



Chorten

Quarterly Newsletter of Atisha Centre - Autumn 2019

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

One Day Meditation Course
9 February

Wednesday Night Teachings
~ begin 13 February

Healing Support Group
~ begin 13 February

New Study Group Topic
~ begins 15 February

Afternoons with Genla
23 February and 23 March

Easter Retreat
19 - 28 April



Discovering *Module 7: "Refuge in the Three Jewels"*
BUDDHISM will commence on 14 February 2019



We still need to raise more funds to complete the Kadampa 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
under "Donations" or
see back page.

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

EASTER RETREAT

"THE SPLENDOUR OF AN AUTUMN MOON"
with Venerable Geshe Rabten



*A Prayer for the
Beginning,
Middle and End
of Practice*
by Lama Tsongkhapa

Retreat will be led by
Venerable Jampa Choepal

~ April 19 to 28 ~
Everybody Welcome! ~ details inside

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 NEWS AND NOTICES

On Tuesday 5 February it's Losar!

Please join us for a puja to celebrate Tibetan New Year and to remember our kind guru Lama Thubten Yeshe, who passed away close to this time in 1984.

Guru Puja led by Venerable Gyatso starts at 6:00pm

Everybody welcome
Please bring offerings if you wish!



Volunteering at the Centre

If you would like to volunteer, we always need people to fill positions and generally help around. Please contact Liam, our director, on: **0429 812 715** or email: director@atishacentre.org.au



His Holiness Dalai Lama teaching in Bodhgaya at Xmas

Our resident teacher, Venerable Geshe Rabten, returns to Atisha Centre on 11 February. Genla has been in India, visiting family in his home state of Arunachal Pradesh. Genla also attended all the teachings in Bodhgaya from His Holiness Dalai Lama.



THUBTEN SHEDRUP LING MONASTERY

The TSL monks wish a happy 2019 to all the people associated with Atisha Centre. We eagerly anticipate this year's teachings with Geshe Rabten who is almost unique in giving explanations on how the philosophical presentation is relevant to everyday life and how to put it into practice. We are so lucky. As you probably know, this year is the 'year of the belly,' and I would like to request that when food offerings are made to the sangha, can you please leave out chocolate, cakes, sweet biscuits, jams, and other such things, even Pavlovas (Oh my gaaard!) Healthy stuff is welcome.



Big love to all, Gyatso



Participants at the December Chenrezig Retreat with Venerable Tony

This new year's highly successful 1000 Arm Chenrezig Retreat was led by Venerable Tony Beaumont. Tony has been leading retreats for many years and his caring and inimitable style provided an enjoyable and memorable experience for a total of 30 participants.

Thank you Tony!

Possibly next Xmas Tony will lead a Green Tara retreat.



Light Offerings - New Year's Eve

WEEKLY PROGRAMME

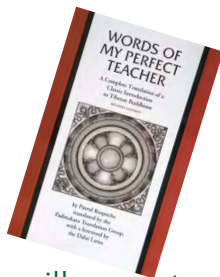
Wednesday Nights

LAM RIM TEACHINGS

with Geshe Rabten

7:00pm to 8:30pm

Atisha Centre Meditation Hall



Geshe Rabten, our resident teacher, will complete the 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 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.

Wednesday Mornings

HEALING SUPPORT GROUP

Atisha Centre Meditation Hall

with Venerable Rigsal

10:00am to 12:00pm

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



Cost of
session
\$6.00

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

Newcomers to the Centre are very welcome.

The course will commence on 13 February

Please phone 03 5446 3336 for info

PUJAS AND PRECEPT DAYS

Everyone is welcome to attend these group practices held in the Centre's 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 making a donation.

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

Guru Pujas: at 6:00pm

**14 February / 1, 16 and 30 March /
14 and 29 April**

Medicine Buddha Pujas: at 11:00am

19 February / 21 March / 19 April

Tara Pujas: at 11:00am

13 February / 14 March / 13 April

Please check to confirm dates before coming.

Tuesday Nights

BEGINNERS' MEDITATION & INTRO TO BUDDHISM

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 is by donation

with **Venerable
Jampa**

Friday Mornings

MEDITATIONS

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

Atisha Centre Meditation Hall

Attendance is by donation

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!*

GESHE AND TRANSLATOR

Supporting the Sangha Jewel ~ Please help to support our continued hosting of our wonderful Geshe Rabten and translator Venerable Dorje. We constantly need funds to cover not only their living expenses but also visas, travel costs...everything!

