



Atisha News

Winter-2015



Atisha Buddhist Centre is a Tibetan Buddhist meditation centre, providing opportunities for study and practice of a spiritual path, where people can develop their natural wisdom and compassion.



Care and Support for our new teacher, Geshe Rabten

Our new teacher, Geshe Thubten Rabten, and his Translator, Venerable Dorje, will be arriving at the Thubten Shedrup Ling Monastery very soon. What a wonderful change there is going to be through our community for students, monks and nuns and further afield at our study groups. The guidance of this highly trained and compassionate teacher will be an inspiration to us all.

Late in 2014, Lama Zopa Rinpoche strongly recommended Geshe Rabten as very suitable to take the position of main resident teacher at the Monastery and Atisha Centre. He has a Doctorate in Buddhist Philosophy (Geshe Lharam) and has been the Disciplinarian of Sera Monastery in South India. We are looking forward to welcoming Geshe-la to be part of our community.

Resident Geshe bring a huge level of enthusiasm, wisdom, clarity and depth of knowledge to dharma centres. They become the heart of a centre on Lama Zopa Rinpoche's behalf, an invaluable member of the community and are critical to the training of quality Buddhist teachers for future generations.

Geshes are there to teach, to provide spiritual guidance, to inspire and advise each student about their personal practice on their path to enlightenment, and serve as a role model and a significant object of merit. They are able to accommodate the learning needs of a student who walks through the door unaware of even the basics of Buddhism, as well as the veteran student who has been practicing for 30 years and seeks in-depth study and initiation.

We need your help to provide financial support and teacher care for our new teacher.

As you can imagine, the expenses involved in bringing our new teacher and interpreter to Atisha centre and Thubten Shedrup Ling Monastery are considerable and, as non-profit organisations, we are operating on a very tight budget. We urge you to consider this request to support the Geshe and interpreter by contributing directly to the Geshe Teacher Support fund at our website www.atishacentre.org.au or by becoming a member of the centre for which there are many other benefits.

Would you like to be part of a team dedicated to caring for our new teacher in ways such as cooking, outings, shopping and helping with conversational English? Please contact Atisha Centre Office 03 54463336.

It can be easy, particularly if one is new to Tibetan Buddhism, to miss just how rare and valuable teachers with Geshe degrees are. The degree they achieve is incredibly intensive (the curriculum can last up to 20 years), and graduates must have remarkable memorization and debating skills, making Geshes fully qualified to help students master the most basic and advanced Buddhist concepts. Of the four levels of Geshe degree, most FPMT geshes have been awarded the highest-level (Lharampa). Many have sacrificed promising careers within their own monastic universities as the teachers of young monks in order to teach in various centres outside of India.

If you would like to support the Geshe /Translator you can make an online donation through Atisha Centre's website.

www.atishacentre.org.au

To set up an on-going donation and or to make a Direct Deposit, Atisha centre bank account details are:

Bendigo Bank

BSB 633 000

Account Number 144694429

Account Name Atisha Centre Trading

Please mark your donation Geshe/Translator fund. Note: regular payments must be set up by you with your bank.

ATISHA CENTRE'S NEW DIRECTOR *Congratulations, Ruby Karmay.*



With great appreciation of Kyabje Lama Zopa Rinpoche and his work to serve sentient beings, I accept the position of Atisha Centre Director and acknowledge that I will work to maintain and further develop the beautiful place Atisha centre has become. A place in which people can practice and study the spiritual path in order to develop their natural wisdom and compassion.

I look forward to working in the organisation locally, regionally and internationally as well as with the Directors of the Great Stupa of Universal Compassion and Thubten Shedrup Ling Monastery.

I wish to be guided by the great Dharma teachings that I have received and always remain sincere, kind and clear.



Atisha Buddhist Centre recognizes His Holiness Dalai Lama as its spiritual leader. It is affiliated with the Foundation for the Preservation of the Mahayana Tradition (FPMT), a network of international Buddhist Centres. It is a registered non-profit incorporated association. ABN: 44 568 476 377



ATISHA CENTRE DIRECTOR

All things change and people move on. After six years plus of service as Director and Spiritual Program Coordinator of Atisha Centre I have decided to step back from leadership. I have had the pleasure of working as Director since November 2013 and as acting Director on many occasion when Cherry was on leave. I would like to thank all those who showed confidence and faith in my vision and ability; I am blessed to have had this wonderful opportunity to work for and to benefit from the Dharma and our centre.

