



Hampshire Buddhist Society

2020 Third Newsletter - August

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. There are three people to remember in this edition whose lives have encouraged study and practice.

OBITUARY – Dr Garry Gelade

The Zen Gateway Co-founder, Michael Haggiag, says 'farewell' to a much loved and respected dharma teacher. Reproduced with thanks to Michael Haggiag and The Zen Gateway.



Dr Garry Gelade



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Senior dharma teacher and leading light of the Zen Centre and the Buddhist Society in London, Dr. Garry Gelade died on Sunday, July 5th, 2020 at the age of 74. For those friends and students who knew him, his unexpected death is a great sadness. He will long be missed and his swift departure from this life represents an enormous loss to the entire Buddhist community that he supported with unflagging devotion for over forty-five years. For those who didn't know him, he left a fine legacy of written articles and talks on the Buddha dharma. Yet above all he had a profound impact through his teaching and personal example on the hearts of so many people who have been inspired to follow and continue on the Buddha's path because of him.

Garry had a brilliant mind and a deep, wide-ranging fund of knowledge, as well as an acerbic, often rapier-like wit. He liked to say that contemporary society has replaced the rationalist philosopher René Descartes's famous dictum, *Cogito Ergo Sum* (I think therefore I am) with *Costco Ergo Sum* (I shop therefore I am). He was also very down to earth and balanced his sharp observations on daily life and the pretensions of spiritual seekers with a gentle, compassionate side. Nonetheless he was a ferocious guardian of the true dharma. He would occasionally attend talks by celebrity guests at the Buddhist Society. If he heard a speaker wax lyrical on the magic of meditation or suggest a rapid route to enlightenment, he would quietly raise his hand and say, "I don't quite understand." If the illustrious speaker fell into the trap of then adding a long-winded explanation, he (or she) would swiftly meet their match. On the other hand Garry's deadpan responses to ego-driven questions from genuine students managed to be both kind and hilarious and were often accompanied by a twinkle in his eye.

Garry studied psychology and statistics at Cambridge where he helped to found the Cambridge Buddhist Society and then took his doctorate in Experimental Psychology at Nottingham University. He then engaged in research at Oxford. He became Secretary of the Oxford University Buddhist Society in the 1970s. Some of his original research papers on memory and attention have become part of the A level psychology curriculum. Eventually he became a respected consultant providing statistical analysis for large organisations such as Lloyds Bank and Chelsea F.C. As a young man growing up in the heady days of 1960s, he played the guitar and experimented with LSD and various forms of Eastern mysticism before coming to Zen, but he always applied a rigorous scientific method to his investigations. One of these studies was a psychological experiment into telepathy. It concluded that conscious attempts at telepathy showed scant evidence of natural links between sender and receiver, but there was a definite unconscious correlation. In other words the receiver more often than not "knew" when he had received a genuine message.

In 1972, while he was still at Oxford, Garry first encountered Master Daiyu Myokyo, the Austrian geologist Dr. Irmgard Schloegl who once taught at Imperial College in London but had recently returned from her 12 years of training in Rinzai Zen



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Buddhism at Daitoko-ji temple in Japan. Ven. Myokyo-ni, as she was known to her students, had the distinction of being one of the first and only female Westerners to receive inka, the formal recognition in the Rinzai Zen tradition of the deepest spiritual realisation with the consequent right to represent and teach in the Rinzai tradition. Garry immediately took her as his spiritual mentor and became her life-long student. Over time he became a trustee and co-director of the Zen Centre as well as a regular dharma teacher known for his strict, no-nonsense style. He was on the Zen Gateway Board of Advisors and a popular speaker at seminars, Zen retreats, and the Buddhist Society Summer School.

Garry would occasionally tell the story of his first five-day meditation retreat. Soon after it ended, Ven Myokyo-ni asked him to account for himself and scrutinized him while he tried mightily to come up with the appropriate words. Finally he gave up and just shrugged. "Five days in silent meditation? Surely something changed in you!" she exclaimed. Suddenly the words emerged from his mouth unbidden: "Well, before the retreat I would drop my trousers on the floor at night and get into bed. After the retreat I found myself folding them neatly on the back of a chair." Myokyo-ni smiled broadly, well pleased with this answer. The first slim ray of light had emerged from an opening heart. After many years of cultivation it would one day glow and radiate its warmth on a continual basis.

