



# Hampshire Buddhist Society

## Newsletter for Autumn 2017

The object of the Hampshire Buddhist Society is to make known the principles of Buddhism and to encourage the study and practice of those principles.

### Special Events

On **Sunday 17<sup>th</sup> September**, Ajahn Karuniko will lead a one day retreat. See below for details.

On **Thursday 21<sup>st</sup> September**, there will be a meeting to discuss the future of HBS. See below for details.

If you would like to come to any of our special events, please tell us. We share cars for events at remote locations so the cost is very reasonable.

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### Day Retreat with Ajahn Karuniko



The Theravada Group warmly welcomes you to a Day Retreat at the Hamblin Trust, Bosham, on Sunday 17<sup>th</sup> September. Ajahn Karuniko, the Abbot of Chithurst Monastery, will be leading the day.

The retreat will start at 10.00am, but we recommend that people arrive at 9.30am. The day will end at 5.00pm.

The retreat will consist of dhamma teaching, sitting & walking meditation, and question opportunities. The purpose of the day is to become acquainted with key aspects of the Buddha's teaching through the practice of meditation. The programme will be suitable

for newcomers as well as established meditators.

Please bring your contribution to a 'pot-luck' vegetarian shared lunch. Tea, coffee and water will be provided. Chairs will be available, but you might like to bring your own meditation cushion.

There is no fixed charge for this retreat, but there will be a bowl available for contributions towards the cost of the day including a gift to the monastery.

The full address is: The Hamblin Trust, Bosham House, Main Road, Bosham, PO18 8PJ. The Hamblin Trust can be found at [www.thehamblintrust.org.uk](http://www.thehamblintrust.org.uk).

**Please note that the retreat is now fully booked and we are now operating a wait list. So, if you have already booked but can't go after all or you would just like to be added to the wait list, please send an email to the following address:**

[hbs-day-retreats@gmx.co.uk](mailto:hbs-day-retreats@gmx.co.uk)



# Hampshire Buddhist Society

## Future of HBS

*Angela Cotton*

Some of you may know that there is a possibility that Roberta and Steve will be moving away in around 18 months' time. Over the years they have not only hosted our meetings but also carried out many vital roles for the Society and they will be greatly missed when they go.

We are holding a special meeting on Thursday 21st September (7.30pm, 32 Norfolk Rd) to discuss the future. Among the things we wish to discuss are venue(s), what to do with (or where to store) the Society's assets (mats and cushions, the library etc) and how to manage the running of the Society in future (Steve is currently Secretary, Treasurer, newsletter editor and webmaster!)

Theravada group members would also like to include some discussion of whether our present meeting format, day and time, etc meet the needs of all who currently attend or might wish to attend.

Everyone is welcome, whether you are Zen, Theravada, both or neither! The agenda for the meeting is fluid at the moment so if you have anything that you would like added to it please let us know. Also, please let us know if you can't come to the meeting but have any ideas, questions or suggestions you would like us to include. Emails can be sent to the usual HBS address:

[hampshirebuddhistsociety@gmail.com](mailto:hampshirebuddhistsociety@gmail.com).

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## Theravada Group Meetings

*Angela Cotton*



At our meetings, we have been listening to and discussing talks from the excellent Foundation Course in Buddhism by Bhante Bodhidamma. Anyone who has missed any of the talks and wants to listen to them can do so at:

<http://www.satipanya.org.uk/audio-video/a-foundation-course-in-buddhism/>



# Hampshire Buddhist Society

## Chithurst Buddhist Monastery Events



Vassa (the rains retreat) ends on Thursday 5<sup>th</sup> October.

The Kathina will take place on Sunday 22<sup>nd</sup> October.

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## Luang Por Sumedho's Open Retreat May 2017 Evening Talks

Venerable Sumedho, the first abbot of Chithurst Buddhist Monastery, led a retreat at Amaravati Buddhist Monastery in May. His seven evening talks are available on the Amaravati web site via the 23<sup>rd</sup> July [newsletter](#). You can also find them on YouTube.