Way back in 2009 Cherry Rattue became Director and I the SPC. Around us we developed a wonderful committee/team of talented people who knew how to get things done. We began with a strategic plan and a vision and, as I have already reported, we have completed most of our goals from our strategic plans of 2009-2014. I'm sure that Cherry would agree that the vision has been achieved. Therefore, on Cherry's behalf and my own, I sincerely thank all past committee members and those of you who supported our vision for Atisha Centre.

To see one's vision and ideas brought to life, for me, is the sincerest form of recognition. This has certainly been evident during my time as Director. To the staff and all our volunteers, again, I say a heartfelt thank you. Your efforts as valued partners have made a real and long lasting contribution to the beauty and function of Atisha Centre.

Our volunteers have many different life experiences and yet all have at least one thing in common, your willingness to give your time to help others. I am humbled by your generosity of spirit and your compassion for your fellow human beings in giving so generously of your time, your warmth, your humour and your caring.

As a leader, I have a simple philosophy: Be the best you can be. Simply, be positive, caring and helpful looking for the best outcome for a situation. When I became director it was my aim, within the limitation of finances and the availability of volunteers, to have Atisha Centre be the best it can be. For that to be so it must start with me.

I find genuinely and openly demonstrating my appreciation for the work and effort of others creates a bond of harmony, trust and good communication. By valuing the knowledge, skills and experience that people bring to the centre and by building a large degree of autonomy into the role that they play, the causes and conditions are created that help them to 'be the best they can be'.

When people are operating at their best, it show in the quality of their work, relationships and eventually the harmony, atmosphere and progress of the centre.

I always work to improve on what ever it is that I do, I hope that has applied at Atisha Centre. As I bow out; the spiritual programme is robust, the centre is debt free, we are in a far better financial position that we have been for many years, there is a wonderful harmony throughout the centre, there is a great team of 'cheery' volunteers, we have good and close working relationships with the Monastery and the Great Stupa, our membership is holding at over one hundred members, our e-news reaches over 900 subscribers and we have a Committee that is dedicated to the flourishing of Atisha and greatly appreciates the inspiring work being done within the FPMT.

I would like to thank Marilyn, my wife, without whose undying support of untold hours of listening, her words of wisdom and administrative assistance, I would not be able to achieve the things that I do.

I thank Lama Zopa Rinpoche for his confidence and trust in handing the centre on to me to care for. Because of this I have grown immeasurably as a leader and as a person and progressed unbelievably on my spiritual journey.

Thank you to Thubten Gyatso, Ven. Lhundrup, Ven. Jampa and all Sangha members of Thubten Shedrup Ling monastery. Without your support Atisha Centre may not be the flourishing centre that it is.

Thank you to Ruby who, as SPC, has continued to maintain the Spiritual Program as a robust, varied program which caters for many different levels of experience and depth of knowledge. Her passion for the Dharma is inspiring.

Lastly, I thank Maxine and Kathy who have both been good colleagues, good friends and at times, much appreciated confidants.

So this is goodbye, I'm sure Marilyn and I will see you all again in the near future, if not here then somewhere else in Kyabje Lama Zopa Rinpoche's Mandala.

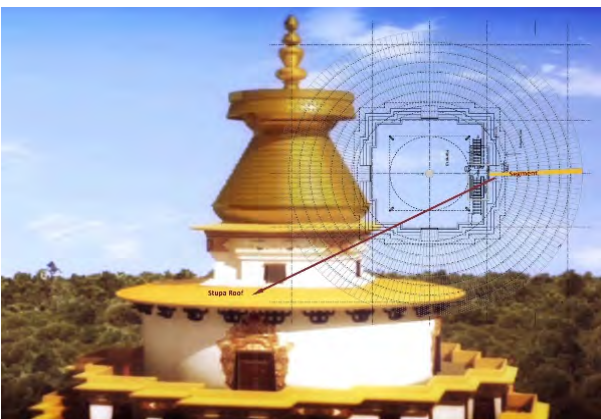
I wish His Holiness Dalai Lama, Kyabje Lama Zopa Rinpoche and all our precious teachers long and healthy lives.