Garry gave his last dharma talk via Zoom for a Zen Centre weekend retreat in May just a few short weeks before his death. Nothing seemed amiss. Garry always spoke well and from the heart about Buddhism and Zen practice and he had polished his delivery over the years, but listeners that night would remark on how deeply moving a talk this was. He had not been well for some time but very few people realised that he was suffering from late stage lung cancer. The hospital asked him to sign a routine permission form for them to carry out any life-extending operations that might be warranted under the circumstances. Garry refused. Death in the Zen tradition is described as a process of going into transformation. He was prepared for it and went elegantly and most likely in full awareness into that good night. Goodbye Garry. We'll always remember you fondly. You've been a wonderful example to us all.

Michael Haggiag

Farewell – John Eayres

We note with sadness that John Eayres has passed away. Over the last twenty years John has been a member of both the Zen and Theravada groups and many of us will remember him fondly.

His cremation was 7th July, however it was not possible to attend in person due to the current Covid situation. A memorial service will take place in September for family and friends.



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Farewell – Eric Cheetham

Eric Cheetham died peacefully in hospital on 24th August. He was a good friend personally as well as a great support to Myokyo-ni and The Zen Group. Eric wrote and delivered many courses on Buddhism for The Buddhist Society over 20 years. With his strength of mind, integrity, verbal power backed by vigorous scholarship he was a backbone of study for many people.

Roberta and Steve Mansell



Eric Cheetham 30 August 1924 – 24th August 2020





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Theravada Group meetings online

The Theravada Group has started meeting online by Zoom on alternate Tuesdays, the next being 1 September at 19:45. Our usual format consists of an opening chant, meditation and a dhamma talk followed by group discussion. However, although we usually follow that format we are always open to alternative suggestions from anyone in the group.

We had asked you to put Sunday 20 September 2020 into your diaries for our annual Southampton Day Retreat led by Ajahn Ahimsako, Abbot of Chithurst, but have had to cancel this due to the pandemic. We very much hope to be able to run it again in 2021.

For general enquiries and for information about the Theravada group online meetings please email hampshirebuddhistsociety@gmail.com.

Chithurst Buddhist Monastery

Limited parts of the monastery are now open to visitors from 10.30am to 1.30pm but with precautions in place in order to safeguard both the residential community and visitors against COVID-19. Check before you go. All public events and large gatherings are cancelled until at least the start of October.

Lay Forum (online) – Sunday 6 September

The next Lay Forum is scheduled for Sunday 6 September, from 2.00 to 3.30 pm. This session will be offered online using Zoom. If you are not on Chithurst's mailing list, you can receive information on how to join this forum by [sending an email with your request to chithurstlayforum@gmail.com](mailto:chithurstlayforum@gmail.com) . The main monastery phone number is 01730 814 986.

Forest Work 2020



There are many ways in which contributions and support can be made to this wildlife conservation project and place of quiet contemplation and reflection. **Information about the Winter Forest Work event will be announced nearer the time on the monastery announcements page.** For further information about volunteering or supporting the monastery woodland, please feel welcome to contact the Forest Manager Chris Matthews at: forest@cittaviveka.org



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Online classes and courses start from 7th September 2020.

Zen Sunday online

Sunday 27th September 2020 Online schedule 11.00am 12:00pm and 2:00pm to 3:30pm
Please join via Zoom:

<https://thebuddhistsociety.zoom.us/j/87168301330?pwd=Zlp2ZVd4Z2RxOHU3TUQ5aHlqZ0Vodz09> Meeting ID: 871 6830 1330 Password: 818596

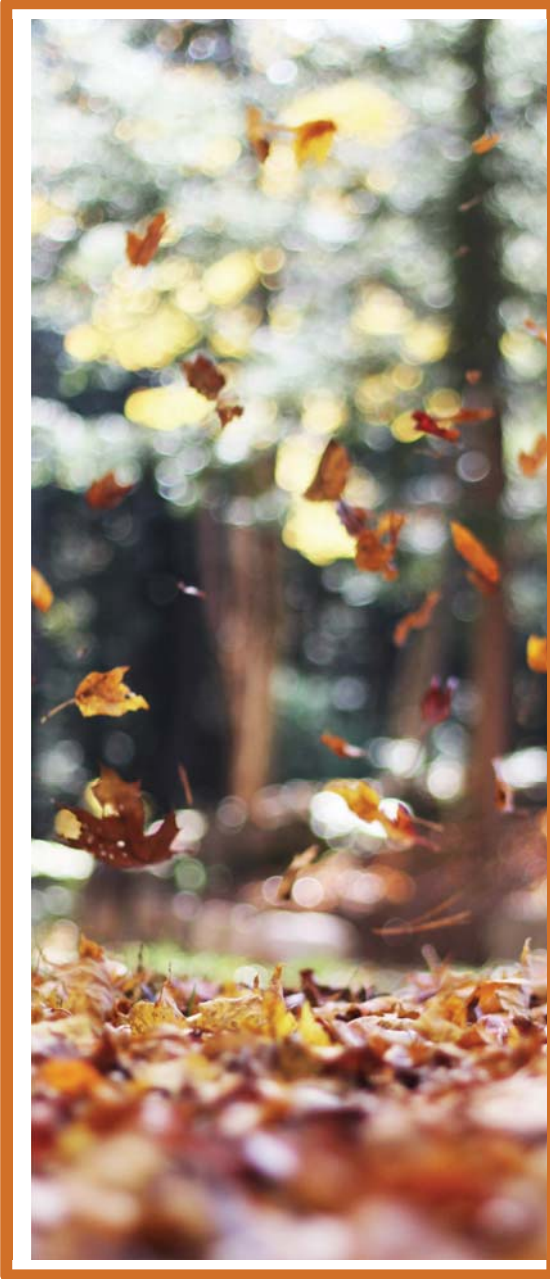
Future dates: 25th October & 29th November

