



Chorten

Quarterly Newsletter of Atisha Centre - Autumn 2018

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*"
starting 9 and 10 February

"Afternoon with Gen-la"

17 February

Tuesday Meditation and Intro to Buddhism in Bendigo

6, 13, 20, 27 February
and 6, 13, 20 March

One Day Meditation Course

with Venerable Tsapel ~ 17 March

Discovering BUDDHISM



Module 3

Starts ~ 8 February

Community Day

18 February and 11 March

**There will be no Atisha
Centre Programme events
during the period of
Rinpoche's retreat!**

Stay tuned for future events on:
www.atishacentre.org.au



LAMA ZOPA RINPOCHE RETREAT
30th March to 12th May 2018
at The Great Stupa



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.

Happy New Year to each and every one of you. May 2018 be a year of peace, harmony and vitality.

Lama Zopa Rinpoche's retreat preparations are well underway. Airfares and tents

have been purchased, the dining tent and Tent City areas have been levelled and menus have been planned by the Atisha Catering team.

We are so very privileged and fortunate to have our most precious Lama Zopa Rinpoche here in Australia amongst the ironbark trees of Bendigo. Rinpoche will be teaching the Bodhisattvacharyavatara in the Great Stupa, assisting to change our view our life and our path, not only in this life but in our many lives to come. Even to stay one day and receive one teaching is very auspicious. If you have not met Rinpoche before, please come at least for a weekend.

One student speaks about Rinpoche:

"Lama Zopa Rinpoche - He is completely Dharma-focused. He wants the absolute best for each of us. Being in his presence naturally helps me be aware of my afflictions, grow in the Dharma and feel connected to all the holy beings in the universe."

We will also be blessed this year with a Melbourne visit from His Holiness the Dalai Lama. His Holiness will be giving a public lecture and teaching on the Diamond Cutter Sutra in June. This sutra is a very famous and important teaching on emptiness.

Venerable Geshe Rabten and Venerable Dorje arrived back from India and South Africa. This year we are hoping to video Geshela's teachings and put them online to reach a broader audience.

Thank you to Peter Lane who has been looking after the Atisha Centre gompas over the past few years and thanks to Diane Gee who is stepping down from the Board. We welcome Venerable Tsapel and Venerable Rigsal who are coming to live at the Centre in February to join our residential community.



I would like to thank all the Board members, management team members, Centre members, volunteers and friends of the Centre for their contribution over the past year. This place can only run with such communal support. We need each person to continue doing what they are doing.

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 teacher's 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.



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 Teacher's 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:

www.atishacentre.org.au

Please support Geshe Rabten's wonderful teachings.
Please ring the Office on 03 5446 3336.

Be well and Big Love
Ruby

WEEKLY PROGRAMME

Sunday Mornings BUDDHIST MEDITATION 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 from 6th February BEGINNERS' MEDITATION & INTRO TO BUDDHISM with Venerable Jampa

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

- ▣ **Meditation ~ 5:45pm to 6:45pm**
- ▣ **Intro to Buddhism ~ 6:50pm to 7:50pm**

Attendance to both events is by donation

Friday Mornings MEDITATIONS

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

Atisha Centre Meditation Hall

Attendance is by donation



Wednesday Nights from 7th February 2018 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.

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
10th and 25th February / 11th and 26th March

Medicine Buddha Pujas: at 11:00am
27th February and 20th March

Tara Pujas: at 11:00am
23rd February and 25th March



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

18th February and 11th March

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.

"BRIGHT FUTURES"

WITH ATISHA MEMBERS AND FRIENDS
18th February at 12:30pm



Over the last 18 months we have been formulating a strategic plan for 2017 to 2025. For information, join us on the 18th after Community Day lunch.

Please have a look through the plan and give feedback if you wish. Download strategic plan from our site (search for "strategic")

**MERIT BEE AND PREPARATION
FOR LAMA ZOPA RETREAT 2018**
25th March at 12:30pm

Please help us to prepare

We are running a Merit Bee in preparation for the retreat, after lunch on Community Day. Please come and join us in: **cleaning, decorating and beautifying the area**. You are also very welcome to help anytime with jobs around the Centre.

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4 Meditation 10am
5	6 Beginners' Meditation & Intro to Buddhism 5:45pm Anderson Rm	7 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm - 8:30pm	8 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	9 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	10 Guru Puja 6:00pm Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	11 Meditation 10am
12	13 Beginners' Meditation & Intro to Buddhism 5:45pm Anderson Rm	14 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm - 8:30pm	15 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	16 Friday Morning Meditation 10:30am	17 Afternoon Teaching with Geshe Rabten 2:30pm	18 Community Day Geshe Rabten Talk - 10:00am Lunch
19	20 Beginners' Meditation & Intro to Buddhism 5:45pm Anderson Rm	21 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm - 8:30pm	22 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	23 Tara Puja 11:00am Friday Morning Meditation Study Group Geshe Rabten 7:00pm - 8:30pm	24 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	25 Meditation 10am Guru Puja 6:00pm
26	27 Medicine Buddha Puja 11:00am Beginners' Meditation & Intro to Buddhism 5:45pm Anderson Rm	28 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm - 8:30pm	 <div> Always double check our on-line calendar at www.atishacentre.org.au for the most up-to-date information. </div>			

BUDDHIST STUDY GROUP

“Nagarjuna’s Letter to a Friend”



with Venerable
Geshe Rabten

9th - 10th February + 9th - 10th March
23rd - 24th February 23rd - 24th March

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 and call the Office on 5446 3336 for accommodation

DISCOVERING BUDDHISM

with Venerable Lhundrup

Module 3 (4 evening sessions & a practice day):