Thank you
Liam Chambers. (Out-going Director)

THE GREAT STUPA OF UNIVERSAL COMPASSION NEWS

Sponsor the Roof of the Great Stupa

The roof is made up of 170 segments which will be gold coloured and we are seeking 170 sponsors for the Great Stupa roof. Sponsorship of each segment is \$1,888. The sponsor's name(s) will be written in permanent ink on the underside of the roof. These names will also be shown inside the Great Stupa.



Sponsor Prayer Wheels Around the Great Stupa

Around 200 of these magnificent Prayer Wheels will surround the Great Stupa. Sponsorship (which covers the cost of Prayer Wheels, mantras, bearings, axle, handle, shipping and mounting) is \$4,888 per Prayer Wheel. The sponsor's name and message are displayed on solid bronze plaques above the Prayer Wheels. The Prayer Wheels are covered with a beautiful slate canopy.



WEEKLY PROGRAM

Sunday **Buddhist Meditation**

10.00am - 11.00am at Atisha Centre Gomba
Guided Meditation and short introductory talk, followed by chai in the dining room. Fantastic for beginners and experienced practitioners. Atisha Centre Office: 54463336

Tuesday **Beginners' Meditation**

5.45pm to 6.45pm
Atisha Meditation Room
324 Lyttleton Terrace Bendigo.
Attendance is by Donation

Mind and Mental Factors

Venerable Jampa

Understanding the functioning of our mind forms the basis of Buddhist philosophy and practice. It is one of the defining characteristics of someone trying to lead a spiritual life with growth and improvement.

During this eight week study group we will be looking at the mind in more detail, the different aspects of mind and the associated mental factors, as well as the relationship between them and our own personal experience and happiness.

This study group will be using a wonderful text by Geshe Tashi Tsering called "Buddhist Psychology" to delve more deeply into the different states of the mind. Some weekly reading will be required and this study group would be a great stepping stone for those that might have done an Introduction course or Buddhism in a Nutshell as well as those more experienced students.

Attendance is by Donation - Course Text \$25.00

This will be a eight week program.

7.00pm to 8.30pm starting the 5th of May to the 7th July

Atisha Meditation Room
324 Lyttleton Terrace Bendigo.
Parking opposite in Coles Carpark

Wednesday **Tara and Medicine Buddha Pujas**

6.00pm - 7.00 pm Atisha Gomba

In Depth Buddhist Teaching

To Be Announced

7.30pm Atisha Centre Gomba

Our Weekly Meditation Sessions

These sessions are broken into two parts, a single pointed meditation on the breath followed by an analytical meditation. Participants can sit on a seat or on a cushion on the floor.

'Buddhist meditation involves making our mind familiar with positive states such as love, compassion, patience, serenity and wisdom, so that these become more natural and spontaneous.'

Kathleen McDonald

In the end these things matter most:

How well did you love?

How fully did you live?

How deeply did you let go?

Buddha Shakyamuni



MONTHLY PROGRAM

One Day Meditation Course

Venerable Jampa

Saturday 9th May and 20th June

9.00 to 4.00pm

Community Day

Dharma Club for Children

10.00am 2nd Sunday of the Month
10th May, 14th June, 12th July.

Community days: Everyone welcome! Drop in for meditation and discussion, led by a sangha member, and then meet others over a shared lunch at 11.30am. Please bring a plate of vegetarian food to share.

Dharma Club for Children: is an exciting programme which draws on group activities to guide you and the children in your life towards making a positive difference in the world. Please bring along something special to share eg. food, flowers, drinks, ideas. Dharma Club will be held in the Small Gomba 10.00am -11.00am.

