



Chorten



Quarterly Newsletter of Atisha Centre - Summer 2017

Atisha 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.

COMING UP

Buddhist Study Group

Nagarjuna's - *"Letter to a Friend"*
10th and 24th November

"Afternoon with Gen-la"

18th November

Chenrezig Retreat

with Venerable Jampa
27th December to 1st January

Lama Tsong Khapa Day

12th December

Andy Weber Art Course

3rd to 9th November



*Lama Yeshe
Founder of
Atisha Centre*



*Many thanks to everyone
who has donated to the
Kadampa Stupa project.*

We still need to raise a
substantial amount to build
the stupa and to fill it with
wealth offerings.

If you would like to share in
the karma of creating such a
merit-producing holy object,
please donate: online at
www.atishacentre.org.au
or see back page.

Community Day and Children's Dharma Club

19th November

10th December



Discovering BUDDHISM

*Module 2 will complete in
November and DB will recommence
with Module 3 in February 2018*

LAMA TSONG KHAPA DAY 12th December 2017



*Join us in a celebration
puja to commemorate
the anniversary of the
founder of our particular
tradition of Tibetan
Buddhism ~
Founder of the Gelugpa
lineage, Lama Tsong
Khapa is considered an
emanation of Manjushri,
the Buddha of Wisdom.*

*If you wish to make
offerings of candles, food
and flowers, you are
most welcome to do so.*



A very meritorious day!

Atisha Centre recognises 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 RUBY KARMAY



Dear venerable sangha, members, friends and volunteers.

With respect and gratitude to Geshe Rabten's teachings. Geshela's perception of our western minds is remarkable, joyfully guiding us on how we can improve our Dharma

practice. As a true scholar his knowledge on how to simplify, unpackage our afflictive minds and choose a different path is very heart-warming.

Kathy Rice and Tim Allen, a qualified ESL teacher have been assisting Geshe Rabten twice a week with English lessons.

Sally Dudgeon has joined the Board in the position as Chairperson. Sally is presently living in Melbourne and has worked for the FPMT in the role of director at various centres and as FPMTA Coordinator. We feel very privileged to have her expertise. Thanks to Peter for leading us through the year as Chairperson and the recent constitutional changes at the AGM.

Thanks to Lisa Gervasoni and Marcus Travaglia in their roles of Volunteer Coordinator and Accommodation Coordinator over the past six months.

Welcome to Justin Butler and thanks for assisting with the cleaning of the accommodation and grounds.

Nic Aunger and Mel Ogden are working on plans for the Lama Yeshe garden in consultation with Venerable Jampa Ludrup.

Andy's caravan is now fully covered, thanks to Ian and Steve's crew. It has confused the possum's feeding somewhat, but they now have a new hanging space.

The snow lions at the front of the gompa are coming alive thanks to Gareth.



Thank you everybody for all the work you do.

Big love - **Ruby Karmay**

...the ubiquitous Jack has happily adopted the Centre as his second home.

GESHE AND TRANSLATOR

"Supporting the Sangha Jewel" ~ our treasured Geshe Rabten and translator Venerable Dorje.

We can work together:

- Reciting the Golden Light Sutra.
- Offering \$10.00 - \$100.00 a month regularly to the teachers fund or whatever you can afford.
- Supporting our fund raising activities during the year.
- Dedicating your support to the "Perfection of Giving" by remembering emptiness and the causes and conditions for the enlightened mind.

Genla and Venerable Dorje are returning home to India and South Africa for the summer. If you like, you may contribute to the airfares on our website.

I would like to extend a big thank you to those who have been supporting Geshe Rabten and Venerable Dorje with financial donations. We are truly blessed to have such wonderful teachings from Geshe-la and a skilled and kind translator. Please continue with your support.

You may make a regular, direct deposit to the Teachers' Fund and bank account:

Bendigo Bank - BSB: 633000
Account Number: ACC 127235273
Account Name: "Teachers Fund"

Please mark your donation: **"Geshe Translator Fund"**. One-off donations can be made via our website (*back page*). Please support Geshe Rabten's wonderful teachings.

You may wish to make specific one off donations to airfares, English lessons or medicines. Please ring the Office - 03 5446 3336.

GREAT STUPA

Vegetarian Day this year was a great day of fun, market atmosphere, animal blessings, scones and Devonshire tea, tours and entertainments.



The new dragon water feature at the Great Stupa site.

The weekly tickets are now available for Lama Zopa Rinpoche's retreat, on the website. Please check out the retreat website:
www.lamazoparetreat2018.org.au

WEEKLY PROGRAMME

Sunday Mornings

BUDDHIST MEDITATION

at Atisha Centre Meditation Hall

10:00am to 11:00am

Guided meditation and short introductory talk. Join us afterwards for tea and refreshments in the dining room; meet people and check out our books and gift shop. Fantastic for beginners and experienced practitioners. ~ *A nice outing on a Sunday morning!*

Tuesday Nights

BEGINNERS' MEDITATION

Anderson Room, St Paul's Anglican Cathedral,
8 Myer Street, Bendigo.

