church, on Prince's Street in Edinburgh. Our dear friend Jody was instrumental in creating and sustaining this time for quiet.

Last year we carried on this tradition forward, and numbers were quite low. Please consider attending one or more of the sessions this year, one hour on a Friday afternoon in August.

To volunteer or for more info, contact Claralynn at 013838 53508, or info @ heartwoodmusic.co.uk

Dates: 14, 21 and 28 Aug
Time: 5:30—6:30 pm,
St. John's Church,
Prince's St., Edinburgh

What's New with our Group

Over the last months, we've seen a few new faces at the group. A very warm welcome to all!

We've also been experimenting with how we use our discussion time after the chanting and meditation.

What we've decided to try is that each week we don't have a monk's visit or a sharing scheduled, one person will volunteer to share something with the group. We are looking forward to the variety this will bring, and eager to see what people will choose to share.

From the Harnham Website

Harnham's Kathina will be held on the 11th October 2009. It is being offered this year by Thai friends. Luang Por Sumedho and other senior monks and nuns will be joining us. The celebrations will start at 10am. Please come and join. For further details please check here closer to the time.

Ajahn Munindo's Moon Day Reflection

Coming at the very beginning of The Dhammapada this verse serves as a most powerful reminder of where our priorities need to lie. With the almost constant sensory impingement we readily become distracted and lose perspective; we can forget that we are responsible for the way we view the world. But with skilful reflection we can remember, and ignite that right kind of effort which means can fall back into awareness and 'see' things in a new way. A way that means that even if conditions are not agreeable they are still just conditions. Changing conditions. Programmed conditions. We remember to not believe too much in the way things appear. We remember the heart's warmth and the strength found in kindness, patience and clear-seeing. The trick is how to remember.

Next full moons: 7 Jul & 6 Aug

Dana Wish List

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

Food items

- Vegetables
- Fruit
- Tofu
- Soya milk
- Salt
- sugar

Non-Food items

- Stamps (higher value)
- Mansize issues
- Toilet roll

Updated 1 July 2009 from Ratanagiri website's Dana List. <http://onasterykitchen.blogspot.com/> is updated weekly.



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

Newsletter

Claralynn Nunamaker

0776 747 4650

info@heartwoodmusic.co.uk

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