Devotional Practices Pujas and Precepts

Everyone is welcome to attend these group practices. If you know of anyone who has intense suffering, has a life threatening illness, or who has recently died, please give details to the Monastery or Atisha Centre Office. You may also sponsor a Puja for someone who is unwell by providing offerings yourself and/or making a donation. Contact: spc@atishacentre.org.au

Guru Puja: at 6pm

Held at Atisha Centre Gomba

May: 13th 28th

June: 26th

July: 11th 26th

Medicine Buddha

Puja: 5.45pm

May: 20th 27th

June: 17th 24th

July: 15th 22nd 29th

Tara Puja: 5.45 pm -7.00pm May 6th, June 3rd, July 1st

Precepts: Just before dawn

May: 19th 25th (Lord Buddha's conception) 26th

June: 2nd Lord Buddha's Birth, enlightenment and parinirvana) 16th 24th

July 2nd 20th (Lord Buddha's first teaching) 24th 31st

MAY

SG = Samten Gomba

AMR = Atisha Meditation Room, 324 Lyttleton Terrace Bendigo

Atisha Centre Gift Shop Open 11.00 am until 2.00 pm at Weekends

MON	TUE	WED	THU	FRI	SAT	SUN
Always double check our on-line calendar at www.atishacentre.org.au for the most up to date information.				1	2 Mindfulness Yoga Gina	3 Meditation 10am
4 Discovering Buddhism Transform Problems 7.00pm AMR	5 Beginners Meditation 5.45pm AMR Mind and Mental Factors 7.00pm AMR	6 Tara Puja. 5.45pm	7	8	9 One Day Meditation Ven. Jampa 9.00am-4.00pm	10 Community Day Meditation 10am Children's Dharma Club
11 Discovering Buddhism Transform Problems 7.00pm AMR	12 Beginners Meditation 5.45pm AMR Mind and Mental Factors 7.00pm AMR	13 Guru Puja 6.00pm	14	15 Nyung Nä Retreat	16 Nyung Nä Retreat	17 Meditation 10am Nyung Nä Retreat
18 Nyung Nä Retreat Discovering Buddhism Transform Problems	19 Beginners Meditation 5.45pm AMR Mind and Mental Factors 7.00pm AMR	20 Medicine Buddha Puja 5.45pm	21	22	23 Discovering Buddhism Transform Problems Practice Day	24 Meditation 10am
25	26 Beginners Meditation 5.45pm AMR Mind and Mental Factors 7.00pm AMR	27 Medicine Buddha Puja 5.45pm	28 Guru Puja 6.00pm	29	30 VESAK Festival of Light	31 Meditation 10am



Nyung Nä Venerable Tony Beaumont

Friday May 15th 7.30pm to 8.30pm
Supper available before Friday session
Saturday 16th & Sunday 17th May
Monday 18th 7.30am

The Nyung Nä retreat is a two-day intensive practice that includes taking the 24-hour Mahayana precepts with the addition of complete fasting and silence on the second day. Nyung Nä is a practice based on the deity, 1,000 armed Chenrezig, the Buddha of Compassion. This practice involves making offerings to Chenrezig, prostrations and mantra recitations. It purifies negative karma and opens up our potential for compassion. As a retreat experience, this practice is very effective. Doing even one Nyung Nä for just two days is said to be as effective as three months of other purification practices and is extremely powerful for healing illness, purifying negative karma, and opening the heart to compassion.

Please note Nyung Nä practice is part of Discovering Buddhism Module 14. 'Special Integration Experiences'

Friday evening is essential for new participants.

Course fee: members \$108 non-members \$118 Single session \$20. Price includes costs of administration, all meals, course materials, facilities and offerings to the teacher.

See the website for individual session times.

For more information or accommodation costs contact office (03) 5446 3336. [Book on line www.atishacentre.org.au](http://www.atishacentre.org.au)

One Day Meditation Retreat Venerable Jampa

Saturday May 9th and June 20th,
9:00 am - 4:00 pm Atisha Centre Gomba

This short meditation retreat is perfect for beginners, including those with no experience with meditation whatsoever. The meditations will be guided and relatively short. Each session will include meditation instruction, informal dialogue and opportunities for questions and discussion. Beginners are offered additional instruction and assistance, while for experienced meditators, the day is an opportunity to refresh and deepen their practice. Venerable Jampa will lead the retreat at a relaxed pace with an emphasis on kind awareness. His approach to facilitation is warm, humorous, and welcoming.