Enter by the rear - Bush's Lane off Mollison Street

5:45pm to 6:45pm

A great way to unwind after a busy day.

Attendance is by donation

Friday Mornings

RELAXATION MEDITATION

Meditation led by **Carole Donne** starts at **10:30am**
followed by refreshments in the courtyard.

Atisha Centre Meditation Hall

Attendance is by donation



Wednesday Nights

in November

LAM RIM TEACHINGS

with Geshe Rabten

7:00pm to 8:30pm

Atisha Centre Meditation Hall

Geshe Rabten, our resident teacher, continues with his excellent, in-depth teachings of the "Graduated Path to Enlightenment" using Patrul Rinpoche's well-known text, "**Words of My Perfect Teacher**". These teachings are a detailed presentation of the complete path to Enlightenment, an all-you-need-to-know synthesis of the total teachings of the Buddha.

The text is available to buy from the Atisha shop.

in December

with Venerable Gyatso

7:00pm to 8:30pm

Atisha Centre Meditation Hall

Gyatso will teach in the
first 3 weeks of December, on:



"Death, Birth and Life"

MONTHLY PROGRAMME

PUJAS AND PRECEPT DAYS

Everyone is welcome to attend these group practices which are held in the Atisha Centre meditation hall. If you know of anyone who has intense suffering, has a life threatening illness, or has recently died, please give details to Atisha Centre Office. You may also sponsor a *puja* for someone who is unwell by providing offerings yourself and/or making a donation.

(Please see website: www.atishacentre.org.au).

For further details contact spc@atishacentre.org.au.

Guru Pujas: at 6:00pm

13th and 28th November / 12th December

Medicine Buddha Pujas: at 11:00am

**7th November and at 5:30pm on 29th
November / 24th January**

Tara Pujas: at 11:00am

21st November



For bookings and any other
information about our
programme, please contact
the Atisha Office
on **03 5446 3336**

Email:

spc@atishacentre.org.au

**Please visit the website
www.atishacentre.org.au**

COMMUNITY DAY

AND DHARMA CLUB FOR CHILDREN

19th November and 10th December

On **Community Days**, our resident teacher Geshe Rabten will give a public talk in the Atisha Centre meditation hall at **10:00am**. This is followed by a shared lunch in the dining room/courtyard at **11:30am**.



Please bring a plate. A great opportunity to meet people and find out about the Centre.



Dharma Club:

A programme for kids which draws on activities to guide you and the children in your life towards making a positive difference in the world.

Please bring something special to share e.g. food, flowers, drinks, ideas. Dharma Club will be held in the small meditation hall from **10:00am to 11:00am**.

MON	TUE	WED	THU	FRI	SAT	SUN
		1 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	2 Discovering BUDDHISM Atisha Centre 7:00pm	3 Relaxation Meditation Morning 10:30am	4 Discovering BUDDHISM Practice Day 9:00am-4:00pm	5 Meditation 10am
		Andy Weber Art Course				
6	7 MedBudPuja 11:00am Beginners' Meditation 5:45pm Anderson Rm	8 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	9	10 Relaxation Meditation Morning 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	11 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	12 Meditation 10am
Andy Weber Art Course						
13 Guru Puja 6:00pm	14 Beginners' Meditation 5:45pm Anderson Rm	15 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	16	17 Relaxation Meditation Morning 10:30am	18 Afternoon Teaching with Geshe Rabten 2:30pm	19 Community Day Children's Dharma Club 10:00am Geshe Rabten Morning talk
20	21 Tara Puja 11:00am Beginners' Meditation 5:45pm Anderson Rm	22 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	23	24 Relaxation Meditation Morning 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	25 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	26 Meditation 10am
27	28 Guru Puja 6:00pm Beginners' Meditation 5:45pm Anderson Rm	29 Medicine Buddha Puja 5:30pm 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	30			

BUDDHIST STUDY GROUP

"Nagarjuna's *Letter to a Friend*"



with Venerable
Geshe Rabten



10th - 11th November
24th - 25th November

Friday 7:00pm to 8:30pm and
Saturday 9:00am to 4:00pm



There is no set fee for these teachings but we suggest an offering to the Centre of between \$5 and \$20 for the Friday night and between \$20 and \$50 for the Saturday. This supports the Dharma, helps to maintain the Centre and keeps the teachings available.