You can help by:

- Supporting our fundraising activities during the year.
- Offering a monthly sum, as a direct deposit to the Teacher's Fund 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 or you can ring the Office.


*Please support
Geshe Rabten's
wonderful teachings.*



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

Please visit the website: www.atishacentre.org.au / Email: spc@atishacentre.org.au

FEBRUARY 2019

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3 Meditation 10am
4	5 LOSAR ~Guru Puja~ Remembering Lama 6:00pm	6	7	8 Friday Morning Meditation 10:30am	9 Buddhist Daily Practice Day with Ven. Jampa 9am-4pm	10 Meditation 10am
11	12 Anderson Room Beginners' Meditation 5:45pm & Intro to Buddhism 6:45pm	13 Healing Support Group Tara Puja 10:00am Teachings with Geshe Rabten 7:00pm - 8:30pm	14 Guru Puja Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	15 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	16 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	17 Meditation 10am
18	19 Medicine Buddha Puja 11:00am Anderson Room Beginners' Meditation 5:45pm & Intro to Buddhism 6:45pm	20 Healing Support Group 10:00am - 12:00am Teachings with Geshe Rabten 7:00pm - 8:30pm	21 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	22 Friday Morning Meditation 10:30am	23 Afternoon with Gen-la 2:30pm	24 Meditation 10am
25	26 Anderson Room Beginners' Meditation 5:45pm & Intro to Buddhism 6:45pm	27 Healing Support Group 10:00am - 12:00am Teachings with Geshe Rabten 7:00pm - 8:30pm	28 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	Always double check our on-line calendar at www.atishacentre.org.au for the most up-to-date info.		



BUDDHIST STUDY GROUP

A new topic begins February!

with Venerable
Geshe Rabten

~ 15 to 16 February ~
~ 1 to 2 March ~
~ 15 to 16 March ~
~ 29 to 30 March ~
~ 12 to 13 April ~



*"A Praise for
Dependent Arising"*

by Lama Tsongkhapa

Fridays 7:00pm to 8:30pm and
Saturdays 9:00am to 4:00pm

There is no set fee for these teachings but
donations are very welcome.

This supports the Dharma, helps to maintain
the Centre and keeps the teachings available.

See our website to book supper for Friday night,
breakfast and lunch for the Saturday, Please book by
the Thursday prior to event.



DISCOVERING BUDDHISM

with Venerable Lhundrup

**Module 7 (4 Thursday evening
sessions and a practice day):**

*"Refuge in the
Three Jewels"*



Thursdays:

14, 21 and 28 February & 7 March
from 7:00pm - 8:30pm
and a practice day
on Saturday 9 March
from 9:00am to 4:00pm

Total cost for whole of Module 7
= \$100.00 (less 10% - Members)


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

These courses are 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 7, please book online or contact
Spiritual Programme Coordinator on 0479 036 802

For all events, please see website for details: www.atishacentre.org.au

MARCH 2019

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Friday Morning Meditation 10:30am Guru Puja Study Group Geshe Rabten 7:00pm - 8:30pm	2 Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	3 Meditation 10am
4	5 Anderson Room Beginners' Meditation 5:45pm & Intro to Buddhism 6:45pm	6 Healing Support Group 10:00am - 12:00am Teachings with Geshe Rabten 7:00pm - 8:30pm	7 Discovering BUDDHISM Atisha Centre 7:00pm - 8:30pm	8 Friday Morning Meditation 10:30am	9 Discovering BUDDHISM Practice Day 9:00am - 4:00pm	10 Meditation 10am
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BUDDHIST DAILY PRACTICE DAY

WEDNESDAY NIGHT TEACHINGS



A One-day Course
with Venerable Jampa

~ 9 February ~

9:00am to 4:00pm



This course will try to cover some of the core practices within Buddhism: "Taking refuge", "Four Immeasurables", mandala offerings, etc, and how to use them positively in our every day life. ~ Suitable for beginners to Buddhism and a great refresher course for more experienced practitioners

Come and join Jampa in this
"Buddhist Practice Day"

Cost: \$35.00
(10% discount for members)

(BYO lunch)



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



with Venerable
Geshe Rabten

7:00pm to 8:30pm

These Wednesday
night teachings are
open to everyone!

