



Chorten

Quarterly Newsletter of Atisha Centre - Winter 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*"
recommences 8 and 9 June

"Afternoons with Gen-la"
26 May, 16 June and 28 July

**Tuesday Meditation and
Intro to Buddhism in Bendigo**
recommences 29 May

One Day Meditation Course
with Venerable Jampa ~ 2 June

Discovering BUDDHISM



Module 4
"The Spiritual Teacher"
Starts ~ 7 June

~ Community Day and
Dharma Club ~ 10 June

New Event!

HEALING SUPPORT PROGRAMME
Wednesdays from 30 May
10:00am - 12:00pm

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



*Lama Zopa Rinpoche visits the courtyard and
the new cafe during the Great Stupa Retreat*

HIS HOLINESS DALAI LAMA'S BIRTHDAY CELEBRATION & SANGHA DAY



Ceremony, Speeches, Dharma
Club for Kids, Animal Blessings
and Animal Liberation

Bring your pets!



"A fun family day at Atisha"

8 July

Sunday 10:00am

Atisha Centre operates under the direction of Lama Thubten Zopa Rinpoche and 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'S REPORT RUBY KARMAY



Dear Venerable Sangha, Members, Friends and Volunteers,

Kyabje Lama Zopa Rinpoche's retreat has been a joyful occasion with students from Australia and overseas, practising together inside the beautiful Stupa of Universal Compassion. It has been an opportunity for Atisha Centre, the Great Stupa and the Monastery to work together with the Heart of Wisdom Board and be part of this auspicious occasion.



Rinpoche visited Atisha Centre and the courtyard to meet with the Atisha Board and management. We offered Rinpoche tea and treats from the Wishfulfilling Jewel Café and Rinpoche paid a visit to the giftshop.

Rinpoche's advice was to have fun, teaching the Lam Rim, with Australian animals such as geckoes. Rinpoche also gave advice on retreats in the future.

An enormous thank you to all those who contributed financially, and with skills and energy to prepare the Centre before and during the retreat. May you rejoice wholeheartedly in the energy that has been created.

Be well and Big Love ~ Ruby



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.

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.



Geshe Rabten teaching in the Great Stupa during Rinpoche's retreat

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

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... (from 22 May) ~ 6:50pm to 7:50pm

Attendance to both events is by donation

Wednesday Mornings

HEALING SUPPORT GROUP

Atisha Centre Meditation Hall

10:00am to 12:00pm

with Venerable Rigsal



30th May / 6th, 13th, 20th,
27th June / 4th, 11th, 18th,
25th July / 1st August

**Meditations and talks for physical
well-being and health**

A 10-week course directed towards people facing
illnesses, general or long-term health conditions.

Cost of
each
session
\$6.00

Train the mind to be better able to cope
with life problems. As well as people with
health issues we welcome carers and family
members affected by the illness of others.

Newcomers to the Centre
are very welcome.

Please phone
5446 3336 for info



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

Email:
spc@atishacentre.org.au

Friday Mornings

MEDITATIONS - from 18th May

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 23rd May 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

24th May / 9th & 23rd June / 8th & 22nd July

Medicine Buddha Pujas: at 11:00am

29th May / 28th June / 27th July

Tara Pujas: at 11:00am

22nd May / 21st June / 20th July

COMMUNITY DAY & DHARMA CLUB

10:00am - 11:00am - 10th June

Our resident teacher Geshe Rabten will give a
public talk in the Atisha Centre meditation hall at
10:00am. Lunch will be available in the dining room/
courtyard at 11:30am. Please note we are now charging
for lunch: \$10.00 for adults and \$5.00 for children.

Members of sangha will be offered lunch.

Please book via the Office or online by 4:00pm Friday

A great way to meet people and find out about the Centre.

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

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Beginners' Meditation 5:45pm Anderson Rm	2	3	4	5	6
Lama Zopa Rinpoche Retreat						
7	8	9	10	11	12	13
Lama Zopa Rinpoche Retreat						
14	15	16	17	18	19	20
	Beginners' Meditation 5:45pm Anderson Rm			Friday Morning Meditation 10:30am	 Illumin8 at the Great Stupa	
21	22	23	24	25	26	27
 Illumin8	Tara Puja 11:00am Beginners' Meditation & Intro to Buddhism 5:45pm Anderson Rm	'Lam Rim' Geshe Rabten Atisha Centre 7:00pm - 8:30pm	Guru Puja 6:00pm	Friday Morning Meditation 10:30am	Afternoons with Gen-la 2:30pm	Meditation 10am
28	29	30	31	Always double check our on-line calendar at www.atishacentre.org.au for the most up-to-date information.		
	Medicine Buddha Puja 11:00am Beginners' Meditation & Intro to Buddhism 5:45pm Anderson Rm	Healing Support Group 10:00am - 12:00am 'Lam Rim' Geshe Rabten 7:00pm - 8:30pm				

AFTERNOONS WITH GEN-LA



Everyone is invited to these popular Saturday "Afternoons with Gen-la" teachings.

with Venerable
Geshe Rabten

Saturdays @ 2:30pm

26th May ~ "The Merits of Virtue"

...The difference between virtue and non-virtue and the benefits of one and faults of the other



16th June ~ "The Noble 8"

...Practising the Noble Eight-fold Path



28th July ~ "Immeasurable"