This retreat is open to people of all ages, all faiths (or no faith), all levels of experience with meditation.

Cost: Members \$25, non members \$30. Please bring your own lunch and refreshments. Tea and coffee provided.

[Book on line www.atishacentre.org.au](http://www.atishacentre.org.au)

Festival of Light

At the Great Stupa of Universal Compassion

Saturday May 30th

Vesak Festival of Light is a celebration of peace and harmony inspired by the Buddha's birthday.

12.00 to 5.30 pm: Relics display, Lantern workshop, wishing tree, Vegetarian Asian Food.

Chai, Tea, Coffee and cake at Atisha Buddhist Centre
6.00 - 7.30 pm : Chinese Dragon & Lion, Bagpipe Band,
Sand animation, Light show.

www.stupa.org.au 03 54467568

JUNE

SG = Samten Gomba

AMR= Atisha Meditation Room, 324 Lyttleton Terrace Bendigo

Atisha Centre Gift Shop Open 11.00 am until 2.00 pm at Weekends

MON	TUE	WED	THU	FRI	SAT	SUN
1	2 Beginners Meditation 5.45pm AMR Mind and Mental Factors 7.00pm AMR	3 Tara Puja. 5.45pm	4	5 His Holiness Dalai Lama Teaching in Sydney	6 His Holiness Dalai Lama Teaching in Sydney	7 Meditation 10am
8 His Holiness Dalai Lama Teaching in Sydney	9 Beginners Meditation 5.45pm AMR	10	11	12	13	14 Community Day B.B.Q Lunch Meditation 10am Children's Dharma Club
15	16 Beginners Meditation 5.45pm AMR	17 Medicine Buddha Puja 5.45pm	18	19	20 One Day Meditation Retreat Ven. Jampa 9.00am-4.00pm	21 Meditation 10am
22 Discovering Buddhism Wisdom of Emptiness 7.00pm AMR	23 Beginners Meditation 5.45pm AMR Mind and Mental Factors 7.00pm AMR	24 Medicine Buddha Puja 5.45pm	25	26 Guru Puja 6.00pm	27 Vajrasattva Practice Ven Jampa 9.00am-4.00pm	28 Meditation 10am
29 Discovering Buddhism Wisdom of Emptiness 7.00pm AMR	30 Beginners Meditation 5.45pm AMR Mind and Mental Factors 7.00pm AMR	Medicine Buddha Puja 5.45pm		Always double check our on-line calendar at www.atishacentre.org.au for the most up to date information.		

Vajrasattva Practice

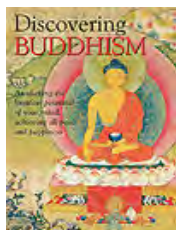
Venerable Jampa

Saturday June 27th 9.00 to 4.00 pm

Purifying the mind of habitual negative tendencies and energy creates the conditions to make real progress in our meditation. Once we do intense purification, and cleanse our previous regretted actions, our mind becomes more clear, lucid and relaxed and it is much easier to gain experiential insight into the meaning of the teachings.

Cost: \$25 Members; Non-members \$30. If you would like to attend please visit our website. For further information contact the Atisha Office by Friday 26th June. Phone: 03 5446 3336 or email office@atishacentre.org.au

Course booking online www.atishacentre.org.au



Discovering Buddhism

The Wisdom of Emptiness

Venerable Lhundrup

Monday June 22, 29, and July 6

Atisha Meditation Room 7.00pm - 8.30pm
324 Lyttleton Terrace Bendigo.

The realization of emptiness is crucial for the attainment of liberation and enlightenment. Learn to develop calm abiding and different methods of meditation on emptiness. This is an introduction to this module.

Three night course: \$55 members \$62 Non Members includes course materials.

