



# Hampshire Buddhist Society

## Newsletter for Spring 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 **25<sup>th</sup> March** Fairlight Zen Buddhist Temple in Luton will hold an open day to commemorate the 10<sup>th</sup> anniversary of the death of Zen Master Daiyu Myokyo.

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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### Living and Dying in Peace

*Roberta Mansell*



About four years ago I joined with some members of the Bodhicharya Tibetan Buddhist group led by Ringu Tulku Rinpoche to study death and dying.

Obviously, this is the one inevitable event that we all share with every living being past, present and to come.

We had a number of books, some members discussed with one another and after a year or two we each wrote a few words that we thought might be helpful to others.

The web site [Living and Dying in Peace](#) is the result. The project is a work in progress and offers many useful contributions and will continue to do so as time goes on.

For me, the study of Tibetan books was so useful for establishing in my mind a sound Buddhist perspective on what death and rebirth are and what we can do for ourselves and others who face the end of our present condition. As a Zen practitioner, the Tibetan rituals, although beautiful and moving, are not altogether appropriate but the tone, attitude and philosophical principles are. These are Buddhist principles and therefore apply to all those who practice as Buddhists of whatever school.

The following are titles that may be of interest:

- Living in the Face of Death by Glen Mullin
- Death, Intermediate State and Rebirth in Tibetan Buddhism by Lati Rinpoche & Jeffrey Hopkins
- Peaceful Death, Joyful Rebirth by Tulku Thondup
- Mind Beyond Death by Dzogchen Ponlop Rinpoche

Also, on a down to earth level, Age UK is very helpful. Key in "Age UK" and your town or city. Google "What to do when someone dies" – there are several web sites that are helpful.

As a result of this developing project I have written a "thesis" (25 pages) for my family if I



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go into change first. I am so glad that I did as it took a full working week to complete!

The business of dying these days is HUGE! I wouldn't want that kind of work inflicted on my

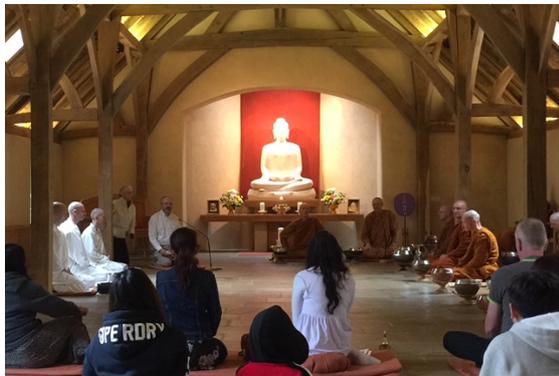
husband and children when they aren't feeling too good. I did consult them and they are grateful.

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

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## 50th Anniversary Tree Planting

*Ros Dean*



The anniversary occasion took place at Cittaviveka Monastery on Saturday 1<sup>st</sup> October. It started with a talk by Jane Browne, one of the founder members. Although Jane was present, she asked Steve Mansell to deliver it on her behalf. Her talk summarised the very early days of the organisation and how it centred around a few committed individuals, including Jane and Brian Dyas.



Jane Browne

Ajahn Sucitto then spoke, mentioning Brian's donation of a huge marquee which gave the monastics shelter whilst the shell of the main house was being made habitable.

Ajahn Karuniko spoke about the importance of lay groups, explaining how it was the Hampstead group which first introduced him to Buddhist practice.



After the meal, we gathered around the main stupa where a small oak tree was to be planted to commemorate the occasion. The monks chanted a blessing and the tree was duly secured into the ground. It had been a rainy start to the day, but by one o'clock, the monastery was bathed in warm sunshine: a fitting end to the joyous proceedings.



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## Chithurst Buddhist Monastery Events

The Sangha will be on their Winter Retreat from 6<sup>th</sup> January to 30<sup>th</sup> March. Visitors are welcome to attend teachings and meditations: Saturday evening meditation

and talks continue as usual and guided meditation on the first Sunday of the month.

Details are available from the Chithurst web site, [www.cittaviveka.org](http://www.cittaviveka.org).

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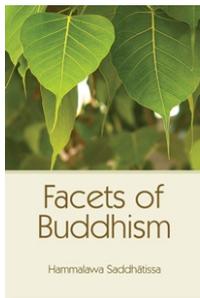
## Luang Por Sumedho Open Retreat

Luang Por Sumedho, founder of Amaravati and Chithurst monasteries, will be in England in May 2017. He will conduct an open retreat at Amaravati from 12<sup>th</sup> to 19<sup>th</sup> May.

Preliminary information about the retreat and other events during his visit is available at [www.amaravati.org/visiting/may-2017-events/](http://www.amaravati.org/visiting/may-2017-events/)

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## Additions to the Library



'Facets of Buddhism' is the latest publication from the Buddhist Publication Society. It is a collection of essays by Venerable Hammalawa Saddhātissa on various facets of Theravada Buddhism as well as

Buddhism in general and covers a range of topics such as ethics, metaphysics, kamma, rebirth, meditation, history and nibbāna. Because of the author's sympathy with European ways of thinking, these essays are

particularly helpful to those not brought up in a Buddhist culture and tradition. While some of the essays are of an introductory nature, others are more advanced.

Ven. Hammalawa Saddhātissa (1914–1990) was a Sri Lankan scholar monk who is mainly known for his book *Buddhist Ethics* and his translation of the *Sutta Nipāta*. The last thirty years of his life he lived in the West, mainly in London. He held various academic positions at universities, and was the abbot of the London Buddhist Vihara.



# 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.



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## Programme for Spring 2017

### January

Wed	4	Zen	Master Rinzai Memorial
Thurs	5	Theravada	Meditation & Dhamma
Wed	11	Zen	Zazen
Wed	18	Zen	Zazen
Thurs	19	Theravada	Mindfulness Within the NHS
Wed	25	Zen	Open Meeting
Sun	29	Zen	Zen Sunday, The Buddhist Society, London

### February

Wed	1	Zen	Zazen
Thurs	2	Theravada	Meditation & Dhamma
Wed	8	Zen	Zazen
Wed	15	Zen	Buddha's Parinirvana Memorial
Thurs	16	Theravada	Meditation & Dhamma
Wed	22	Zen	Open Meeting
Sat	25	Zen	Master Daiyu 10 <sup>th</sup> Anniversary Open Day, Fairlight Zen Temple
Sun	26	Zen	Zen Sunday, The Buddhist Society, London

### March

Wed	1	Zen	Zazen
Thurs	2	Theravada	Meditation & Dhamma
Wed	8	Zen	Zazen
Wed	15	Zen	Zazen
Thurs	16	Theravada	Meditation & Dhamma
Wed	22	Zen	Master Daiyu Memorial
Sun	26	Zen	Zen Sunday, The Buddhist Society, London
Wed	29	Zen	Open Meeting

### April

Wed	5	Zen	Buddha's Birthday & Christmas Humphreys Memorial
Thurs	6	Theravada	Meditation & Dhamma
Wed	12	Zen	Recess
Wed	19	Zen	Recess
Thurs	20	Theravada	Meditation & Dhamma
Wed	26	Zen	Open Meeting
Thu	27	Joint	Annual General Meeting
Sun	30	Zen	Zen Sunday, The Buddhist Society, London

### May

Wed	3	Zen	Zazen
Thurs	4	Theravada	Meditation & Dhamma

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.