See our website to arrange supper for Friday night, breakfast and lunch for the Saturday: *

*NB: Please book this by the Thursday prior to event

BUDDHIST ART COURSE

with *Andy Weber*

An art course focusing on Tara, the Buddha of enlightened action, who overcomes obstacles to one's path to enlightenment.



A rarely taught and unique opportunity.

3rd to 9th
November


"Cittamani Tara and the 21 Taras"

Meditations and mantras will enhance the experience and support the drawing and painting.

6 day course = \$300.00
Food ~ 3 meals at \$25.00 per day

Andy Weber is an extremely talented artist and a Buddhist practitioner and teacher. He has been teaching for many years all over the world.



MON	TUE	WED	THU	FRI	SAT	SUN
 <div> Always double check our on-line calendar at www.atishacentre.org.au for the most up-to-date information. </div>				1 Relaxation Meditation Morning 10:30am	2	3 Meditation 10am
4	5 Beginners' Meditation 5:45pm Anderson Rm	6 'Death, Birth and Life' with Ven Gyatso Atisha Centre 7:00pm	7	8 Relaxation Meditation Morning 10:30am	9	10 Community Day Children's Dharma Club 10:00am Meditation
11	12 Beginners' Meditation 5:45pm Anderson Rm Lama Tsong Khapa Day - Puja Atisha Centre 6:00pm	13 'Death, Birth and Life' with Ven Gyatso Atisha Centre 7:00pm	14	15	16	17 Meditation 10am
18	19	20 'Death, Birth and Life' with Ven Gyatso Atisha Centre 7:00pm	21	22	23	24
25	26	27	28	29	30	31
Chenrezig Retreat ~ with Venerable Jampa						

DISCOVERING BUDDHISM

Continues from October at Atisha Centre

with Venerable Lhundrup

Module 2 (3 evening sessions & a practice day):

"How to Meditate"

Total cost for the whole of Module 2 = \$80.00
(less 10% - Members)

Thursday 2nd November at 7:00pm and
4th November practice day, from 9:00am to 4:00pm



This course is specifically designed for beginners and those of you curious to find out more.

"Awakening all limitless potential of your mind, achieving all peace and happiness"

Discovering BUDDHISM

...Module 3 onwards will continue next year, starting in February. All existing participants will be contacted for enrolment. If you wish to join the course from Module 3, please contact the Spiritual Programme Coordinator on 0479 036 802

Please see website for details www.atishacentre.org.au

AFTERNOONS WITH GEN-LA

Everyone is invited to this final Saturday "Afternoon with Gen-la" teaching of the year.

We look forward to a new season of these one-off gems, next year, beginning in February.

Venerable Geshe Rabten



After the teachings please join us for afternoon tea.

**Saturday @ 2:30pm
18th November**


*The topic for this afternoon is
"The Activities of Realisation"
A talk on studying, reflecting and meditating.*

Suitable for everybody.



There is no set fee for these afternoons, but we would suggest a donation of \$20

For information, contact the Office on 03 5446 3336

MON	TUE	WED	THU	FRI	SAT	SUN
1 Chenrezig Retreat	2	3	4	5	6	7
8	9	10	11	12	13	14 Meditation 10am
15	16	17	18	19	20 Heart Sutra Practice Day	21 Meditation 10am
22	23	24 Medicine Buddha Puja 5:30pm	25	26	27	28 Meditation 10am
29	30	31	Always double check our on-line calendar at www.atishacentre.org.au for the most up-to-date information.			

ANNUAL CHENREZIG RETREAT

led by Venerable Jampa Choepal



Cost: \$350
(10% discount for members)

Includes all meals, course
materials and offerings to
the teacher.

For information or
accommodation costs
contact Atisha Office.

27th December - 1st January

Wednesday 6:00pm Supper to Monday after Breakfast

A very gentle and peaceful practice suitable both
for beginners and more experienced practitioners.

No particular requisites for attending, other than a
wish to generate a positive attitude to benefit others.

*A wonderful opportunity to
awaken your own Buddha nature,
vast wisdom and deep compassion*

For bookings and other information,
please contact the Office on 03 5446 3336

Members and Volunteers WANTED!

If you are not already a member of Atisha
Centre, please consider becoming one.
Through membership you support and keep
the Centre going which in turn preserves and
perpetuates the Dharma and its availability.



Also, we are always in need of volunteers to
help run the Centre - co-ordinating courses
and events, working in the grounds, helping in
the shop and many more activities.

**Please contact the Office for both
these areas - on 03 5446 3336**

Our teachings are recorded. If you are unable
to attend a session or would like to re-hear the
teachings, the audios can be accessed online at:
www.atishacentre.org.au/programme/publications-and-audios
...or you can contact the Spiritual Programme
Coordinator on: spc@atishacentre.org.au



Cartwright Optometrists & Associates

Serving the Community of Bendigo for Over Sixty Years.