Registration required. We do ask students to attend the whole course. Tea and coffee provided

Course booking online www.atishacentre.org.au

16G

16 Guidelines for Life



An Introduction

Venerable Dorje

Friday 3rd July 7.30pm to 9.00pm

Atisha Meditation Room

324 Lyttleton Terrace Bendigo

The 16 Guidelines for Life are a set of straightforward and practical tools for developing happiness and meaning in everyday life. Ven Dorje will guide you through the four categories; How we think, How we Act, How we relate to others and How we find meaning. Tea and coffee provided

Attendance is by Donation

16G

16 Guidelines for Life

How we Think

Venerable Dorje

Saturday 4th July 9.00am to 4.00 pm

Atisha Centre Gomba

The 16 Guidelines are offered as opportunities to explore one's own life experiences and to see whether the 16 Guidelines can help to improve the quality of that experience.

Thoughts lie at the root of every word we speak and every action we perform. Just as an athlete trains her body, we can train and transform our minds, and in doing so shift our habitual patterns and explore new ways of living: Humility, Patience, Contentment and Delight

Cost: Members \$ 72 Non Members \$ 80

Price includes hosting our teacher, administration, facilities, offerings, a copy of the book 16 Guidelines For Life and vegetarian lunch. For information and accommodation costs contact Atisha Office (03) 54463336

Course booking online www.atishacentre.org.au

JULY

SG = Samten Gompa

AMR= Atisha Meditation Room, 324 Lyttleton Terrace Bendigo

Atisha Centre Gift Shop Open 11.00 am until 2.00 pm at Weekends

MON	TUE	WED	THU	FRI	SAT	SUN
		1 Tara Puja. 5.45pm	2	3 Introduction The 16 Guidelines for Life 7.30pm – 9.00pm AMR	4 The 16 Guidelines for Life 9.00am – 4.00pm	5 Meditation 10am
6 Discovering Buddhism Wisdom of Emptiness 7.00pm AMR	7 Mind and Mental Factors 7.00pm AMR Beginners Meditation 5.45pm AMR	8	9	10	11 Guru Puja 6.00pm How to Establish a Daily Practice with Ven. Jampa 9.00am – 4.00pm	12 Celebration Dalai Lama Birthday ISD
13	14 Beginners Meditation 5.45pm AMR	15 Medicine Buddha Puja 5.45pm	16	17	18	19 Meditation 10am
20	21 Beginners Meditation 5.45pm AMR	22	23	24	25	26 Meditation 10am
Heart Sutra Retreat with Venerable Robina Courtin						
	Question and Answer 7.00pm AMR	Medicine Buddha Puja 5.45pm		Public Talk Ven. Robina		Guru Puja 6.00pm
27	28 Question and Answer 7.00pm AMR Beginners Meditation 5.45pm AMR	29 Medicine Buddha Puja 5.45pm	30	31	Always double check our on-line calendar at www.atishacentre.org.au for the most up to date information.	

How to Establish a Daily a Practice Venerable Jampa

Saturday: July 11th 9:00 am - 4:00 pm
Atisha Centre Gompa

Here is your one stop 'hands on' dharma workshop! Venerable Jampa will explain and demonstrate how to set up an altar, offer water bowls, how to offer prostrations, 37 heaps mandala as well as general advice on setting up a daily practice, including accumulating mantras, motivation, refuge and other daily practices.



The comfortable setting of this workshop provides you with the confidence to be able to perform these practices for yourself and understand the meaning behind each one. It will be a 'hands on' day with each person given the opportunity to spend some time learning about these valuable tools and to clear away any doubts you may have. You're welcome to bring along your own mandala set if you wish. Come and have fun.

Facility fee: Members \$30. Non members \$35; includes all handouts plus an offering to the teacher. BYO Lunch. For further information please contact Atisha centre 03 54463336

Book on-line www.atishacentre.org.au

Heart Sutra Retreat Venerable Robina Courtin

Monday 20th July 10:00 am
to Sunday 26th July 4:00 pm



Buddha's Heart Sutra expresses clearly that we need to "correctly and repeatedly" see this truth in every thing that exists and lays out the various categories of phenomena that make up this world of ours. This understanding, when attained, has to be combined with bodhichitta, then it is truly the perfection of wisdom.