"Words of My Perfect Teacher"
will finish early in the year
and a new topic will start...



"Essence of Refined Gold"

by Sonam Gyatso ~ The Third Dalai Lama



Please check website for
the start-date of this topic

APRIL 2019

MON	TUE	WED	THU	FRI	SAT	SUN
1	2 Beginners' Meditation 5:45pm Anderson Rm	3 Healing Support Group 10:00am - 12:00am Teachings with Geshe Rabten 7:00pm - 8:30pm	4	5 Friday Morning Meditation 10:30am	6 One Day Meditation Course with Ven. Tsapel 9am-4pm	7 Meditation 10am
8	9 Beginners' Meditation 5:45pm Anderson Rm	10 Healing Support Group 10:00am - 12:00am Teachings with Geshe Rabten 7:00pm - 8:30pm	11	12 Friday Morning Meditation 10:30am Study Group Geshe Rabten 7:00pm - 8:30pm	13 Tara Puja 10:00am Study Group Geshe Rabten Atisha Centre 9:00am - 4:00pm	14 Meditation 10am Guru Puja
15	16 Beginners' Meditation 5:45pm Anderson Rm	17 Healing Support Group 10:00am - 12:00am Teachings with Geshe Rabten 7:00pm - 8:30pm	18	19 Medicine Buddha Puja 11:00am	20	21 Easter Retreat with Geshe Rabten
22	23	24	25	26	27	28
Easter Retreat with Geshe Rabten - "The Splendour of an Autumn Moon"						
29 Guru Puja	30 Beginners' Meditation 5:45pm Anderson Rm	 <div> <p>Always double check our on-line calendar at www.atishacentre.org.au for the most up-to-date info.</p>  </div>				

ONE DAY MEDITATION COURSE



with Venerable Tsapel



Saturday 6th April
from 9:00am to 4:00pm

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

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

Cost: \$35.00
(10% discount for members)
(BYO lunch)



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

AFTERNOONS WITH GENLA

with Venerable Geshe Rabten

A nice Saturday afternoon!

2:30pm to 4:00pm



~ 23 February ~

"The Getting of Happiness"

The manner in which happiness is attained through accumulating virtue and abandoning non-virtue



~ 23 March ~

"The Recommended Attributes"

The characteristics and qualities of a student and the spiritual teacher who is the root of the path

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

ATISHA CENTRE COMMUNITY CLASSIFIEDS



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



Atisha Centre ACCOMMODATION AVAILABLE

Single or shared rooms with ensuite bathrooms, or 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.



Building a healthier community

#Make it Local

Shop 2, 741 Calder Highway,
Maiden Gully
5449 7149 - bendigoufs.com.au



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

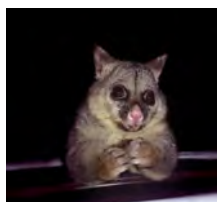
TEACHINGS AND PUBLICATIONS

All of Geshe Rabten's 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 (Click "Audios")

...or you can contact the Spiritual Programme Coordinator on: **spc@atishacentre.org.au**

ACCOMMODATION AT ATISHA



Beautiful accommodation is available at the Centre throughout the year, for retreats, courses and personal getaways for rest and restoration.

Telephone: 5446 3336 or go to:

www.atishacentre.org.au/amenities/accommodation

VOLUNTEERING AT THE CENTRE

If you would like to volunteer at Atisha Centre, please contact our Volunteer Liaison at:

www.atishacentre.org.au/volunteering

THE DHARMA SHOP

Visit the Centre's shop. It's full of great products!

Opening times:

Tuesday to Friday:
12pm - 4pm / Saturday
& Sunday: 11am - 4pm



WISHFULFILLING JEWEL CAFE



Drop in for refreshments and excellent coffee.

KADAMPA STUPA PROJECT

We are presently building a Kadampa Stupa on the north side of the path joining the yellow brick road. It will be 6m in height with a 3.4m base.

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

**Bendigo Bank - BSB: 633000
A/c Number: ACC 145953428
A/c Name: "Holy Objects"**

A wonderful opportunity to make merit.



Artist's impression

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

Members WANTED!

If you are not already a member of Atisha Centre, please consider joining. Membership supports the Centre, helping preserve the Dharma.

membership@atishacentre.org.au

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 email us or call the Office (03 5446 3336).



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 Road. Turn right into Sandhurst Town Road.