Our new address: Shop 18 Killian's Walk Bendigo

Family Eye Health Care, Bulk Billing

Digital Retinal Imaging now available
Eye health checks (cataract, diabetes, glaucoma, macula)
Visual Field Testing, Children's Vision, Contact Lens Fittings
Prescription Sunglasses, Safety Standard Prescription Eyewear
Veteran Affairs Provider
Victorian Eye Care Service (VES) Provider, Government subsidised
glasses for Healthcare card holders, Pensioners and Aboriginal Communities
Private Health Insurance Claiming

Phone 5443 5137 www.cartwrighteyecare.com.au

Optometrist: Yien Law BSc.Optom M.Optom (Uni.Melb)

Yien Law is a member and past director of Atisha Centre.



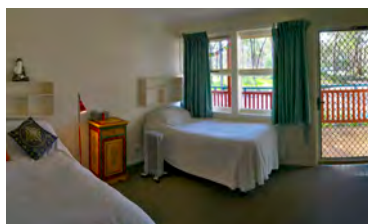
'Alaya' Retreat for Rent

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 Auger: 0402 195 514 or e-mail
nicaunger@hotmail.com for further information.**



Atisha Centre ACCOMMODATION AVAILABLE

House of Peaceful Bliss

Two shared rooms with ensuite bathrooms, and five
comfortable bedrooms with shared bathrooms.

Hiring the Centre and group bookings available.
Accommodation is available for up to 20 people and
we offer camping options.

Contact the Office: 03 5446 3336 to book
accommodation.

100 Sailors Gully Rd
Eaglehawk 3556

Phone: 03 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

ATISHA CENTRE BOARD

Director: Ruby Karmay ~ director@atishacentre.org.au

Spiritual Programme Coordinator: Andy Melnic
~ spc@atishacentre.org.au

Secretary: Nic Aunger ~ secretary@atishacentre.org.au

Treasurer: Tom Castles ~ treasurer@atishacentre.org.au

Machig Labdron Nunnery: Venerable Tenzin Tsapel

Chairperson: Sally Dudgeon

Vice Chairperson: Peter Lane

Other Board Members: Diane Gee

All Board members volunteer their time and service.

KEY PERSONNEL

Centre Management: Ruby Karmay

SPC: Andy Melnic

Office Manager: Sally Mason

Financial Manager: Wendy Buchan

Membership: Kathy Rice

Website: Andy Melnic

Property Manager: Steve Williams

Gompa Keeper: Peter Lane

Kitchen Manager: Helen Sleswick

Accommodation Manager: Position Vacant

Newsletter / Publicity: Andy Melnic

Facebook: Ingrid Sorum

Shop Manager: Tim Allen

EGroups / Archive Site: Andy Melnic

Holy Objects: Liam Chambers



MEMBERSHIP UPDATE

Dear Members,

Welcome and thank you to our new members: Robyn Lambert, Ian Watchorn, Marion Kostanski, Jo-Mari Morgan and Kristine Walsh. Thanks also to our renewing members Colin Walton, Elizabeth Masters, Helen Ponder, Linley Kerlin, Barry Dunn and Mary W. To all our subscribers who pay monthly, thank you for your generous support of the Centre over the past 12 months.

During this newsletter period, Christmas and New Year will be celebrated and we hope that this festive season will be a time of rejoicing and happiness for you, your family and friends.

Kathy Rice, Membership

If you would like to become a new member of Atisha Centre please contact the Office on 03 5446 3336

CENTRE MEMBERSHIP

Benefits for individuals

Being an Atisha Centre member entitles you to:

- Subscription to our quarterly newsletter;
- Half-yearly copy of FPMT Mandala Magazine;
- 10% discount in gift shop and on course fees;
- Atisha Centre Library membership;
- Two free nights basic accommodation per year;
- Members' events;
- All voting members may stand for the Board;
- Family and concession membership available;
- Off-peak accommodation rates.

Benefits for our Centre

Membership fees help:

- To support 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 infrastructures such as the venues for teachings and meditation, the accommodation facility necessary for extended and private retreats, kitchen/dining areas so essential for our programme and community gatherings. and the administration and giftshop facilities.

membership@atishacentre.org.au



Atisha Buddhist Centre Bendigo



Atisha Buddhist Centre

KADAMPA STUPA PROJECT

We are presently building a Kadampa Stupa on the grounds of the Centre. Its location is on the north side of the path joining the yellow brick road. It will be 6 metres in height with a 3.4 metre base.

If you would like to donate to this project, please deposit to:

**Bendigo Bank - BSB: 633000
Account Number: ACC 145953428
Account Name: "Holy Objects"**

This is a wonderful opportunity to make merit.



Artist's impression

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 Road). Turn right into Sandhurst Town Road.