An update from Shobo-an and Fairlight Zen Centres

The Temples are continuing with their daily programme with Ven. Sogen and Ven. Myosui at Fairlight and Ven. Myokun and four lay residents at Shobo-an. If anyone would find it helpful to deepen their contact with either Temple, please do not hesitate to get in touch. In the first instance please contact Shobo-an at shoboan_zen_centre@yahoo.co.uk or Fairlight at fairlightzentemple@gmail.com. The programme is currently taking place online.



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Editorial

As we enter autumn leaves will fall. There is a retreat of energy into the trees that can be traced in the colour transitions and a transition of energy into humus and soil.

As we move into the ice of winter perhaps snow will fall and we may find ourselves retreating to interiors of buildings. We may also find ourselves participating in Buddhist retreats connected online. They are a paradox really, making internet connections in order to reach a type of apparent isolation from some of the forms in circulation in our internal and external lives. They are of course opportunities to engage in sustained intense effort (more energy!) for all traditions and forms of practice.

The tree in winter is far from dead, rather it is in a restorative and still generative mode. For those who engage in retreats they can be a way of living that can flow into all the fully-exposed entangled ups and downs of days and seasons. Best wishes for your continued flow.

Penny Lawrence



Holding snow, Madingley
Photo: Penny Lawrence

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020 7624 4987

The Zen Gateway

www.thezengateway.com





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Programme for Autumn/Winter 2020

At the time of writing our regular face-to face meetings are currently suspended due to the Corona virus/Covid-19. However, the Zen group is meeting weekly online with phone access.

The Theravada Group meets online by Zoom on alternate Tuesdays.

The Calendar and Blog pages of the HBS web site may contain information about events arranged after the publication of this newsletter.

September 2020

Tue	1	Theravada	Meditation & Dhamma online
Mon	7	Zen	Study Meeting online
Mon	14	Zen	Study Meeting online
Tue	15	Theravada	Meditation & Dhamma online
Mon	21	Zen	Study Meeting online
Sun	27	Zen	Zen Sunday, The Buddhist Society, London online
Mon	28	Zen	Study Meeting online
Tue	29	Theravada	Meditation & Dhamma online

October

Mon	5	Zen	Study Meeting online
Mon	12	Zen	Study Meeting online
Tue	13	Theravada	Meditation & Dhamma online
Mon	19	Zen	Study Meeting online
Sun	25	Zen	Zen Sunday, The Buddhist Society, London online
Mon	26	Zen	Study Meeting online
Tue	27	Theravada	Meditation & Dhamma online

November

Mon	2	Zen	Study Meeting online
Mon	9	Zen	Study Meeting online
Tue	10	Theravada	Meditation & Dhamma online
Mon	16	Zen	Study Meeting online
Mon	23	Zen	Study Meeting online
Tue	24	Theravada	Meditation & Dhamma online
Sun	29	Zen	Zen Sunday, The Buddhist Society, London online
Mon	30	Zen	Study Meeting online

December

Sat	5	Zen	Rohatsu Night Sitting tbc
Mon	7	Zen	Study Meeting online
Tue	8	Theravada	Meditation & Dhamma online
Mon	14	Zen	Study Meeting online
Mon	21	Zen	Recess
Tue	22	Theravada	Meditation & Dhamma online
Mon	28	Zen	Recess

First meetings in January 2021

Mon	4	Zen	Study Meeting online
Tue	5	Theravada	Meditation & Dhamma online NB tbc