By understanding emptiness – that everything exists in dependence upon various factors and therefore that there's nothing intrinsic in anything that can be pointed out, found, that makes it what it is – we can slowly loosen the grip of ego-grasping and begin to develop our marvellous potential for clarity, contentment, love and the other qualities that Lord Buddha says are innate within us.

Cost: Members \$600 Non Members \$660 Price includes contribution to costs of Venerable Robina's travel and hosting, administration, facilities, offerings and all your meals.

**Online Course booking www.atishacentre.org.au
For accommodation contact Atisha office 03 5446 3336**

His Holiness Dalai Lama's Birthday and Precious Sangha

Keep Sunday July 12th free as Atisha Centre warmly invites you to celebrate the Birthday of His Holiness Dalai Lama who is universally regarded as one of the great spiritual friends of our time. His teachings are rooted in a life dedicated to peace, human rights and social change, and the total transformation of the human heart and mind. Also, we ask you to recognise International Sangha Day, an annual event and a time for lay people to reflect on the Sangha's (Monks and Nuns) kindness in making the Buddha's sacred teachings available and for the Sangha, to express appreciation for those who support them in their work. On this day, Sangha members will lead some short prayers and praises to Shakyamuni Buddha. Offerings can be made to the Sangha during the prayers. If you're not aware of current needs of the Sangha, a cash offering will enable them to purchase needed goods. Offerings can be left on tables at the back of the Gompa.

Please join us for lunch, and if you can, please bring a plate of vegetarian food to share.
For further information, or to help on the day, please phone the Atisha office on 03 5446 3336.

Inspirational Talk

with Buddhist Nun

Venerable Robina Courtin

FREE YOUR MIND AND DISCOVER YOUR POTENTIAL

Venerable Robina Courtin will be presenting a Tibetan Buddhist psychological approach to resolving our problems and uncovering our innate and astonishing potential. Teachings include essential Buddhist concepts, including the mind's potential, karma, attachment, and dependent arising.

Friday 24th July 5.00pm for Tea and Chai
\$25 Bookings Essential
La Trobe University - Visual Arts Centre
121 View Street, Bendigo.

Membership Report

Since February 2015 there have been 13 new members to Atisha Centre. We would like to acknowledge and sincerely thank the following for supporting the Centre and thus supporting Lama Yeshe and Lama Zopa Rinpoche's vision:

Shane Storer and family, Phillipa Chantry, Sean-Paul Smith and family, Elizabeth Masters, Brenton Russell, Graham Lewis, Anne Francis, Frank Collins, Kerry Britten, Dave Chapman, Barbara Speed and Peter Lane.

Many thanks also to following renewing members whose ongoing sponsorship is so gratefully received: Cathy Saywell, Nic Aunger, Sally Dudgeon, Joan Howden, Roger Callaway, Min li Chong, Dennis Kenny, John Tsenikidis and Amber Johnson.

Thank you

Kathy Rice Membership Manager



Peaceful Place to stay on 40 Acres of Land Self contained

room with on suite bathroom in a Atisha Buddhist retreat centre accommodation on the outskirts of Bendigo. Two single comfy beds. Beautiful walks around a native garden and bush, water features, statues and prayer wheels. Fifteen minutes drive from the CBD. Enter Eaglehawk in the Location bar. www.airbnb.com.



Two Private Room's available in Victorian Home near beautiful walks on Friday and Saturday: go to www.airbnb.com.au Kitchen facilities available.

Enter Eaglehawk in the Location bar.
www.airbnb.com.au

'ALAYA'

Retreat for Rent

Private, quiet one room Shack situated on 35 acres in the beautiful Howqua Valley with river frontage. Perfect for a retreat or some time in nature. The space is set up; all you need to bring is linen, towels, food and your own personal items.

Nestled between the townships of Mansfield and Jamieson in NE Victoria. Short and long stays are welcome, with very reasonable rates.

Please contact Nic Aunger: 0402 195 514 or email nicaunger@hotmail.com for further information & bookings.



Magnificent view across the valley from Alaya

100 Sailors Gully Rd
Eaglehawk 3556

Phone: 5446 1027

Naturopath

Robyn McFarlane N.D.