Thursdays 8th, 15th, 22nd February and 1st March
from 7:00pm - 8:30pm

and a practice day on Saturday 3rd March
from 9:00am to 4:00pm

“Presenting the Path”

Total cost for the whole of Module 3 = \$100.00
(less 10% - Members)





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

You can join the course at any time. If you wish to join from Module 3, please book online or contact the Spiritual Programme Coordinator on 0479 036 802

Discovering BUDDHISM

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

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

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Discovering BUDDHISM Atisha Centre 7:00pm – 8:30pm	2 Friday Morning Meditation 10:30am	3 Discovering BUDDHISM Practice Day 9:00am – 4:00pm	4 Meditation 10am
5	6 Beginners' Meditation & Intro to Buddhism 5:45pm Anderson Rm	7 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm – 8:30pm	8	9 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm – 8:30pm	10 Study Group Geshe Rabten Atisha Centre 9:00am – 4:00pm	11 Guru Puja 6:00pm Community Day Geshe Rabten Talk – 10:00am Lunch
12	13 Beginners' Meditation & Intro to Buddhism 5:45pm Anderson Rm	14 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm – 8:30pm	15	16 Friday Morning Meditation 10:30am	17 One Day Meditation Course 9am–4pm Ven. Tsapel	18 Meditation 10am
19	20 Medicine Buddha Puja 11:00am Beginners' Meditation & Intro to Buddhism 5:45pm Anderson Rm	21 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm – 8:30pm	22	23 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm – 8:30pm	24 Study Group Geshe Rabten Atisha Centre 9:00am – 4:00pm	25 Meditation 10am Tara Puja 11:00am
26 Guru Puja 6:00pm	27	28	29	30 Lama Zopa Rinpoche Retreat begins...	31	

ONE DAY MEDITATION COURSE

with Venerable Tsapel



**Saturday 17th March
from 9:00am to 4:00pm**

Venerable Tsapel continues her very successful one day introductory meditation retreats.

These retreats are open to people of all ages, all faiths (or no faith), all levels of meditation experience.

**Cost for course: \$35.00
(less 10% - Members)**

BYO lunch

To make a booking,
please do so online:
www.atishacentre.org.au



AFTERNOONS WITH GEN-LA

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

with Venerable
Geshe Rabten



After the teachings please join us for afternoon tea.

**Saturday @ 2:30pm
17th February**

The topic for this afternoon is
"The Gifts of Generosity"
...on how to practise generosity and the
benefits that come to both yourself and others

Suitable for everybody.

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



Rinpoche's Retreat

The whole month of April will be Lama Zopa Rinpoche's Retreat at the Great Stupa of Universal Compassion.

We welcome Rinpoche and his entourage and all our overseas and Australian retreat guests to the Great Stupa, Atisha Centre, Thubten Shedrup Ling Monastery and the virtual Machig Labdron Nunnery.

We sincerely hope that everyone benefits from this retreat and enjoys visiting our bushland centres.

*Sometimes you find yourself
in the middle of nowhere, and
sometimes, in the middle of
nowhere...
you find yourself!*

Zen Proverb



TUESDAY MEDITATION AND INTRO TO BUDDHISM



with **Venerable Jampa**

Join us on Tuesday nights at

"The Anderson Room"

***~ adjacent to St Paul's
Anglican Cathedral,
8 Myer Street in Bendigo...***

From 6th February

...where



"Tuesday Meditation"...

will continue as usual and will be followed straight afterwards by

"Introduction to Buddhism"



Both events will be led by Venerable Jampa in his endearing, amusing and inimitable style.

Everyone is most welcome to attend both or either of these events

- ***Meditation ~ 5:45pm to 6:45pm***
- ***Intro to Buddhism ~ 6:50pm to 7:50pm***

Attendance to both events is by donation

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 60 years

Shop 18 Killian's Walk Bendigo

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.

Family Eye Health Care, Bulk Billing

Bendigo Cottages

*...a unique
boutique, bed
& breakfast
accommodation
in a beautiful,
peaceful garden
setting.*



Within easy walking distance of the city centre, arts precinct, theatre and the new Bendigo Hospital. Atisha Centre and the Great Stupa are a 20 minute drive. All cottages have fully equipped kitchenette, heating and cooling, TV and free wifi. Parking is provided.

Special rates for Atisha and FPMT members

Contact Diane Gee - 0478 590 050

www.bendigocottages.com



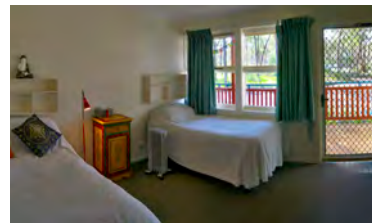
'Alaya' Retreat for Rent

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: Position Vacant
Vice Chairperson: Peter Lane

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:	Position Vacant
Kitchen Manager:	Helen Sleswick
Accommodation Manager:	Douglas Matthews
Newsletter / Publicity:	Andy Melnic
Facebook:	Ingrid Sorum
Shop Manager:	Tim Allen
EGroups / Archive Site:	Andy Melnic
Holy Objects:	Liam Chambers



MEMBERSHIP UPDATE

Dear Members,

Happy New Year and thank you for your continued support of the Centre. We welcome the following new members, Tim Penno, Meg Adam, Mark Logan, Susan Korecki, Johanna Winchcomb and Helen North.

Thank you also to our renewing members Robyn Howells, Celia Weston, Brian Ashen, Ken Fox, Venerable Tsapel, Amanda Butler, Roger Callaway, Karina de Wolf, Joan Hall and to all our monthly ongoing subscribers.

2018 is promising to be a year full of wonderful Dharma experiences and we hope you are able to partake of all we have to offer at Atisha Centre.

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.