



# Hampshire Buddhist Society

## Newsletter for Summer 2019

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.

### Day Retreat with Ajahn Karuniko in Southampton

On Sunday September 22 there will be a day retreat at the Pavilion in Portswood.

This retreat follows upon the very successful retreat from last year.

Please save the date. Further details will be forthcoming through the HBS email list in the summer.

---

### International Thod Pa Ba and the 40<sup>th</sup> Anniversary Celebration, 23<sup>rd</sup> June 2019

There will be a celebration at Chithurst Monastery combining the annual Thod Pa Ba and the 40<sup>th</sup> anniversary of the founding of monastery.

'Thod Pa Ba' in Thai means 'to offer forest cloth', and is an occasion which brings to mind the mutual support of the lay and monastic communities. The monks and nuns aim to live simply, and offer teachings and examples to people who kindly offer the material support

essential to the existence of the monastery as a spiritual centre for the welfare of all.

As well as the Thod Pa Ba ceremonies, we will be celebrating the 40 year anniversary of the founding of Cittaviveka Monastery. To mark this very special occasion there will be a photographic exhibition displaying pictures that chart the history of Cittaviveka Monastery, from a rundown, derelict house with neglected grounds, to the wonderful and charming monastery that benefits and serves the sangha and lay supporters so well today. George Sharp, who was instrumental in acquiring the property, will be giving out copies of his book, 'The Story of Cittaviveka.'

Further details are available on the Chithurst Monastery website at: [www.cittaviveka.org](http://www.cittaviveka.org)

---



# Hampshire Buddhist Society

## HBS AGM Report

*Angela Cotton*

We held our AGM in April. The existing officers were all re-

elected unanimously. However, more people willing to get involved in running the society are welcome.

---

## Theravada Group News

*Angela Cotton*

The Theravada group is now meeting at the Friends Meeting House, 1A Ordnance Rd, Southampton SO15 2AZ. We are upstairs - please use the side door to left of main door. Parking is by meter in local roads, it is free from 8pm so will cost you only 50p or £1.

(in months which have five) we try to arrange a meal out. All are welcome.

Longstanding members will remember that we used to meet in the Meeting House many years ago, so this is a home from home for us.

Our meetings remain on the first and third Thursdays of each month, 7.30-9.30, and on the fifth Thursday

---

## Theravada Group Saturday Retreat

*Michael Laycock*

Since November 2018 we have held a monthly Saturday retreat which has been well supported. We intend to repeat the event monthly on the last Saturday of the month at the same venue (namely, at the 14th Highfield Scout Group HQ on Brookvale Road in Southampton) and will continue to do so provided there is sufficient demand. We therefore need meditators to regularly attend the event.

sustained meditation to deepen their practice. The day follows a simple format, alternating between periods of silent sitting and walking meditation, with a break for lunch. The retreat is not led by a teacher and no meditation guidance is given, save as indicated in the schedule, so it suits participants who are comfortable with a basic meditation practice; in support of their own and the group's meditation.

The day is a one-day silent retreat consisting of sitting and walking meditation. It is suitable for anyone with a mindfulness or meditation practice who would like a period of

Although our practice is Buddhist, we welcome participants from other traditions and spiritual backgrounds to join with us in silent practice. If you would like more information please contact Michael on [hbs-day-retreats@gmx.co.uk](mailto:hbs-day-retreats@gmx.co.uk)



# Hampshire Buddhist Society

---

## Chithurst Buddhist Monastery Events

**International Thod Pah Pa and  
Cittaviveka's 40<sup>th</sup> Anniversary  
Celebration**

23<sup>rd</sup> June – 13<sup>th</sup>

**Open Day**

29<sup>th</sup> June

**Lay Forums**

2<sup>nd</sup> June

7<sup>th</sup> July

At 2:00pm in the reception room of  
the main house

**Forest Work Day**

9<sup>th</sup> June

Meet at workshop at 1:30pm

**Forest Work Week**

5<sup>th</sup> – 12<sup>th</sup> July

For more information on the forest  
work week contact Ed on email at  
[forest@cittaviveka.org](mailto:forest@cittaviveka.org)

Details are available from the  
Chithurst web site,

[www.cittaviveka.org](http://www.cittaviveka.org) .

---

## Contact Details

**Hampshire Buddhist Society**

[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

---

**Chithurst Buddhist Monastery**

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

---

**The Zen Centre**

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

---

**Amaravati Buddhist Monastery**

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

---

**The Zen Gateway**

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

---

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 Summer 2019

### June

Sun	2	Zen	Zen Sunday, The Buddhist Society, London
Mon	3	Zen	Zazen
Thurs	6	Theravada	Meditation & Dhamma
Mon	10	Zen	Soko Roshi Memorial
Mon	17	Zen	Zazen
Thurs	20	Theravada	Meditation & Dhamma
Mon	24	Zen	Open Meeting
Sat	29	Theravada	Retreat
Sun	30	Zen	Zen Sunday, The Buddhist Society, London

### July

Mon	1	Zen	Zazen
Thurs	4	Theravada	Meditation & Dhamma
Mon	8	Zen	Zazen
Mon	15	Zen	Sojun Kannun Roshi Memorial
Thurs	18	Theravada	Meditation & Dhamma
Sun	21	Zen	Zen Sunday, The Buddhist Society, London
Mon	22	Zen	Zazen
Sat	27	Theravada	Retreat
Mon	29	Zen	Open Meeting

### August

Thurs	1	Theravada	Meditation & Dhamma
Mon	5	Zen	Zazen
Mon	12	Zen	Open Meeting
Thurs	15	Theravada	Meditation & Dhamma
Mon	19	Zen	Recess
Mon	26	Zen	Recess
Sat	27	Theravada	Retreat

### September

Mon	2	Zen	Zazen
Thurs	5	Theravada	Meditation & Dhamma
Mon	9	Zen	Zazen
Mon	16	Zen	Sesso Roshi Memorial
Thurs	19	Theravada	Meditation & Dhamma
Sun	22	Theravada	HBS Retreat at Pavilion Portswood
Mon	23	Zen	Zazen
Sun	29	Zen	Zen Sunday, The Buddhist Society, London
Mon	30	Zen	Open Meeting
Thurs	19	Theravada	Meditation & Dhamma

Monday 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.