Bowen Therapy, Remedial Therapy, Homeopathy,
Herbs, Massage, Iris Diagnosis.

Health fund rebates and pensioner discounts available.



Clarelee
Belgrave Boutique
Accommodation
Terry's Ave, Belgrave
0409 257 280

www.clarelee.com.au
lee_emmett@hotmail.com

Half price Monday - Thursday for Atisha Centre
Members with all proceeds being donated to Atisha
Centre. Take advantage of this very generous offer from
Lee at Clarelee

FRIEND OF THE CENTRE MEMBERSHIP APPLICATION

Select membership and payment type.

- Single Member ☐ \$25 per month ☐ \$300 per year
Single Concession* ☐ \$15 per month ☐ \$180 per year
Family Membership ☐ \$40 per month ☐ \$480 per year
Family Concession ☐ \$25 per month ☐ \$300 per year
*I have an Australian Government Concession card Yes/No

Names of family members associated with family membership (2 adults and children of the same household)

Name:

Address:

Phone:

E-mail:

- ☐ I am interested in Newsletter only subscription of \$25 per year
☐ I am interested in including Atisha Centre in my will, as a benefactor of my life insurance or in my retirement plans

Payment Method:

- ☐ Monthly Ongoing by Direct Deposit to Atisha Centre, which you will arrange with your bank, to do this you will need:
- BSB: 633 000
 - Account Name: Atisha Centre Trading
 - Account Number: 144694429
 - Reference: Your surname, initial + Membership or Donation or whatever the purpose of your deposit.
- ☐ In person with Cash, Credit Card, Cheque or by Eftpos
☐ Cheque by mail
☐ On the website with your Credit Card (please note: your card details will NOT be stored) NB. Website payment is not possible for monthly payments.

COMMITTEE

Director: Ruby Karmay 03 5446 3336
director@atishacentre.org.au

Spiritual Program: VACANT 03 5446 3336
spc@atishacentre.org.au

Secretary and Public officer: Jen Kyne 03 5446 3336
secretary@atishacentre.org.au

Treasurer: Jason Isma

Committee Members: Di Gee, Maxine Hawker,
Cameron Young and
Brenton Russell.

All committee members volunteer their time and service.

ATISHA CENTRE MEMBERSHIP

BENEFITS FOR INDIVIDUALS

Being a member entitles you to:

- subscription to our quarterly newsletter
- quarterly copy of FPMT Mandala magazine
- the joy of knowing that you are helping to provide a refuge for the benefit & happiness of all sentient beings.
- discount on courses
- Atisha Centre library membership
- Two nights basic accommodation per year free
- members picnics and celebrations
- all voting members may stand for the executive committee
- family and concession membership available

BENEFITS FOR OUR CENTRE:

Membership fees help:

- to provide a Dharma centre for the benefit of all sentient beings.
- towards the ongoing day-to-day cost of running a Dharma centre.
- to create and maintain the beautiful, serene environment for the study of the Dharma.
- to renew and maintain the infrastructures such as the Gompas for teachings and meditation, the accommodation facility necessary for extended and private retreats, kitchen/dining areas so essential for our community days and gatherings and the administration and bookshop facilities.

KEY PERSONNEL

Centre Management :
Gompa Keeper:
Membership:
membership@atishacentre.org.au

Ruby Karmay
Peter Lane
Kathy Rice

Website:
Office Manager:
Newsletter:
Finances:
Atisha Gift Shop
Property Manager:
Social Networks:
Holy Objects:
Merit Box:

Marilyn Chambers
Kathy Rice
Liam Chambers
Wendy Buchan
Dechen Gerard
Steve Williams
Gina Macauley
Liam Chambers
Cameron Young



Atisha Buddhist Centre Bendigo



Atisha Buddhist Centre

www.atishacentre.org.au

Phone: 03 5446 3336. Address: PO Box 97, Eaglehawk, Victoria, 3556. 25 Sandhurst Town Road.
Atisha Centre is located just 15 minutes from the heart of Bendigo. Follow the Loddon Highway through Eaglehawk and turn left at the Allies Hotel (Allies Rd). Turn right into Sandhurst Town Rd.