The subjects of his talks are:

- Recognition of the First Noble Truth
- Mindfulness and Wisdom
- Conditioned and the Deathless Realm
- More than Four Elements
- Awakened Awareness is Like This
- Generosity, Morality, and the Cultivation
- Awareness Itself is Not Conditioned



# Hampshire Buddhist Society

## Contact Details

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**Hampshire Buddhist Society**

32 Norfolk Road, Shirley, Southampton,  
SO15 5AS  
[www.hampshirebuddhistsociety.org.uk](http://www.hampshirebuddhistsociety.org.uk)  
023 8049 6315

**The Buddhist Society**

58 Eccleston Square, London, SW1V 1PH  
[www.thebuddhistsociety.org](http://www.thebuddhistsociety.org)  
020 7834 5858

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**Chithurst Buddhist Monastery**

Chithurst, Nr. Rogate, Petersfield,  
Hampshire, GU31 5EU  
[www.cittaviveka.org](http://www.cittaviveka.org)

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**The Zen Centre**

58 Marlborough Place, London, NW8 0PL  
[www.rinzaizencentre.org.uk](http://www.rinzaizencentre.org.uk)  
020 7624 4987

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**Amaravati Buddhist Monastery**

Great Gaddesden, Hemel Hempstead,  
Hertfordshire, HP1 3BZ  
[www.amaravati.org](http://www.amaravati.org)

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**The Zen Gateway**

[www.thezengateway.com](http://www.thezengateway.com)

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Contributions to the newsletter are welcome. Please send them to us by email or post.

If you would like to be removed from the mailing list, please tell us.



# Hampshire Buddhist Society

## Programme for Autumn 2017

### September

|       |    |           |   |
|-------|----|-----------|---|
| Wed   | 6  | Zen       | Zazen   |
| Thurs | 7  | Theravada | Meditation & Dhamma                                   |
| Wed   | 13 | Zen       | Sesso Roshi Memorial                                  |
| Sun   | 17 | Theravada | Day Retreat with Ajahn Karuniko, Hamblin Hall, Bosham |
| Wed   | 20 | Zen       | Zazen   |
| Thurs | 21 | Joint     | Future of HBS   |
| Wed   | 27 | Zen       | Open Meeting  |

### October

|       |    |           |  |
|-------|----|-----------|--|
| Sun   | 1  | Zen       | Zen Sunday, The Buddhist Society, London |
| Wed   | 4  | Zen       | Bodhidharma Memorial                     |
| Thurs | 5  | Theravada | Meditation & Dhamma                      |
| Wed   | 11 | Zen       | Zazen                                    |
| Wed   | 18 | Zen       | Brian Dyas Memorial                      |
| Thurs | 29 | Theravada | Meditation & Dhamma                      |
| Wed   | 25 | Zen       | Open Meeting                             |
| Sun   | 29 | Zen       | Zen Sunday, The Buddhist Society, London |

### November

|       |    |           |   |
|-------|----|-----------|---|
| Wed   | 1  | Zen       | Zazen                                       |
| Thurs | 2  | Theravada | Meditation & Dhamma                         |
| Mon   | 6  | Zen       | Zazen (Zen Group meetings change to Monday) |
| Mon   | 13 | Zen       | Zazen                                       |
| Thurs | 16 | Theravada | Meditation & Dhamma                         |
| Mon   | 20 | Zen       | Daito Kokushi Memorial                      |
| Sun   | 26 | Zen       | Zen Sunday, The Buddhist Society, London    |
| Mon   | 27 | Zen       | Open Meeting                                |

### December

|       |    |           |                            |
|-------|----|-----------|----------------------------|
| Sat   | 2  | Zen       | Rohatsu Night Sitting      |
| Mon   | 4  | Zen       | The Buddha's Enlightenment |
| Thurs | 7  | Theravada | Meditation & Dhamma        |
| Mon   | 11 | Zen       | Zazen                      |
| Mon   | 18 | Zen       | Open Meeting               |
| Thurs | 21 | Theravada | Meditation & Dhamma        |
| Mon   | 25 | Zen       | New Year Recess            |

### January

|       |   |           |                        |
|-------|---|-----------|------------------------|
| Mon   | 1 | Zen       | New Year Recess        |
| Thurs | 4 | Theravada | Meditation & Dhamma    |
| Mon   | 8 | Zen       | Master Rinzai Memorial |

Wednesday and Thursday evening meetings start at 7.30 pm. Please arrive early.  
The Calendar and Blog pages of the HBS web site may contain information about events arranged after the publication of this newsletter.