...Immeasurable Love, Compassion, Joy and Equanimity



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

Suitable for everybody

DISCOVERING BUDDHISM

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

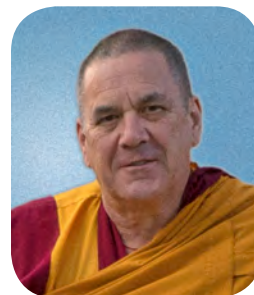
Thursdays 7th, 14th, 21st and 28th June
from 7:00pm - 8:30pm

and a practice day on Saturday 30th June
from 9:00am to 4:00pm

"The Spiritual Teacher"

led by Venerable Lhundrup

Total cost for the whole
of Module 4 = \$100.00
(less 10% - Members)



You can join the course at any module. 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"

For information, contact the Office on 03 5446 3336

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

JUNE 2018

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

ONE DAY MEDITATION COURSE



with Venerable Jampa



Saturday 2nd June
from 9:00am to 4:00pm

Venerable Jampa continues his 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



BUDDHIST STUDY GROUP



with Venerable
Geshe Rabten



8th - 9th June
22nd - 23rd June
6th - 7th July
20th - 21st July

"Nagarjuna's Letter to a Friend"

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

There is no set fee
for these teachings

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

JULY 2018

MON	TUE	WED	THU	FRI	SAT	SUN
30	31 Beginners' Meditation & Intro to Buddhism 5:45pm Anderson Rm	Always double check our on-line calendar at www.atishacentre.org.au for the most up-to-date info.				1 Meditation 10am
2	3 Beginners' Meditation & Intro to Buddhism 5:45pm Anderson Rm	4 Healing Support Group 10:00am - 12:00am 'Lam Rim' Geshe Rabten 7:00pm - 8:30pm	5	6 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	7 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	8 Guru Puja 6:00pm HHDL Birthday Int Sangha Day Animal Liberation
9	10 Beginners' Meditation & Intro to Buddhism 5:45pm Anderson Rm	11 Healing Support Group 10:00am - 12:00am 'Lam Rim' Geshe Rabten 7:00pm - 8:30pm	12	13 Friday Morning Meditation 10:30am	14	15 Meditation 10am
16 VAJRASATTVA RETREAT	17 Beginners' Meditation & Intro to Buddhism 5:45pm Anderson Rm	18 Healing Support Group 10:00am - 12:00am 'Lam Rim' Geshe Rabten 7:00pm - 8:30pm	19	20 Friday Morning Meditation Tara Puja 11:00am Study Group Geshe Rabten 7:00pm - 8:30pm	21 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	22 Meditation 10am Guru Puja 6:00pm
23	24 Beginners' Meditation & Intro to Buddhism 5:45pm Anderson Rm	25 Healing Support Group 10:00am - 12:00am 'Lam Rim' Geshe Rabten 7:00pm - 8:30pm	26	27 Friday Morning Meditation 10:30am Medicine Buddha Puja 11:00am	28 Afternoons with Gen-la 2:30pm	29 Meditation 10am

VAJRASATTVA RETREAT



led by Venerable Jampa

A retreat on Vajrasattva, the Buddha of Purification, a gentle yet powerful practice suitable for beginners. A wonderful opportunity to purify aeons of negative karmic imprints.

12th to 16th July

from 6:00pm Thurs to after breakfast Mon

Cost for full retreat: \$275.00
(less 10% - Members)

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

Accommodation available

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 22nd July

...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



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Eye health checks (cataract, diabetes, glaucoma, macula)
visual field testing, children's vision,
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Veteran Affairs provider
Victorian Eye Care Service (VES) provider,
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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.

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

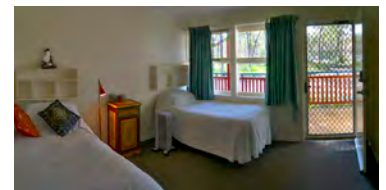
Private, quiet, one room shack situated on 35 acres in the beautiful Howqua Valley with river frontage. Perfect

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

UFS PHARMACIES
Building a healthier community
#Make it Local
Shop 2, 741 Calder Highway,
Maiden Gully
5449 7149 - bendigoufs.com.au



Atisha Centre

ACCOMMODATION AVAILABLE

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

Hiring the Centre and group bookings available. Accommodation available for up to 20 people ~ also 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: Trevor Smith
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:	Venerable Lozang Rigsal
Kitchen Manager:	Position Vacant
Accommodation Manager:	Alison Thomson
Volunteer Coordinator:	Alison Thomson
Newsletter / Publicity:	Andy Melnic
Facebook:	Ingrid Sorum
Shop Manager:	Tim Allen
EGroups / Archive Site:	Andy Melnic
Holy Objects:	Liam Chambers



MEMBERSHIP UPDATE

Many thanks to the following renewal members over the past three months: Sally Dudgeon, Suraj Bryson, Min Li Chong, Dannielle Orr and Rheese Rodgers.

Welcome to our new members: Trevor Smith, Venerable Lozang Rigsal, Hugh Widdowsen, Meg Adam and Tania Chaffey.

Your financial contributions are warmly welcomed and are pivotal to the successful running of the Centre.

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

Once your membership has been approved you can either pay online, call the office or organise a monthly debit payment.

If you have any queries regarding membership please do not hesitate to call the Office between 12:00pm to 4:00pm Monday to Friday or email us at office@atishacentre.org.au.

Kathy Rice, Membership

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"**

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.